



"Never doubt that a small group of thoughtful committed citizens can change the world. Indeed it is the only thing that ever has."

MARGARET MEAD

Congratulations to Friends 4 Recovery

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www.facesva.org/pdf/articles/congratulations_friends_4_recovery_mar2009.pdf

Friends 4 Recovery consumer support group has been meeting at the **FACES** Center for the last two years. It has been a real pleasure to watch this group grow and expand. The Executive Director, Carla Beck sent us this letter announcing an expansion of their services. We are confident that these new programs will enhance the lives of the people they serve and the community.

Friends 4 Recovery is pleased to announce that they have received state funding to open a Whole Health Center. Friends 4 Recovery Whole Health Center's mission is to provide educational and wellness classes and resources, personal Recovery Wellness Coaches, and peer to peer support that enhances the whole health of people who have experienced significant mental health issues. Friends 4 Recovery is also a place that our peers can receive mutual support, recovery education, reduce social isolation, and be empowered to be active members of the center and the community.

Friends 4 Recovery Whole Health Center's vision is that it will be a place of acceptance that will create a wellness culture. People will be able to participate in wellness assessments and will create a person centered wellness plan that suites their lifestyle. The environment will be supportive and have the whole health recovery tools available. We will also offer a plan that will help people manage their mental illness and move beyond recovery into wellness. Friends 4 Recovery will offer wellness classes, conduct health assessments, offer support groups, social activities, classes and workshops in Spanish, WRAP, and dual diagnosis.

*We would like to thank **FACES** for the letters of support we received from your organization. We would also like to thank **FACES** and St. Marks United Methodist Church for the use of the **FACES** Center for our support group. Your support and partnership has helped our organization to grow.*

*We look forward to a continuing partnership with **FACES**. Before our center opens we would love to come to an advocacy meeting and explain our program in more detail. Thanks again for your support.*