

# What's New?

## AT OUR CLUBHOUSE

### Upcoming Events At Our Clubhouse!

Monday 2/5	Advisory Board
Wednesday 2/14	Clubhouse Valentine's Day Party 12-2
Wednesday 2/14	BAMSI ACCS Valentine's Day Party 5-7
Thursday 2/15	Brown Bag (see Stephanie)
Monday 2/19	Presidents' Day – Clubhouse Open
Wednesday 2/21	Diversity Lunch 12PM
Wednesday 2/28	PEER Breakfast (Employment)

**Celebrating  
Culture and  
Cuisine from  
Spain!**

**Birthday Celebration the last Friday of every month!**

**Come join us for Community Walk every morning & our weekly Library Outing every Monday!**

#### KITCHEN UNIT

#### SEE DAPHNEY & REMY

Come see what's cooking in Our Kitchen Unit! See Remy to find out how you can learn and practice your kitchen skills by participating in the Kitchen Unit! And don't forget about Baking Group every Friday morning and Our Cultural Lunch once monthly!

#### HEALTH & WELLNESS

#### SEE CLAIRE

Come check out our opportunities to get active and maintain your health with new Health & Wellness groups and activities, or stop by to take a walk on the treadmill or ride on the bike! On nice days, don't forget about Walking Group!

#### EMPLOYMENT & EDUCATION

#### SEE STEPHANIE

Looking for a new job? Or maybe it is time to go back to school! Make an appointment to meet with Stephanie to find out how Our Clubhouse can help you on your path towards

Our Clubhouse embraces partnership, collaboration, diversity and the richness of community life, relying on Member participation and guidance to assure quality services.

## Work Ordered Day

Based on an internationally recognized model, Clubhouse members take an active role in operations and work with staff to develop skills independent skills to enhance their lives in and out of the Clubhouse.

### Get Involved with Our Clubhouse Community!

Advisory Board

Diversity Committee

Daily Clubhouse Operations

MCC Meetings

See staff or our Advisory Board co-chairs for more info!

### COME INCREASE YOUR SKILLS IN:

- social networking
- independent living
- budgeting
- accessing transportation
- self-care
- maintaining educational goals
- dual recovery peer supports
- and securing and retaining employment

**Our Members  
Have Many  
Opportunities to  
Practice and  
Learn Skills!**

### A NOTE FROM OUR DIRECTOR

"The Clubhouse community helps eliminate disadvantages experienced by people living with mental health issues so they can live fulfilling lives and be fully a part of their communities."

Nadine Chirac, Program Director, BAMSI OUR Clubhouse



**BAMSI COMMUNITY**

## The Voice of Our Members

### Don't Minimize Your Blessing

I'm praying and hoping  
 To feel better, on Christmas I didn't  
 Wear an ugly sweater. I don't like  
 Loud colors, or being told what to wear,  
 But today I need to feel like I care,  
 'cuz I don't like to wallow in misery,  
 But some days it is very hard to see,  
 See that I will never ever lose my way-  
 'cuz when I awakened, I was so blessed today!

Written by Beverly T

Looking to get more involved with  
 Our Clubhouse? We are looking for  
 members to join the following:

Advisory Board  
 Diversity Committee  
 Social Media Committee

Please see your Clubhouse Staff  
 for more information on how you  
 can get started!

### Happy Birthday!

Roll 2/8  
 Bill 2/8  
 Mario 2/11  
 Julie 2/24  
 Dennis 2/29

Looking for a way to get involved  
 with Our Newsletter? See  
 Stephanie for more information!