

## **NEW Programs from North Community Counseling Centers**

North Community Counseling Centers, Inc. (NCCC) has been serving Central Ohio's mental health needs for over 50 years. As our community changes, we must also adapt our programs and services to serve evolving and previously ignored needs. That's why we're excited to announce two new programs from NCCC: the Women's Empowerment Program and Next Generation Housing.

### *Women's Empowerment Program*

This new and free program provides women with the support, education, and tools they need to develop purpose and live the life they truly desire. Thanks to grant funding, this program is completely free to all participants! The program aims to serve women between the ages of 12 – 40 who are involved in or at-risk of substance use disorders, domestic violence, gender-based violence, and unplanned pregnancies. The program can also assist new mothers, women in need of self-esteem building, and more. The program also provides incentives for attendance and participation.

Here are just some of the services this program can provide: mental health and support groups, mindfulness and yoga groups, life skills education, tangible needs, sober family activities, self-esteem building, healthy living resources, and much more.

The program is broad, which will allow us to meet as many women as possible in ways that are appropriate and beneficial to them. If you are interested in learning more about this program, please contact us at (614) 261-3196.

### *Next Generation Housing*

This program provides permanent supportive housing and mental health services for adults with psychiatric disabilities. NCCC is currently managing four properties, which offer single-occupancy bedrooms and the support needed for members to fully participate in community activities. Next Generation Housing's goal is serve some of Central Ohio's most vulnerable residents while also providing opportunities for community integration and independence, where appropriate.

To be eligible, participants must be 18 years old or older and a resident of Franklin County. They must also be diagnosed with a severe mental illness.

We are excited to share these new opportunities with the community and with all of you! For more information on these programs, please call (614) 261-3196 or send us a message on our website: [www.northcommunity.com/contact](http://www.northcommunity.com/contact)