



What we offer...

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

- Peer Support
- Self-Help Groups
- Socialization Activities
- Art Program
- Career/Computer Lab
- Educational Forums
- Self-Advocacy Training
- Music Jam
- Youth Support (age 18-25)
- Open Mic / Karaoke
- Snacks and Coffee
- Art Store
(original art/craft items for sale)

...and more!

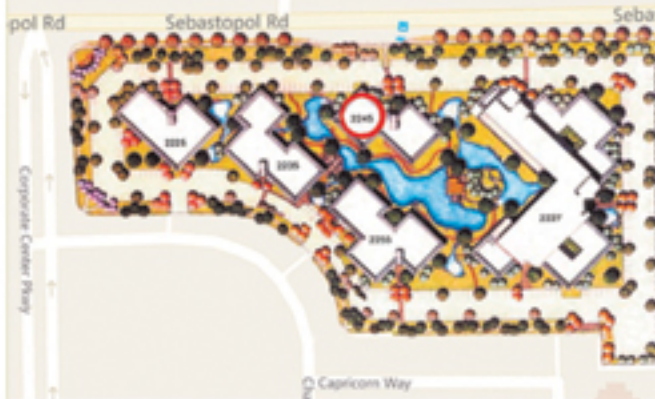


Center Hours:

**Mon ~ Fri: 9:00am-4:00pm
except Wed: 9:00am-2:00pm**



Located on City Bus Route 2/2B



For more information...

Phone: (707) 565-7800

or visit us at our website...

www.wellnessandadvocacy.org

Sonoma County



**Peer Support Center
since 2007**

2245 Challenger Way, Suite 104
Santa Rosa, CA 95407

Phone (707) 565-7800

www.wellnessandadvocacy.org

Our Mission...

Together, we are moving toward Mental Health Recovery in a safe, nonjudgmental peer community.



About Us

The Wellness and Advocacy Center is a self-help drop-in center for people with mental health challenges in Sonoma County. 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.

"I like the Wellness Center because it helps me with my disability and the people are nice."
-Wellness Center member

Understand & Empower



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



Member Involvement

- Speaker's Panel
- Volunteering
- Art program
- many more..

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



photography and layout design by naomi 2019

"Thank you to the Wellness Center that has such a feeling of serenity."
-Wellness Center member

Support



- Education
- Housing info
- Individual Peer-Support
- Employment services
- Warm line phone calls



to Learn more

About the Wellness and Advocacy Center, please call us, and / or visit our website.

** In partnership with the Behavioral Health Co-Op, we host the program's 12-week paid Work Adjustment Training program that provides trainees an opportunity to engage in a real work environment.*



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