

# ANCHOR HOUSE

19503 S. West Villages Parkway

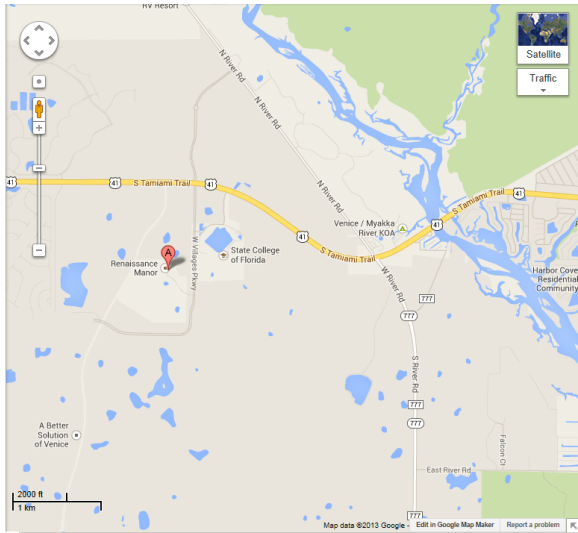
North Port, FL 34287

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Email: [AnchorHouse@mhcci.com](mailto:AnchorHouse@mhcci.com)

Website: [www.mhcci.com](http://www.mhcci.com)

We are located in the *South County Resource Center* - Just north of River Road – off of Rt. 41 -



**MH** MHCCI's mission is to provide support services to adults with mental illness and disabling emotional problems. MHCCI offers daily programs and activities that bring them into the mainstream.



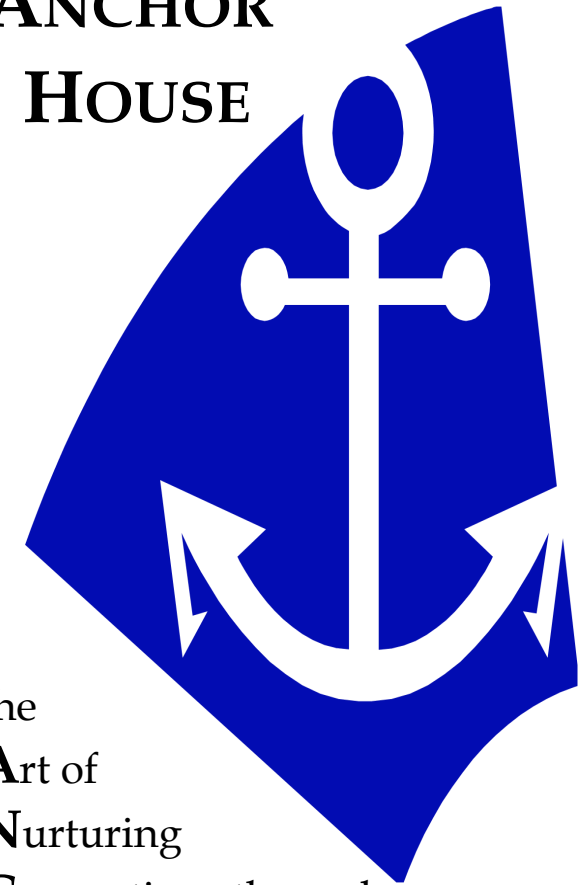
There are many ways for you to participate in our future. Donations, grant assistance or helping us by becoming a volunteer are all of vital importance. Please call our Administrative office in Sarasota for further information.

**Mental Health Community Centers, Inc.**  
**Administrative Office**  
**240B South Tuttle Avenue**  
**Sarasota, FL 34237**  
**Phone: (941) 953-3477**  
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**[www.mhcci.com](http://www.mhcci.com)**



*"Touching lives and making them better"*

## ANCHOR HOUSE



the  
Art of  
Nurturing  
Connections through  
Health  
Opportunity and  
Relationships

## YOU ARE NOT ALONE

Mental illnesses can affect persons of any age, race, religion or income. Mental illnesses are not the result of personal weakness, lack of character or poor upbringing. Mental illnesses are treatable and recovery is possible. Most people diagnosed with a serious mental illness can experience relief from their symptoms by actively participating in treatment.

**1 IN 4**  
people live  
with a  
mental illness.

Peers support one another in reciprocal relationships. Peers have “been there, done that” and can relate to others who are now in a similar situation. Research has shown that peer-run self-help groups yield improvement in psychiatric symptoms resulting in decreased hospitalization, larger social support networks and enhanced self-esteem and social functioning.



## WHAT WE OFFER

### VOCATIONAL AND EDUCATIONAL TRAINING OPPORTUNITIES SUCH AS

- Computer training and office skills
- Building and garden maintenance
- Cooking, nutrition and healthy living programs
- Creative writing, music, Arts and crafts
- Game tournaments
- Self esteem building classes
- Independent living skills programs
- Employment opportunities

### SOCIAL AND RECREATIONAL ACTIVITIES INCLUDE

- Beach, park outings and cook-outs
- Physical fitness
- Sporting events
- Bowling
- Fishing
- Golf driving range
- Movies
- Visits to local attractions, theater and concerts

### COMMUNITY EDUCATION VIA

- Information and referrals
- Seminars on mental health issues

## WHAT TO EXPECT WHEN YOU VISIT

Expect a friendly greeting, tour of the facility, and additional written information. All members and their families are welcome to share their concerns and discuss their interests and needs.

Members are encouraged to participate in programs and activities at their own pace. MHCC's programs are developed and facilitated by staff, qualified members, and community volunteers. Members are encouraged to participate in program development as their input is valuable in the planning process of our programs.

### OPPORTUNITIES THAT ENHANCE EMOTIONAL HEALTH THROUGH

- Situation Solution discussions and support groups
- Goal-setting & performance sessions
- A friendly caring atmosphere
- Social activities that assist in problem-solving
- Networking with other members
- Constructive activities to alter depressive moods or unhealthy feelings

### PLEASE “LIKE” US ON FACEBOOK

Please view our website for agency events, news and calendars. Our Website Address is:  
[www.mhcci.com](http://www.mhcci.com)