

# ESGV Wellness Center Recovery Path Goals

Date \_\_\_\_\_

Where would you like to see yourself in one year?

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What steps you can take in the next year to help you succeed?

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Identify what resources you think may be helpful to you on your path:

**Self Help:**

- WRAP
- Recovery INC
- Manic Depressive/Depressive Assoc.
- Project Return
- Coffee Club: Informal, meet discuss topics of the day, get to know your peers and center staff
- Problem Solvers: Self help group using a problem solving strategy to deal with life problems

**Family Education:**

- NAMI Peer to Peer
- NAMI Care and Share: Available for family members and participants
- NAMI Family-to-Family: 12 week education course for families

**Housing:**

- Homeowners/Renter's rights
- Find a great place to live
- Keeping your housing

**Community Living:**

- Beyond City Limits: A club focused on exploring L.A
- All Your Leisure: Brainstorm with your peers on how to make good use of free time

**Work:**

- Workers Circle: A support group for Working individuals
- Working with Benefits 101: class
- Providing education on the effects of Work on Benefits
- Resume Writing 101: educational class
- On resume writing and interview skills
- Linkage with Dept. of Rehab
- Linkage with L.A. Works
- One on one with employment specialist
- Professional Clothing Loan Program
- Access to low cost beauty/barber services

**Dual Recovery:**

- Dual Recovery Support Group: Supportive community for persons maintaining sobriety in their recovery
- Dual Recovery Education: education on effects of substances and benefits of sobriety

**Education:**

- Financial Aid 101: an educational class on applying for financial aid
- Computer Lab: Computer Skills Class
- Linkage with Dept of Rehab
- Community College
- Referral for GED/Diploma

**Volunteer:**

- Wellness Board: Make your voice heard, participate in the administration of the center.
- Linkage with community volunteer agency
- Peer Counselor Training
- Peer Counselor Support group
- Journalism Club: keeping everyone up to date with a newsletter

**Healthy Living:**

- Stretch and Flex: exercise group
- Food Critics Club: dining out and making healthy choices
- Budget Gourmet: Menu planning, shopping on a budget, and cooking skills
- Express yourself: Find your creative side and create some art on the way

**Professional Services:**

- Medication Services
- Health Screening and referral
- Anything Else?**
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