

Silver Spring drop-in center

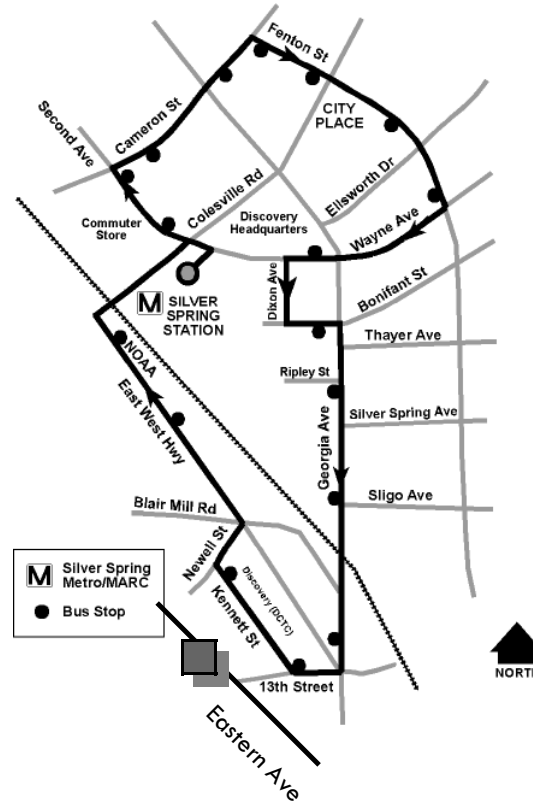
Recovery is a process,
a way of life, an
attitude, and a way
of approaching the
day's challenges. It is not a
perfectly linear process. At
times our course is erratic and
we falter, slide back, regroup
and start again ...
- patricia deegan, 1988 -




recovery can be a non-linear process

silver spring drop-in center

affiliated santé group
7961 eastern ave., first floor
silver spring, md 20910
www.thesantegroup.org



legend:

 = silver spring drop-in center at
affiliated santé group, in a 3 story glass
and brick building, the "arts building"

the map above is the **van go** (purple ride-on)
bus route that operates 7 a.m. to 7 p.m. m—f
we are near the bus stop at 13th and kennett
streets

Silver Spring drop- in Center

for montgomery county
adults who have
experienced mental
health difficulties

tel: 301.589.2303 x 108
email dropincenter@santegroup.org
visit www.thesantegroup.org

... drop in and make some new friends

The mission of the silver spring drop-in center is to provide a safe space for our members to socialize, develop methods of self-empowerment and advocacy, find mutual support and resources, and form a community.

Membership is available to adults age 18 and over who are montgomery county, maryland residents, and who have experienced mental illness or have otherwise needed mental health services. we are sensitive to the fact that some people may suffer from drug or alcohol addiction in addition to mental health problems, and we hope to promote recovery at the center in all senses of the word.

We are a consumer-run organization that depends on member input to plan activities and programs; we also offer the opportunity to volunteer in whatever capacity you can—see inside page for details.

The center is funded by the montgomery county department of health and human services' core service agency, as well as by the maryland department of health and mental hygiene, and is hosted by the affiliated santé group, a registered 501 (c) 3 nonprofit.

what we do offer:

camaraderie and support— membership of peers, increased support systems; NAMI C.A.R.E. support groups twice a month—2nd and 4th saturday of the month, 3—4:30 p.m. (led by peers)

cyber café— a computer lab with internet and printing access, and opportunity to learn new programs

recreation— shoot pool, watch movies, play board games, draw, paint, read, write, and relax

resources— updated information on local social services, consumer organizations, mental health agencies, applications for programs, job opportunities, local activities, advocacy materials, research studies, etc., depending on membership requests; opportunity for members to create an information network

speakers' bureau— speakers from other agencies and organizations to speak at the center on issues of interest

what we may offer:

community outings— to films, plays, hikes, etc.

other support groups— peer support on mental health, addictions, employment, maintaining recovery, and relationship issues are some examples

how to join: (*membership is free*)

contact the center coordinator at (301) 589.2303 X 108 or email dropincenter@santegroup.org

- **hours: mondays, tuesdays & thursdays 4-7 pm; saturdays 1-5 pm—please call for updates!**

join us:

Contact us for membership application, or download it online at www.thesantegroup.org

You can also call (301) 589.2303 X 108, fax (301) 585.2965 or email dropincenter@santegroup.org and arrange for an interview.

We are part of a registered 501 (c) 3 nonprofit, and gratefully accept tax-deductible donations.

volunteer/donations:

We occasionally need volunteers. Below are some volunteer categories. Please contact us if you are interested in volunteering or in donating items to us.

- | | | | |
|---|--|---|---|
| a | <input type="checkbox"/> front desk reception | d | <input type="checkbox"/> newsletter editor |
| b | <input type="checkbox"/> office help | e | <input type="checkbox"/> activity coordinator |
| c | <input type="checkbox"/> peer counselor | f | <input type="checkbox"/> computer lab assist. |
| g | <input type="checkbox"/> resource development (fundraising/grants) | | |
| h | <input type="checkbox"/> community outreach | | |

We are located near the new montgomery college health services bldg., blair mill rd., east-west highway, 14th street, the old caldor building, and next to eastern village cohousing. Metro accessible: S2, 70, the van go (purple ride on bus); about .66 miles from the silver spring metro. Check www.wmata.com for accurate public transportation info; www.mapquest.com for driving directions.

**s i l v e r s p r i n g
d r o p - i n c e n t e r**

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