

SANTA MARIA RECOVERY LEARNING COMMUNITY

Transitions-Mental Health Association



A Peer led Community for People in Mental Health Recovery

Opened in 1993, the Santa Maria Recovery Learning Community (RLC) is run entirely by peers – people in mental health recovery who oversee the daily activities and facilitate the involvement of other members. It provides a combination of wellness and recovery-oriented services in a comfortable, supportive meeting place. The RLC also has a Peer Advisory Council to support the interest of the participants who attend this program.

Open five days a week, the program promotes independence and revitalization through self-governed activities as members work toward recovery.

What Activities Are Provided?

- The RLC offers many options for support, including WRAP, SMS (Symptom Management Support), and support groups. Some groups are also offered in Spanish.
- Participants are offered the opportunity to earn stipends by teaching or leading a group activity related to their interests and talents. For example teaching an art class or presenting a personal experience with recovery.
- Each day, participants sign in and choose a chore to do that day. This fosters shared responsibility for the center's upkeep and ensures a clean and home-like setting.
- Participants are welcome to prepare their own meals and snacks throughout the day.
- Recreational equipment at the center includes on-line computers, TV with VCR and DVD players, piano and board and card games.



Who Can Attend?

Prospective members are encouraged to request a referral from their mental health provider and to attend an RLC orientation.

Santa Maria RLC Hours

Monday: 8 a.m.-1 p.m.

Tuesday, Thursday, Friday: 8 a.m. - 4 p.m.

Wednesday: 9:30 a.m. - 5:30 p.m.

Se habla Español!

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Post Office Box 15408, San Luis Obispo CA 93406

Phone: (805) 540-6500 · Fax: (805) 540-6501 · info@t-mha.org