

Amenities: The single-story one bedroom units are furnished with the basics, are built around the community garden, and typically feature such amenities as individually controlled heating and air conditioning; modern appliances; built-in storage areas; and access to laundry facilities, the community room and outdoor recreation sites.



For more information,
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*"To accommodate persons with disabilities,
this document is available in alternate
formats upon request."*



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**BUILDING A
WELLNESS
COMMUNITY
FOR LIFE**

What Is the Wellness Community?

The Wellness Community is a 32 unit apartment living community in a peaceful neighborhood, convenient to all of Victoria's amenities. It is designed for individuals that desire to learn healthy behaviors to improve overall wellness and quality of life.

In this innovative community, residents enjoy an independent way of life. Our staff aims to help residents enjoy their stay by uncovering a hidden talent or enjoying a favorite hobby. Wellness Community members will have the opportunity to participate in fun & engaging activities. Residents in this setting will find that the Wellness Community promotes the most fundamentally important components of health: positive socialization, recreation, comfortable housing, physical activity, and nutrition. Gulf Bend Center has established this Community as a self-governing, independent living setting that will promote the resident's sense of responsibility and self-respect.



Services Provided

- Psychiatric Medical Services
- Chronic Disease Management
- Counseling
- Case Management
- Skills Training
- Supported Employment
- Healthy Lifestyle Education

Resident Eligibility Requirements

- Enrolled in Gulf Bend Center Services
- At least 18 years old
- Current housing and/or health is at risk due to needed improvement in skills
- Chronic Disease
- History of successful treatments
- Understanding the value of their recovery plan & willingness to participate
- Ability to pay monthly rent.

- Have insurance coverage
- Willing/seeking to learn healthy behaviors and independent living skills to improve health and obtain independent housing in the community
- Must be able to bathe, feed themselves independently and have basic food preparation skills
- No substance use in the last 30 days

Activities

- Game & Movie Nights
- Cook-outs
- Art Classes
- Cooking Demonstrations
- Tobacco Cessation Group
- Fitness Group
- Community Coffee
- Healthy Living Classes

