



Welcome to Our Space

Our Space, Inc.
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What Is Our Space?

Our Space is a community that cares and grows together. We offer a variety of programs and services for individuals with mental health and/or substance abuse challenges.

Our Space Drop-In Center

The Our Space Drop-in Center is a voluntary day program which provides members support and community. Members who take part in this program determine the recovery path that works best for them. Some membership benefits include:

- ▶ Receive assistance through groups and one-on-one support
- ▶ Advocacy and empowerment through integrated services and community resources
- ▶ Learn skills through participation in educational groups
- ▶ Experience community integration

Peer Support

Peer Support is an emerging behavioral health best practice utilizing trained individuals with lived experience to help others cope with mental illness and/or substance abuse challenges.

Peer support offers a level of acceptance and understanding often not available in other professional relationships. Using a non-clinical approach, Peer Support Specialists share their experiences, and provide clients practical guidance to create goals and strategies towards a more fulfilling life. Peer Support Specialists:

- ▶ Supports recovery journey
- ▶ Provides hope and overall well-being
- ▶ Helps reduce mental health/substance abuse stigmas
- ▶ Provides holistic recovery tools
- ▶ Assists in wellness planning and goal development
- ▶ Reduces recovery barriers
- ▶ Advocates for clients with other care providers
- ▶ Educates about community resources
- ▶ Provides community linkage
- ▶ Meets client where they are on their journey

The Parachute House Peer-Run Respite

The Parachute House Peer-Run Respite is a short-term residential facility for individuals experiencing emotional distress or a low-level mental health crisis. Guests at the respite can expect the following:

- ▶ A short-term (7 days) residential resource
- ▶ A welcoming and accepting, home-like environment
- ▶ Open 24 hours a day, seven days a week, 365 days a year
- ▶ Come and go as you choose to continue with work or other scheduled activities
- ▶ Non-clinical support
- ▶ A safe and relaxing place to pause and reset
- ▶ One-on-one supportive conversations with Certified Peer Support Specialists
- ▶ Wellness activities
- ▶ Hope

Supportive Housing

Supportive housing offers safe and affordable accommodations as well as wrap-around services for individuals struggling with mental health and/or substance abuse challenges. The goal is provide a supportive community while reducing the utilization of emergency services.

Services offered through supportive housing include:

- ▶ Peer Support
- ▶ Education, wellness, and support groups
- ▶ Activity groups
- ▶ Community integration
- ▶ Link to community resources

Price Is Right Shoppe

The Price is Right Shoppe is a community resource, available on a referral basis. The Shoppe provides clothing and household items, so that individuals suffering from mental illness are able to live independently. All items are provided free of charge.

