

INDEPENDENT LIVING ASSOCIATION

TENANT RESOURCES

BLACKBIRD HOUSE

Peer- Run Respite home for adults, a place for people who are experiencing- or are at-risk-of a psychiatric crisis. The peer respite service is voluntary and provides community-based, non-crisis support to help people find a new understanding and ways to move forward

Address: **2218 N 1st St, San Jose** or call **408-292-2777**
 Website: blackbirdhouse@fcservices.org



THE Q CORNER

Peer Driven, Behavioral Health program dedicated to supporting the LGBTQ+ community and their friends, families.

Address: **1075 E. Santa Clara St, San Jose** or Call **408-977-8800**
 Email: theqcorner@hhs.sccgov.org
 Website: www.sccbhsd.org/TheQCorner



THE RECOVERY CAFE

A healing community for those who are traumatized by addiction, homelessness, and mental health challenges. The cafe provides resources and relationships that provide stability and healing.

Address: **80 5th St San Jose** or call **408-294-2963**
 Email: info@recoverycafesj.com
 Website: www.recoverycafesj.org

Membership is free, and open to all. Programs offered: Recovery Circles, School for Recovery, Job skills Training, Meaningful Daily Activities, Community meals, Latte Hour

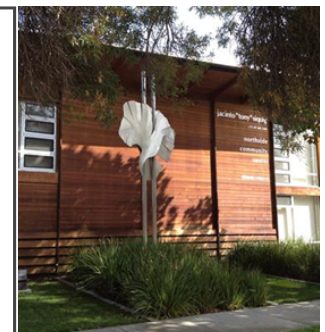


GRACE ART AND WELLNESS PROGRAM

A space where you can find friends of Grace.

Address: **488 N 6th, St, San Jose** or Call **408-193-0422**
 Hours: Mon, Tues, Thurs, Fri: 9:00am to 4:00 pm Wednesday: 9:00 am to 1:30 pm
 Saturday: 10:00 am to 2:00 pm Sunday: Closed

They serve the Senior Nutrition Program for those 60+ at 13 community centers throughout the city. Drop-in activities included art groups, process and support groups, sports and fitness activities, monthly events.





Independent Living Association

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NATIONAL ALLIANCE ON MENTAL ILLNESS (NAMI)

This is a free 4 month program for anyone living with a mental health condition. A peer connector will be checking in 2x a week on the phone and 1x in person. This program supports you to establish smart goals.

Fill out a application and email to cpp@namisantaclara.org or call **408-435-0400 ext. 3070**

Website : www.namisantaclara.org

NAMI CONNECTIONS Recovery Support Groups:

Adults living with Mental Illness share & support each other

NAMI Peer to Peer Classes:

9-week experiential course focusing on recovery for individuals 18 and older

NAMI Community Peer Connector Program:

Peer Connectors and Peer Mentors work with participant on health and wellness.



COFFEE KLATCH @ SVILC

SVILC is a cross-disability, intergenerational, and multicultural justice organization that creates inclusive communities. They do this by building disability identity, culture, and pride and creating opportunities for personal and community transformation; and partnering with others to ensure that civil and human rights are protected.

Address: **25 N 14th St, Suite 1000, San Jose** or call **408-894-9041**

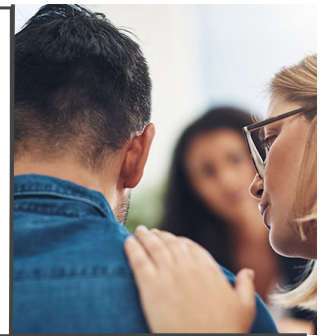
Email: info@svilc.org

Website: www.svilc.org



SUPPORTING SERVICES

- Ability Path: **650-259-8500**
- Parents advocacy for remarkable children and adults (PARCA): **510-343-6670**
- Deaf counseling, Advocacy and Referral (DCARA): **510-343-6670**
- Greater Opportunities for the Developmentally Disabled: **408-248-4464**
- Vista center for the Blind and Visually Impaired: **408-248-4464**



Zephyr Self-Help Center

1075 E Santa Clara Street, San Jose

(located at Back of Building)

(408) 792-2140

Website: www.sccbhsd.org/zephyr

Monday: 1:00 - 4:00 PM

Tuesday - Friday: 9:00 AM - 4:00 PM

Esperanza Self-Help Center

1235 1st St, Gilroy

(408) 852-2460

Open on Fridays 9:00 AM - 4:00 PM



Independent Living Empowerment Project

by Community Health Improvement Partners

Santa Clara County



COMMUNITY HEALTH IMPROVEMENT PARTNERS
making a difference together



SANTA CLARA COUNTY Behavioral Health Services

Contact us: santaclara@ilacalifornia.org | **650-288-9100** | www.ilacalifornia.org