



**BEHAVIORAL HEALTH AND RECOVERY SERVICES**  
A Mental Health and Substance Use Disorder Services Organization

# BEHAVIORAL HEALTH WELLNESS CENTER



## BUSINESS HOURS

**Monday**

8:30AM - 4:30PM

**Tuesday | Wednesday | Thursday | Friday**

8:30AM - 8:30PM

**Saturday**

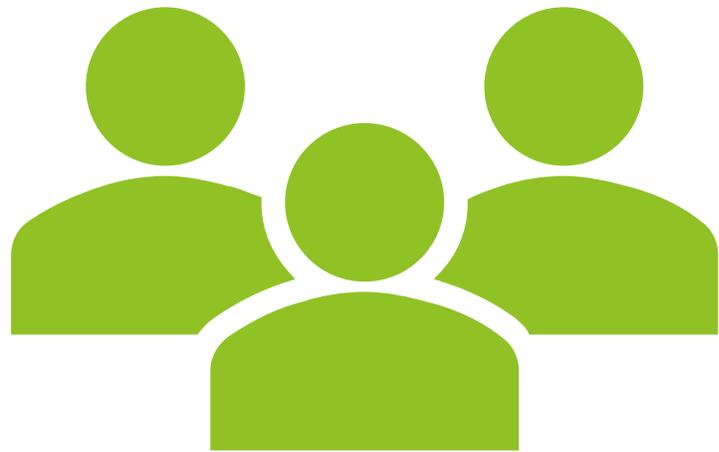
9:00AM - 4:30PM

800 Scenic Drive, Bldg E  
Modesto, CA 95350  
Phone: (209) 558-4610

# Our Philosophy



We believe that recovery is a journey taken with others. Our mission is to create an environment that promotes acceptance, growth, and change. The support we offer is truly individualized, defined by the goals and priorities expressed by the peers that we support. We believe that people heal through the sharing of stories, building a natural peer support network through social interaction, and the sense of belonging to a community.



# Who We Are

The Behavioral Health Wellness Center (BHWC) is a safe and confidential environment that provides peer support. As a member of the Wellness Center, participants can have a supportive space to build a support system through positive peer support engagement and resource navigation. We offer support and resources intended to improve their quality of life or assist them to accomplish what is important to them. We believe that adults can find their own way, and we are here to support them as they find it.

# BHWC ENVIRONMENT

BHWC is a community-based program that offers FREE peer support and resources to individuals 18 years of age or older in the community

We welcome those of all sexual orientations, genders, religious (or non-religious) backgrounds, cultural identities, intersections, and nations of origin

We provide recovery-focused and culturally appropriate services that promote engagement, socialization, recovery, self-sufficiency, self-advocacy, and the development of natural supports

All services are non-judgmental and individualized

**Confidentiality:** what is said and shared here, stays here

We believe that recovery is possible

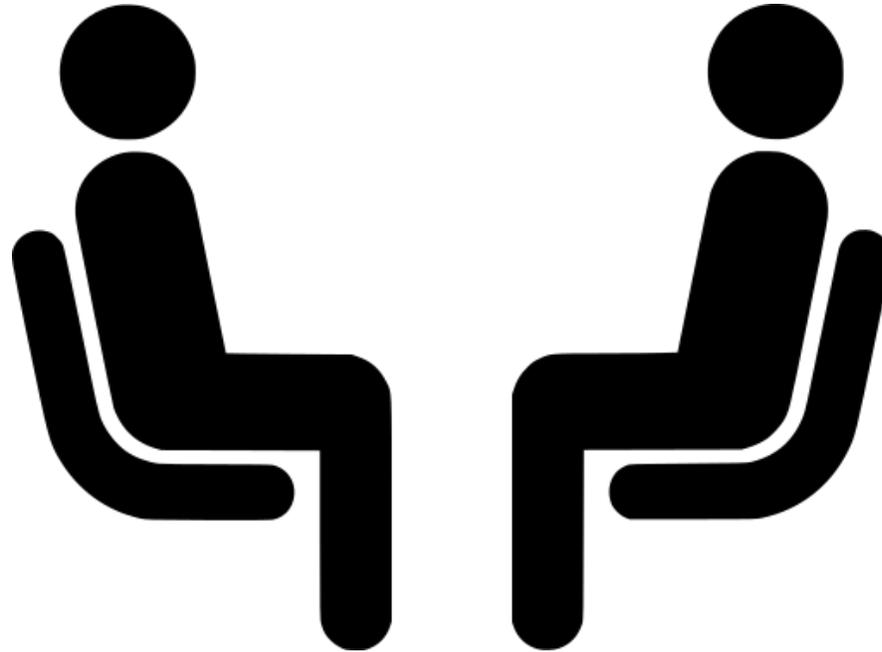
# What does BHWC offer?

- ▶ Individualized Peer Support (One-on-One)
  - Individualized support provided by a Peer Support Specialist
- ▶ Peer Support Groups
  - In-Person and Zoom
  - Community Partnerships
- ▶ Resource Referral, Linkage, and Navigation
  - Access to available community resources, such as mental health treatment, substance use treatment, housing and employment services, community resources, etc.
- ▶ Social and Recreational Activities
  - Social outings, field trips, community socials, sport activities, celebrations, and community partnerships
- ▶ A safe, confidential, and supportive environment
  - drop-in center with a computer lab and café



# Individualized Peer Support

- ▶ Recovery-focused and culturally appropriate services that promote engagement, socialization, recovery, self-sufficiency, self-advocacy, and the development of natural supports
- ▶ This service is available for members who are interested in one-on-one peer support provided by a Peer Support Specialist
  - ▶ Support can be provided via phone or in-person at BHWC
- ▶ If interested in individualized peer support, member must complete a referral form with staff



# Peer Support Groups

Comprised of individuals who share a common condition, circumstance, or interest. These groups are focused on allowing participants to gain mentorship, emotional and social support, information, education, and practical help from one another. Groups are facilitated by a Peer Support Specialist or Volunteer



# Peer Support Groups at BHWC

(All groups are subject to  
occasional changes)

- ▶ Examples of **BHWC** Groups: Women's Group, Men's Group, Sewing Group, Mindfulness-Based Stress Reduction Group, Meditation Group, Self-Esteem Group, LGBTQ+ Group, Co-ed Peer Support Group, Life Skills Group, Art Group, Music Group, Movie Group, Gamers Group, Anime Group, Spanish Peer Group, Co-Occurring Group, Gardening Group, Dungeons & Dragons Group, WRAP Group, Golfing Group, and Photography Group.

# Zoom Groups



Thursdays  
Co-Occurring  
3:00PM - 4:00PM

Fridays  
Meditation  
3:00PM - 4:00PM

Saturdays  
Peer Support  
3:00PM - 4:00PM

# Eligibility for Services

- ▶ Open to all community members 18 years and older
- ▶ All services are FREE to the community
- ▶ Individuals interested in access to the center and services provided must complete a membership packet
- ▶ Membership packets are completed at the New Member Orientation held each Tuesday at 9:00AM and Thursday at 6:00PM
  - Signing up in advance is highly encouraged due to limited spacing at orientation. Individuals can sign up by phone or in-person at BHWC.

*Our staff look forward to seeing you at the Behavioral Health Wellness Center 😊*



For tours or further  
information, contact  
us at...

Address:

**800 Scenic Dr. Bldg E  
Modesto, CA 95350**

Phone Number:

**(209) 558-4610**

For Flyers & Calendar:

**BHWC@stanbhrs.org**