

## About Halcyon Activity Center, Inc.

Established in 1966, Halcyon Activity Center is dedicated to holistic recovery which encourages empowerment and hope to enrich the lives of its participants so they may attain mental, physical, spiritual, social, and emotional well-being as they take charge of their lives and trust in themselves through the support of their peers and community.

Membership at the Halcyon Activity Center is open to persons who:

1. Are 18 years of age or older and reside in Lebanon County.
2. Have been diagnosed as having mental illness or a mental illness and developmental or cognitive disorder.
3. Are authorized for services by the Lebanon County MH-ID-EI Program.

Persons who do not meet these criteria and wish to be considered for membership should contact the Halcyon office.

There is no fee for membership in Halcyon Activity Center or for most activities which take place at our center. For activities that take place at community venues, members are expected to pay their own expenses.

Halcyon's offices and Drop-In Center are open Monday thru Friday from 9:00AM to 4:30PM. Activity aides facilitate extended hours for the Drop-In Center on Mondays and Fridays from 4:30-7:00PM, and Saturdays from 10AM to 5PM. Closed Sundays & some major holidays.

## What is Psychosocial Rehabilitation?

Psychosocial Rehabilitation (PSR) is the process that provides persons with disabilities opportunities for active involvement in the development of the physical, emotional, and intellectual skills that are necessary to meet their social, residential, and vocational needs in the community. The goal of PSR is to allow a person to become a participant in the community of their choice, enjoying the activities that most of us take for granted, using natural support systems with the least amount of assistance from human service professionals.

### Mission Statement

Halcyon Activity Center, Inc. is a consumer-directed, values-driven program that promotes independent and inter-dependent participation in living everyday lives in the community through the development of individual strengths and natural supports.

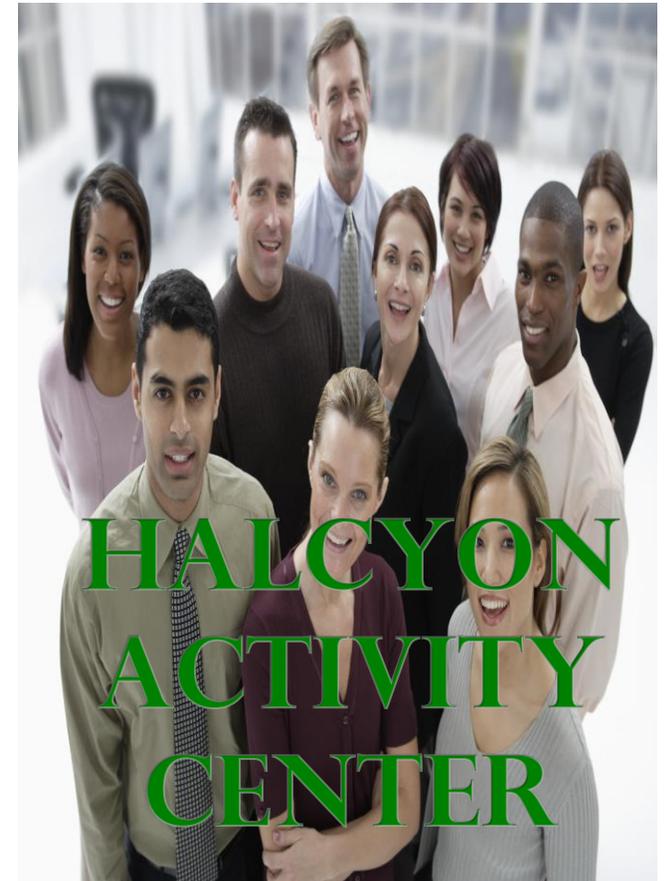
For more information, or to refer an individual for Halcyon's services call us at 717-272-3291, or email to [mail@halcyonpsr.org](mailto:mail@halcyonpsr.org)

A participating agency of the



United Way  
of Lebanon County

*Helping individuals find  
their place in the community*



*Psychosocial Rehabilitation  
Services*

728 Walnut Street  
Lebanon, PA 17042  
(717) 272-3291

[mail@halcyonpsr.org](mailto:mail@halcyonpsr.org)

## Drop-In, Groups & Activities

Halcyon Activity Center offers a wide variety of instructional, social, and recreational activities which are intended to:

- Promote personal growth and development.
- Provide opportunities for social interaction and community integration.
- Reduce dependence on the traditional human service system.
- Help members develop independent and inter-dependent living skills.
- Aid persons in overcoming feelings of social rejection and isolation.
- Teach and encourage members to make use of social, educational, and recreational resources available in the community.
- Support the efforts of members towards achieving their recovery goals.

### Drop-In Center

This is an unstructured service that allows members to engage in activities that focus on social interaction through informal conversations and participation in activities of their own choosing. By playing card games, billiards, Wii/PS3 games, working on jig-saw puzzles, or surfing the Internet with friends, members have the opportunity to reduce their sense of isolation and develop supportive relationships with their peers.

### Daytime Groups & Activities

Designed primarily for persons with mental illness, these voluntary structured groups and activities include discussion groups on many topics including budgeting, cooking, healthy living, positive relationships, personal safety, and computer skills. A variety of recreational activities such as karaoke, music appreciation, Wii bowling, and budget shopping are interspersed throughout the week. These activities take place in small groups, allowing for an accommodation for the desires and needs of individual participants. A schedule of program activities is posted in the Activity Center and mailed to members every month.



### Evening Enrichment/Recreational Groups & Activities

Members select from a wide variety of enrichment, skill-building and recreational activities scheduled, on average, 7-9 evenings per month. Through shared and supportive active participation, members explore novel environments, learn how to access community resources, and make appropriate use of recreation and leisure time. Their participation allows staff to assist them in developing improved communication and behavioral skills with the ultimate goal of creating a network of natural supports necessary to live and thrive in the community of their choice. A schedule of evening activities is posted in the Activity Center and mailed to members every month.



### Individual & Peer Support Services



Staff members are available on a one-to-one basis to discuss any issues that arise within the program. In these discussions emphasis is placed on the individual member's responsibility for taking the initiative in resolving difficulties or conflicts within the guidelines of Halcyon's "Principles of Positive Peer Support & Code of Conduct". Members are encouraged to share the hope and reality of their own recovery with others in the community.