**RARE but NOT ALONE: Building a Supportive Community**

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**What is a Supportive Community?**

1. What does a supportive community mean to you?
2. How has having (or lacking) a sense of community impacted your rare disease – ALD – journey?
3. What qualities do you look for in a strong, supportive community?

**Identifying Your Needs and Connection Preferences**

1. Do you prefer connecting with others through shared activities, conversations, or online interactions? Why?
2. What challenges have you faced when trying to build connections?
3. What kind of relationships or interactions help you feel most supported?

**Exploring Ways to Build Community**

1. Have you found spaces—online or offline—where you feel truly included? If so, what makes them feel that way?
2. How can social media, local events, or shared interests help in finding a community?

**Building Meaningful Connections**

1. What steps can you take to actively engage in a community?
2. How can you contribute to a community or help others in a similar situation?
3. What are some ways to maintain long-term, meaningful connections?
4. What is one thing you can do this week to reach out or engage with others?