

Support Group, Mental Health

Age Requirements

16-21

,

18 and over

Available 24/7

No

Other Eligibility Criteria

Ages 18 and over (No children)

Family

No

Intake Contact

Will Gallik

Intake Process

Call for exact procedure. If you need help before a group starts, call 434-979-2440.

Staff will help you connect.

Provider Refer

No

Report Problems

Call the Agency

Self Refer

No

On Our Own of Charlottesville

<http://www.onourowncville.org/>

<https://www.onourowncville.org/members>

Main

(434) 979-2440

123 4th Street Northwest

22902 VA

United States

Additional Availability Comments

Groups available by Zoom or telephone at various times during the day

Fee Structure

No Fee

Languages Spoken

English

Peer provided support group services to mental health consumers in the Charlottesville area are available at On Our Own. Groups offer a safe intentional environment for persons with mental illness who may be homeless and/or addicted. Groups are available by Zoom on the computer or by telephone.

Stand-alone group sessions are offered throughout the week with skilled peer facilitators.

Goal group, writing group, anger management, recovery art, recovery through music, time management, relationship development, addiction, and book club are some focus areas.

Works collaboratively with Region Ten CSB in outreach to homeless persons through PATH project-CARE management services for persons with mental illness Salvation Army, and peer helpers from On our Own. Support groups peer are available. Call for day, time and location.

Service Area(s)

Albemarle County

,

Charlottesville City