

BRIDGES

COMMUNITY
CENTER

A Sense of Community

Bridges Community Center provides safe space for persons living with persistent mental illness.

Great healing can occur by fighting the isolation, loneliness, and stigma that persons living with mental illness often experience.

Please join us and become a member of our community.

5718 7th Avenue
(262) 657-5252

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**A Sample of
Support Groups
Offered**

- Dealing with Anxiety
- Developing your own Recovery Plan
- Living with Bi-Polar Disorder
- Understanding Schizophrenia
- Healthy Living
- Dual Recovery MH/AODA
- Art as Self-Expression
- Coping with Depression

These groups are subject to change based on the current needs of the membership.

Please call (262) 657-5252 for
updated calendar of on-
going group meetings and

Bridges Community Center

Ph 262-657-5252

Location

5718 7th Avenue

Kenosha, Wisconsin

Open Monday through Friday

8:30 am to 2:30 pm

COMMUNITY



Bridges can help open up new worlds for you

BRIDGES COMMUNITY CENTER

Bridges Community Center is a Peer Support/Self Directed Recovery Center operated by adults living with a mental illness. The members work actively on overcoming the challenges that accompany mental illness. Bridges Community Center offers a caring and safe environment for members wishing to socialize with peers and attend groups designed to empower individuals and teach self-advocacy. The members of Bridges Community Center come from the complete spectrum of backgrounds: their ages range from 18 to 80; their education runs from grade school to graduate degrees; their interests and personality types cover as broad a spectrum as you may find anywhere. Given the diversity of our membership, you can feel confident that you will find people you can relate to. And we are all committed to your confidentiality.

Bridges Community Center offers group and one-to-one peer mentoring with others dealing with similar issues.

We are located in downtown Kenosha, Wisconsin, about half way between Chicago and Milwaukee. If you live in the area and living with a mental illness or think you may have psychological problems, please contact us. If participating in our organization seems like a good idea, one of our members suited to your individual needs and background will introduce you to our programs and to other members.