



THE SOCIAL PSYCHIATRIC CENTRE

The Social Psychiatric Centre (SpZ) of the AWO TRIALOG is a component of the regional network for the needs-based and person-centered supply for people with mental illness in the area of Soltau-Fallingb. In collaboration with various service partners benefits can be rendered in special adequate form for different target groups.

The Social Psychiatric Center offers the following services:

→ **Communication**

- > Round table
- > Reading circle
- > Using PCs

→ **Everyday practical range**

- > Domestic work
- > Seasonal living in the garden
- > joint planning and implementation of different activities

→ **Occupational therapy**

- > Individual single works
- > Creative manual offers
- > Brain performance training
- > Progressive muscle relaxation based on Jacobsen

→ **Development of social relationships**

- > Breakfast on tuesday
- > Open café on thursday
- > Assistance in participation in self-help groups

→ **Organisation of leisure time**

- > Outdoor activities
- > Celebrations
- > Common holiday trips
- > Participation in social life

→ **Movement**

- > Rehab-Sports
- > Nordic Walking
- > Bike Group
- > Psychomotoric play of movements

→ **Working and occupation**

- > Occupational therapy offers for example the training called ‚Mensa‘

- > Testing employment and occupation
- > Networking with providers of work

WEEKLY SCHEDULE (Please click on the referring link on the german side)