

## Resource Support

We offer support to our members interested in identifying and accessing local community resources, including: transit system navigation, free and affordable community activities and events, local food services, access to mental health services, and more.

## Education & Employment

If you are thinking of going back to school, getting a GED, re-entering the workforce, or getting a better job, we can offer support and guidance to other community resources.

## More Peer Support

### Interlink Self-Help Center

1033 Fourth Street | Santa Rosa, CA  
(707) 546-4481

### Wellness + Advocacy Center

3400 Chanate Road | Santa Rosa, CA  
(707) 565-7800

### Russian River Empowerment Center

16229 Third Street | Guerneville, CA  
(707) 604-7264

### Peer Warmline Connection

Friday through Sunday, 5:30 – 9:30 pm  
(707) 565-4466

## How to Get Involved

Simply stop by, Mon, Wed or Thursday 10am - 3pm and be yourself. If you choose, relax with a cup of tea and meet the PPRC community. You can also call (707) 565-1299 to speak to a peer support person. Our intention is to create a safe, respectful & comfortable environment for you to flourish and grow.



### OPEN

MONDAY | WEDNESDAY | THURSDAY

10:00 AM – 3:00 PM

### DROP IN WELCOME

### Address

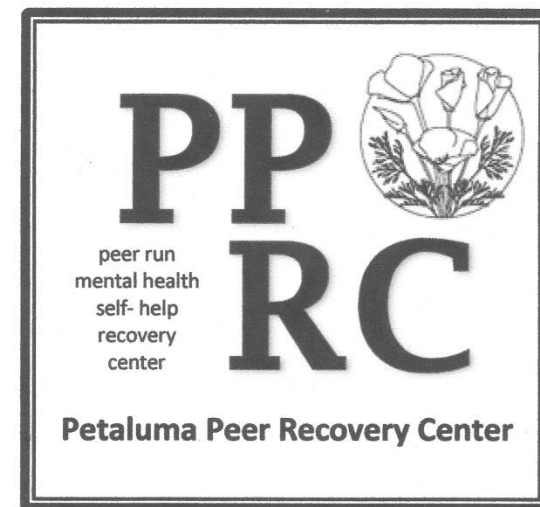
5350 Old Redwood Hwy  
Suite 600 (off Redwood Way)  
Petaluma

Call us: (707) 565-1299

Email us: [cwest@gire.org](mailto:cwest@gire.org)

Find us on the web

[www.petalumaprp.wordpress.com](http://www.petalumaprp.wordpress.com)



*Our mission is to build a community that fosters growth and recovery through connection with peers. We respect individual pathways to wellness and value self-direction as well as mutual support. We strive to empower ourselves and each other through education, creativity, and discovery.*

## PETALUMA PEER RECOVERY CENTER



The Petaluma Peer Recovery Center is **consumer operated** & is funded by the Sonoma County Behavioral Health Division as a program of Goodwill Industries of the Redwood Empire.



PPRC is an MHSA-funded program.

## Peer Support

Peer support is a cornerstone of the mental health self-help recovery movement. Peer support creates space for individuals exploring their mental health and mental health challenges to support and connect with one another through creativity, communication, and mutual growth.

We offer many different services to our members including one-on-one peer support, help with resource navigation, and a variety of support groups. Some benefits include:

- Opportunity to connect & socialize
- Creativity in arts, crafts, & music
- An open, safe space for honest discussion of unique experiences
- Learn and practice personal care & wellness tools

## Peer Run Facility

PPRC is designed to be a safe and open space conducive to mental wellness. Being a peer run facility means that we are a community focused on sharing our lived mental health experiences and facing our mental health challenges.



## Mental Health Library

We provide a modest library of books that you can check out for free. Our selection includes books on self-help, overall wellness, specific diagnoses, medication, and nutrition.

## Peer Rights & Advocacy

Meet others in the peer community and expand your knowledge of legislation & advocacy. We discuss Constitutional Rights, share updates on mental health legislation, & more.

"[PEER SUPPORT] IS A PROCESS OF EXPERIMENTATION AND CO-CREATION, AND ASSUMES WE PLAY OFF EACH OTHER TO CREATE EVER MORE INTERESTING AND COMPLEX WAYS OF UNDERSTANDING."

SHERY MEAD, INTENTIONALPEERSUPPORT.ORG

## Weekly Groups

**SMART Goal Setting:** Choose a life goal to break down into Specific, Measureable, Achievable Realistic and Time sensitive steps

**Health, Wealth, & Happiness:** The impact of building positive mind body connections

**Journaling/ Creative Writing** Using words and/or art, explore the power of journaling as a tool for self-exploration

**Emotional Balance:** Learn to cope with the emotional roller coaster of life. Support and skills group

**Calming Our Anxiety:** Explore different ways to diffuse our feelings of extreme unease and anxiety.

**Reading Group:** Join us to share your favorite book, short story or poetry.

**TED Talk Series:** We explore TED Talks within the mental health and recovery themes, with discussion to follow

**Music/Drum Circle:** No experience necessary, just a willingness to have fun in a creative and healing way! We have a number of drums here at PPRP, and you are welcome to bring your own drum or other small instrument.

**We are open to new ideas**

*Please see our monthly schedule for the most current information about our groups.*

**We invite you to visit our website**

[www.petalumaprp.wordpress.com](http://www.petalumaprp.wordpress.com)