



# Helping Hands of Lompoc (RLC) Referral

The RLC gladly accepts referrals to our Peer Support services program. Please complete the following information as thoroughly as possible.

Referring Agency: \_\_\_\_\_

Staff Name: \_\_\_\_\_

Staff Signature: \_\_\_\_\_

Agency Phone: \_\_\_\_\_

Client's Name: \_\_\_\_\_

Phone: \_\_\_\_\_

City: \_\_\_\_\_ Zip Code: \_\_\_\_\_

Date of Birth: \_\_\_\_\_ Age: \_\_\_\_\_ Gender: \_\_\_\_\_

Preferred Language: \_\_\_\_\_

## AUTHORIZATION:

" I authorize the transmission of information on request and on my behalf to and from the personnel at Helping Hands of Lompoc– RLC. This authorization is granted on condition that due care be exercised at all times with respect to my rights to privacy and confidentiality. This authorization is not a waiver of any privilege conferred on me by law or regulation. "

Signed: \_\_\_\_\_

Date: \_\_\_\_\_

Location: 513 North G St. Lompoc 93436

For more information regarding Helping Hands of Lompoc (RLC)

please call: (805) 819-0460 ext 153 or fax (805) 819-0603

Email: RLC@t-mha.org

# ZOOM & IN PERSON GROUPS

Following an over the phone orientation– RLC Members can participate in these resources and support:

- Weekly phone calls from staff
- Access to RLC support group meetings
- Monday, Wednesday & Friday lunch to-go
- Bi-monthly Food Distribution
- Homeless Nursing Services
- Computer/ Technology Support



## Online Zoom Groups:

- Satur-Stay @ 5pm

## Join our fun limited in-person groups:

- Social Hour
- Chair Yoga/Chi Gong
- Morning Mindfulness
- Fun with Friends
- Bouncing Forward
- Arts & Crafts
- Embracing Aging

Helping Hands of Lompoc (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 environment.

**All of our services are FREE!  
What are the benefits of membership?  
Priceless!**