

Monday-Friday  
8:00 am to 5:00 pm  
\*Excluding  
Holidays

# RIVERSIDE PEER SUPPORT & RESOURCE CENTER

2085 Rustin Ave. Riverside Ca. 92507  
951-955-9300



Peer Support and Resource Centers offer peer support services to any community member wishing to explore their overall wellness. Offering wellness and recovery groups, individual peer support and other activities in a structured environment to assist community members in building resiliency.

## Wellness Groups:

- Planning For Success
- Coping Through Creativity
- Taking Action To Manage Anger
- Wellness Through Fitness
- Recovery Activities & more

## Individual Support:

- Emotional Support
- Resources
- Skill Building
- Explore Goals
- Coping Skills

\*check monthly calendar for times

