

## ICAN in Lancaster

### Meetings:

#### Board Meetings:

The Second Monday of Every Month:  
6:30PM—8:00 PM

#### Open Meetings (MH consumers Welcomed):

Held by members at the drop-in:  
Times posted at: 407 Lafayette Street  
Lancaster, PA 17603

All programs, and Special Events  
Will be Advertised  
By Flyer , Handout  
or at:  
[www.ican-in-lancaster.com](http://www.ican-in-lancaster.com)

### SERVICES:

Drop-In Center: Drop in, socialize, use the phone, television, VCR, and DVD. Read the paper, Use the computer in the library, use the microwave, watch a movie, and develop socialization skills. Join one of our many support groups.

Support Groups: Boundaries; A General Support Group for Anyone; Schizophrenics Anonymous; Depression and Bipolar Support Group; and a Get Out of Debt Financial Group.

Coffee House: Drop in, socialize, listen to music, play chess, put a puzzle together, play all kinds of board games and have some coffee, tea, Spring water and sometimes punch.

Move Program: ICAN moves anyone with a history of mental illness living in Lancaster County for a minimum donation of 150.00. This program is run by volunteers. Help is always needed.

Crafts: Painting, drawing, puzzles, beaded jewelry, candle making and other crafts are available during Day Program.

(Future) Trips: Once a week trips to local spots

# INVOLVED CONSUMER ACTION NETWORK, INC.



## ICAN

**P.O. Box 148  
LANCASTER, PA 17608**

**Business Phone: 717-490-6248  
Members Phone: 717-490-6251**

**[www.ican-in-lancaster.com](http://www.ican-in-lancaster.com)**

**Open Mon—Sat 1 to 9 pm**

**Email: [icanlanc@gmail.com](mailto:icanlanc@gmail.com)**

# INVOLVED CONSUMER ACTION NETWORK, INC.

## ICAN



**A drop-in center run for and  
by people with a mental health  
diagnosis.**

## About ICAN...

ICAN was founded in 1988 by a group of consumers of mental health services who were looking for a place to belong a sanctuary that offered them the opportunity to grow, to socialize, to advocate for themselves and others, to volunteer, to work, and to lead. It is the only drop-in center run entirely for and by people with mental illness in Lancaster County and is one of the few in the commonwealth. We believe in and utilize recovery oriented services.

ICAN's mission is to improve the quality of life for consumers of mental health services by aiding in the development of a voluntary consumer self-help movement. Some of our objectives are...

- to defend, uphold, and protect the human rights of all Lancaster County mental health consumers.
- to oppose all forms of discrimination against mental health consumers.
- to advocate for the well-being of all mental health consumers.
- to contribute our input to members of the mental health community

## What our past members say...

- Coming to ICAN makes me feel like I am part of a family.
- ICAN is a good place to meet friends.
- ICAN gives me a place to come every week to make friends and have fun.
- ICAN is pleasant when I'm there.
- ICAN is a good place to congregate.
- The Coffee House is fun because you meet people.
- I love being around other people at ICAN.
- ICAN was very helpful in moving me.

Present Day ICAN offers a Move Service. We ask for a minimum Donation of 150.00 to cover fuel and overhead expenses. If you can give more please do, it is greatly appreciated.



## How do I join? , Why do you need my help?

Just drop in during any of ICAN's meetings, see a staff member, and fill out a membership form. We ask for an hour of volunteer service per year or a \$5.00 donation in it's place. Proof of Diagnosis is requested. ICAN in Lancaster has operated for approximately 20 years, most with assistance with a contract from our local county MH/MR/EI. We have diligently worked to improve our By-Laws and continue to work with MH/MR/EI and other organizations to improve our relationships, education , technology and involvement within the community to facilitate recovery and offer a brighter future for all.

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