

What Members Say

The groups at the Wellness Center are very informative. The social dinners are a lot of fun. The Wellness Center has helped me socialize, keeps me from being isolated and I've made several friends here. ~John

I like the Wellness Center because I get to learn new things. Everyone is concerned about the members. The groups are educational and informative. My favorite is Cultural Awareness because it's about different cultures. I'm from a different culture and enjoy hearing about others. ~Fereshta

I love the groups because they are helping me be in society. I feel very safe. I have friends here. The groups are informative and I'm working with the vocational unit to get a job. The Out and About group helps me travel. I've learned to understand bus schedules. I love the staff and members. Everyone is wonderful. ~Roman

I like the way the Wellness Center structures my time and fills it with purpose. It improves my cognitive ability and I feel more emotionally balanced. My focus is directed at making progress and improving my social skills. ~ Dan

**In the Wellness Center kitchen,
members plan and prepare healthy meals.**



**A program of the Alexandria
Community Services Board.**

**Del Pepper Community
Resource Center
4850 Mark Center Drive
Alexandria, Virginia 22311**

West End Wellness Center



**Department of
Community and
Human Services**

**703.746.3456
www.alexandriava.gov/DCHS**

Philosophy

The Wellness Center philosophy embraces mental health recovery as a journey of healing and transformation. Regardless of the nature or severity of one's psychiatric condition and/or co-occurring disorders of mental illness and substance use, each individual is able to contribute to the success of the community through his or her talents and skills.

We believe that all members should have the opportunity to learn, grow and recover through participation in curriculum-based courses and the training opportunities offered. The Wellness Center also supports and teaches healthy lifestyle habits that can help individuals live a more satisfying, productive, happy life.



Wellness Center Services and Courses

Members of the Wellness Center are provided with a selection of educational courses, and are given the opportunity to choose classes based on their personal goals and interests. Individual and peer group supports maximize self-sufficiency.

Wellness Center Courses

Courses are available from the following domains:

- Artistic Expressions
- Cultural Awareness
- Education
- Employment
- Health and Wellness
- Life Skills
- Recovery/Therapeutic
- Social Skills

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- _____

Vocational Services



Year	Very satisfied (millions)
2010	2.0
2011	2.5
2012	3.0
2013	3.5
2014	4.0