



Outreach & Engagement Well(ness)essity Program

The Well(ness)essity Program seeks to help adults between the ages of 25-59 to:



- Prevent or lessen the development of mental health conditions through intervention such as educational and life skills classes
- Achieve short-term goals by providing short-term life coaching and short-term case management
- Reduce risk factors by increasing support through referrals and linkages other community agencies
- Decrease the stigma (stereotypes) associated with mental health issues through using culturally appropriate methods and language

Multi-lingual and multi-cultural staff are familiar with a variety of languages, cultures and customs. Services provided in:

English	Spanish	Vietnamese	Farsi	Korean
Arabic	Urdu	Pashto	Armenian	Tigrinya

Multi-Ethnic Collaborative of Community Agencies (MECCA)

www.ocmecca.org

To Participate Contact:

Abrazar

7101 Wyoming St.
Westminster, CA 92683
(714) 893-3581

Access California Services

2180 W. Crescent Ave., Suite C
Anaheim, CA 92801
(714) 917-0440

Korean Community Services

7212 Orangethorpe Ave., Suite 9A
Buena Park, CA 90621
(714) 449-1125

OMID Multi-Cultural Institute for Development

4199 Campus Dr., Suite 550
Irvine, CA 92612
(949) 725-2972

Orange County Children's Therapeutic Arts Center

2215 N. Broadway
Santa Ana, CA 92607
(714) 547-5468

Vietnamese Community of Orange County

1618 West First St.
Santa Ana, CA 92703
(714) 558-6009



MECCA, 600 W. Santa Ana Blvd. #108, Santa Ana, CA. MECCA is Funded through the Health Care Agency of Orange County, California - Prevention and Intervention Division. In collaboration with:

