



CSHC
Consumers Self Help Center

*Third in Series
of WRC Quotes!*

CSHC Wellness & Recovery Centers of Sacramento, CA.

The Wellness & Recovery Centers of Sacramento are funded by MHSA and inclusive of community collaboration, cultural competence, member driven and wellness focused. The Centers provide integrated mental health services that include traditional and alternative practice. The optimistic contribution from WRC Membership and community at large is integral for the ongoing success of the Wellness & Recovery Centers.

Here's the third collection of quotes from the WRC Community:

“Thank you for your orientation to our CSUS nursing students... Our students found it helpful and ... found the Center to be a rich environment for learning mental health nursing and appreciate your encouragement and support.”

“Thank you for your help with regards to care and help here. Looking forward to more... at [Wellness &] Recovery.”

“I love the Staff here at WRC! They have been so kind and patient with me and I couldn't ask for more out of staff!”

“How WRC helps me! WRC is my therapy. It really helps me with dealing with bipolar disorders, my addictions problems, reframing my personal cognitive reality so I can better cope with society. It gives me a place to go that lifts my spirits. The alternative could end up being drinking on the street which is always dangerous and not very positive. I learn so much about my mind, emotions and other people as they reflect on me. I have learned already about recovery. Now I need to learn about myself and my mental illness. It helps my stay sober, sane and productive... Thanks a lot.”

“WRC provides significantly helpful activities... I really love writing and usually only do business writing. I studied creative writing when I was a kid. Finally I have a stimulating atmosphere drawing out my creativity in writing again.”

“The Center! It's the best thing ever!!!”

“I love self-Esteem, Right & Healthy Relationships groups and also Writing As A Path to Healing... [The Mentors] have been a positive influence on helping me make changes!”

“We are all equals: The Mentors and other staff have lived experience with mental/emotional health issues... in most places, mental health clients experience prejudice/stigma and discrimination, but at the Wellness & Recovery Centers, we are all treated with kindness and respect... We are all equals with dignity.”

“Thank you for helping us [MHSAOAC] coordinate the client art show! We appreciate all of the wonderful things... staff are doing at the Wellness & Recovery Center.”

“Dr. Hashem is so wonderful in how he is working... He [Dr. Hashem] was so patient and explained so thoroughly... I appreciate his style so much.”



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Visit us online at: www.consumersselfhelp.org

Continued: Third series of quotes from the WRC Community:

“...The staff here is excellent – they are very nice people – they help. I am homeless so I am able to shower and have lunch. The computer room is so helpful for the resources that are available for job search and other good information.”

“I like the Exercise group and SacPort classes. I like the Arts & Crafts class.”

“The Center is a wonderful place to meet people and to interact with one another. It’s a very calm atmosphere. It helps us help ourselves. I can appreciate the staff and their efforts to be there for us. God bless.”

“Like for people to go and get out of the cold... To get mental health services...”

“Wellness & Recovery has given me a place for growth as well as a sense of independence that has always been a struggle in my life. Because I’ve had many issues, this center has allowed me the freedom to push myself [through] the many dysfunctions that plague me from day to day. The staff here makes me feel like I’m important and at times helpful.”

“I have been coming to CSHC for about 10 years. When I came here I was homeless and in a bad place in my life... I did not know if I was coming or going.... I was alone and thought there was no place to turn to. I am no longer homeless; I have a great place to live... I am now a person who can help other people like myself.”

“I want to keep this place open because they have groups and we can socialize with each other and make friends. We have somewhere to go and meet people. Please keep this place open. There are friendly people here. We help each other out.”

“The Mentors, classes and peers all provide positive and realistic support in dealing with life’s day to day challenges and problems, small things or big things.”

“At the Wellness & Recovery Centers of Sacramento, our services provide a bridge between traditional and wellness approaches... For many members, it takes courage to explore beyond traditional towards wellness centered services. WRC Members have mentioned how wellness services are new and different from anything they have experienced before.”

“Mental health is a priority – not just for a few, but for the community at large.”



More quotes are on the way!

FEBRUARY 2010

Revised: 02/04/10