

## CSHC Wellness & Recovery Centers

Providing self-help, value-driven and evidence-based approaches to mental health services, activities and groups. Medication support services are referred to us by Sacramento Adult Access.

Our centers are a supportive place that honors diversity and encourages individuals to reach their highest potential.

- Socialization and Outings
- Community Resources
- Anger Management
- 12 Step Recovery
- WRAP (Certified Wellness Recovery Action Plan)
- Gentle Yoga
- Job Development
- Art Expression
- Writing and Journaling
- SacPort Modules
- Meditation and Spirituality

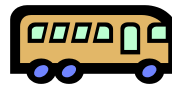
All wellness and recovery groups are free and open to all Sacramento residents 18+ years of age.

## CSHC Wellness & Recovery Center North:

3815 Marconi Ave Ste # 1  
Sacramento, CA 95821  
Phone: 916-485-4175  
Fax: 916-485-2673

## CSHC Wellness & Recovery Center South:

7000 Franklin Blvd Ste 110  
Sacramento, CA 95823  
Phone: 916-394-9195  
Fax: 916-392-2827

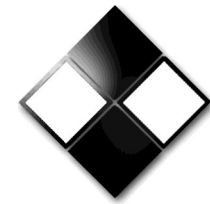


### RT BUS Routes

South Wellness Center:  
RT Route 67

North Wellness Center:  
RT Route 25 & 80/84  
For more information, call:  
RT at 916-321-BUSS (2877)

Consumers Self-Help Center



# CSHC Wellness & Recovery Centers

The Wellness & Recovery Centers are a program of Consumers Self-Help Center (CSHC) funded by the Mental Health Services Act (MHSA)

*Wellness & Recovery groups are open to all Sacramento residents 18+ years of age. Join us!*

*Transforming Mental  
Health through CSHC  
Wellness & Recovery Centers  
of Sacramento, CA*

**Wellness & Recovery**

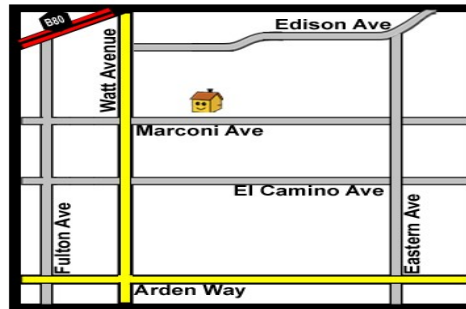
The Wellness & Recovery Centers receive funding by the Mental Health Services Act (MHSA), providing services that are inclusive of community collaboration, cultural competence, member driven and wellness focused. By referral, the centers' psychiatric & medication support services encourage wellness and recovery goals through participation in a variety of program activities and social skill development.

**Wellness & Recovery  
Groups & Activities**

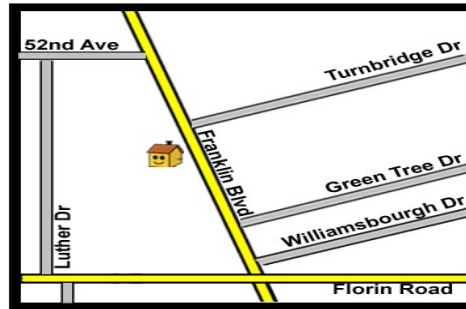
The centers provide group activities, self help, peer counseling and peer support. Members can develop wellness & recovery goals through socializing with fellow members, participating in groups, and making positive contributions to the centers and the community.

The Wellness & Recovery Centers offer a point of daily contact for those individuals who are often isolated. Continued attendance and involvement allow opportunity for individuals to become part of a supportive community and a safe place to develop well-being.

**WRC North** 3815 Marconi Ave. Ste. #1



**WRC South** 7000 Franklin Blvd. Ste. #110



**Wellness & Recovery Centers  
Activity Calendars online at:  
[www.consumersselfhelp.org](http://www.consumersselfhelp.org)**

Members are expected to interact with dignity and respect. Attendance is voluntary and free of charge to participate in groups. The Centers' Membership is open to all Sacramento residents who have an interest in mental health support, wellness and/or recovery services that are innovative.

It is the memberships' support and optimistic contributions which promote the ongoing effectiveness of the Wellness & Recovery Centers' program.

*Consumers Providing  
Program Services and  
Support to Fellow  
Consumers*



Member Collaborative Art Project: HAPPINESS  
MHSA Wellness & Recovery Centers of Sacramento, CA