

Are you living with ACE's?

Sefton Council 

 SOUTH SEFTON
PRIMARY CARE NETWORK

 NHS



What are ACE's?

ACE's stands for 'adverse childhood experiences', which are stressful or traumatic experiences, which can include any form of abuse, neglect, witnessing domestic violence or growing up with substance abuse, mental illness or parental conflict.



Free 10 week programme



This will support you to build resilience and develop a healthy lifestyle within a safe and calming environment. This will also give you a better understanding of how ACE's has impacted you and your family and empower you to make positive changes and choices.

How to refer:

- Ask your GP or social prescriber for a referral to the programme
- Contact the team via email:
cmicb-ss.adult.aces.southseftonpcn@nhs.net
- Phone or text the team on - 07721596433

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