

Welcome to Wellness and Recovery

Self-help, self-esteem, wellness, anti-stigma through challenging discrimination towards people with mental illness, advocacy, empowerment

If you are an adult experiencing mental health symptoms and/or stress, please join other peers at our peer-run center, who have similar experiences, and who are there to support you.

See our calendar on our website for information about our activities for the month.

Visit us at www.oomc.org for more information



Volunteers are greatly appreciated

Donations Welcome!

We are a non-profit organization

To make a tax-deductible donation please mail checks or money orders to:

On Our Own of Montgomery County
434 E. Diamond Avenue
Gaithersburg, MD 20877

Email us at contact@oomc.org
(240) 683-5555
(240) 683-5461 [fax]

Your support allows us to provide speakers, computer software, special outings and much more.

Directions

If you are driving to the center please call us for directions and parking information or visit our website at

www.oomc.org.



If taking public transportation, the 57 Ride On Bus stops right by the Center.

All Are Welcome, regardless of race, ethnicity, ability, nationality, religion, age (over 18), gender, sexual orientation, or gender identity.



**On Our Own
of
Montgomery County, Inc.**

Peer Power House

**A Mental Health Wellness
and
Recovery Center**

434 East Diamond Ave.
Gaithersburg, MD 20877

www.oomc.org

(240) 683-5555

Mission Statement

The mission of On Our Own of Montgomery County, Inc. a peer-run wellness and recovery center, is to empower diverse individuals with mental health challenges to enhance self-esteem and quality of life. Through peer support, we encourage active participation in personal recovery. We provide education as well as social and support connections.

We promote our independence by being an organization run by and for consumers. We empower each other to advocate and challenge stigma through the sharing of lived experiences.



On Our Own of Montgomery County, Inc. (OOOMC)

was founded in 1984. We are one of the first all consumer run organizations in Maryland with a majority of consumers on the Board of Directors and an all consumer staff. We are an affiliate of On Our Own of Maryland.

At OOOMC, through the principles of wellness and recovery, we work towards the goal that our members experience increased health, better quality of life, and meaningful, healthy relationships. We strive to build human spirit and self-esteem by fostering acceptance, and togetherness. We provide opportunities for personal growth to help each other reach our potential.



Recovery Activities at Our Center

Advocacy
Wellness and Recovery Action Planning (WRAP) Classes
Peer Support Groups
Computer Center
Educational Workshops
Outings
Socialization
Wellness Activities
Resource Library
Warm Line

There is a \$24 per year membership fee. All regularly scheduled activities and services are free

Life at OOOMC

The all-consumer staff at OOOMC is friendly, empathic, and knowledgeable about accessing resources. The staff understands mental health challenges as they have experienced them firsthand. Staff is always available to listen and to offer support.

We are peer-run, so many of our members are not just there to work on their own recovery, but to offer other members support, as well. Members are empowered to take part in planning events and running the center.

We Invite You to Visit Our Center!

