

What we provide

**Groups and Classes such as Life Skills,
12 step, arts and crafts, WRAP training
and much more.**

**Breakfast 9:00 Lunch 12:00 (Lunch is a
chore or \$1.00)**

Shower Passes

Laundry Vouchers

Hygiene Supplies

Mail

Computer Access

Socialization

Empowerment

Peer Advocacy

And Job Readiness Assistance



Rainbow Recovery Center

Administration

**Rainbow Center is a program of Whatcom
Counseling & Psychiatric Clinic. Members,
staff, and advocates participate together
in decision-making regarding governance,
policy-making and development of the Center**



**209 W. Holly
Bellingham WA 98225
360-752-2577**

Governance

**Members play a large role at Rainbow Center.
More than 50% of our Advisory Board is
made up of members and advocates.**

**This group identifies issues of importance to
members, proposes and develops policies
that are consistent with our rules**

**A safe, supportive and welcoming
recovery oriented environment for
adults with mental illness**

Hours: Monday - Friday 8:00 AM to 3:45 PM

Membership

The center is open to all adults who are in or want to recover from mental illness.

Peer Counselors and Advocates

Peer Counselors and Advocates are members who have received specialized training and now are active in running all parts of the center.

Philosophy

Members contribute to the center's operations based on their comfort level. Work and socialization in the Center help members gain self-worth, purpose and confidence by engaging others with similar abilities. These two program components help members participate more actively in our local community, reducing stigma in mental health and promoting recovery.

Member Council

Member council is a way for the member's of Rainbow Recovery Center to have a voice in how our center grows. It is the members governing body, making decisions, suggestions, rule changes and various other matters. It is member driven and member controlled.

Group Schedules

- Daily: Morning Meeting 9:30**
- Monday: Community Meeting 12:30
Movie 1:00**
- Tuesday: Peer Advocacy Training 9-11
Dual Recovery Anonymous 11:00
WRAP 1:00
Game Day 2:00**
- Wednesday: Employment Readiness 9:30
Kitchen Meeting 10
Elder Group 11:00
Member Council 1:00**
- Thursday: Peer Advocacy Training 9-11
Dual Recovery Anonymous 11
Art/Beading 1:00**
- Friday: Front Desk Meeting 11:00
Dialectical Behavior Therapy 1:00
Mental Health Support Grp. 2:15**
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