ACEs SELF-CARE GOALS

NAME ___________________________ DATE ______________________

As a family, we are going to focus on setting a goal for:

☐ Healthy Relationships ____________________________

☐ Exercise ____________________________

☐ Nutrition ____________________________

☐ Sleep ____________________________

☐ Mindfulness ____________________________

☐ Mental Health ____________________________

☐ Nature ____________________________

☐ Self-Care ____________________________

SIGNATURE ____________________________________________
COMMUNITY RESOURCES

YMCA Youth & Family Services
2929 Meade Ave
San Diego, CA 92116
619-281-8313

San Diego Network of Care
sandiego.networkofcare.org

The National Alliance on Mental Illness (NAMI)
1-800-950-NAMI (6264)
Crisis Text Line: Text NAMI to 741-741

National Suicide Prevention Lifeline
800-273-TALK (8255)
Crisis Text Line: Text HOME to 741-741

National Domestic Violence hotline
800-799-SAFE (7233)

National Sexual Assault hotline
800-656-HOPE (4673)

2-1-1 San Diego
Dial 2-1-1 on your phone 24/7