

Roadmap to Recovery

Education Group

**This is a group where
you can learn to:**

- * *Learn about recovery*
- * *Communicate your mental health needs to your psychiatrist, nurse, and other clinical staff*
- * *Recognize and monitor symptoms and side effects effectively*
- * *Reduce fear and anxiety about your mental health treatment*
- * *Develop a support system*
- * *Learn about resources and activities in the community*
- * *Facilitated by trained R2R Facilitators with Lived Experiences*
- * ***Groups are confidential***



**ROADMAP TO
RECOVERY**

Join us now!

***Groups offered throughout
San Diego County***

For more information contact:

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**Change your life for the better and enter
into the world of recovery!**

Program Name	Program Address	R2R Group Day/Time
API Discovery Clubhouse (619) 667-6167	5538 University Ave. San Diego, CA 92105	Saturdays 1:30 pm – 3:00 pm
Casa del Sol Clubhouse (619) 429-1937	1157 30 th Street San Diego, CA 92154	Mondays (Spanish) & Thursdays (English) 11:00 am – 12:30 pm
Central Library @ Joan A Irwin Jacobs Common (619) 236-5800	330 Park Blvd, Room 221 San Diego, CA 92101	Wednesdays (9/27/17– 12/20/17) 10:00 am – 11:30 am
The Corner Clubhouse (619) 683-7423	2864 University Ave. San Diego, CA 92104	Tuesdays 1:15 pm – 2:45 pm
East Corner Clubhouse (619) 631-0441	1060 Estes Street El Cajon, CA 92020	Mondays 1:00 pm – 2:30 pm
Escondido Clubhouse (760) 737-7125	4740 W. Vermont Ave #102 Escondido, CA 92025	Wednesdays 12:30 pm – 2:00 pm
Friend to Friend Clubhouse (619) 955-8217	2144 El Cajon Blvd. San Diego, CA 92104	Tuesdays 10:00 am – 11:30 am
Friendship House (619) 263-6269	286 Euclid Ave. #104 San Diego, CA 92114	Thursdays 1:15 pm – 3:00 pm
Mariposa Clubhouse (760) 439-2785	2964 Oceanside Blvd Oceanside, CA 92054	Tuesdays 10:00 am – 11:30 am
Morena Activity Center Clubhouse (619) 692-8765	1250 Morena Blvd. San Diego, CA 92110	Thursdays 11:00 am – 12:30 pm
North Coastal Mental Health Clinic (760) 967-4475	3609 Ocean Ranch Blvd., Suite 110 Oceanside, CA 92056	Tuesdays 1:00 pm – 2:30 pm
Visions Clubhouse (619) 420-8603	226 Church Street Chula Vista, CA 91910	Wednesdays 1:00 pm – 2:30 pm