

Are you interested in sharing your talents and expertise?

Sign up to be a guest speaker, tell your story, or to teach a class!



Contact:  
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**Director**  
Kathy Lynch  
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**You are welcome to participate:**

if you are currently receiving or have received mental health services.

### **Peer Specialists on Staff**

Ritchie Frelock  
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## **BPC's SELF DISCOVERY CENTER**

### **Our vision:**

A purposeful life in the community reflecting your PERSONAL CHOICE!

# Dedicated to partnerships in hope and recovery

## Our Mission

Peers sharing their lived experience in support of others in their journey of recovery and self discovery for physical, emotional, and spiritual wellbeing. This journey leads to a meaningful and purposeful life in the community reflecting personal choice.

## What is the Self-Discovery Center?

The Self-Discovery Center is a **Peer-Run** service where people can participate and obtain information, support, and skills for their individual recovery journey.

Links to the greater community will be identified to help people find their place in the larger world, both as a citizen AND as an active participant in defining their life.



## Ongoing Services

- ◆ Basic computer skills
- ◆ Double Trouble & AA groups
- ◆ Self-help & Support groups
- ◆ Holistic health information
- ◆ Career and education exploration
- ◆ Social & Recreational opportunities
- ◆ WRAP
- ◆ Access to community resources
- ◆ Individualized services offered as needed
- ◆ Benefits Counseling
- ◆ Community guest speakers
- ◆ Self and Systems Advocacy
- ◆ Educational trainings
- ◆ Scheduled community activities

**AND MUCH MORE!**



## Location

You can find our Self Discovery Center in its own wing of the Butler Rehabilitation Center on the campus of the Buffalo Psychiatric Center, 400 Forest Ave., Buffalo, NY.

## Hours

Mondays, Tuesdays, and Wednesdays

9-11:30 a.m. and 1-3 p.m.

Wednesday: Chat 'N Chew  
BYO lunch group  
11:30 a.m.-12:30 p.m.

Many of the Peer Services are provided by Buffalo Psychiatric Center's own Recipient Associate Managers--peers who willingly share their own life experiences to promote hope and recovery. For further information, contact Robin Alwine, 816-2494.

*The Self Discovery Center is part of Buffalo Psychiatric Center's comprehensive network of services. BPC is operated by the New York State Office of Mental Health.*