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 Esperanza Self-Help Center 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 trying new things?

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

Hours of Operation

Monday CLOSED
Tues. – Thurs. 9:30 A.M. – 3:30 P.M.
Fri. 9:30 A.M. – 3:00 P.M.

Coming from Northbound
Bus Routes: 68 & 19

Coming from Southbound
Bus Routes: 55 & 19

Vision

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.

Mission

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.

Esperanza Self-Help Center

A place where recovery from a mental illness begins...

“for peers, by peers”

1235 First Street
Gilroy, CA 95020
Phone 1 (408) 852-2460
Fax (408) 848-4370
Website www.sccbhsd.org

Self-Help Centers are Supported and sponsored by Santa Clara County Behavioral Health Services Department

SANTA CLARA COUNTY
Behavioral Health Services
Supporting Wellness and Recovery

COUNTY OF SANTA CLARA
Health System
Better Health for All
Support Groups
Below is a sampling of past and present groups:
- **WRAP**® 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
- Esperanza Coffee Social Group
- Positive Thinking Group
- Healthy Choices Group
- Wellness Walking Group
- Healthy Boundaries Group
- Self-Esteem Group
- Arts & Crafts Group
- Uno, Bingo y ¡Loteria!
- Weekend Ready Group
- Rock Painting Group
- Movie Matinee Group
- Beading Group
- Games Group
- Basic Conversational Spanish Group

…and more!!

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

Resource Room
Esperanza Self-Help Center Resource Room is open and available for free, confidential one-on-one peer support, and can provide linkage(s) to community resources.

Staff can help support you on your journey to wellness and beyond!

Call to schedule an appointment.

Guest Presenters
The Center hosts a variety of community-based organizations to present educational topics such as the following:
- Mental Health Advocacy Project (MHAP) “Patients’ Rights: 5150 Process”
- Center for Independence of Individuals with Disabilities “Work Incentives Planning Assistance (WIPA)”
- NAMI Santa Clara County “In Our Own Voice”
- Gavilan College “Disability Resource Center Services”
- Project Sentinel “Fair Housing”
- Anthem “CalMediConnect”

Social Activities and Events
We have monthly peer recognition and appreciation events as well as annual awareness observance events.
- Annual Consumer Art Show
- Peer Appreciation Potluck Day
- Mental Health America’s Mental Health Month in May
- SAMHSA’S National Recovery Month in September