

Resource Mapping



Ottawa



Why build a resource map?

A resource map will highlight all the positive connections you have in your world, or the ones you can be connected to.

Resources come in all different forms and can include personal attributes, special skills and talents, positive peers, adults and all other symbiotic human connections.

Resources are the people, places and things that remind you of how resilient you are. They will help you bounce back in times of struggle, but they will also help you thrive.



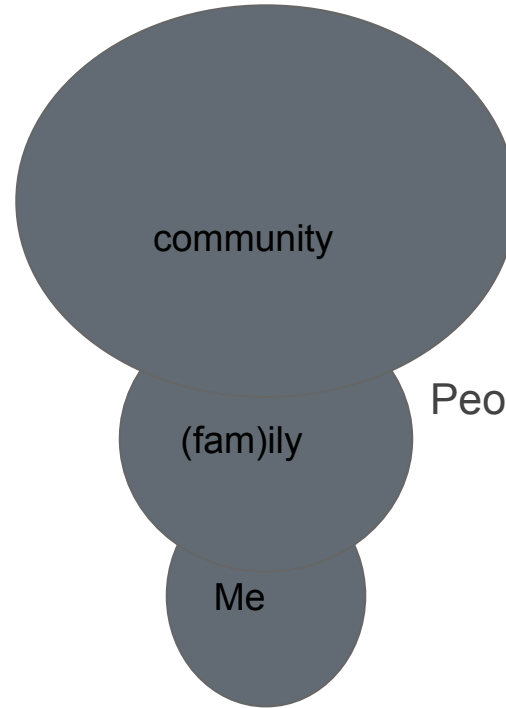
How to build a resource map

There are countless ways to make a resource map! Here are some questions that might help you think of content for your resource map.

- What resources are currently available for (You)th?
- Individual, unique to your own personal resources and skill you have, family, friends, peers etc.
- Specific people who have helped you succeed in life.
- Specifics clubs or groups you might be connected with (L4L, Youth Futures, Raise the Grade, etc.)
- Youth specific resources- eg, BGCO, YSB crisis line (613-260-2360), youthnet, rideauwood....
- Community specific resources? Where is your local community resource centre?
- You may want to leave space for growth as there might be resources out there that you didn't know of!!

Fill this template out or make your own!

Youth Specific resources?



People who care and help you grow

Your own special skills,
connections, experience.



A little bit more about resource mapping....

Remember, there are so many resources that exist to help youth out in Ottawa. This activity can help you think creatively about your own growth, and the countless ways it gets supported throughout your life.

Some resource maps will be primarily written, some may be all illustration and images. They are each perfect in their own way as they are a reflection of the individual and the community they came from.

If you need any help with the process feel free to join in on the conversation in The Forum, or reach out to Linnea for all other resource inquiries. (lmcp@bqcottawa.org)