

San Fernando Valley Community Mental Health Center, Inc.'s Client Run Center Community Mental Health Groups

What is the Client Run Center?

The Client Run Center is a place that provides peer support, self-help, mental health advocacy, recreation, community integration, and social activities for consumers in who are well grounded in their mental health recovery and can benefit from ongoing peer support. The program is staffed entirely by people who have significant lived-experience with mental illness. It is free program open to all adults regardless of funding, racial background, illness or socio- economic status. The program does not provide medication support services, case management, individual therapy or other professional mental health services. It also does not serve persons on parole.

Here are some of the services the Client Run Center offers:

Specialist Assistance: The Center employs staff trained in housing, health navigation, disability/social security benefits, and employment assistance.

Emergency Food Pantry: The Center operates a food pantry to provide temporary food assistance for its clients.

Peer Counseling Training Program: The Peer Counselor Training Program is an extensive 12 week class that teaches you how to harness your lived experience with mental illness and use it help others find their way through recovery. By using their lived experience and the skills learned in this program, graduates can help people through their recovery in ways that mental health clinicians can't. Graduates from this program find employment in the public and private mental health systems.

Want to join the Client Run Center or just have some questions?

Contact Merav Tassa mtassa@sfvcmhc.org

Van Nuys Client Run Center
14515 Hamlin St. STE 102
Van Nuys, CA 91411
818-989-7475

This program is funded by the Mental Health Services Act

Coping Skills

with Merav T. on Tuesdays @ 10:00 am

Meeting ID: 229 651 894 Password: 030927

A group where we explore different skills and strategies for dealing with difficult emotions and symptoms.

[Click here to join by Zoom video chat!](#) OR dial in by phone at 1-669-900-6833

Mental Health Fellowship

with CRC Staff on Tuesdays @ 06:00 pm

Meeting ID: 896 9195 8382 Password: 996177

This is a safe, non-judgmental space where you can socialize with people going through the same struggles.

[Click here to join by Zoom video chat!](#) OR dial in by phone at 1-669-900-6833

Reach Out!

with Richard F. on Wednesdays @ 6:00 pm

Meeting ID: 854 9624 3650 Password: 406001

We write letters and cards to people who are isolated because of their age, struggles, or COVID-19. Each letter sent brings a little bit of hope and community to someone who needs it.

[Click here to join by Zoom video chat!](#) OR dial in by phone at 1-669-900-6833

TED Talk and Discussion

with Kate C. on Thursdays @ 10:00 am

Meeting ID: 186 884 035 Password: 001305

We read quotes to enable us to continue moving forward and to create an uplifting atmosphere.

[Click here to join by Zoom video chat!](#) OR dial in by phone at 1-669-900-6833

Managing Psychosis

with Merav T. on Thursdays @ 01:00 pm

Meeting ID: 502 976 968 Password: 003561

A group for getting mutual support and using your recovery experiences to help others through their own journey.

[Click here to join by Zoom video chat!](#) OR dial in by phone at 1-669-900-6833

Icebreakers

with Kate C. on Fridays @ 10:00 am

Meeting ID: 831 0847 7979 Password: 429805

A fun group where we play games or ask one another silly questions to promote togetherness, laughter, commonality, and socialization.

[Click here to join by Zoom video chat!](#) OR dial in by phone at 1-669-900-6833

Depression & Anxiety Support Group

with Merav & Sam on Saturdays @ 03:00 pm

Meeting ID: 127 731 771 Password: 011558

A discussion group for mutual support and for sharing recovery experiences to help others.

[Click here to join by Zoom video chat!](#) OR dial in by phone at 1-669-900-6833