

## Support Activities

Age Requirements

0-5

,

6-12

,

13-21

,

22-55

,

56-60

,

60+

Available 24/7

No

Family

No

Intake Contact

Contact

Intake Contact Email

info@rvonourown.com

Intake Process

Walk in

Self Refer

Yes

On Our Own of Roanoke Valley

<http://www.rvonourown.com>

Main

(540) 362-0061

429 Elm Avenue SW

24016 VA

United States

Languages Spoken

English

A Drop-in Center at On Our Own of Roanoke Valley offers self-help groups to individuals who have mental health disorders. Programs offered are "Wellness Recovery Action Plan" (WRAP) and "Dual Recovery Anonymous" (DRA), as well as socialization for mutual support.

Activities include bingo, chess and checkers, card games, cook-out, pizza parties, outdoor recreation, music appreciation, arts and crafts, Holiday activities, coffee, tea, snacks and more.

Membership is open to anyone who has spent 48 hours in a psychiatric institution, is on SSI or SSDI, or is presently receiving therapeutic treatment or counseling for a mental disorder.

Service Area(s)

Radford City

,

Roanoke City

,

Salem City