

Helping Hands of Lompoc “H2L” (formerly known as the RLC)  
**Transitions-Mental Health Association**



*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 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.

Open five days a week, 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, Tai-Chi, Dual Diagnosis, Healing Words, Voice Hearers Support, Highly Sensitive People, Spanish 101, Embracing Aging, Grupo de Apoyo (for Spanish speakers) and Morning Mindfulness. Socialization opportunities include Arts & Crafts, Walking 4 Wellness, & Fun with Friends.
- Members have the opportunity to attend a weekly community meeting where they can express their ideas and suggestions for improving Helping Hands. Birthdays and milestones are recognized as well as any center concerns.
- TMHA’s Supportive Services Program offers an 8 week Job Club at H2L 1-2 times per year.
- H2L offers several volunteer opportunities for those who wish to gain experience to boost their resume and a future job reference. Positions include host, janitorial, and computer lab tech.
- The Public Health nurse visits H2L every Wednesday and meets with members to answer questions and for blood pressure screenings.
- Each day, members 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. Lunch is prepared for the members Tuesday-Friday at 12pm. Members need to sign up by 11:30am. Twice a month, Farmers Market is held at Helping Hands and members can take home a variety of foods for their personal use.
- A Computer Class is offered every Wednesday from 10:30am -12:00pm. Computer classes such as: Word, Internet Explorer, Excel, PowerPoint, Smart Phones, Basic Computers, Publisher, Outlook and Google Mania are offered.
- The Computer Lab is open for member use on Tuesdays and Thursdays from 10am – 12pm, & 1pm - 4pm. There is a computer lab tech who is available to assist as needed.

Helping Hands of Lompoc (RLC)

513 N. G Street

Lompoc, CA 93436

(805) 819-0460 xt.153

Tuesday-Friday 8am–4pm (Groups)

Mondays 1-4pm (Movies)

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