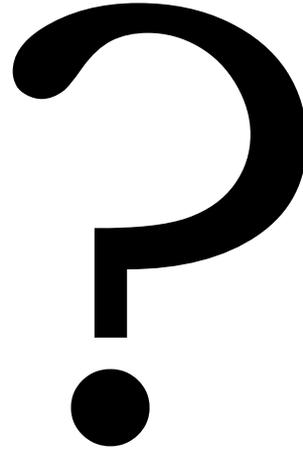


Click to Start



**Eau Claire's Recovery Center for
Adults with Mental Illness**



**What does The Wellness Shack
have that others would
want?**

Mission Statement

To help adults with mental illness
in the Eau Claire area
by providing a safe place to find
peer support, socialization, and recreation.
Adults living with mental illness
will improve understanding through
community outreach, education, and advocacy.
Striving always to promote
mental health awareness and individual recovery.

The Wellness Shack offers

- **Sanctuary**

 - A safe and clean environment to relax in

 - A place to meet friends

 - A resting place where it is safe to be one's self

 - The opportunity to grow and to heal

- **Support**

 - Groups to share our struggles and challenges

 - A place to meet old friends and make new friends

 - Resources for understanding mental illness

 - Help in time of crisis and uncertainty

 - Trained Peer Support

But **MOST** Importantly
The Wellness Shack can offer

~~EXPERIENCE~~
~~STRENGTH~~

One of the reasons peer support groups work so well is that we don't all experience our [unstable] times at once.

We share:

We join our stories together to paint a truer, deeper picture of [mental illness]. When we share our true thoughts and feelings, we let each other know that no one takes the recovery journey alone.

Our Experience:

We each have survived the effects of the [mental illness]. By sharing what we have lived through ourselves, we provide opportunities for others to identify with our experiences and to dispel the feelings of [loneliness]. When we relate how we have applied program principals to our problems, we give each other concrete ideas to take home and use.

Our Strength:

By allowing others time to tell their stories, we forge a mutual, unified support stronger than any one of us is alone. We learn to let the collective strength of the [The Wellness Shack] sustain us.

Hope:

At times when we feel the [confusion] of [our illness], we hear those who are [more stable]. Even during our darkest times, there is usually some one whose path is darker. As we reach out to those individuals, we can discover the hope we thought we had lost.

By sharing our Experience, Strength and Fellowship
we can offer

HOPE

When there is hope, people are empowered

Empowerment fosters Confidence

With growing confidence people take Action

When an action is taken, change is inevitable

If you take a procovery – orientated step, no matter how small, you not only create a new possibility of a positive outcome... , you create Hope. And this hope, in turn, tends to spur more positive action.

Katheleen Crowley, The Power of Procovery, pg 18

How can other peoples
Experience
Strength
and
HOPE
help
?

**People need not live as a victim of their
Mental Illnesses anymore !**

We can teach others how to **LIVE** to their
Fullest potential
Living Life beyond their Diagnosis

The Future of The Wellness Shack



Eau Claire's Recovery Center for
Adults with Mental Illness

It all starts with
Hope

When you visit The Wellness Shack

they bring our experience what they
have found

Some find HOPE

HOPE is contagious

Can you find Hope

families find Hope

With HOPE we find
motivation

With motivation we begin
action

With action we start
change

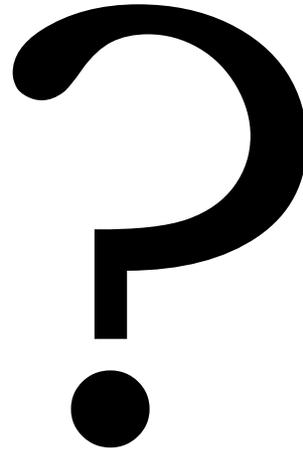
With change we learn
acceptance

With acceptance we have
possibilities

With possibilities we see
opportunity

With opportunity we become
active

Living LIFE to the Fullest !



**What does The Wellness Shack
have that others would
want?**

HOPE



**Eau Claire's Recovery Center for
Adults with Mental Illness**