

CONTACT US

Our Space Inc.

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Our Space, Inc.
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What is Our Space Inc?



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 SERVICES

Drop-In Center

The Drop-in Center is a voluntary day program that provides members with support and community. Members who take part in this program determine the recovery path that works best for them.

Some membership benefits include:

- **Receive encouragement through group discussions and one-on-one support**
- **Advocacy and empowerment through integrated services & community resources**
- **Learn skills through participation in educational groups**
- **Experience community integration**

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.

Peer Support Services

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. 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.

- **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 clients where they are on their journey**

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 to 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**

