

## Recovery Pathways

*Advocacy  
Choice, Hope  
Empowerment  
Personal Responsibility  
Community  
Resiliency  
Support*

## Turning Point Foundation

### Mission Statement

To improve the quality of life for adults experiencing serious mental illness, addiction, lack of housing and inadequate physical health care.



### CONTACT

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**The Wellness Center**  
2697 Saviers Rd., Oxnard, CA 93033  
Phone: (805) 653-5045  
FAX: (805) 822-5887

*At the CenterPoint Mall on the "C" St. side, across from  
St. Anthony's Church*

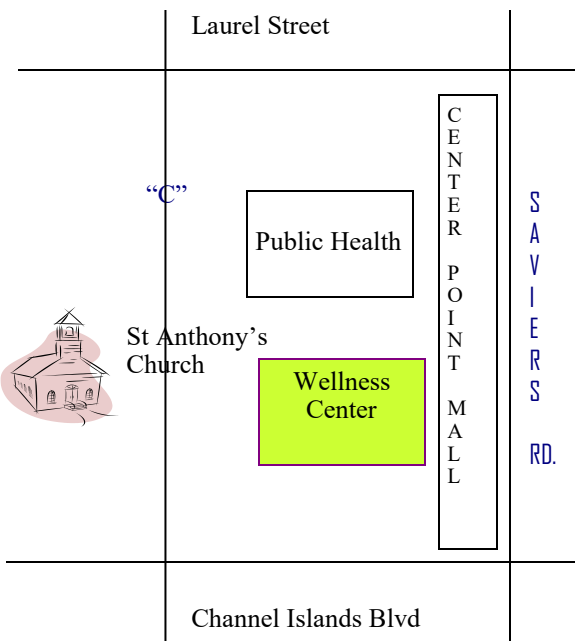
[Oxnard Wellness Center - Turning Point Foundation](http://OxnardWellnessCenter-TurningPointFoundation)

[turningpointfoundation.org](http://turningpointfoundation.org)

## *Mental Health PEER SUPPORT Recovery*

### Hours

<b>Monday</b>	<b>9:00 AM to 3:00 PM</b>
<b>Tuesday</b>	<b>9:00 AM to 3:00 PM</b>
<b>Wednesday</b>	<b>9:00 AM to 3:00 PM</b>
<b>Thursday</b>	<b>12:00 PM to 4:00 PM</b>
<b>Friday</b>	<b>9:00 AM to 3:00 PM</b>



## The Wellness Center & the Mobile Wellness Services

This innovative program is based on the nationwide movement to integrate peer staff into mental health services, demonstrating the importance of self-empowerment and peer programs as part of mental wellness.

Mobile Wellness Services is a program geared towards offering Peer Support Services via wellness groups, group activities and community outings for our members.

Both TWC and MWS utilizes the evidenced based practice of Wellness Recovery Action Plan (WRAP) groups to assist individuals with improving their quality of life and develop wellness tools that can assist them in their journey towards regaining independent living.

### With WRAP:

- Our members discover simple, safe, and effective tools to maintain wellness
- Develop a daily plan to stay on track with their life goals
- Identify what throws them off track and develop a plan to keep moving forward
- Gain support and stay in control even in a crisis

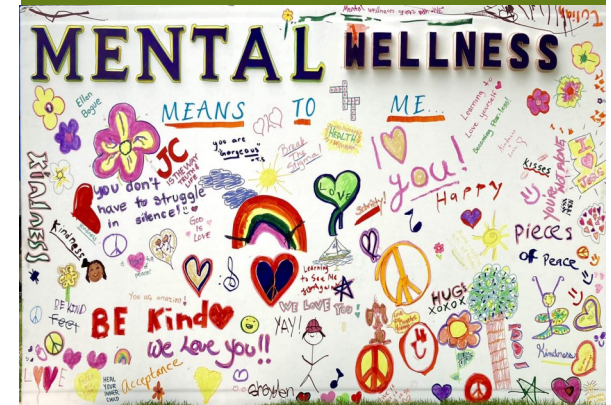
## Services Offered



- ◆ Safe and Supportive Recovery Environment
- ◆ Individualized Peer Support Services
- ◆ Recovery Groups are focused on effective communication, developing coping skills, self care, social wellness, art, physical wellness, spirituality, and so much more...
- ◆ Fun weekly & monthly activities and outings
- ◆ Friendly bilingual staff ready to help & serve. Ask US any questions...
- ◆ Freshly Cooked Hot Lunch
- ◆ Numerous Community Resources
- ◆ All Services are Free of Charge

### ~Our Mission~

To provide a positive healing environment for adults with mental health challenges, to build on strengths, develop new skills, connect with the community, and receive support from peers on their journey to recovery.



- Are you an adult 18 years or over?
- Do you identify having with past or present mental health challenges?
- Are you receiving mental health services? If not, do you want to be?
- Are you homeless or about to be?
- Do you need help? Do you think you might need help?
- Are you hungry?

**Come and Check US OUT!!!**