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| **Name of Service, Location and phone number(s)** | **Wellness and Recovery Centre**  Community Addiction and Mental Health Services of Haldimand and Norfolk- Simcoe- Orchard Avenue  **50 Orchard Avenue, Simcoe, Ontario  N3Y 3H1**  **Phone: 519-428-0580 extension 5**  Email: [**rcentre@camhs.ca**](mailto:rcentre@camhs.ca)  Website: http://www.camhs.ca/programs/wellness-and-recovery-centre/ |
| **Services Offered** | * Individual and group peer support * Recreation programs, outings and event * Casual and organized social opportunities * Member education and training * Self-awareness and development activities * Healthy lifestyle programs * Art and creative opportunities |
| **Inclusionary/ Exclusionary Criteria** | * Age 16 years and over * Living with a mental illness, mental health challenge and/or addiction |
| **Treatment Details** | Member-driven community program support people with mental health challenges and/or addiction. Wellness, recovery and quality of life through social recreation, educational opportunities, peer support and advocacy. Mental Health Peer Support is a relationship where an individual who has undergone, or is moving forward in their personal journey of recovery from, a mental illness assists other people with mental health issues to identify and achieve life goals as part of their own recovery process.  It is about the sharing of life’s experiences, listening with understanding, and making connections based on common or shared life experiences and living with an illness. |
| **Philosophy of treatment** | --- |
| **Cost/ Payment Options** | None |
| **Referral Process** | Not required- drop in |
| **Hours of Operation** | Monday to Friday  9:30am- 5:00pm |
| **Staff Compliment** | * Peers in recovery |
| **Any other special considerations?** | n/a |
| **Wheelchair Accessible?** | No- ground floor is, upper and lower floor are not accessible. |
| **Close to Bus Route/ Public Transportation?** | No |
| **Languages spoken** |  |

*(Please note this document was created October 2018. Program information may change.*

*Please contact agency to receive latest information regarding their services*