

# INSIGHT

VOLUME 1, ISSUE 1      MAY 2017

## THE TIME WE SPEND IS WELL SPENT

Sometimes life gets hard, and you need someone to be there for you. Come to the Esperanza Center! The Esperanza Center is a place where you can express yourself and share with others your experiences. When you come to the Esperanza Center you leave feeling happy! Come

to the Esperanza Center. We have a variety of classes and support groups. We all come together and we get through hard times together. We can do anything because we have the strength that comes from laughing and having a good time, When you dedicate your time to something



good you will reap something good and positive. We all come together to share our recovery and build friendships.

-Emily Smith

• *Have Fun With Esperanza Clients and peer mentors!*

## MAY IS MENTAL HEALTH MONTH OPEN HOUSE

Join us on Wednesday May 17th from 2-4pm as we celebrate. May Is Mental Health

Month. Our open house will be at the Behavioral Health Department, 1131 San Felipe Rd, in our

back parking lot. Enjoy hot dogs, snacks, drinks, games, and our raffle. We'll see you there!

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## POEM VENUS TRAP BY ESPERANZA CLIENT

I saw his eyes open,  
their redness flushed  
with tears, that

Avenue of home, com-  
forting and empty, like  
plastic,

Moist leaves of truth  
placed for my head to  
rest upon,

Not because you said  
no one else would love  
me

Or because I believed  
it, believed in your eyes  
as they

Fell upon me, eclipsing  
my heart, becoming its  
beat; No, your

Love is deeper than  
that, an ocean's worth  
of tears, tides pulled by

Your moon

Grinning and manipu-  
lating my emotions like

blinding shimmers

Of hope that you'll  
change because every-  
thing is my fault, obvi-  
ously,

And the color in my life  
fades, tunneling to-  
wards your face, whose  
smile I

Wonder why I've be-  
come accustomed to  
starts to smile, knowing  
I'm thinking



## MENTAL HEALTH MYTHS

(INFORMATION TAKEN FROM MENTALHEALTH.GOV)

**Myth-**Mental health  
problems don't affect  
children.

**Fact-**Even very young  
children may show early  
warning signs of mental  
health concerns.

**Myth-**People with men-  
tal health problems are  
violent and unpredicta-  
ble.

**Fact-**The vast majority  
of people with mental  
health problems are no  
more likely to be violent  
than anyone else.

**Myth-** There is no hope  
for people with mental  
health problems.

**Fact-**Studies show that  
people with mental  
health problems get bet-  
ter and many recover  
completely.



## A PATHWAY TO RECOVERY (RECOVERY ENVIRONMENT )

A recovery environment  
can take many forms.  
It's a place that pro-  
motes recovery because  
it reinforces positivity  
and safety. Examples of  
recovery environments  
can be homes, churches,  
recreational centers, and  
wellness centers. Alt-  
hough a recovery envi-  
ronment can be a place,

there's more to them  
then just a solid building  
to occupy to feel safe in.  
They are built with a  
"can do" attitude with  
the goal of empowering  
self and others to recov-  
er. Perhaps another way  
of seeing it is that a re-  
covery environment can  
start with you. Gather  
your friends. Meet and

support each other. You  
may find yourself on a  
pathway to recovery.

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Esperanza Center  
 544 SAN BENITO ST

WE'RE ON THE WEB  
 FACEBOOK.COM/  
 SANBENITOCOUNTYBEH  
 AVIORALHEALTH

**WELLNESS, *Hope*, RECOVERY**

**Esperanza (Hope) Center mission is to provide clients positive reinforcement, wellness and assertiveness to promote recovery and encourage happiness . In that path of recovery to wellness, our mission is one of perseverance to reach our goals and to not worry but be happy.**

**La mision Centro Esperanza es proveer a clientes estimulo positivo, el refuerzo, servicios conducidos, salud y asertividad para promover la recuperacion y la felicidad. En la trayectoria de la recuperacion a la salud, nuestra mision es una de perseverancia para alcanzar nuestras metas y a no preocuparse sino a ser feliz.**



**Hopeful Word Search**

- Caring
- Community
- Cooking
- Esperanza
- Goals
- Inspire
- Laughing
- Painting
- Recovery
- Support

W	S	C	C	A	R	I	N	G	R
E	U	O	Q	E	H	L	G	O	E
S	P	O	W	K	W	A	S	A	C
P	P	K	N	F	F	U	I	L	O
E	O	I	G	Q	O	G	N	S	V
R	R	N	D	B	G	H	S	A	E
A	T	G	L	I	H	I	P	N	R
N	C	O	M	M	U	N	I	T	Y
Z	L	M	L	P	H	G	R	B	V
A	H	H	C	L	W	Z	E	D	M

