

## Groups & Classes at the Wellness Center

- Consumer Advisory Committee
- Men's Group
- Women's Group
- Reading Group
- Nutrition
- Emotions & Behaviors
- Beyond Trauma
- Spirituality
- Art Group
- Budgeting Group
- Community Resources
- Independent Living Skills
- Living in Balance
- Dual Diagnosis Group
- Beauty Expressions
- Community Meeting
- Co-Dependency
- Gaming
- Journaling



### Vision

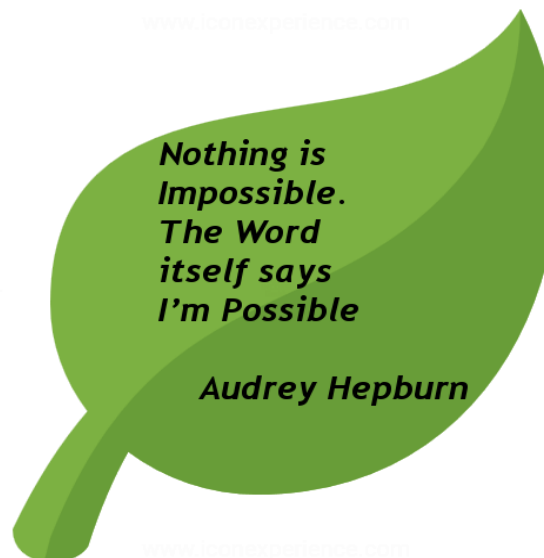
Inspiring hope and recovery for those we serve as the premier provider for quality whole-person care.

### Mission Statement

Behavioral Health and Recovery Services is committed to empowering our diverse community with hope, recovery, and wellness by providing comprehensive, holistic care.

### Values

- Humility
- Integrity
- Compassion
- Innovation



Merced County  
Behavioral Health & Recovery Services

## Wellness Center

### Hours of Operation

Monday to Thursday  
9:00AM to 12:00PM  
1:00PM to 4:00PM

### Address

301 E. 13th Street Suite B  
Merced, CA 95341

### Phone Number

Wellness Center (209) 381-6874  
BHRS Main Line (209) 381-6800

Hope • Wellness • Recovery



WELLNESS • RECOVERY • RESILIENCE

## Wellness Center

The Wellness Center opened in 2006 thanks to Prop 63 Mental Health Services Act (MHSA). Wellness Center provides members of the Merced County Behavioral Health & Recovery Services (MCBHRS) system a place to choose their Wellness & Recovery goals that will make positive impacts in their life.

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

### Program Eligibility

- Willingness to develop and work towards recovery and/or wellness objectives
- Willingness to participate in a community
- Be 18 years or older

## Defining Wellness & Recovery

### What is Wellness?

Wellness is a lifelong, active process of becoming aware of and making choices toward a healthy and fulfilling life.

The Substance Abuses and Mental Health Services Administration (SAMHSA) has identified **8** dimensions of Wellness:

**Emotional**: Developing skills and strategies to cope with stress.

**Environmental**: Good health by occupying pleasant, stimulating environments that support well being.

**Financial**: Satisfaction with current and future financial situations

**Intellectual**: Recognizing creative abilities and finding ways to expand knowledge and skills

**Occupational**: Personal satisfaction and enrichment derived from one's work

**Physical**: Recognizing the need for physical activity, diet, sleep, and nutrition

**Social**: Developing a sense of connection and well developed support system.

**Spiritual**: Search for the meaning and purpose in human experiences

Staff at the Wellness Center believes that *recovery is possible*. Each person has strengths, abilities, skills and potential.

## Wellness Center Services

Wellness Center offers unique and creative services to meet the needs of its members. Some of the services offered are:

**Employment**: There are wide variety of employment options. The program has General Employment Services and the MCBHRS/DOR Employment Cooperative program. See the Vocational Rehabilitation Counselor for more details.

**Housing**: Wellness Center housing programs are available to provide members with supportive services to help individuals obtain housing and reach their goals.

**Co-Occurring**: Wellness Center has a Dual Diagnosis Specialist that specializes in members with co-occurring disorder. There is counseling and groups that one can attend

**Counseling/Case Management**: Wellness Center offers clients brief counseling and case management services to meet the needs of clients.

***RECOVERY IS POSSIBLE***