

What's New?

AT OUR CLUBHOUSE

Upcoming Events At Our Clubhouse!

Monday 4/1	Advisory Board 10AM	Celebrating Culture & Cuisine of China
Wednesday 4/3	Clubhouse Easter Dinner 11:30AM-1:30PM	
Wednesday 4/17	Diversity Lunch – Celebrating China	
Thursday 4/18	Brown Bag (see Stephanie)	
Wednesday 4/24	MCC Employment & Education Committee 1:30PM	
	Employment Breakfast 10AM	

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



My perfect day would be sleeping and swimming. Going to the beach and seeing the nature and birds. Going shopping for clothes and jewelry.

- Ashley

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

The most perfect day in my life so far was the day I discovered that my father was alive and well, willing and capable to be in my life with all the capacity to bear testimony withheld to be necessary.

- Stanley

Wake up, shower, get dressed, eat breakfast, watch news, call my friend, hang out with my friends, go home, have dinner, clean the kitchen, take meds, go to bed.

- Anthony

Looking to get more involved with Our Clubhouse?

We are looking for members to join the following:

Advisory Board

Diversity Committee

Social Media Committee

With Deepest Sympathy

Someone so special will not be forgotten

Happy times I could never regret.

Wonderful memories will live on forever

In our hearts we will never forget.

all-greatquotes.com

Remembering
the life and
friendship of
Nicole Shafer



Great age and great wisdom do not go hand in hand.

~ The Ryé ~

