

WELCOME TO THE TAY TUNNEL



TAY TUNNEL ACTIVITIES:

PING PONG, AIR HOCKEY, DRUMS,
COOKING, EXERCISE ACTIVITIES,
LOCKERS, SHOWERS, LAUNDRY ROOM,
B-GAMES, BOOKS, ARTS AND CRAFTS,
MEDITATION QUIET ROOM



PEER CENTER COMPONENTS

- Developed and run by and for peer members by their peers
- Self-help groups include job preparation and employment readiness, computer skills, substance awareness, housing opportunities, cooking, art, yoga, exercise, outings and more...
- Links for evaluation and support
- Housing and benefits specialists
- Community Partners Co Locate

WHO ARE TAY YOU ASK?

Transitional Age Youth 18-25 Years of age

who are recovering from mental illness or mental illness and substance abuse. TAY can find a place to continue their journey in the company of other caring and encouraging persons.

Mission Statement:

To provide a home away from home where your wellness encourages your individual recovery.

We Welcome Your Calls and Look Forward to Your Visit

Sponsored by
Ventura County Behavioral Health
Program Director,
Jennifer Gomez
jegomez@pacificclinics.org



CORE VALUES



Self-Directed: Member peers determine, control, exercise choice over, and determine their own path of recovery.

Peer Supported: Mutual support—including sharing of experiential knowledge and skills and social learning.

Strengths-Based: Recovery focuses on valuing and building on the multiple capacities, resiliencies, talents, coping abilities, and inherent worth of individuals.

Hope : Recovery provides an essential and motivating message of a better future.

Responsibility : Peers have personal responsibility for their own self-care and journeys of recovery.

Holistic: Recovery encompasses an individual's whole life, including mind, body, spirit and community.



141 W. Fifth St Suite D, Oxnard Ca 93030

Phone: 240-2538

Hours:

10 a.m. to 6 p.m.

Monday – Friday

www.myspace.com/tay_tunnel



TAY TUNNEL

There is a light ant the end of every tunnel!



A One-Stop Center Just for You!

WALK-INS WELCOME!