

**A**RE YOU SEEKING A PLACE THAT  
OFFERS PEER TO PEER SUPPORT?

# WELCOME TO PEER WELLNESS CENTER

**W**e offer a safe place for participants to learn empowerment skills, mindfulness practices, whole health and over-all wellness with peers counselors and wellness staff who have *lived experience* in mental health and recovery.

- ☑ Healthy Living Workshops
- ☑ Creative Arts Expression
- ☑ Skills Building Workshops
- ☑ Community Social Events
- ☑ On-Site Recreational Activities
- ☑ Wellness Goal Planning
- ☑ Wellness & Recovery Groups
- ☑ Dual Recovery Groups
- ☑ Peer Resource Connect

**HOW TO  
JOIN THE  
CENTER**

Walk-In to schedule an intake appointment and meet w/ a Peer Counselor **OR** Connect with a peer counselor at your agency or ask your provider to contact us for an appointment or referral.

We are open Monday to Friday 9:00 am to 5:00 pm and happy to meet with you and talk more about our program and what we offer. Please present a CA identification or any kind of photo ID at your intake appointment.

Open to consumers of SF Behavioral Health Services.

The logo for RAMS (Regional Association of Mental Health Services) is written in a stylized, lowercase, red font.

**Peer Wellness Center**  
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