Why Self Help?

Self Help is a positive avenue for people who want to take control of their daily lives, to learn to cope with mental health challenges and to obtain peer support with others who are seeking recovery and wellness in their life. Self Help efforts take many forms.

At Zephyr, we provide peer support in a safe, comfortable and fun place. Here you can find a wonderful and caring community of peers, who want you to be a part of our community, where we give and receive support from one another and enjoy activities in our efforts for recovery and wellness.

- Do you want recovery and wellness in your life?
- Do you struggle with isolation?
- Do you want to meet new people and be part of a community who understands the challenges you face?
- Do you have issues that you’d like to talk about with others who share your experiences? Or, take part in a peer support group?
- Do you enjoy creative activities, playing games, and try new things?

Then join us out and see what we have to offer you and/or your loved one!

What you do may seem insignificant, but it’s important that you do it.

—Mahatma Gandhi

Zephyr Self-Help Center
1075 E. Santa Clara St.
San José, CA 95116
1 (408) 792-2140
(Behind Multi-Service Center)

Website www.sccmhd.org

Consumer & Family Information
Self-Help

Our Vision
To help people navigate multiple systems; link them to resources, providing emotional support, and education. Through these actions, we nurture personal empowerment, wellness and recovery.

Our Mission
Through peer support, we see people achieving wellness and recovery, employment, meaningful activities, education and housing. We see individuals transform their lives, reaching their highest potential, finding a vibrant social life and satisfying relationships in the community.
- **ZEPHYR COFFEE SOCIAL**
  This is an open invitation for all to come, socialize, and meet new people by starting the day off in a positive way. **Daily 9:00-10:00**

- **CHECK-IN GROUP**
  After the weekend, this peer support group is a great place to meet new people, share your weekend experiences, and be part of a community of support, recovery, and wellness. **Tuesdays, 12:00-1:00**

- **CREATIVE ARTS**
  This group will focus on creative expression through the use of multiple art mediums and techniques. Each week we will work on a creative project or topic of self expression. **There is No Wrong Way to do this! Tuesdays, 10:30-11:30**

- **USTED NO ESTA SOLO**
  Los invitamos a unirse con nosotros para que puedan informarse de recursos y para compartir experiencias. Juntos podemos seguir adelante. **Tuesdays 2:00-3:00**

- **WRAP® Dual Diagnosis (Wellness Recovery Action Planning®)**
  Custom design your own wellness plan / create action plans to know what keeps you well / Identify triggers, early warning signs, and when things are breaking down / Learn about crisis planning / Identify supporters. **Wednesdays 10:00 – 11:30**

- **MEN’S / WOMEN’S GROUP**
  We have both a Men’s and a Women’s peer support group where men and women give and receive support by sharing experiences. **Women’s Group, Thursdays 12:00-1:30**
  **Men’s Group Thursdays 11:00-12:00**

- **EMPLOYMENT SUPPORT**
  This peer support group is for individuals who are interested in working; currently looking for employment and/or working looking for support. **Wednesdays 2:00-3:00**

- **BEADING**
  This Group provides a weekly gathering of creative jewelry-making using colorful beads. Each week you will be provided with the materials to create your own beaded pieces and socialize in a group setting. **Thursdays, 10:30-12:00**

- **HEALTHY BOUNDARIES**
  This is a peer support group to learn new ways to set positive boundaries, become a stronger person and to empower yourself to stay well. **Fridays 10:30-11:30**

- **POSITIVE THINKING**
  This group encourages you to cope through distressing times using positive affirmations and positive self-talk. We learn how to become our own positive coach! **Fridays 12:00-1:00**

Groups and classes are subject to change, please call ahead.

- **YOUNG ADULTS (TAY)**
  A peer group for young adults ages 18-26 who are looking for support with a variety of issues for transitional aged youth. **Fridays, 1:00-2:00**

- **TGIF GROUP – Fridays!!**
  A weekend kick-off group to share what exciting and interesting activities are happening over the weekend. **2:00-3:00**

**CONSUMER LEARNING CENTER**
(Open Computer Lab)
John Hardy 1 (408) 792-2150

Zephyr Self-Help Center offers open computer lab hours to connect with the World Wide Web. Computer classes and workshops will be made available in Basic Computers, MS Word, Excel, Web Search & PowerPoint.

**CONSUMER RESOURCE DESK**
The Consumer Resource Desk is available for free, confidential one-on-one peer support and can provide linkage to resources. Staff can help support you on your journey to wellness and beyond!!

Call for an appointment with any of our Mental Health Peer Support Workers at 1 (408) 792-2148.

*Se habla Español. Ofrecemos ayuda individual y recursos comunitarios.*