

M.I.N.D

My Mind. My Move.

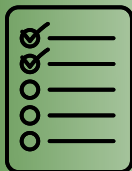


THERAPEUTIC ACTIVITIES

Our activities program strive to inspire creativity, teach social skills, foster relationships and empower members to take change of their journey to recovery.

LIFE SKILLS

Access a variety of topics to enhance your wellness, while learning new ways to maximize your potential and achieve a greater personal satisfaction.



W.A.S.P

Work one on one to develop a personalized, Wellness & Action Support Plan based on your specific needs and goals.

SUPPORT GROUPS

Find peer support within one of our peer led support groups. Ask questions, share stories and find new coping tools, all with like minded individuals.



COMMUNITY

Develop relationships and build connections with others who also live with a mental illness. Those, who understand the difference a supportive community can make.