

What is a Wellbeing Center?

A wellbeing center is hands-on support for individuals to gain skills and obtain greater independence to lead full productive lives.



Who is Eligible?

- Compass Clients enrolled in CPRC
- Ideal for individuals looking to build better skills with:
 - Money management
 - Building healthy relationships
 - Job development
 - Self-esteem
 - Better communication
 - Socialization and Life Skills
 - Among others

LOCATIONS:

- Clinton Wellbeing Center (Clinton)
- Eldon Wellbeing Center (Eldon)
- Lighthouse Wellbeing Center (Festus)
- Fountainhead Wellbeing Center (Jefferson City-Metro)
- Bel-Ray Wellbeing Center (Raymore)
- The Hive Wellbeing Center (Rolla)
- Headway Wellbeing Center (St. Peters)
- Harmony Wellbeing Center (Washington)
- Warrensburg Wellbeing Center (Warrensburg)



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compasshealthnetwork.org

WELLBEING CENTERS

Improve daily living skills for individuals to be productive, independent, and healthy in their daily lives





Topics of Education at the Wellbeing Center

Social, Emotional, & Spiritual Focus

Classes and activities to work on social skills, coping, anger management, grief and loss, and parenting concerns.

Social Skills - Teamwork, empathy, conflict resolution, neighboring, and relationship building.

Coping Skills - Calming behaviors, deep breathing, journaling, distraction activities, and meditation.

Anger Management - Taking breaks, recognition of signs, and tension reduction.

Grief & Loss - Locating support groups, understanding stages of grief, and finding self-help resources.

Parenting - Love and affection, stress management, safety, and realistic expectations.

Financial, Occupational, & Intellectual Focus

Covers employment, money management, and educational endeavors.

Employment - Building a resume, job searching, interview skills, and work readiness skills.

Money Management - Balancing a bank account, creating a budget, living on a budget, exploring local resources, and paying bills.

Educational Endeavors - Digital literacy, cultivating life-long learners, and exploring career interests.

Physical & Environmental Focus

Focuses on aspects of physical health, access to nature, and maintaining a healthy living environment.

Physical - Movement, nutrition, cooking, grocery shopping and meal planning, medication management, disease management, and hygiene.

Environmental - Cleaning, laundry, home safety, participating in nature.