



**trans
care+**

Pod Mapping Instructions

1. Write your name in the middle bold circle
2. The surrounding solid outlines are your core pod. Write the names of the people who are in your pod.
3. The dotted outlines surrounding the pod are people who are 'movable'. They are people that could be in your pod. But you need to build more relationship or trust with them.
4. The large circles at the edge are for networks, community, organizations, or groups that could be resources for support, or people involved in this groups.

* Your pod(s) may shift over time, as your needs and relationships change.

