

# WELLNESS CENTERS

The Wellness Centers offer person-centered, recovery based supports focusing on life enrichment, personal development, peer connection, mental health education, social skill development, and linkage to community resources. The centers provide a variety of workshops and support services gauged for multiple age groups and various cultures, helping to enhance each member's sense of wellness, recovery, and self-advocacy.

Our Wellness Centers focus on the individual person and their journey to wellness, not on their mental illness. We provide education, empowerment, and support so that each member can achieve the goals they set for themselves. Living well mentally, emotionally, and physically is what our Wellness Centers are all about.



## **Atascadero Wellness Center "Life House"**

5850 West Mall Road, Atascadero, CA 93422

Please call 805-464-0512 for details.

Center Hours: Mon 10-4, Tue 10-4, Wed 11-5:30, Thur 11-4, Fri 10-4



## **Arroyo Grande Wellness Center "Safe Haven"**

203 Bridge Street, Arroyo Grande, CA 93420

Please call 805-489-9659 for details.

Center Hours: Mon 9-3, Tue 10-4, Wed 10-4, Thur 10-4, Fri 10-4



## **SLO Wellness Center "Hope House"**

1306 Nipomo Street, San Luis Obispo, CA 93401

Please call 805-541-6813 for details.

Center Hours: Mon 9-3, Tue 9:30-4, Wed 9:30-4:30, Thur 10:30-4, Fri 9:30-4

## **Paso Robles Wellness Center Services:**

Please call 805-503-0350 for details.

For more information, please contact Program Manager Meghan Madsen at 805-503-0350 or [mmadsen@t-mha.org](mailto:mmadsen@t-mha.org)



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