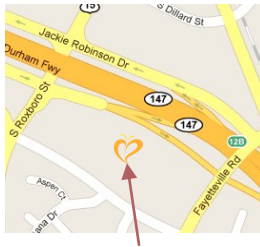


How to Find Us

Durham Wellness City
401 E. Lakewood Ave.,
Suite E1-A
Durham, NC 27707

Near downtown Durham in the Heritage Square Shopping Center. We are accessible by several bus lines; ample parking is also available.



DURHAM WELLNESS CITY

Operating Hours

Monday - Friday: 10 AM - 5 PM

Saturday: 1 - 5 PM

Special classes available Tues & Thurs: 5-7 PM

Contact Numbers

Office 919.687.4041

Fax 919.687.4045

Visit us at www.RIInternational.com



RI INTERNATIONAL IS A
NON-PROFIT ORGANIZATION OFFERING
A RANGE OF RECOVERY-BASED SERVICES
IN ARIZONA, CALIFORNIA, DELAWARE,
NORTH CAROLINA, PENNSYLVANIA,
VIRGINIA, WASHINGTON, AND
NEW ZEALAND.

Recovery Innovations
has earned the
Joint Commission's
Gold Seal of Approval™.



Our Mission

To create opportunities and environments that empower people to recover, to succeed in accomplishing their goals, and to reconnect with themselves, others and meaning and purpose in life.

Recovery is ...

*remembering who you are and
using your strengths to become
all you were meant to be.*

Alliance
BEHAVIORAL HEALTHCARE

Durham Wellness City services are made possible through funding from Alliance Behavioral Healthcare.



*You're never
alone on the
road to recovery!*



DURHAM WELLNESS CITY

- ♥ Recovery Education
- ♥ Peer Support
- ♥ Recovery Coaching
- ♥ Wellness Planning
- ♥ Community Linkages

Wellness City

- ♥ Is a community of adults who are embarking upon or expanding their journey of recovery from mental health challenges and/or addiction
- ♥ Provides a safe and welcoming environment
- ♥ Is staffed by a well-trained team of Peer Support Specialists who are in recovery from lived experiences of their own
- ♥ All Wellness City classes are *free* and open to any adult interested in learning more about recovery
- ♥ No insurance, referral, or assessment is needed

Wellness City Participants

- ♥ Are adults 18 years or older
- ♥ Are accepted “where they are” in their journey of recovery
- ♥ Learn to define themselves not by their challenges but by their strengths
- ♥ Are treated with mutual respect and dignity
- ♥ Are considered the experts on themselves
- ♥ Take responsibility for their own recovery
- ♥ Become self-advocates for their full health and well-being
- ♥ Give input and feedback on classes and celebrate their successes together

Community Linkages & Partnerships

- ♥ Offer reciprocal channels of communication between Wellness City and local agencies who provide a complement of other services and supports that could benefit Citizens, like housing, employment, schooling, etc.
- ♥ Provide a vital connection for people who could benefit from wellness recovery resources
- ♥ Strengthen ongoing efforts to build a comprehensive continuum of care and address gaps in services and supports for people in recovery from mental health challenges and/or addiction

I hope others see the potential in themselves to stay in recovery, participate in classes and get as much out of them as I have. ~SKM

One class helps you understand that your life has purpose and you don't need to use addiction to feel good. It works for me. ~DSS

Wellness City is one-of-a-kind to me and I hope it's always there for people in need like me. ~LS

I am putting a lot of my fears behind me and learning how to laugh and smile again. I am reaching new goals I have made for myself. ~BC

I have learned to keep an open mind, that everyone progresses at their own pace and that I am responsible for my own life and the choices I make. ~DS

I've learned a lot of basic things that I didn't know before – like different things to do and strategies. I've learned more here than I've ever learned anywhere else. ~FM

Peer Support Specialists

- ♥ Are individuals with their own recovery story who have gone through extensive training on how to share what they have learned in order to inspire hope in others
- ♥ Model personal responsibility, self-advocacy, empathy and peer support
- ♥ Are committed to the founding principles of the recovery community
- ♥ Demonstrate that recovery is possible; that people can and do recover
- ♥ Staff the Wellness City—providing one-on-one peer support and facilitating classes and activities.

Recovery Coaching

- ♥ Is an essential partnership between Citizens and Peer Support Specialists to identify strengths and abilities, set goals and choose classes that address Citizens' recovery plans
- ♥ Provides one-on-one interactions with Citizens to gauge progress and link them with other community resources, groups and activities
- ♥ Guides Citizens to stretch themselves and realize their potential to achieve the life they want for themselves

Recovery Education

- ♥ Includes creative classes and activities to promote wellness and recovery based on *Nine Dimensions of Wellness*
- ♥ Is a powerful catalyst for people to learn more about taking care of themselves and how to manage their wellness in difficult times
- ♥ Gives Citizens the opportunity to connect with others who understand recovery and the challenges that lived experience can present

HOPE ~ CHOICE ~ EMPOWERMENT ~ RECOVERY ENVIRONMENT ~ SPIRITUALITY