

LOMPOC RECOVERY LEARNING COMMUNITY

“HELPING HANDS OF LOMPOC” (H2L)

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, Dual Diagnosis, Everybody Has a Story, Diabetes Support, Hearing Voices Support and Pathways to Recovery. Socialization opportunities include Arts & Crafts, Walking 4 Wellness & Fun with Friends.
- Members 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 issues.
- 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. Lunch is prepared for the members Tuesday-Friday. Every other Wednesday, Farmers Market is held at Helping Hands and members can take home a variety of foods for their personal use.
- Computer classes such as: Word, Internet Explorer, Excel, PowerPoint, Basic Computers, Publisher, Outlook and Google Mania are offered on occasion free of charge.
- In October 2017, The H2L Training Academy was introduced. The academy is a 12 week structured program for individuals ready to take that next step toward reaching their hopes and dreams. The participants have the opportunity to become certified in Mental Health First Aid, to develop a personalized Wellness Recovery Action Plan, to gain life & social skills, to learn how to utilize local resources, and more! Partners of the academy include Lompoc ACT, The Dept. of Behavioral Wellness, TMHA’s Supported Employment Program, The Mental Health Co-op Program, The Department of Rehabilitation and NCRCCPC.

Who Can Attend?

Visitors need to request a referral from their mental health provider or self-identify and attend a Helping Hands orientation.

Hours: Tuesday through Friday, 8am-4pm and Mondays (Groups & New Member orientations)

Location: 513 North G St., Lompoc, CA 93436

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



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



WELLNESS • RECOVERY • RESILIENCE