

# MHA Friendship Center

PRESENTED BY DORALY ESPINOZA

FRIENDSHIP CENTER  
PROGRAM COORDINATOR

Empowering people to live their best life.

[www.mhasmc.org](http://www.mhasmc.org)



**MHA**

Mental Health Association  
of San Mateo County

# Who We Are

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MHA Friendship Center provides individuals living with mental illness a safe place to go during the day, a hot meal, social engagement, and educational activities.

Opened in 1970 as MHA's first direct service program, the Friendship Center has helped shape the agency programs we offer today. By working closely with clients to discover what their key needs are, we evolved as an agency to provide stable housing and supportive services.



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# General Eligibility

To participate, you must be:

- 18 years or older
- San Mateo County Resident

Our program is open to individuals living with mental illness. A diagnosis is not required. We do not ask about or screen for mental health conditions. We have an open-door policy.





“The Friendship Center is almost like a second family. You show up and everyone knows who you are and they are excited to see you.”



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# Impact from COVID

All in-person Centers closed at the start of the pandemic and we quickly adapted to offer alternative ways for our members to connect online and over the phone. It was definitely a challenge at first.

We are proud to share that program services continued while we were asked to shelter in place.

There was a noticeable increase in membership engagement. Members checking in on each other, exchanging phone numbers, meeting outside of our groups, etc.

Now that indoor events are allowed, we are working hard to reopen Center locations across the county.



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“I have come to these events for 25+ years and I find them to be a haven – we get to relax and enjoy the space and the people.”



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# Services

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## Events & Engagement Activities

In-person Centers, picnics and outdoor events during the warmer months, mindfulness groups at residential sites, annual celebrations and holiday parties.

## Peer-led Friendly Conversations

Our peer support counselors do outreach calls every week and engage members in friendly conversations. Members can opt in or out of these calls at any time. Great way to be introduced to staff and get an idea of what the Friendship Center is all about.

## Online Zoom Meetings

Our online meetings provide a safe and inclusive space for members to join from the comfort of their home. Members get to immerse in a supportive environment, share stories, practice mindfulness activities, and stay entertained. Meetings are transitioning to being peer-led.



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# CULTURAL HUMILITY & INCLUSION AT OUR CORE

FRIENDSHIP CENTER

We understand the importance of having a safe space for our community to come together and feel supported.





# CULTURAL HUMILITY & INCLUSION AT OUR CORE

We always bring our Centers to the community. Where there is a need, we do our best to provide a location that is easily accessible.

Prior to COVID, we had 11 locations throughout the county from EPA to Daly City. We currently have Centers in Redwood City and Daly City, and are actively working to open new locations.

Services are provided in English and Spanish.



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# Peer Support

Peer support is an essential part of the Friendship Center and plays an important role in all of MHA's programs. Our certified peer support counselors do an outstanding job at creating a space where members feel accepted and understood.

# Volunteers

We have volunteers from a variety of different backgrounds, cultures, and organizations across the county. Many of our volunteers are peers and we work closely with SolMateo which is our largest private donor that is generous enough to provide a monthly luncheon at our Centers.

CULTURAL HUMILITY &  
INCLUSION AT OUR  
CORE



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of San Mateo County



“What I like most about the Friendship Center is the people. You can talk with people and there is no criticism or judgment.”



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Mental Health Association  
of San Mateo County

# CONTACT US

We'd love to hear from you!

Doraly Espinoza (she/her)

Friendship Center Program Coordinator

Phone: 650 -722-7385

Email: [doralye@mhasmc.org](mailto:doralye@mhasmc.org)

[www.mhasmc.org](http://www.mhasmc.org)

Join our contact list to receive our monthly calendar and event flyers.



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of San Mateo County



# THANK YOU!



**MHA**  
Mental Health Association  
of San Mateo County

# HOME

FRANKLIN



*Support, Change & Growth!*

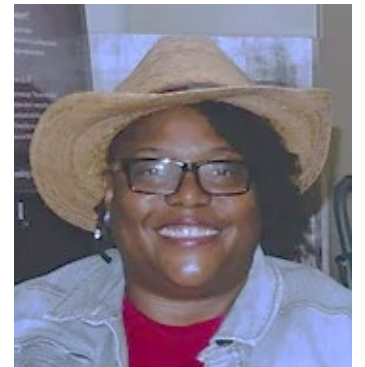
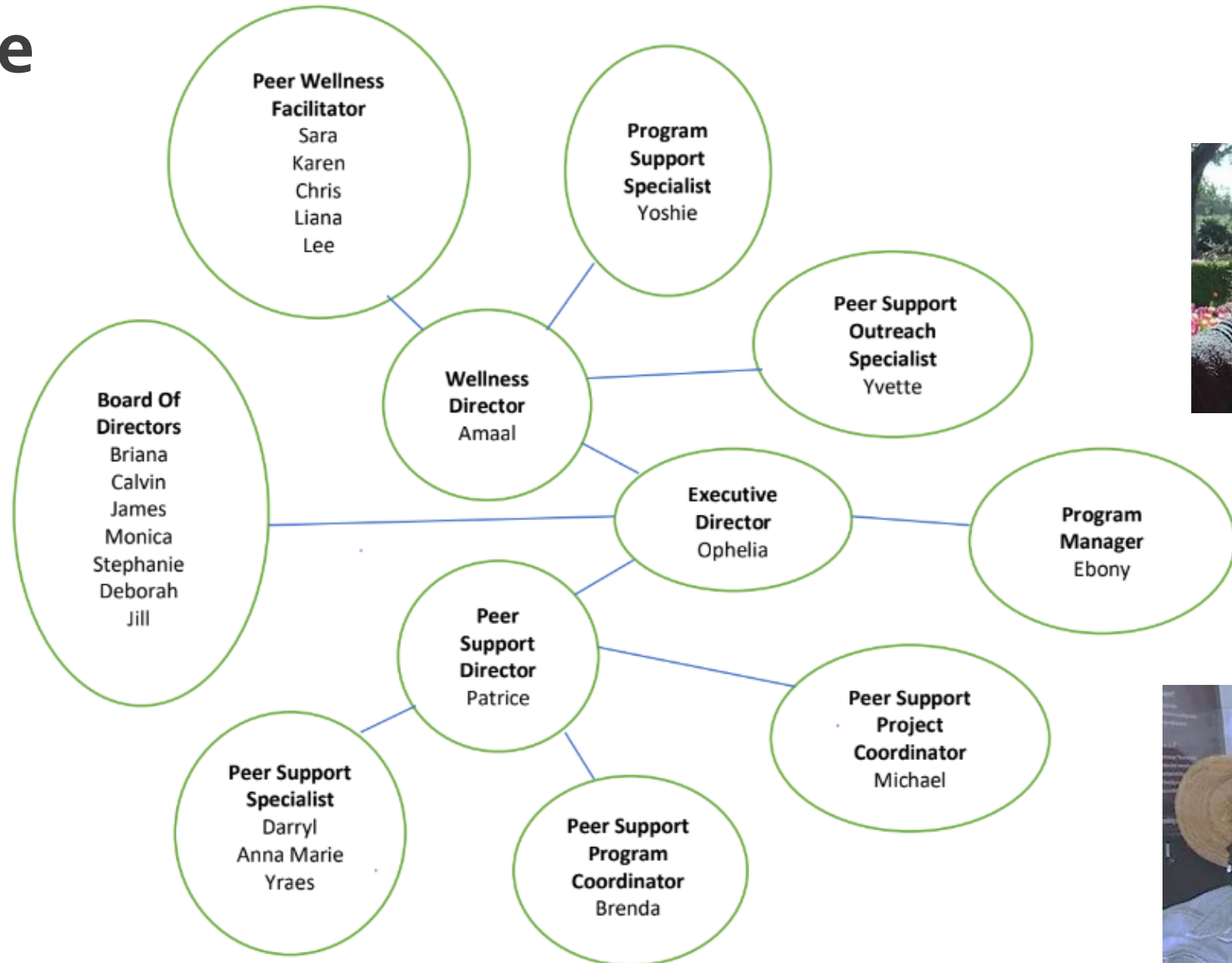
# An Introduction To Heart & Soul

- Who We Are
- What We Do & How
- Programs/Projects
- Monthly Calendar
- Connect With Us





# Who We are



# What We Do & How

## *Our Vision:*

Acceptance, inclusion, and dignity  
for those striving  
toward self-defined mental wellness

## *Our Mission:*

Creating connection, hope, and healing  
through peer support  
for mental health

# Support, Change & Growth

## Why are we here?

- To provide a non-threatening environment for communication
- To offer a community-based self-help support system
- To help clients develop life skills in their recovery
  - To give clients a voice

## Who do we support?

- Peers supporting each other
- Clients-anyone using mental health services in San Mateo County
  - Those who need non-judgemental acceptance

## How do we do it?

- Communicating the important message: "You are not alone"
- Supporting clients with information about community resources
- Assessing their needs
- Providing recreational activities
- Building relationships
- Providing unconditional love and friendship in a welcoming environment
- Recognizing that everyone is on their own wellness path
- We meet people where they are, along their recovery journey

## Signs we are making a difference

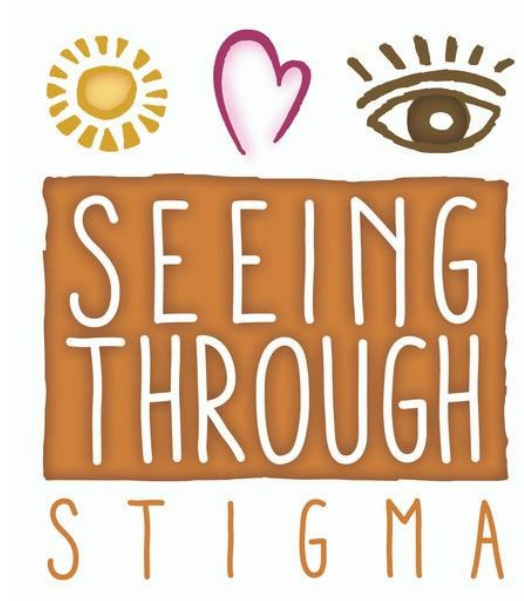
- People keep coming back because they feel safe
- Seeing a smile on their faces, and a change in their mood and demeanor
- They bring a friend
- Visible life changes
- Increased self-esteem and trust
- When they are communicating and involved
- When they are hopeful

## Anticipated Changes

- Less visits to PES/5150
- Drop in suicides
- Longer lifespans
- Connectedness to family, friends, and community
- Sense of self-worth increases



# Unique Programs & Projects



# Unique Programs & Projects: STS

- Anti-stigma campaign to change the adverse image of those living with mental health challenges or Substance Use issues, and their misunderstood portrayal in the media
- Our presentations consist of panelists with lived experience, who share their journeys of recovery with various community audiences
- Freeing the world of stigma, one story at the time



# Unique Programs & Projects: TWC

- Group classes on various wellness topics
- In person and virtual games, social outings, open house and events
- Extensive peer support through group interactions in the office or BHRS Centers
- Technology support to participants to be able to participate in programming



TOTAL WELLNESS CLUB ACTIVITIES



MAY 2023



Honoring Asian American and Pacific Islander Heritage Month and Celebrating May Mental Health Awareness Month 2023

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	<b>1</b> Monday Movie Matinee 12:00 - 3:00 pm In-Person at Burlingame  Community Center Drop-In Hours 3:00 pm - 6:00 pm In-Person at Burlingame	<b>2</b> Total Wellness Online 11:00 <a href="https://zoom.us/j/87374177?pwd=SBk6SlpNSWVlZDZlc0NkZDZlZDZlZDZl">https://zoom.us/j/87374177?pwd=SBk6SlpNSWVlZDZlc0NkZDZlZDZlZDZl</a>  Art for Wellness Zentangles 1:00 am In-Person at Burlingame  Photography for Wellness 2:00 pm In-Person at Burlingame	<b>3</b> Community Center Drop-In Hours 10:30 am - 12:00 pm In-Person at Burlingame  TW Friends of Hope 11:00 am In-Person at North County, Daly City  TW True Hope 11:30 am In-Person at Central County, San Mateo	<b>4</b> Total Wellness Online 11:00 <a href="https://zoom.us/j/87374177?pwd=SBk6SlpNSWVlZDZlc0NkZDZlZDZlZDZl">https://zoom.us/j/87374177?pwd=SBk6SlpNSWVlZDZlc0NkZDZlZDZlZDZl</a>  BINGO 1:00 pm In-Person at Burlingame  Mindful Movement 2:00 pm In-Person at Burlingame  Alternatives to Suicide 3:30 pm <a href="https://zoom.us/j/87374177?pwd=SBk6SlpNSWVlZDZlc0NkZDZlZDZlZDZl">https://zoom.us/j/87374177?pwd=SBk6SlpNSWVlZDZlc0NkZDZlZDZlZDZl</a>	<b>5</b> CINCO DE MAYO  TW Friends of Hope 11:00 am In-Person at Central County, San Mateo  True Hope Movie Night 3:00 pm - 7:00 pm In-Person at North County, Daly City  Friday Fun Group 7:00 pm <a href="https://zoom.us/j/87374177?pwd=SBk6SlpNSWVlZDZlc0NkZDZlZDZlZDZl">https://zoom.us/j/87374177?pwd=SBk6SlpNSWVlZDZlc0NkZDZlZDZlZDZl</a>	<b>6</b> Saturday Coffee Chat 11:00 am <a href="https://zoom.us/j/87374177?pwd=SBk6SlpNSWVlZDZlc0NkZDZlZDZlZDZl">https://zoom.us/j/87374177?pwd=SBk6SlpNSWVlZDZlc0NkZDZlZDZlZDZl</a>  Movie & Pizza 12:00 pm In-Person at Burlingame
<b>7</b>	<b>8</b> Monday Movie Matinee 12:00 - 3:00 pm In-Person at Burlingame  Community Center Drop-In Hours 3:00 pm - 6:00 pm In-Person at Burlingame	<b>9</b> Total Wellness Online 11:00 <a href="https://zoom.us/j/87374177?pwd=SBk6SlpNSWVlZDZlc0NkZDZlZDZlZDZl">https://zoom.us/j/87374177?pwd=SBk6SlpNSWVlZDZlc0NkZDZlZDZlZDZl</a>  Art for Wellness Zentangles 1:00 am In-Person at Burlingame  Photography for Wellness 2:00 pm In-Person at Burlingame  WRAP Support Group 3:30 pm HYBRID: In-Person at Burlingame or Virtually: <a href="https://zoom.us/j/87374177?pwd=SBk6SlpNSWVlZDZlc0NkZDZlZDZlZDZl">https://zoom.us/j/87374177?pwd=SBk6SlpNSWVlZDZlc0NkZDZlZDZlZDZl</a>	<b>10</b> Community Center Drop-In Hours 10:30 am - 12:00 pm In-Person at Burlingame  TW Friends of Hope 11:00 am In-Person at North County, Daly City  TW True Hope 11:30 am In-Person at Central County, San Mateo	<b>11</b> Total Wellness Online 11:00 <a href="https://zoom.us/j/87374177?pwd=SBk6SlpNSWVlZDZlc0NkZDZlZDZlZDZl">https://zoom.us/j/87374177?pwd=SBk6SlpNSWVlZDZlc0NkZDZlZDZlZDZl</a>  BINGO 1:00 pm In-Person at Burlingame  Mindful Movement 2:00 pm In-Person at Burlingame  Hearing Voices Group 3:30 pm <a href="https://zoom.us/j/87374177?pwd=SBk6SlpNSWVlZDZlc0NkZDZlZDZlZDZl">https://zoom.us/j/87374177?pwd=SBk6SlpNSWVlZDZlc0NkZDZlZDZlZDZl</a>	<b>12</b> TW Friends of Hope 11:00 am In-Person at Central County, San Mateo  True Hope Movie Night 3:00 pm - 7:00 pm In-Person at North County, Daly City  Friday Fun Group 7:00 pm <a href="https://zoom.us/j/87374177?pwd=SBk6SlpNSWVlZDZlc0NkZDZlZDZlZDZl">https://zoom.us/j/87374177?pwd=SBk6SlpNSWVlZDZlc0NkZDZlZDZlZDZl</a>	<b>13</b> Saturday Coffee Chat 11:00 am <a href="https://zoom.us/j/87374177?pwd=SBk6SlpNSWVlZDZlc0NkZDZlZDZlZDZl">https://zoom.us/j/87374177?pwd=SBk6SlpNSWVlZDZlc0NkZDZlZDZlZDZl</a>  Movie & Pizza 12:00 pm In-Person at Burlingame  Men's Group 4:00 pm <a href="https://zoom.us/j/87374177?pwd=SBk6SlpNSWVlZDZlc0NkZDZlZDZlZDZl">https://zoom.us/j/87374177?pwd=SBk6SlpNSWVlZDZlc0NkZDZlZDZlZDZl</a>
	<b>15</b> Monday Movie Matinee 12:00 - 3:00 pm In-Person at Burlingame  Community Center Drop-In Hours 3:00 pm - 6:00 pm In-Person at Burlingame	<b>16</b> Total Wellness Online 11:00 <a href="https://zoom.us/j/87374177?pwd=SBk6SlpNSWVlZDZlc0NkZDZlZDZlZDZl">https://zoom.us/j/87374177?pwd=SBk6SlpNSWVlZDZlc0NkZDZlZDZlZDZl</a>  Art for Wellness Zentangles 1:00 am In-Person at Burlingame  Photography for Wellness 2:00 pm In-Person at Burlingame	<b>17</b> Community Center Drop-In Hours 10:30 am - 12:00 pm In-Person at Burlingame  TW Friends of Hope 11:00 am In-Person at Central County, San Mateo  TW True Hope 11:30 am In-Person at North County, Daly City  Monthly Community Drop-In Center <b>Open House</b> 3:00 - 6:00 PM at Burlingame	<b>18</b> Total Wellness Online 11:00 <a href="https://zoom.us/j/87374177?pwd=SBk6SlpNSWVlZDZlc0NkZDZlZDZlZDZl">https://zoom.us/j/87374177?pwd=SBk6SlpNSWVlZDZlc0NkZDZlZDZlZDZl</a>  BINGO 1:00 pm In-Person at Burlingame  Mindful Movement 2:00 pm In-Person at Burlingame  Alternatives to Suicide 3:30 pm In-Person at Burlingame	<b>19</b> TW Friends of Hope 11:00 am In-Person at Central County, San Mateo  True Hope Movie Night 3:00 pm - 7:00 pm In-Person at North County, Daly City  Friday Fun Group 7:00 pm <a href="https://zoom.us/j/87374177?pwd=SBk6SlpNSWVlZDZlc0NkZDZlZDZlZDZl">https://zoom.us/j/87374177?pwd=SBk6SlpNSWVlZDZlc0NkZDZlZDZlZDZl</a>	<b>20</b> Saturday Coffee Chat 11:00 am <a href="https://zoom.us/j/87374177?pwd=SBk6SlpNSWVlZDZlc0NkZDZlZDZlZDZl">https://zoom.us/j/87374177?pwd=SBk6SlpNSWVlZDZlc0NkZDZlZDZlZDZl</a>  Movie & Pizza 12:00 pm In-Person at Burlingame
<b>21</b>	<b>22</b> Monday Movie Matinee 12:00 - 3:00 pm In-Person at Burlingame  Community Center Drop-In Hours 3:00 pm - 6:00 pm In-Person at Burlingame	<b>23</b> Total Wellness Online 11:00 <a href="https://zoom.us/j/87374177?pwd=SBk6SlpNSWVlZDZlc0NkZDZlZDZlZDZl">https://zoom.us/j/87374177?pwd=SBk6SlpNSWVlZDZlc0NkZDZlZDZlZDZl</a>  Art for Wellness Zentangles 1:00 pm In-Person at Burlingame  Photography for Wellness 2:00 pm In-Person at Burlingame  WRAP Support Group 3:30 pm HYBRID: In-Person at Burlingame or Virtually: <a href="https://zoom.us/j/87374177?pwd=SBk6SlpNSWVlZDZlc0NkZDZlZDZlZDZl">https://zoom.us/j/87374177?pwd=SBk6SlpNSWVlZDZlc0NkZDZlZDZlZDZl</a>	<b>24</b> Community Center Drop-In Hours 10:30 am - 12:00 pm In-Person at Burlingame  TW Friends of Hope 11:00 am In-Person at North County, Daly City  TW True Hope 11:30 am In-Person at Central County, San Mateo	<b>25</b> Total Wellness Online 11:00 <a href="https://zoom.us/j/87374177?pwd=SBk6SlpNSWVlZDZlc0NkZDZlZDZlZDZl">https://zoom.us/j/87374177?pwd=SBk6SlpNSWVlZDZlc0NkZDZlZDZlZDZl</a>  BINGO 1:00 pm In-Person at Burlingame  Mindful Movement 2:00 pm In-Person at Burlingame  Hearing Voices Group 3:30 pm In-Person at Burlingame	<b>26</b> TW Friends of Hope 11:00 am In-Person at Central County, San Mateo  True Hope Movie Night 3:00 pm - 7:00 pm In-Person at North County, Daly City  Friday Fun Group 7:00 pm <a href="https://zoom.us/j/87374177?pwd=SBk6SlpNSWVlZDZlc0NkZDZlZDZlZDZl">https://zoom.us/j/87374177?pwd=SBk6SlpNSWVlZDZlc0NkZDZlZDZlZDZl</a>	<b>27</b> Saturday Coffee Chat 11:00 am <a href="https://zoom.us/j/87374177?pwd=SBk6SlpNSWVlZDZlc0NkZDZlZDZlZDZl">https://zoom.us/j/87374177?pwd=SBk6SlpNSWVlZDZlc0NkZDZlZDZlZDZl</a>  Movie & Pizza 12:00 pm In-Person at Burlingame
<b>28</b>	<b>29</b> NO ACTIVITIES  	<b>30</b> NO ACTIVITIES  Heart & Soul Closed for Professional Development	<b>31</b> NO ACTIVITIES  Heart & Soul Closed for Professional Development			

H&S Open House Every 3<sup>rd</sup> Wednesday!

- Free Food
- Presentations
- Activity/Sharing
- Connecting
- Swags!



Please note: Though unlikely, times are subject to change without prior notice

# Unique Programs & Projects: Peer Support

- H.O.P.E. one-on-one Peer Support program to help individuals transition from acute psychiatric care into lower level of care or the community
- Provides recovery support, self-care modeling and utilizes evidence-based tools like W.R.A.P.
- Connects to local resources and partner organizations (CA Clubhouse, NAMI SMC)
- New participants by referral only via San Mateo County Behavioral Health Services (BHRS)
- Peer Support Groups (e.g. Alt2Su, Hearing Voices)







# *Heart & Soul Has Moved!*

## **COMMUNITY DROP-IN CENTER**

*Mental Health Peer Support for San Mateo County*

**1633 Old Bayshore Hwy, Suite 258  
Burlingame, CA 94010**

Office Phone: 650-232-7426 • For information, email: [info@heartandsoulinc.org](mailto:info@heartandsoulinc.org)

**Need to Talk? Call our Peer Warm Line 650-231-2024  
for instant access to peer support counselors and mentors  
[www.heartandsoulinc.org](http://www.heartandsoulinc.org)**

### **HOW TO GET TO OUR NEW LOCATION:**

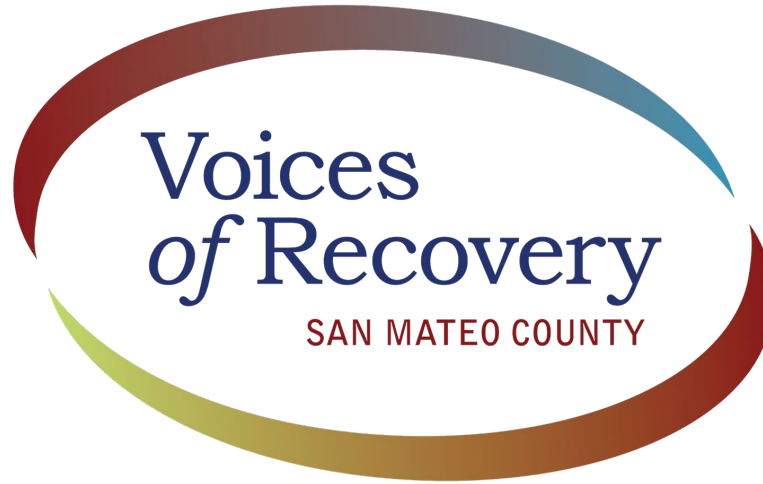


**SAMTRANS Route 292 Bus Stop is located at  
Old Bayshore Hwy at Stanton, in front of our building.  
For more Route 292 information, click the link below:  
[https://www.samtrans.com/routes/292?center=-  
122.35326%7E37.66617](https://www.samtrans.com/routes/292?center=-122.35326%7E37.66617)**





*Supporting Lifestyles  
Free From Addiction*



*Navigating the Behavioral Healthcare System*

# **Voices of Recovery San Mateo County**

Presenter: Brendan Winans

# WHO WE ARE

- Voices of Recovery San Mateo County is the only Non-profit peer-run recovery services organization in San Mateo County for individuals seeking and maintaining long-term recovery from alcohol and other drug addictions.
- Established in 2009
- Voices uses the evidence-based Wellness Recovery Action Plan (WRAP) program
  - Serves 500 unduplicated participants per year, including low-income, BIPOC, and justice-involved populations.



# WHAT WE PROVIDE

- Adult peer-led education, wellness, advocacy, and support in our peer groups:
  - *Wellness Action Recovery Plan* (WRAP)
  - Health and Wellness
  
- Mentor Program
  
- Volunteer and Job Opportunity for newly released residential program clients.



# DEI / CULTURAL HUMILITY

- Voices of Recovery San Mateo County belief:
  - The recognition and acceptance of cultural diversity provides a source of strength by fostering a spirit of inclusiveness, cooperation, and collaboration.
  - Foster cultural humility:
    - Equal employment opportunity in our hiring, training, and promotion practices.
    - Partners with Health and Equity Initiatives in San Mateo County to support the diverse community



# NEED FOR VOICES SERVICES

- Recovery services are important to beneficiaries in the recovery and wellness process.
  - Increase substance use since Covid 19
  - Short stay in residential programs
- Voices is the agent that empowers participants to manage their health and wellness, by understanding their triggers and preparing actions plans to get well and stay well.
- Use of WRAP a holistic approach to address the whole person and their community, and is supported by peers, friends, and family members.



# COVID-19 IMPACTS

Researchers have observed increases in substance use and drug overdoses in the United States since the COVID-19 pandemic was declared a national emergency in March 2020.

- Hybrid groups
- Diverse events



# NEWS

- Recovery Happens Planning Committee
  - Every 1<sup>st</sup> Wednesday at 12pm. Zoom ID: 87931712852
- Juneteenth Planning Committee
  - Every Thursday at 12 pm., Zoom ID: 86554249455
- **COMING SOON:** Recovery Connection Drop in Center



# VOICES CONTACT

**Main office:** (650) 802-6552

**ShaRon Heath, *Executive Director:*** (408) 505-1433

**Veronica Antonelli, *Administrative Assistant :*** (650) 643-6955

**Greg Thompson, *Supervisor:*** (650) 643-6952

**Sydney Reynolds, *Outreach Coordinator:*** (650) 643-6968

**Brendan Winans, *Advanced Level WRAP Facilitator:*** (650) 643-6965



# HOURS OF OPERATION

## Locations:

### **Belmont:**

310 Harbor Blvd. Bldg E  
Belmont, CA 94002  
**Ph:** (650)802-6552

### **South County:**

1842 Bay Rd.  
East Palo Alto, CA 94303  
**Ph:** (650) 289-7670  
**Fax:** (650)321-7004

### **Day :**

Monday

Tuesday

Wednesday

Thursday

Friday

### **Hours:**

10:00 - 7:00 pm

10:30 - 7:30 pm

9:00 - 6:00 pm

10:30 - 7:30 pm

9:00 - 6:00 pm

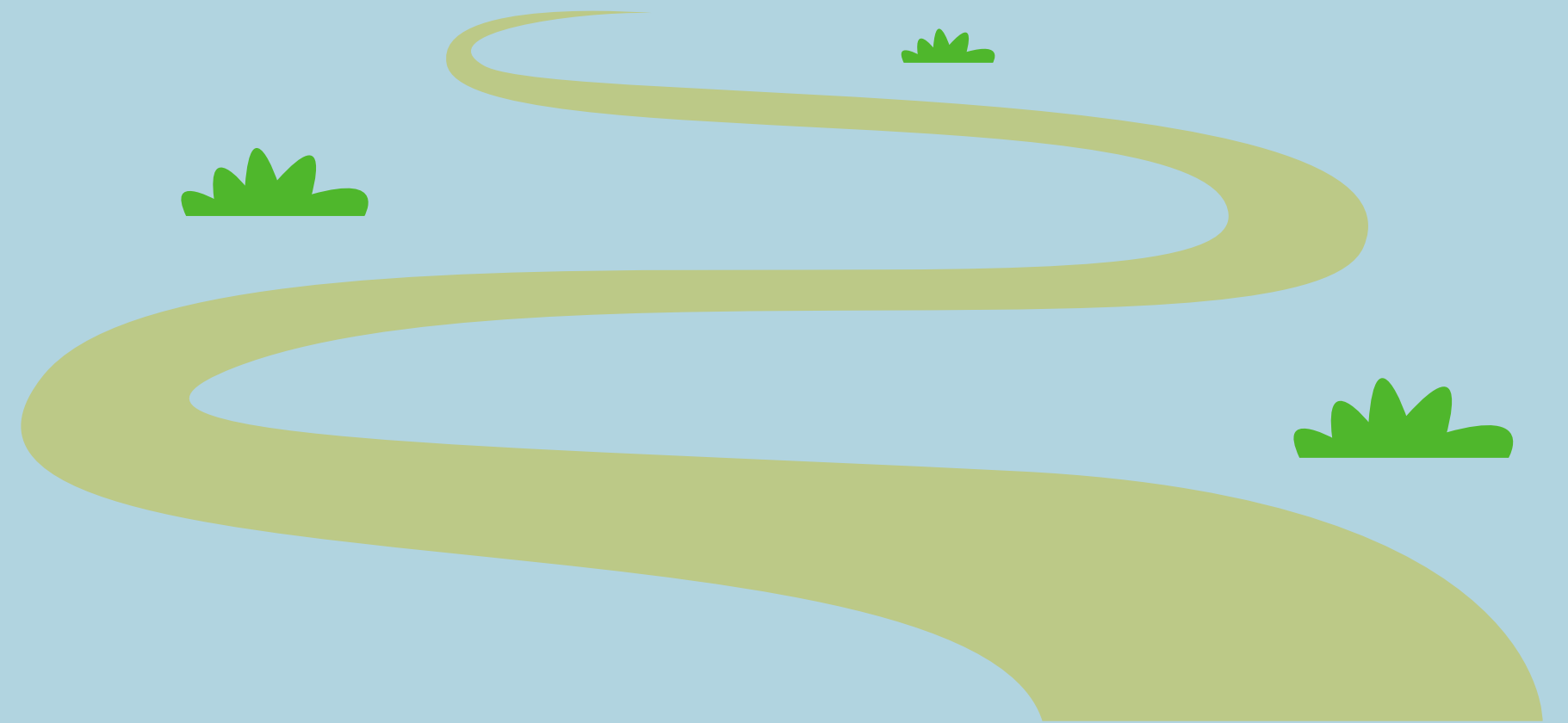


IT'S OKAY  
TO ASK FOR HELP.



# CALIFORNIA CLUBHOUSE

a community • a path • a purpose



NAVIGATING BEHAVIORAL HEALTHCARE



# CALIFORNIA CLUBHOUSE

a community • a path • a purpose

The structure of our organization and the services offered stem from the Clubhouse International Rehabilitation Model created in 1984 at Fountain House in New York. The model incorporates a work-ordered-day program that allows members to voluntarily participate in imperative work, form meaningful relationships, and reclaim their lives as they see fit.

## Who?



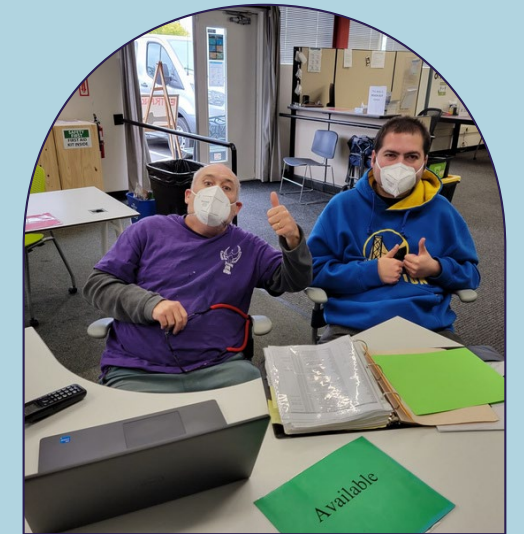
California Clubhouse is a community of hope, dignity, & recovery that empowers individuals living with mental health challenges.

## What?



At our self-run community, members and staff work side by side to manage and maintain all aspects of the facility, prosperity of the organization, and quality of the services being offered.

## Why?



Our organization offers a unique social and vocational rehabilitant without clinical or psychiatric care. Rather than focusing on diagnosis we allow the individual to control the terms of their recovery and reach goals of their desire.



(650) 539-3345



info@californiaclubhouse.org  
veneziavargas@californiaclubhouse.org



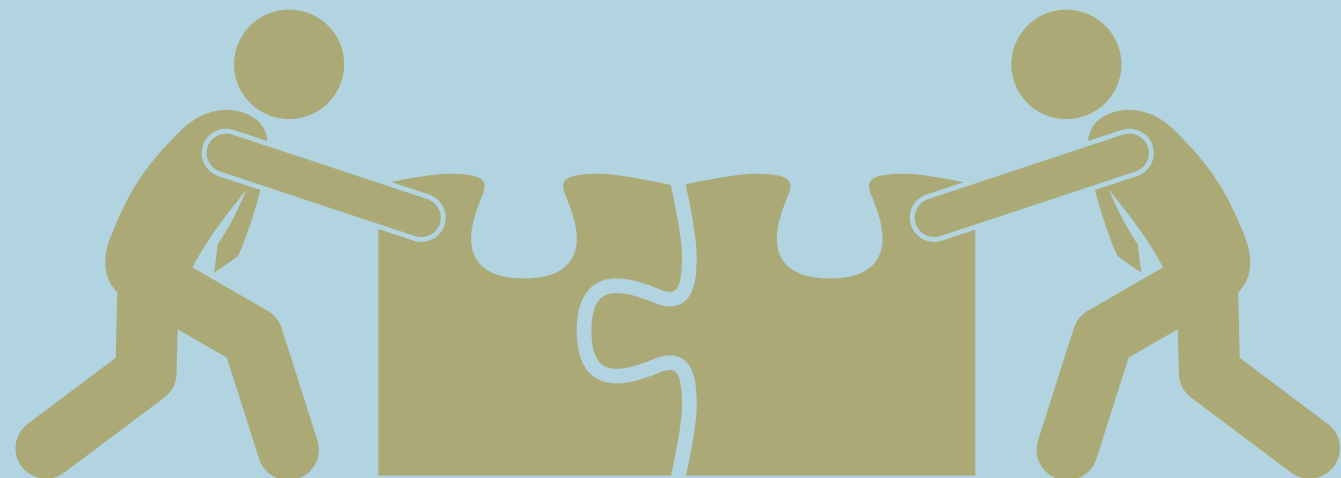
210 Industrial Rd., Ste. 102  
San Carlos, CA. 94070

## Interested in Inquiring?

Reception is something a large percentage of our members love to participate in. When calling the Clubhouse phone number, you will likely be greeted by a member of our team who will be happy to assist. Practicing this has developed the skillsets of some of our participants who are now seeking administrative work and having great success! For those who prefer other contact methods, if you reach out to us via email ([info@californiaclubhouse.org](mailto:info@californiaclubhouse.org)) a member of our team will get back to you in a timely manner.

## Eligibility Essentials:

California Clubhouse's membership eligibility requirements emphasize how flexible the structure of our program is, designed to be fit for a wide range of individual's battling mental illness. The official requirements to become a member of our organization include; you must be 18 years or older, have received a mental health diagnosis from a certified healthcare provider, and we would like to ask that the prospective member have no recent history of violence.



# EXPANDING OUR EQUITABLE EFFORTS

## DEI & Cultural Humility @ CA Clubhouse

BHRS beautifully defined the word equity as; “The effort to provide different levels of support based on an individual’s or group’s needs, in order to achieve fairness in outcomes.”

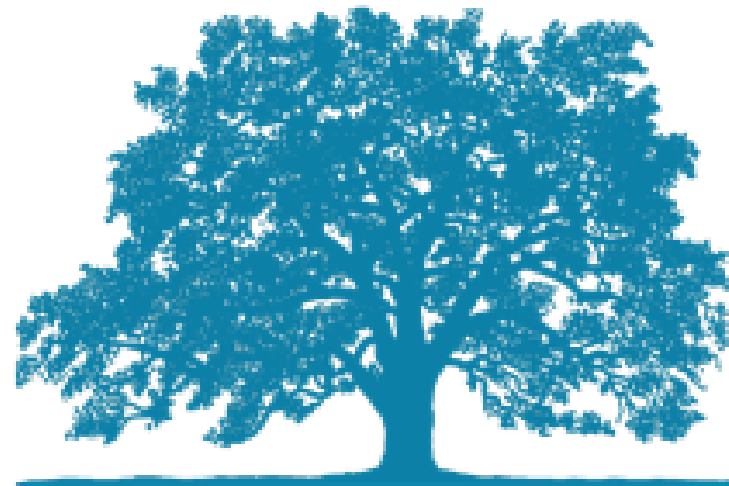
At California Clubhouse, we encourage our community to attend a list of weekly meetings that educate attendees on topics of diversity, equity, and cultural humility that we regularly broadcast in-house and via zoom. We continuously put effort towards incorporating the educational information collected from the initiative and equity meetings into our social events as well as in our work ordered day.



## LGBTQIA+ Community Involvement

Currently, at California Clubhouse we regularly attend a monthly Pride Initiative meeting coordinated by BHRS. We are continuing to learn more about how we, as allies, can advocate for the expansion of governmental support and policy changes necessary to improving the equity of our nation. In addition to this, how we can apply effort towards ensuring our organization continues to expand the services available in an equitable and all-inclusive manner.

Lastly, we aim to educate and empower our members on their constitutional rights as well as how to advocate for themselves or someone else when discrimination is present. Unfortunately, individuals living with mental health challenges are often mistreated in places of work and/or school and may not realize it or know how to demand change.



# Sitike

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COUNSELING CENTER

*Addiction, Mental Health &  
Violence Prevention Services*





We don't heal in  
isolation, but in  
community.

S. Kelley Harrell



### HEALTH

Overcoming or managing one's disease(s) as well as living in a physically and emotionally healthy way

**HOME**  
A stable and safe place to live



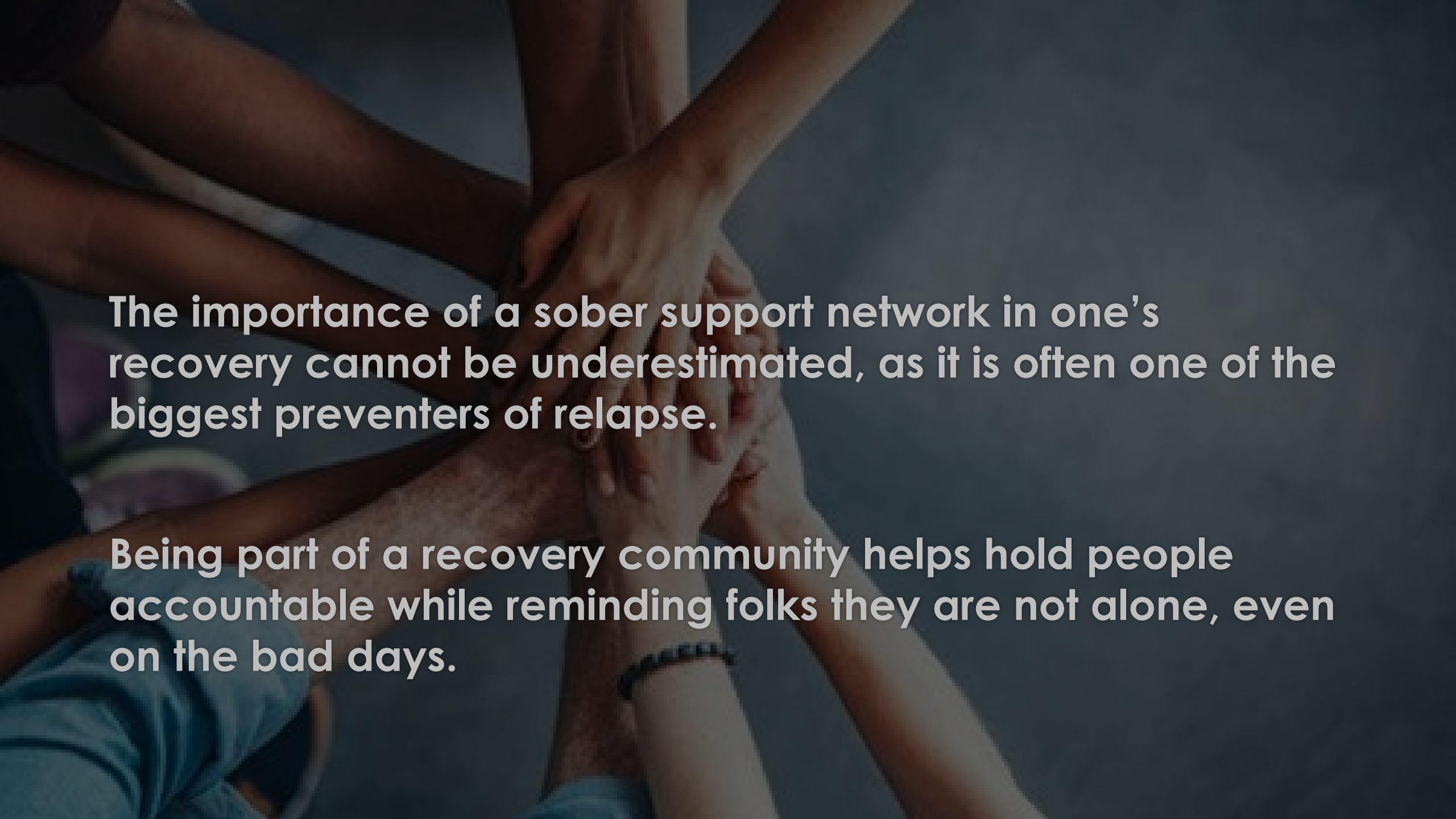
## Four Dimensions of the Recovery Process



**COMMUNITY**  
Relationships and social networks that provide support, friendship, love, and hope

**PURPOSE**  
Meaningful daily activities, such as a job, school, volunteerism, family caretaking, or creative endeavors, and the independence, income and resources to participate in society



A top-down view of several people's hands stacked together in a circle, symbolizing support and community. The hands are of various skin tones and are positioned in a way that suggests a strong, unified group. The background is a soft, out-of-focus blue and white, possibly a wall or a backdrop.

**The importance of a sober support network in one's recovery cannot be underestimated, as it is often one of the biggest preventers of relapse.**

**Being part of a recovery community helps hold people accountable while reminding folks they are not alone, even on the bad days.**

# Community Support Services for Folks in Recovery

At Sitike, we provide referrals to a variety of community-based resources including:

- Alcoholics Anonymous
- Narcotics Anonymous
- Sober Activity Groups
- Al-Anon
- Alateen
- Recovery Housing
- Recovery Cafes
- Recovery Coaches



## Contact Information

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