

ARE YOU SEEKING A PLACE THAT
OFFERS PEER TO PEER SUPPORT?

WELCOME TO PEER WELLNESS CENTER

We offer a safe place for participants to learn empowerment skills, mindfulness practices, whole health and over-all wellness with peers counselors and wellness staff who have *lived experience* in mental health and recovery.



- ☑ Healthy Living Workshops
- ☑ Creative Arts Expression
- ☑ Skills Building Workshops
- ☑ Community Social Events
- ☑ On-Site Recreational Activities
- ☑ Wellness Goal Planning
- ☑ Wellness & Recovery Groups
- ☑ Dual Recovery Groups

**HOW TO
JOIN THE
CENTER**

Connect with a peer counselor at your agency or ask your provider to contact us for an appointment or referral. OR Walk-In for Membership Orientation every Tues. Wed. & Thurs. From 12:30 to 2:00 PM

The center is open to consumers of SF Behavioral Health Services.

rams

Peer Wellness Center
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