



Hours:
Mon - Fri

Open 7:30 am
Close 3:30 pm

For information call
(707) 673-2838

Cost:

**Our program
is of no cost to
Solano Residents**



**Solano Network of Mental Health
Consumers**

Circle of Friends

349 Travis Blvd.
Fairfield CA. 94533
Phone: (707) 673-2838
amercynalc@aol.com

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The Solano Wellness and Recovery Program is administrated by Solano Network of Mental Health Consumers known as (COF) Circle of Friends.

COF provides peer programs that serves adults with lived experience in behavioral health who reside in Solano Counties.

Our members come from diverse segments of the community. Services promote empowerment, wellness and recovery, continuing education; employment services social and recreational activities, volunteering, and independent thinking in a comfortable, safe and compassionate environment.

Our underlying goal is to assist mental health consumers get healthier, stay well, and become a vital part of the community.

Our Current Weekly Activities Include

- Men and Women support Groups
- (WRAP) Wellness Recovery Action Plan
- Latino Outreach Group
- Journaling Class
- Art Program
- Current Events
- Conversational Spanish
- Anger Management
- Basic Math Class
- Internship Program
- Nutrition Planning
- Life Skills Curriculum
- 16 week curriculum (DRA) Dual Recovery Anonymous TM
- Leadership Academy
- Educational Film Series
- Movies for fun and Bingo
- Music and Art
- Exercise Classes
- Daily Reflection