



BRIDGE SOLUTIONS

My Bridge SnapShot

PURPOSE: A Quick CheckIn to understand what's happening in next few days.

Participant: _____ **Date/Time:** _____

Practitioner: _____

What Happened? *examples, My hours were cut, car won't start, childcare closed today)*

What Needs Attention in the next 48-72 Hours?

- | | |
|--|--|
| <input type="checkbox"/> Income or Hours | <input type="checkbox"/> Benefits or Paperwork |
| <input type="checkbox"/> Childcare | <input type="checkbox"/> Housing |
| <input type="checkbox"/> Transportation | <input type="checkbox"/> Emotional Health |
| <input type="checkbox"/> Food | <input type="checkbox"/> Other: _____ |

What do you need right now to get through the next 3-7 days?

Examples: A Ride to Work, Help with Groceries, A backup Caregiver

1-2 Small Steps I can take TODAY

Step 1

Step 2

Who can help me TODAY?

Who 1

Who 2



BRIDGE SOLUTIONS

My Emergency Options

When I Feel Stuck or Overwhelmed, here are quick ideas I can use right away!

If My Hours or Income Drop Suddenly...

- Ask about EXTRA SHIFTS or CROSS TRAINING to new positions
- Explore partial UNEMPLOYMENT benefits
- Create a “Just for this Week” Budget
- Access Local Food or Utility Support

If My ChildCare Falls Through...

- Call My BackUp Contact List
- Swap Shifts with a CoWorker
- Ask if My Job has Flexibility this Week
- Look for Emergency Drop In Childcare (Practitioner can help identify options)
- Ask Another Parent for Childcare Swap

If My Transportation Breaks Down...

- Ask a Friend/Family Member for Ride
- See if My Job allows Temp Shift Change
- Check if I can work Remotely for 1-2 Days
- Look for Ride-Share Coupons or Community Transit Help
- Ask about local Transportation Options

If My Housing or Food is at Risk...

- Look for ways to earn extra income FAST
- Find community resources for temporary relief to Food Budget
- Ask if TEMPORARY or EXPEDITED Benefits are possible
- Make sure ELIGIBILITY is not disrupted

If My Benefits Are Delayed...

- Turn In Any Missing Documents TODAY
- Call My Caseworker - doing it in a session can reduce stress tremendously
- Ask if TEMPORARY or EXPEDITED Benefits are possible
- Make sure ELIGIBILITY is not disrupted

If I'm Overwhelmed or Frozen...

- *Take 3 Slow Breaths*
- *Step Outside or Get Fresh Air*
- *Text Someone Supportive*
- *Write Down Just the next Small Step*
- *Remind Myself - This is TEMPORARY and I can handle this one thing.*



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My Bridge Support Network Map

PEOPLE I CAN CALL WITHIN 24 HOURS

for help with:

for help with:

for help with:

PROGRAMS/COMMUNITY RESOURCES I CAN CALL FOR HELP

Contact:

Contact:

Contact:

Contact:

Contact:

Contact:



BRIDGE SOLUTIONS

My One Week Micro-Budget

MY INCOME THIS WEEK

_____ Hours x \$_____ Hourly Salary = \$_____

Other Income \$_____

TOTAL INCOME \$_____

CAN-GENERATE THIS WEEK (go to Quick Income Brainstorming)

Things I can sell or services I can provide to earn cash immediately

MUST-PAY THIS WEEK (essentials only)

Housing (min needed) \$_____

Utilities \$_____

Transportation (gas, bus, rideshare) \$_____

Childcare \$_____

Groceries \$_____

Phone/Internet \$_____

Other Urgent Needs \$_____

TOTAL ESSENTIALS THIS WEEK \$_____

Surplus/(Deficit) \$_____

CAN-PAUSE THIS WEEK

Items I can pause for the week (subscriptions, eating out, extra driving)



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Quick Income Brainstorming

These ideas are meant to help you get through a gap, not create pressure or long term commitments. You only need ONE or TWO options that fit your life right now.

REMINDER: You are PROBLEM SOLVING, not failing.

NEIGHBOR & CARE-BASED WORK (often the fastest)

- Pet Care - Walking, Sitting, OverNight
- Child Care - 1:1, Group, Day or Night
- Elder Care - Day or Night
- House Care - House Cleaning, Organizing, Mail/Pkg Pick Up
- Yard Care - Mowing/Trimming, Water Plants
- Meal Prep - In Home or Drop Off

QUICK HELP & ONE-TIME GIGS

- Yard Clean Up
- Packing/Moving Assistance
- Errand Running
- Furniture Assembly
- Yard Care - Mowing/Trimming, Water Plants
- Clean outs - Storage Units, Garage, Closets
- Event Set Up/Breakdown
- Weekend or Holiday Help



BRIDGE SOLUTIONS

Quick Income Brainstorming

WORK THRU PEOPLE I ALREADY KNOW

- Extra Hours/Shifts with Current Employer
- Weekend Help to CoWorkers
- Ask Friends/Family if they need help
- Reach out to former Clients/Contacts to see if they need help
- Ask Coach about opportunities they know about

Who Can I Call TODAY?

SKILL & KNOWLEDGE I ALREADY HAVE

- Do I have a Skill or Knowledge that I can teach?
- Do I have a Skill or Knowledge for selling
(EXAMPLES, Online, Physical Product, Services)
- Do I have a Skill or Knowledge in computers?
(EXAMPLES, Hardware, Software, Email, Spreadsheets, Canva)
- Do I have a Skill or Knowledge for ONLINE WORK?
(EXAMPLES, Medical Transcription, Voice Recording, Data Entry)
- Do I have a Skill or Knowledge in SOCIAL MEDIA?

What Skill or Knowledge do I have TODAY?

BRIDGE SOLUTIONS

My 7 Day Stability Plan

This is a simple plan to get through the next week

What I'm committed to doing each Day

DAY	MY STEP FOR TODAY	WHO CAN HELP?	<input checked="" type="checkbox"/>
1			<input type="checkbox"/>
2			<input type="checkbox"/>
3			<input type="checkbox"/>
4			<input type="checkbox"/>
5			<input type="checkbox"/>
6			<input type="checkbox"/>
7			<input type="checkbox"/>

At the End of the Week, I want to FEEL:

- More Stable
- Clear about what to do next
- More Confident
- Connected to Support
- Other? _____

