

The 5 Recovery Pathways:

- Hope
- Choice
- Empowerment
- Recovery, Environment & Culture
- Meaning, Purpose & Spirituality

The Hope Center

707-441-3783

hopecenter@co.humboldt.ca.us

humboldt.gov/HopeCenter

Resources:

Hearing Voices Network:

hearingvoicesusa.org

Alternatives to Suicide:

alt2su-nsw.net

Suicide and Crisis Lifeline:

Text **988**

California Peer-Run Warm Line:

Toll free: **855-845-7415**

mentalhealthsf.org/peer-run-warmline

24/7 Crisis Text Line:

Text **HOME** to **741741**

**Humboldt County Department of Health & Human Services,
Behavioral Health**

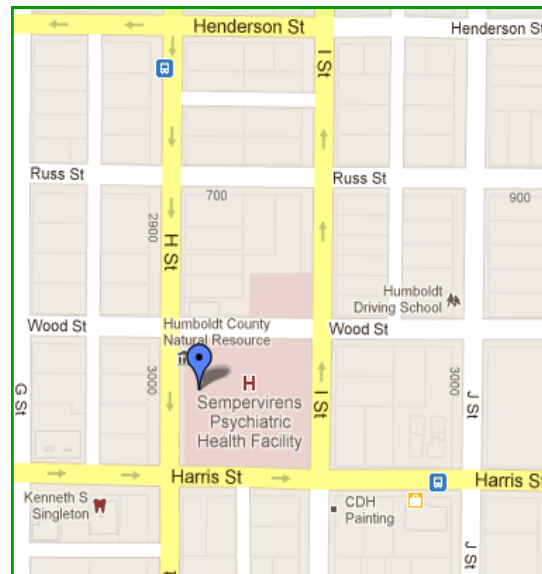
humboldt.gov/BehavioralHealth

The Hope Center

2933 H St.

Eureka, CA 95501

707-441-3783



Hours of Operation

- Open Monday through Friday
10 a.m. to 3 p.m.
- Closed second and fourth Tuesdays
- Tuesdays are Zoom days.



The Hope Center



A Place to Grow Together

A safe, positive environment to learn to live the best life possible, personally, socially, mentally and emotionally.



Who are we?

The Hope Center recognizes inclusion in goals, needs, concerns, strengths and motivations. We are peer run and person centered, a place where an individual's experiences are validated. We share resources for recovery and build skills to empower participants to make informed choices to live their best possible life.

Hope is a key ingredient to wellness.

We keep our doors open for anyone and everyone who has, is or might experience challenges in their life.



The "Quilt of Discovery" was the first quilt ever made by participants at the Hope Center.

What do we offer?

We offer a variety of free activities, workshops and classes such as:

- Gardening
- One-on-one peer support
- Peer advocacy
- Community outreach events
- Wellness and recovery-oriented classes
- Computer lab
- Art journaling
- Wellness discussions
- Exercise classes.

Find the Hope Center Calendar at humboldt.gov/HopeCalendar.

All activities are offered free of charge. Some activities change from month-to-month, so keep checking the website to see what's new.

Healthy Harvest is our free food market offered once a month. Come join us.

Who are the Hope Center Staff?

Most of our staff are certified Peer Support Specialists who offer a variety of peer services to all who come to the Hope Center. We focus on resilience and follow the 5 Recovery Pathways as a starting point for all activities, one-on-one support and classes provided at the Hope Center.

What is a Peer Support Specialist?

We are individuals who have personal experience and are trained to use those experiences in a positive way to walk with individuals on their journey to where they would like to be.



Participants can join in a variety of art-based classes.