

What's New?

AT OUR CLUBHOUSE

Upcoming Events At Our Clubhouse!

Monday 3/4	Advisory Board	Celebrating Culture and Ireland
Wednesday 3/20	Diversity Lunch – St Patrick's Day Boiled Dinner	
Thursday 3/21	Brown Bag (see Stephanie)	
Wednesday 3/27	MCC Employment Celebration *No Employment Breakfast this month	

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 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!

Beverly T

That which does not fit the bigger
 picture may simply be out of place

~ The Ryé ~

Happy Birthday!

Kathy 3/13
 Candace 3/16
 Jose 3/20
 Blue 3/21

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!

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