

# California Clubhouse

A community of recovery, hope, and dignity for people who live with mental illness.

California Clubhouse is a membership-based social/vocational community where people living with persistent mental illness come to rebuild their lives.

## California Clubhouse Newsletter Vol. 1

August 2015

### News

**California Clubhouse is OPEN!** We've had over 100 visitors since we opened our doors on **May 27, 2015**.



We just celebrated our third big social event during the **4<sup>th</sup> of July**. We went to Foster City to watch fireworks, listen to bands and BBQ.

**The National Alliance on Mental Illness (NAMI) San Mateo** just visited our Clubhouse on July 17<sup>th</sup> and enjoyed lunch with us. They learned about our program and we learned about theirs too.



The **Clubhouse Facebook** page is up and running! Please come visit us at <https://www.facebook.com/californiaclubhouse2205>.



On July 23, 2015 we had our **first game night** at the Clubhouse. We served dinner and played Pictionary. Thirteen attended and a great time was had by all!

Thank you **p.o.p. candy** for your generous donation to California Clubhouse! Bill and Rachel, the owners of p.o.p. candy, donated 1/3 of their sales from the San Mateo Makers Fair and online sales thru May to the Clubhouse cause.



**California Clubhouse** has outreached to Behavioral Health and Rehabilitation Services (BHRS), Vocational and Rehabilitation Services (VRS), County Clinics, NAMI, Pathways, Cordilleras Mental Health Center, Heart and Soul, Mateo Lodge, Caminar and more but **we need your help to spread the word!**

### Success Stories

G. C. had a difficult childhood and as an adult "went through eight jobs and many rental apartments". At a turning point in his life, he realized that he "was emotionally sick and needed to see a doctor". Now, he has been in one apartment for 26 years, has a steady job, meditates and bikes and aims to do more every day! He says that Clubhouse is a great place to be with people, have fun and prevents one from isolating oneself.

#### Member Quote:

"I am now able to hang out with my friends, come to the clubhouse to work, after a long period of isolating myself." – J.M.

"I am diagnosed with Bi-polar disorder. I became severely depressed in August of 2014. I couldn't talk and lost communications with all my friends. My sister, who is a teacher, found out about the California Clubhouse from a counselor, I started going to the Clubhouse on April 27, 2015. I became a founding member and came every day it was open, I helped the Clubhouse to open their doors on May 27, 2015. Slowly I started to talk again and started to get in contact with my friends. I now have an active and healthy life." – A.C.

#### Member Quote:

"Before I felt uncomfortable in doing outreach (calls), but after doing it a few times, I feel comfortable doing them." – A.G.G.

### Special Events for August

A's game on **August 5<sup>th</sup>**, we are guests of Putnam Clubhouse in Concord.



California Clubhouse needs YOU for its **first annual T-Shirt Design Contest!** Entries must be sent to California Clubhouse by **August 14<sup>th</sup>, 2015**.



The contest is open to members, staff and board members.

## Special Section

One of our members made this “**Get Well Basket**” to send to one of our friends who was recently hospitalized. Members and staff also went to visit her and you can only imagine her joy and surprise!



Mary just baked a batch of **Oatmeal Cookies** and everyone can't wait to try them! Come on by every Friday afternoon to be part of **Baker's Club**!



## Monthly Activities for AUGUST

Every morning starting at 8:30 am, we serve a small breakfast (**Breakfast Club**) and at 9:00 am we do healthy activities (such as exercise and meditation) for **Wellness Club**! **Morning Unit Meeting** is at 9:30 am to plan and organize the work of the day. **Afternoon Unit Meeting** is at 1:00 pm.

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
						1
2	3	4	5 Oakland A's game <i>Athletics</i>	6 1:30pm Community Meeting	7 2pm Baker's Club	8 9am Garage Sale Social - John
9	10	11	12	13 1:30pm Community Meeting	14 2pm Baker's Club *Deadline for T- Shirt Design Contest	15
16	17	18	19	20 1:30pm Community Meeting 3-6pm Bowling - Dorrell	21 2pm Baker's Club	22
23	24	25	26	27 1:30pm Community Meeting 3-6pm Clubhouse Social - Erica	28 2pm Baker's Club	29
30						

Events are subject to change. Please call the California Clubhouse for updates and more information.

### Membership Info

**California Clubhouse** is a **free** and **voluntary** program for adults 18 and older living in San Mateo County who suffer from severe mental illness. We are currently located at 2205 Palm Avenue, San Mateo, CA 94403. For more information, please contact us at 650-539-3345 or email us at [info@californiaclubhouse.org](mailto:info@californiaclubhouse.org).

### Donation Info

**California Clubhouse** is a non-profit organization which relies on your donations to sustain itself. Any amount is greatly appreciated. For donations please contact Erica Horn at 650-539-3345 or <http://californiaclubhouse.org/donations/>.



#### Contact Information

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