

 **LILA**
Peer Support Club
Is Also a Place of:

- **Community**

The Club is a place where respect and inclusion are taken seriously. Members listen to one another and offer acceptance, friendship, information, and support.

- **Safety**

The Club is a safe haven - emotionally, physically, socially, and spiritually.

- **Self-Determination**

Attendance and participation are entirely voluntary. Members are free to come and go, free to choose how to spend their time, and free to determine their own level of participation and interaction.

- **Recovery**

The Club is a place of hope and focuses on member strengths and abilities. Members are encouraged to move toward independence and renewed meaning and purpose in life.



The LILA Peer Support Club is a program of Lane Independent Living Alliance.

LILA offers a holistic range of services to enhance the independence, access, and inclusion of all people with disabilities.

Phone
541.607.7020

Toll Free
877.307.4539

Visit us on the web
www.lilaoregon.org

 **LILA**
Peer Support Club



LILA Peer Support Club is a safe gathering place and resource center serving a membership of consumers within the mental health system as well as their supporters and advocates.

- Club Member

Many thanks to the sponsors of the
LILA Peer Support Club



LaneCare



This document is available in alternate formats such as Braille, large print, and electronic format. Please direct requests to LILA's Office Manager.

990 Oak Street
Eugene, OR 97401
Mon-Fri, 11am to 5pm
541.636.3107
www.lilaoregon.org

 **LILA**
Peer Support Club
Is a Place of:

• **Growth & Development**

The Club offers groups and workshops for members looking to gain, regain, improve, or support life skills that lead to more independence. Members may also choose to assume leadership responsibilities at the club.

• **Democracy**

The Club is a peer run center. Members are equals. We have regular open meetings to discuss and vote on planned activities, classes, events, club rules, etc. All members are encouraged to attend and all ideas are welcome and valued.

• **Accessibility**

The Club values inclusion. Our mindset is always open to increasing member confidence, control, and comfort.

• **Fun!**

There are plenty of opportunities for members to have fun and to socialize. In-Club activities and community outings are offered year round.

 **LILA**
Peer Support Club
Membership is Free!

Club Amenities*

- Computer Lab with Printer & Internet
- Café-like Eating Area
- Complimentary Coffee
- Puzzles, Cards, & Board Games
- Video Games & Wii
- Large Screen TV
- Foosball Table
- Book & Media Library
- Performance Platform

Club Activities & Groups*

- Arts & Crafts
- Support Groups
- Movie & Pizza Night
- Game Night
- Karaoke
- Improv
- Spa Night
- Musical Performances

* Contact the Club or visit LILA's Website: www.lilaoregon.org for the latest amenities, activities, and groups.

 **LILA**
Peer Support Club
We Welcome Newcomers!

If you or someone you know is interested in our club

Call
541.636.3107

The LILA Peer Support Club is safe, comfortable, and welcoming. Our members give tours and introduce visitors to other members.

Location

We are conveniently located in the heart of downtown Eugene.

990 Oak Street
Corner of E. 10th & Oak

One block from the
LTD Eugene Station

Membership Is Free



Ask for an Application