

# Who We Are

The mission of the Wellness Center West is to provide a safe and nurturing environment for each individual to achieve their vision of recovery while promoting acceptance, dignity and social inclusion. Membership is free. To qualify for services you must be: an adult 18 years or older, a resident of Orange County, and have past or present lived experience with a mental health challenge.

Wellness Center West is funded through the Mental Health Services Act (MHSA) and is a contract provider with the Orange County Health Care Agency. We operate under the Mental Health Association of Orange County.



## Contact Us

Please call our office or visit our website to learn more about our services.

11277 West Garden Grove Boulevard  
Suite 101A

Garden Grove, CA 92843

Phone: (657) 667-6455

Fax: (714) 620-7995

[www.WellnessCenterWest.org](http://www.WellnessCenterWest.org)

MHA Administrative Office  
1971 East 4th Street, Suite 130A  
Santa Ana, CA 92705

Phone: (714) 547-7559

Fax: (714) 543-4431

[www.mhaoc.org](http://www.mhaoc.org)



WELLNESS • RECOVERY • RESILIENCE

# Wellness Center West



[www.WellnessCenterWest.org](http://www.WellnessCenterWest.org)

# Support in a Digital Age

In response to the social distancing order, Wellness Center West has temporarily moved our member-driven program to the digital world.

We are currently offering...

- Support groups over the phone
- Resources through our website
- Self-help activities through our interactive blog

We offer different types of support groups focusing on the spiritual, emotional, physical and social dimensions of wellness. Our support groups are offered online via teleconference lines in a supportive, confidential setting.



## HOURS OF OPERATION

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Monday.....9 A.M. - 5 P.M.  
Tuesday.....9 A.M. - 5 P.M.  
Wednesday.....9 A.M. - 5 P.M.  
Thursday.....9 A.M. - 5 P.M.  
Friday.....9 A.M. - 5 P.M.  
Saturday & Sunday.....CLOSED

## PEER SUPPORT

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Our staff are living examples of recovery. Each of our group facilitators has lived experience with mental illness and is here to offer hope and support in your recovery.

**Our vision is for members to feel empowered to successfully meet their needs and achieve healthy recovery.**

## OTHER SERVICES

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Please call our office to be connected with our Specialists for assistance with...

- Housing and Community Resources
- Employment and Volunteering
- Continuing Education

