

# The Wellness & Advocacy Center

## Center Hours:

Monday: 10:00-2:00

Tuesday: 10:00-2:00

Wednesday: 11:00-3:00

Thursday: 10:00-2:00

Friday: 10:00-2:00

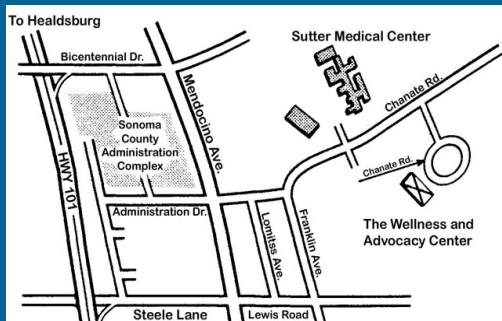
Please Call for  
More information...

Phone: (707) 565-7800

Fax: (707) 565-7838

or visit us at our website...

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



“The Wellness and Advocacy Center is a program of Goodwill Industries of the Redwood Empire, which is contracted by Sonoma County Department of Health Services, Mental Health Division with funding from the Mental Health Services Act.”

## Sonoma County

The Wellness & Advocacy Center  
3400 Chanate Rd  
Santa Rosa, CA 95404

Phone: (707) 565-7800

Fax: (707) 565-7838

E-mail: [abreckenridge@gire.org](mailto:abreckenridge@gire.org)

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

## Sonoma County



# The Wellness and Advocacy Center

*A peer-operated  
and managed  
self-help Center  
for Mental  
Health Clients*

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3400 Chanate Rd  
Santa Rosa, CA 95404

**(707) 565-7800**

# The Wellness and Advocacy Center



The Wellness and Advocacy Center is a self-help drop-in center for

people with mental health challenges. Our center is peer-operated and managed, designed to create a comfortable atmosphere for all.

In a supportive, nurturing environment, members work toward their own goals while participating in a larger community.



## Understand & Empower Individuals...

Peer-operated programs enable members to recognize and accept their inherent value, purpose and independence by encouraging them to make choices with self-determination, self-responsibility, peer support and peer advocacy.

## What We Offer...

We offer an opportunity for people whose lives have been seriously impacted by mental health issues to participate in groups and activities including:

- **Arts/Crafts (Art Room)**
- **Career/Computer Lab**
- **Gardening**
- **Cooking Classes**
- **Peer Counseling, Peer-led self-help groups**
- **Peer/Self Advocacy Training**
- **Quarterlife (TAY) Support**
- **Grupo de Apoyo de la Salud Mental**
- **Yoga**
- **Hypnotherapy/Stress Reduction**
- **“Stamp out Stigma” Speaker’s Bureau**
- **Movies (Tues/Thurs)**
- **Lunch (Mon/Wed/Fri)**

*...and more!*

## Our Mission...

To support individuals in Sonoma County living with Mental Health challenges to develop and sustain well-being through self-empowerment.



## Volunteer Opportunities Available...

- **Front Desk**
- **Computer Lab**
- **Garden**
- **Maintenance**

*\*We are open to new ideas and volunteers who want to lead new groups and activities.*

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