

# Independence Center

Mental Health Connecticut's (MHC's) Independence Center (IC) offers an environment for individuals to gain the knowledge, skills, and confidence to achieve their goals, realize recovery, and engage in the community. A completely voluntary program, the IC provides a place for people with mental health conditions to access peer supports, participate in health and wellness activities, and develop work and social skills.



In addition, members have the opportunity to participate in daily skill-building tracks, including:

**Culinary:** Educates members about safe food handling, nutritious meal options, reading recipes, and maintaining a kitchen. Participants prepare the IC lunch for the day and assist with planning and preparing for upcoming parties or events where food will be served.

**Maintenance:** Focuses on skills to properly clean and maintain the building. Participants learn proper cleaning methods, the safe use of cleaning products, and the proper assessments and techniques for maintaining a building.

**Work Skills:** Assists participants with developing computer skills, searching for employment opportunities, completing job applications, creating email accounts, and becoming familiar with various computer programs. In addition, weekly workshops introduce participants to interviewing



techniques, communication skills, and workforce development.

**Customer Service:** Introduces participants to the phone and security systems, proper customer service techniques, and appropriately responding to various situations. Participants are able to utilize their newfound skills by answering the IC phone, staffing the front desk, and serving as greeters responsible for welcoming members and visitors to the IC.

The IC also promotes wellness through creativity. Art can be integral to recovery. The IC's Open Studio

provides an opportunity for members to express themselves and interact with others who are interested in using art to promote recovery. While the Open Studio is available to members whenever the IC is open, staff also hosts a "Mending Art" class and an art club.

With support from staff and peers as well as active participation in program offerings, members can achieve recovery and better engage with their communities.

**For more information about the Independence Center, please call 203-756-5772.**

