

To help us serve you better, please fill out this form. Check all that apply to you and fill in anything we might have missed.

I would like to:

HEALTH		LEGAL	
<input type="checkbox"/>	Feel better physically	<input type="checkbox"/>	Get my drivers license / I.D.
<input type="checkbox"/>	Gain or lose weight	<input type="checkbox"/>	Clean up my driving record
<input type="checkbox"/>	Resolve a health problem	<input type="checkbox"/>	Take care of my legal problems
<input type="checkbox"/>	Get dental care for myself	<input type="checkbox"/>	Stay out of jail
<input type="checkbox"/>	Get information about HIV/TB/Hepatitis	<input type="checkbox"/>	Get charges dismissed
<input type="checkbox"/>	Exercise regularly	<input type="checkbox"/>	Clear up past warrants
<input type="checkbox"/>	Sign up for Medi-Cal	<input type="checkbox"/>	Get protection from a violent person
<input type="checkbox"/>	See a doctor for myself	<input type="checkbox"/>	Pay all the bills
<input type="checkbox"/>	Communicate more clearly with my physician/psychiatrist	<input type="checkbox"/>	Be able to get creditors off my back
<input type="checkbox"/>	Practice safe sex	<input type="checkbox"/>	Complete community service hours
<input type="checkbox"/>	Have access to confidential counseling		
<input type="checkbox"/>	Get birth control		
<input type="checkbox"/>	Get a pregnancy test	JOB/EDUCATION/INCOME	
<input type="checkbox"/>	Learn to cook	<input type="checkbox"/>	Get a job
<input type="checkbox"/>	Manage high blood pressure or diabetes	<input type="checkbox"/>	Get a better paying job
<input type="checkbox"/>	Provide better nutrition for myself	<input type="checkbox"/>	Get job training
<input type="checkbox"/>	Reduce my use of the emergency room	<input type="checkbox"/>	Learn to read better
<input type="checkbox"/>	Manage my medications differently	<input type="checkbox"/>	Get my High School diploma or GED
<input type="checkbox"/>	Buy toothbrushes and toothpaste	<input type="checkbox"/>	Go to college/Vocational training/Adult Ed
<input type="checkbox"/>	Reduce cigarette usage	<input type="checkbox"/>	Get help writing a resume
<input type="checkbox"/>	Quit smoking cigarettes (or other tobacco products)	<input type="checkbox"/>	Get appropriate clothes for a job
<input type="checkbox"/>	Improve my personal hygiene	<input type="checkbox"/>	Develop interviewing skills
<input type="checkbox"/>	Learn to manage my voices	<input type="checkbox"/>	Get healthcare/vacation benefits
<input type="checkbox"/>	Learn to manage visual hallucinations	<input type="checkbox"/>	Develop a budget
<input type="checkbox"/>	Learn to manage my mental health symptoms	<input type="checkbox"/>	Sign up for SSI/SSDI
<input type="checkbox"/>	Learn more about my diagnosis	<input type="checkbox"/>	Sign up for General Assistance
SOCIAL RELATIONSHIPS			
<input type="checkbox"/>	Improve my relationship with my partner		
<input type="checkbox"/>	Teach my family good values		
<input type="checkbox"/>	Be a good role model		
<input type="checkbox"/>	Develop/maintain more meaningful friendships		
<input type="checkbox"/>	Be more honest with others		
<input type="checkbox"/>	Be helpful to others		
<input type="checkbox"/>	Get out of a gang		
<input type="checkbox"/>	Get a divorce		
<input type="checkbox"/>	Get out of a violent relationship		
<input type="checkbox"/>	Be more assertive in my relationships		
<input type="checkbox"/>	Initiate more conversations		
<input type="checkbox"/>	Participate in leisure/recreational activities		
<input type="checkbox"/>	Learn how to develop/maintain healthy intimate relationships		

HOUSING		CHILDREN	
	Get a place to live		Get dental care for my children
	Live where drugs are not so easy to get		See a doctor for my child
	Have the landlord repair my home		Get vaccinations for my children
	Buy a house		Provide better nutrition for my family
	Learn how to clean		Sign up for meals at school
	Have a cleaner house		Learn more about parenting skills
	Learn how to organize my home environment		See my kids
	Have easier access to a washer and dryer		Get my kids back
	Get rid of bugs/pests in my home		Protect my kids from child abuse
	Get my car repaired		Improve the relationship with my kids' teacher
	Get car insurance		Get my children to attend school
	Get a baby car seat (infant, toddler, booster)		Help my children get better grades
	Get a bus pass		Be a better parent/model good behavior
	Learn how to use public transportation		Learn to find and choose safe childcare
	Get a bicycle		Stop my kids from fighting so much
	Sign up for food stamps		Have more time to play with my kids
	Buy a car		Comply with CPS
			Keep my kids out of foster care
			Learn ways to deal with my teenager
EMOTIONS			Get my kid(s) out of a gang
	Learn how to handle crises		Retain or get custody of my kids
	Feel good about myself		Give my kids a better life than I had
	Learn how to deal with my anger		Get CPS off my back
	Feel less depressed		Provide a safe home for my kids
	Feel more joy or happiness		Have kids participate in housework
	Feel less afraid		See that my kids do not start using drugs
	Feel less guilty/shame		
	Feel less confused		
	Stop having feelings of wanting to die		
	Feel less frustrated		ALCOHOL/DRUG USE
	Feel needed and appreciated		Reduce my alcohol use
	Feel less lonely		Reduce my drug use (ILLEGAL AND/OR MISUSING PRESCRIPTION/OVER THE COUNTER DRUGS)
	Feel more competent		
	Resolve my own past issues with abuse		OTHER
	Get counseling for a past trauma (eg. rape)		Be able to feed and care for my pet(s)
	Get counseling for loss of a loved one		Be able to spay/neuter my pet
	Be more loving		Find a new home for my pet(s)
	Feel worthwhile		
	Develop confidence		
	Take the time to explore my religious/spiritual beliefs		
	Find a place of worship		
	Attend a Mental Health support group		
	Learn a new method of problem solving		