



CRANE CONNECTION

RECLAIMING OUR LIVES, SUSTAINING OUR HOPE

210 Industrial Road Ste. 102 San Carlos 650 539 3345 info@californiaclubhouse.org

California Clubhouse 2020/2021 Highlights

It's the end of yet another successful year for California Clubhouse! Regardless all the challenges that the year brought forward, our California Clubhouse came together and thrived! This last year has proven to us the positive impact a meaningful and intentional community has on the well-being of individuals. As we move forward to the next chapter (FY 2021-2022), we'd like to share just some of the wonderful work we accomplished in the last year.

Highlights:

- Continued to facilitate **over 50 hours a week of virtual programming** via Zoom. Wow! This includes Work-Ordered Day and Socials (including Evening Chat).
- Launched virtual membership and orientation - we **welcomed 23 new members**.
- Assembled and Delivered over **260 Care Packages** in the first 6 months (July-December) to members in San Mateo County, Santa Clara and Sacramento. A big **thank you** to all the members that volunteered their time to deliver packages!
- Hosted **24 Employment and Student Soiree Dinners** combined - that's about **200 meals** served.
- Kicked off daily wellness times that included Wellness Walks, Sit & Be Fit, Chair Yoga and Meditations. We ordered and delivered over 30 fans, yoga mats, and exercise bands.
- The Career Development Program hosted Job Club with a focus on Employment Readiness Skills. This included resume and cover letter building, mock interviews, and conflict resolution workshops, as well as weekly Job Search.
- The Young Adult Program (YAP) hosted its first-ever virtual retreat this year! The retreat focused on grant deliverables – the young adults worked extremely hard to create a solid plan on how and when to accomplish these! YAP also hosted our first in-person social at the park - they paved the way for our community to begin hosting in-person socials.
- The Wellness Works Program rallied and created the Wellness Tool Kit that included county resources, national days, video exercises and music playlists for members to access.
- Hosted all major Holidays virtually including Thanksgiving, Christmas, New Years Day. We dressed as elves and **delivered around 150 stockings and meals** to our community.

Last, but certainly not least, we **launched our Hybrid Program** officially in March 2021. We are currently offering both in-person and virtual program access to our colleagues. With health and safety protocols in place, we are open in the facility about 20 hours a week (see last page for hours).

Career Development Updates

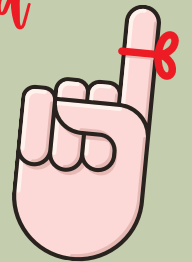
What's for dinner...Employment Dinner?

For the month of May, the Employment Dinner was co-hosted by Amaal and Liana. The topic was Internships & Certificates - Amaal and Liana shared their experiences. They explained the benefits of receiving a certificate and the types [of certificates] that are available such as Cardiopulmonary Resuscitation (CPR), Peer-Counseling, Paralegal, Food Handlers Permit and many others. We also talked about the importance of internships for those who are getting back into the workforce or are getting started on working. The dinner allowed our community to share our own experiences and how beneficial they were. Internships and certificates can be added to resumes to allow potential employers to learn about your experience and skillset. This dinner gave individuals a chance to learn about the opportunities that internships and certificates provide.

Employment Dinner
Monday, July 26
4pm - 6pm

RSVP by Friday
July 23rd

Do not forget

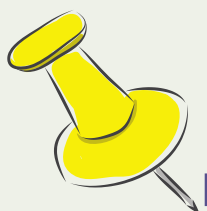


Stay Tuned - Next Issue!!

For June's Employment Dinner, Yvette and Agnes explored the topic of Interviewing and how to answer typical interview questions. Check our July issue for more on this topic!

Resume Building Support at Job Club

As covid restrictions are lifted and more jobs are available, we are seeing the increase in interest of going back to work! This month, Career Development - with the support of Len, Natalie, Robert, Audrey, and Brooke - held two resume building workshops. In both workshops, we listed Clubhouse tasks and transformed them into a skill list that can be used on resumes. It was great to see how many transferable skills members obtain by volunteering at the Clubhouse. A member of the Clubhouse has already utilized this workshop to complete her resume. This skill list is available on slack to every member and will be updated monthly. Check it out!



Job Club

EVERY WED. @ 1:30PM
VIA ZOOM: 436 740 900



Wellness Works Updates

Rocking my Soul

Written by: Yvette A.

At California Clubhouse we strive to utilize member talents in all aspects of the Clubhouse. Sometimes, a member doesn't know their talent until they try a new task...or social. Here is an example of a member that learned about their skills and talents when it comes to rock painting.

Yvette is rocking her artistic soul by using her talents.

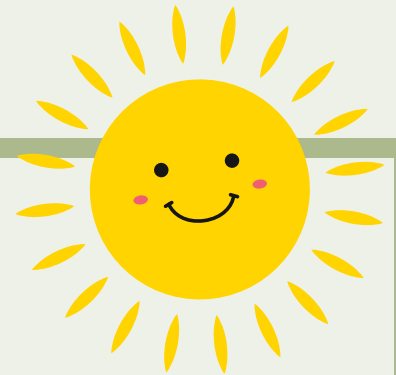
This is what she has to say:

"California Clubhouse held a virtual rock painting social led by Monica around seven months ago.

Since then I've continued to paint rocks as a hobby wellness project. Each rock I paint has its own unique mandala design. Some I've shared with friends and others

I leave at the beach with hashtag."

By sharing it back to others she feels like she's sharing it with the universe.



I am Poem By: Will, Cim, Alan

I am inquisitive and creative

I wonder about the afterlife

I hear music

I see the future

I want everyone to be happy

I want friends

I am inquisitive and creative

I pretend to be a writer

I pretend I am a giant

I feel lucky today

I feel happy

I touch the hearts of people

I worry about my family

I worry about being unsuccessful

I worry about saying something that offends someone

I cry for the loved ones who passed away

I am inquisitive and creative

I understand emotions... sometimes

I understand the meaning of life -- Just kidding ☺

I understand that God looks out for all of us

I say, "Don't Stop Believing" -- #Journey

I dream of paradise

I try to be kind

I try to be efficient

I try to be the best that I can be

I hope for world peace

I hope for happiness

I am part of California Clubhouse ...

I am part of California Clubhouse ...

I am part of California Clubhouse

Together ...

Together ...

Together ...

We are inquisitive and creative

Together We Are California Clubhouse



Young Adult Program Updates

Starting New Paths and Achieving Goals with Chris R. from Caminar

Written by: Masako, Priscilla, Nelly, and Joanne

On June 4, 2021, Chris Robinson, the Director of Supported Education at Caminar, presented at Young Adult Lunch and Learn about educational opportunities through his agency. This was the second of his life-altering presentations for those seeking to further their education. Last January, he presented at our Job Club during a session about supported education, and our Clubhouse saw a dramatic rise in enrollment! His Peer Counseling class was especially popular. Usually, the classes are held in-person at College of San Mateo, but ever since the pandemic happened, Chris and his fellow instructors have been teaching these classes through video calls on RingCentral. This has resulted in a more inclusive experience, because transportation is not a barrier to these classes anymore! Here are the classes that Chris offered to our community.

Summer 2021: Getting Ready for School

Monday, Wednesday 1:10-2:00 pm

Begins second week of June

This class explores academic and career paths. It is a shorter version of the Academic Exploration class held in the fall.

Fall 2021: Academic Exploration

Monday, Wednesday 1:10-2:00 pm

Begins third week of August

Like the summer course, this class explores academic and career paths. Chris and other instructors, like Jonathan, talk with the class about their individual career goals and how to achieve them.

Fall 2021: Peer Counseling 1

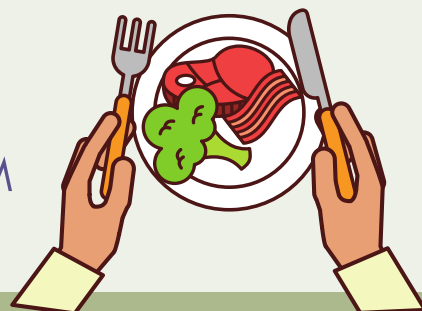
Tuesday, Thursday 12:10-1:00 pm

Begins third week of August

This class covers the basics of psychology, listening skills, and laying a foundation to become a peer counselor. This course continues in the winter with Peer Counseling 2, but it is not necessary to take them in order.

Classes are no-cost and open to the public. Also, Chris will come back to Young Adult Lunch and Learn in August to offer more information about the fall courses. For more information and to register for classes, you can contact Chris at chrisr@caminar.org. Don't miss out on this great opportunity!

Student Soiree
WED. JULY 21 4PM- 6PM
RSVP BY JULY 16TH



Member Art

Upcoming Socials for the Month of July

Sun. July 4th

12pm-2pm

4th of July
(in-person)

Sat. July 10th

12pm-2pm

Wellness Tool Box
(virtual)

Wed. July 14th

5pm-7pm

Jeopardy
(virtual)

Sun. July 18th

5pm-8pm

Movie in San Bruno
(in-person*)

Fri. July 30th

5pm-7pm

Boba Walk in DT San
Carlos
(in-person*)

***registration
required**

Pictures captured by Chanel on iPhone XR

Here are three photographs shared by our member Chanel.

Chanel is very artistic!



submit member art



Would you like to see your
art featured in our 'Member
Art' Section?

Feel free to submit your art piece
(painting, poems, photos) via
email to

info@californiaclubhouse.org

MONDAY - FRIDAY 8:30 AM - 5PM

VIRTUAL HOURS

TUESDAY & THURSDAY 8:30AM - 12NOON

MONDAY, WED., FRIDAY 1:30PM - 5PM

IN-PERSON HOURS (REG. REQUIRED)

Join us for the Work Ordered Day.
and running!

Our in-person and virtual program is up

HYBRID PROGRAM



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