



# Lompoc Recovery Learning Community

## “Helping Hands of Lompoc” (H2L)

### Transitions-Mental Health Association

*Inspiring hope, growth, recovery and wellness in our communities.*



WELLNESS • RECOVERY • RESILIENCE

*A Peer-operated Community for People in Mental Health Recovery*

Opened in June 2004, Helping Hands is run entirely by peers – people in mental health recovery and Hosts who oversee the daily activities and facilitate the involvement of other members. It provides a combination of wellness and recovery-oriented services in a comfortable, supportive meeting place. Helping Hands also has a Leadership Committee to support the interest of the participants who attend this program.

Open Monday-Friday, the program promotes independence and revitalization through self-governed activities as members work toward recovery.

#### **What Activities Are Provided?**

- Helping Hands offers different options for support, including WRAP, Dual Diagnosis, Healing Words, Anger Support, Wellness Group, Seeking Safety and WOW (Women of Worth).
- Job Club is offered twice a year by TMHA's Supported Employment Program.
- Members are required to attend a weekly meeting where they can express their ideas and suggestions for improving Helping Hands. Birthdays and milestones are recognized as well as any center issues. To foster self-responsibility, members need to call in ahead of time if they are unable to attend the meeting.
- Participants are offered the opportunity to earn stipends by teaching or leading a group activity related to their interests and talents. For example teaching an art class or presenting a personal experience with recovery.
- Each day, participants sign in and choose a chore to do that day. This fosters shared responsibility for the center's upkeep and ensures a clean and home-like setting. A hot meal is prepared for the members Wednesday-Friday. On Tuesdays there is a Farmers Market at Helping Hands where members can take home a variety of fresh produce for their personal use.
- Computer classes such as: Word, Excel, PowerPoint, Basic Computers, Publisher, Outlook and Google Mania are offered every Tuesday free of charge.
- H2L has a speaker's bureau made up of members who are willing to share their message of hope and recovery from mental illness. They go to different venues to educate the public in attempts to decrease the stigma of mental illness.
- Recreational equipment at the center includes billiards, a computer lab, TV with VCR and DVD players, piano, guitars, and opportunities for hobbies such as arts and crafts.

#### **Who Can Attend?**

Visitors need to request a referral from their mental health provider and attend an orientation.

**Hours:** Monday through Friday, 8 a.m. - 4 p.m.

**Location:** 513 North “G” St. Lompoc 93436

**Call us at:** (805) 819-0460 ext. 153

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