



Santa Maria Recovery Learning Community

Transitions-Mental Health Association

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



WELLNESS • RECOVERY • RESILIENCE

A Peer Led Community for People in Mental Health Recovery

Opened in 1993, the Santa Maria Recovery Learning Community (RLC) is run entirely by peers – people in mental health recovery 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. The RLC also has a Peer Advisory Board to support the interest of the participants who attend this program.

Open five days a week, the program promotes independence and revitalization through self-governed activities as members work toward recovery.

What Activities Are Provided?

- The RLC offers many options for support in developing coping skills, vocational support and building a social network. The RLC has variety of groups from Jobs Club, computer skills building classes, lunch program, and emotional wellness groups.
- The RLC has a computer lab which can be utilized for leisure, academic and vocational purposes by participants
- Participants are encouraged to embrace recovery concepts of hope, personal empowerment, respect, friendship and self responsibility through taking on leadership roles and sharing their personal experience with other members.
- Each day, participants sign in and choose a chore to do as a form of service. This fosters shared responsibility for the center's upkeep and ensures a clean and home-like setting.
- Participants have snack options available to them throughout the day and can participate in the once a week hot lunch program.
- Recreational equipment at the center includes on-line computers, TV with VCR and DVD player, magazines, piano and board and card games.

Who Can Attend?

Prospective members are encouraged to request a referral from their mental health provider and to have an RLC orientation.

Santa Maria RLC

225 E. Inger Drive, Suite 101A
Santa Maria, Ca 93454
805-928-0139

Hours

Monday: 8 am - 1 pm
Tuesday-Friday: 8 am - 4 pm

Se habla Español!

Post Office Box 15408, San Luis Obispo CA 93406
Phone: (805) 540-6500 • Fax: (805) 540-6501 • info@t-mha.org