



Our Coordinator



Our Director

## 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.**

## 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.**

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



# Rainbow Recovery Center



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

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

## 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.

## 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**

## Group Schedules

**Daily: Morning Meeting 9:30**

**Monday: Community Meeting 12:30**

**Movie 1:00**

**Tuesday: Life Skills 10:15**

**AA/NA Addictions group 11:00**

**WRAP 1:00**

**Wednesday: Elder Group 11:00**

**Member Council 1:00**

**Thursday: AA/NA Addictions group 11:00**

**Our Journey Journaling Class 2:30**

**Beading 1:00**

**Friday: Art Class 10:00**

**Front Desk Meeting 10:00**

**Kitchen Meeting 11:00**

**Laughter Class 1:00**

**Mental Health Support Group 2:00**

