

**Membership:**

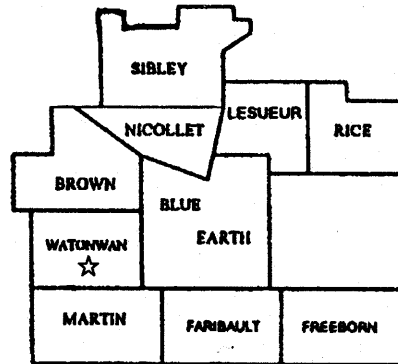
An applicant must be over 18 years of age and be diagnosed with a severe and persistent mental illness. You may contact the Resource Center at 375-4453 or Watonwan County Human Services at 375-3294 for more information.

**Hours:**

Friends on First is open generally Monday through Friday from 8 – 4:30. Open time for the public is every Thursday from 11:30 – 1:30.

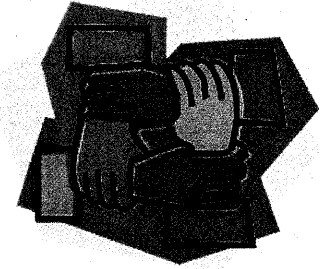


South Central  
Community  
Based  
Initiative



Serving Consumers with  
Serious and Persistent  
Mental Illness

**Friends on First**  
**Resource Center**



**411 1<sup>st</sup> Avenue South**  
**St. James MN 56081**  
**507-375-4453**

A community based  
program serving consumers  
with serious and persistent  
mental illness.

## Who are we?

Friends on First is a resource center serving consumers with serious and persistent mental illness. Friends on First Resource Center is supported and funded by the South Central Community Based Initiative (SCCBI). Watonwan County is one of ten counties in the initiative. The other counties are: Freeborn, Blue Earth, Nicollet, Sibley, Brown, Martin, Faribault, Rice, and Le Sueur

## South Central Community Based Initiative Mission:

The mission of the SCCBI is to facilitate each consumer's recovery by improving the quality of life by assisting them to assume increasing responsibility over their lives and to function as actively and independently as possible in the community.

## Friends on First Mission:

Our mission at Friends on First is to offer consumers a safe environment which enhances and supports the recovery of adults with mental illness.

# Some of The Activities We Do:

## Resource Center:

- ☺ Social Recreation (Tuesdays 1-3 pm)
- ☺ Crafts
- ☺ Scrapbooking
- ☺ Bingo
- ☺ Recipe Exchange
- ☺ Monthly Cleaning
- ☺ Movies
- ☺ Walk Group
- ☺ Healthy Cooking Class
- ☺ Gardening Club
- ☺ SPAM Museum
- ☺ Thrift Store Shopping
- ☺ Antiquing
- ☺ Bowling
- ☺ Jim Brandenburg Gallery
- ☺ Vikings Training Camp
- ☺ Blue Mound State Park
- ☺ Life-Living Series (New Ulm)
- ☺ Quarterly Speakers from the Medical Profession
- ☺ Computer Usage
- ☺ Volunteer Work

## 10 County (SCCBI) Activities:

- ★ Science Museum
- ★ Twins Games
- ★ Holiday Party
- ★ Camp Patterson
- ★ Summer and Fall Picnics
- ★ Stakeholders Meetings
- ★ Mall of America
- ★ Bowling
- ★ Day on the Hill
- ★ State Fair

## Friends on First Offers:

- ★ Computer with Internet Access
- ★ Kitchen Amenities
- ★ Sewing Machine
- ★ Variety of Games and Puzzles
- ★ TV and VCR
- ★ Monthly Newsletter
- ★ Craft Supplies

\* Consumers are also involved in the LAC (Local Advisory Council for Mental Health) as well as serving on the RMT (Regional Management Team.)