

# SANTA MARIA RECOVERY LEARNING COMMUNITY

*A Peer-operated 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.

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, 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.

**Hours:** Monday through Thursday, 8am-4pm and Friday, 9am-12pm (starting July 2018)

**Location:** 225 E. Inger Drive, Suite 101A, Santa Maria, Ca 93454

**Call us at:** 805-928-0139

*Se habla Español!*



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