Welcome to the Wellness and Advocacy Center!

A program of Goodwill Industries of the Redwood Empire
Our Mission:
To support individuals living in Sonoma County with Mental Health Challenges to develop and sustain health and well-being through self-empowerment.
History

• The Wellness and Advocacy Center opened its doors on April 12, 2007.
• Funded by the Mental Health Services Act (Prop 63).
• The Wellness Center is a client-run program based on the principles of self-help, peer support, self determination, & personal responsibility for recovery.
• The Wellness and Advocacy Center is set in a peaceful, serene setting surrounded by nature and open space.

• The only requirement for membership is to be an adult who has experienced mental or emotional distress that has impacted their lives.

• It is an open facility where members can come to socialize, participate in activities, & find community resources.
How do people find out about our services?

- County Mental Health providers.
- Community health clinics or primary care physicians.
- Community Outreach workers.
- Private therapists, psychologists or psychiatrists
- N.A.M.I. (National Alliance for the Mentally Ill)
- Jail diversion programs (F.A.C.T. etc.)
- Shelters
- Youth treatment programs
- Word of mouth; friends telling friends
What is the Center like?

- Welcoming Environment
- Peer Counseling
- Computer Lab
- Art Program
- Three community gardens
- Educational Forums
- Recreational Activities
- Self Advocacy Training
- Volunteer Opportunities
OTHER ACTIVITIES AT THE CENTER

• Workshops & Presentations on topics of interest to members
• Rock-n-roll music jam sessions: Everyone welcome!
• Literary Journal published annually: “The Creative Linx”
Most significant accomplishments

Educating the client community.
Publication of a Literary Journal.
Creating a safe, stable, welcoming environment.
Reducing stigma through outreach, speaker presentations, and art shows.
Creating a positive, recovery-oriented workplace.
Dilemmas

• Need to educate the general public about the positive effects of self-help vs. stigma.
• Need additional funding to create more programs and offer staff a living wage.
• Need funding to create better outreach and education through social media outlets.
Plans, Hopes and Dreams

- Increase coordination among agencies which share common goals.
- Develop more groups and classes - movement, dance, drumming, budgeting etc.
- Inform more people in the community about our services - widen our outreach.
- Become our own 501 © 3.
We are always open to suggestions from our members and the community!

We encourage you to take a tour of our center or visit us on our website at www.wellnessandadvocacy.org