

## SERVICES PROVIDED AT THE WELLNESS CENTER

- Housing assistance
- Resource connection & referrals
- Dual Diagnosis
- Peer Support
- Consumer Advisory Committee
- Employment assistance
- Socialization
- Recreation & Exercise
- Anger Management
- Volunteer program
- Community activities
- Arts
- Skills building
- Member facilitated groups/classes
- Southeast Asian groups
- Celebrations

Groups, classes, activities and services are based on community need.



## MISSION STATEMENT

The Wellness Center provides a community of support so that every member can have their own voice, in their own form and choose their own goals. We are here to support and provide all opportunities necessary to assist members in their path to recovery.

### Testimonials



*"This place keeps me occupied. I have the opportunity to express myself..."*

CF

*"I love what the Wellness Center does for my Wellness and Recovery. I enjoy the staff and the center."*

GJ



*"I enjoy getting to choose the service that I want to do. I love using the computer lab."* CR

**Hope**  
CHANGES EVERYTHING

# Wellness Center

*"ON THE ROAD TO  
RECOVERY"*



### THE WELLNESS CENTER

Address: 300 East 15th Street, MH-107

Merced, CA 95341

Phone: (209) 381-6874 or

(888) 334-0163

Hours: Monday-Friday 8:00 AM-4:00 PM

## WHO IS WELCOME AT THE WELLNESS CENTER?

The Wellness Center is open only to consumers 18 years of age or older, receiving services from Merced County Mental Health.

The Wellness Center has members from all walks of life. We welcome everyone to come and enjoy a facility free of discrimination and harassment no matter what your mental health status, race, gender, sexual orientation or religion.

## What is Recovery?



Basically, Recovery is about living well. It is about moving beyond a diagnosis. It is about defining for yourself, who you are rather than accepting how you have been defined by others. It is about creating a satisfying life of your choosing. Instead of focusing on "what is wrong with me?," Recovery focuses on WHAT IS RIGHT. Mental health recovery is a journey of healing and transformation enabling a person to live a meaningful life in their community while striving to achieve their full potential.

*At the Wellness Center we know how important it is to feel as though you are a part of a community. People at the Wellness Center are always happy to see new faces, welcome others without judgment, and allow you to go as fast, or as slow, as you need to.*

**Peer Support:** You will find friends at the Center who will encourage you, celebrate your good days, and listen to your thoughts and feelings. Each person is given a sense of belonging and receive support, while becoming a part of the community.

**Respect:** It is important for each of us to accept and believe in ourselves.

**Responsibility:** People are able to assume responsibility for their own self-care and goals.

**Hope:** With a feeling of belonging to a community, members are able to see a better future.

**Empowerment:** Consumers have the authority to choose from a range of options and to participate in all decisions. Through empowerment individuals gain control of their own destiny.

Mental health recovery is a journey of healing transformation



## MENTAL HEALTH SERVICES PHONE NUMBERS AND LOCATIONS

**Livingston Clinic:**  
209 394-4032  
1471 B Street, Livingston, CA 95334

**Los Banos Clinic:**  
209 710-6100  
40 G Street, Los Banos, CA 93635

**Merced Adult Clinic:**  
209 381-6800  
480 East 13th Street, Merced, CA 95344

**Merced Youth Clinic:**  
209 381-6830  
480 E. 13th Street, Merced, CA 95340

**Marie Green Psychiatric Center:**  
209 381-6879  
300 East 15th Street, Merced, CA 95344

**Wellness Center:**  
209 381-6874  
300 East 15th Street, Merced, CA 95344

**Toll-Free at all locations:**  
1-888-334-0163

**After hours phone calls:**  
209 381-6800 or toll-free 1-888-334-0163

**Alcohol & Drug Services:**  
209 381-6850  
Various locations;  
Please call for more information