

## Hours of Operation

**Monday - Friday**  
**8 a.m. - 5 p.m.**

### Tours Available:

- Monday - Friday
- Walk-Ins welcome
- Appointments Preferred

Friends for Recovery is a non-smoking establishment. Members are able to smoke outside the facility in the designated smoking area.



**2720 W. Genesee**  
**Saginaw, MI 48602**

**Phone: (989) 401-7587**

**Fax: (989) 401-5574**



A 501(c)(3) Nonprofit Organization



*Where every day is make a difference day.*



**A Saginaw County Peer-Run  
Drop-In Center Offering  
Recovery and Hope with a  
Wellness Theme**



## What is Friends for Recovery Center all about?

Friends for Recovery Center (FFRC) is a non-profit organization established in 2014. While FFRC is funded through a contract with Saginaw County Community Mental Health Authority, it is a 100% peer-run drop-in location for self-help, advocacy and education in a wellness-themed environment. Consumers of mental health services are often socially isolated, lonely and may not have many supports. At Friends for Recovery Center, participants come together to make friends, socialize or relax in an atmosphere of acceptance and understanding from others who have "been there."



"I love coming here...because I get to see all my friends and I learn a lot."  
-Rebecca I. FFRC Participant

### Why a Wellness Theme?

Wellness relates to overall well-being. It incorporates emotional, physical, occupational, intellectual, social, financial, environmental and spiritual aspects of a person's life. It can include purpose in one's life, satisfying work opportunities, play, joyful relationships, a healthy body and happiness. Each aspect of wellness can improve the quality of life and recovery.

### Features and Services Offered:

- Recreation room and games
- Library with computers and internet use
- Kitchen
- Exercise room, wellness kiosk, wellness information
- Scheduled activities, workshops, support groups, fitness classes
- Peer support and community resources
- Free transportation to and from the center (limitations apply)

### Who Qualifies to go to FFRC?

1. Persons diagnosed with a serious mental illness.
2. Persons who currently receive or have received treatment for mental health services.
3. Persons at least 18 years old.
4. Persons WITH or WITHOUT insurance. (Those without Medicaid who are eligible will be asked to apply for it).
5. Resident of Saginaw County.

If you are interested in participating contact your case manager and inform them you would like to join. If you do not have a case manager contact **SCMHA Access** at **797-3559** and let them know you would like to participate at the Friends for Recovery Center.



"It's like family here."  
-Michael S.  
FFRC Participant