

Kandu Island is a non-profit, consumer-run program which offers a safe haven for people who have experienced mental health issues to go and experience life free from stigma, where people can help each other by sharing their knowledge and networking as they travel the road to recovery.



*Kandu Island is located two blocks south of South Airport Road at the corner of Garfield and Oak Terrace, in Traverse City.*



*Kandu Island*

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*Kandu Island*  
Traverse City Drop-In Center

A safe haven for people  
who have experienced  
mental health issues



A place to go  
A place to be

# Kandu Island

Kandu Island's motto is "a place to go, a place to be." It's that simple. One is able to relax, enjoy, and just experience. People need interaction with others to grow and to live. Everyone needs somewhere to go where they can meet people and feel safe.



You can play pool or ping pong, or watch a little TV. Come play cards, darts, or do crafts. Take day trips with us!



## Kandu Island Hours of Operation Monday through Friday 10 AM - 4 PM



Computers are available to check your e-mail or to look for a job.



There are laundry facilities available if you need to wash clothes.

# Kandu Island Pantry

The Kandu Island Pantry serves members and community.



All are welcome in this place...