

# Taking Care of Yourself



**Reaching Out:** Fill in this sheet so that you have at-a-glance ways to connect with your support system, reach out, stay connected with your family, ask for help, and take care of yourself.



**CONTACT INFORMATION:**

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**MEDICAL CONTACT INFORMATION:**

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**CHILD CARE PROVIDERS:**

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**NEIGHBORS:**

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**RESOURCES ON THE WEB:**

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**CONTACT INFORMATION FOR OTHER GROUP MEMBERS:**

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**WHEN I NEED TO HAVE A LITTLE GROWN-UP TIME, I CAN CALL:**

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**WHEN I NEED A PEACEFUL PLACE TO BE ALONE, I CAN GO TO:**

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**REGULAR FAMILY ACTIVITIES:**

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**NEW FAMILY TRADITION:**

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