

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
ELDON
FESTUS
JEFFERSON CITY
RAYMORE
ROLLA
ST. PETERS
WARRENSBURG
WASHINGTON



844.853.8937
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.