

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 P.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.

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



COUNTY OF SANTA CLARA
Behavioral Health Services
Supporting Wellness and Recovery

Esperanza Self-Help Center

"for peers, by peers"



1235 First Street
Gilroy, CA 95020

Phone 1 (408) 852-2460

Fax (408) 848-4370

Website: www.sccbhsd/esperanza

Better Health for All

Support Groups

Below is a sampling of past and present groups:

- ◆ **WRAP® Wellness Recovery Action Plan®**
 - 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**
- ◆ **COMPASSIONATE COMMUNICATION**
- ◆ **MINDFULNESS MEDITATION**
- ◆ **HEALTHY BOUNDARIES**
- ◆ **POETRY & PARABLES GROUP**
- ◆ **ARTS & CRAFTS GROUP**
- ◆ **BINGO Y ¡LOTERIA!**
- ◆ **HEALTHY CHOICES**
- ◆ **STRESS MANAGEMENT GROUP**
- ◆ **MEN'S / WOMEN'S GROUP**
- ◆ **HEALTHY CHOICES GROUP**
- ◆ **LET'S DANCE GROUP**
- ◆ **GAMES**

...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 with any one of our Mental Health Peer Support Workers at 1 (408) 852-2460.



Library/Quiet Room



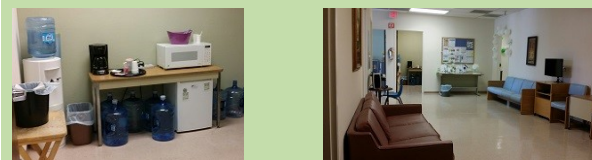
Arts & Crafts Room

Multi-Purpose Room



Coffee Room

Waiting Area



Guest Presenters

The Center hosts a variety of presenters to discuss interesting topics that include the following:

- MHAP 101 (Mental Health Advocacy Project)
- MHAP Patients' Rights (5150 process)
- Benefits Counseling–Work Incentives Planning Assistance (WIPA)
- NAMI In Our Own Voice presentation
- Supported Employment Resources
- Supported Education Resources
- MHAP Housing Rights
- Poet Laureate David Perez

Social Activities and Events

We have monthly peer recognition and appreciation events as well as annual awareness observance events.

- Newcomer's Potluck
- Peer Appreciation Days
- May is Mental Health Month
- National Recovery Month
- Suicide Prevention Day/Week
- National Wellness Week

