

## HOW DO I GET TO M.O.N.A.R.C.H.?

Well... we're glad you asked.

After the referral process we'll look into means of transport.

If you are a recipient of Medicaid you may be eligible for transportation through Logisticare of Georgia.

If you don't have Medicaid but live in the inner city of Swainsboro, Adrian, Summertown, Nunez, Wadley, or Twin City then chances are that we ourselves can provide transport.

There is always the option to drive yourself, or have a friend or relative who can drop you off and pick you up

If you are uninsured and live outside of the previous mentioned areas, know that we value recovery and strive to provide availability to any and all who are in need of services.



CSB of Middle Georgia is the proud founder of the Loving Our Community Coalition.

To learn more about LOCC visit us on our facebook page at...

<https://www.facebook.com/LovingOurCommunityCoalition/>

### Community Service Board of Middle Georgia

223 North Anderson Drive  
Swainsboro, Georgia 30401  
Ph: (478) 289-2522

## M. O. N. A. R. C. H.

**MEANINGFUL  
OPPORTUNITIES  
NURTURING ADVOCACY,  
RECOVERY, CONNECTION,  
& HEALTH**



## WHAT ARE WE?

**M.O.N.A.R.C.H.**  
Is an Adult Peer Support Day Service Program that promotes Personal Development and Wellness as a means to acquire a more meaningful life. We provide Peer Support Group services surrounding Recovery, Self-Advocacy, Living, Social, and Occupational Skills.

## Did you know?

Butterflies symbolizes transformation and empowerment. The Monarch Butterfly in particular symbolizes a time of internal growth, emphasizing a different perspective in how we perceive our place in the world.



## WHO ARE WE ?

Here at the **M.O.N.A.R.C.H.** Peer Support Program we recognize the value of wellness connections- the ability to relate to others with behavioral health experiences. It is our belief that shared lived experience is one of the best ways to gain support. That's why many of our staff themselves are people with lived experience of behavioral health disorders. This is an evidenced based practice called Peer Support. Peer support is recognized as an essential component to the recovery process.



## WHERE ARE WE?

223 N Anderson Dr  
Swainsboro, GA 30401

## WHEN ARE WE?

Our programs operate from **9:00am-2:00pm, Monday thru Friday.**  
With the exception of most major holidays.

### Schedule:

From **9:00am - 10:30am** we have **Socialization Skills, Living Skills, and Occupational Skills** group. Members of the program will attend one of the three groups based on needs.

Our midday groups last from **10:30am - 12:30pm.** The midday groups are interactive and hands on, and range from **Creative Expression, Cognitive Skills Building, and coping skills.**

From **12:30am - 2:00pm** we have the **Whole Health Recovery and Self-Advocacy** groups. These groups are intended for the purpose of promoting **Independent Living, Empowerment and Growth.**

**Breaks... We all need them.**

**1st Break**  
**9:50am- 10:00am**

**Lunch Break: (provided at no cost to you)**  
**11:30am- 12:00pm**

**Final Break**  
**1:00pm- 1:10pm**  
**End of day: 2:00 pm**



## WHY ARE WE?

...Because we believe that everybody has the opportunity to learn, grow, better their lives and live as independently as possible. Remember we are people like you, and many of us have been in similar shoes. We want you to have a voice. To be your best you, and live your best life.

## HOW DO I ENROLL?

If you have an interest in **M.O.N.A.R.C.H.** Peer Support Program then speak with your Behavioral Health Doctor, Therapist, or Community case-manager and they can help navigate you through the referral process!

*We delight in the beauty of the butterfly,  
but rarely admit the changes it has gone  
through to achieve that beauty.*

*~ Maya Angelou*

