

What's New?

AT OUR CLUBHOUSE

Upcoming Events At Our Clubhouse!

Monday 5/6	Advisory Board 10AM
Wednesday 5/8	Community Health & Wellness Fair 11AM-2PM
Tuesday 5/14	Clubhouse Open House 3PM-5PM
Wednesday 5/15	Diversity Lunch – Country TBD
Thursday 5/16	Brown Bag (see Stephanie)
Saturday 5/18	NAMI Walk (see sign up at Clubhouse)
Wednesday 5/22	Employment Breakfast 10AM
Monday 5/27	Memorial Day – Clubhouse Closed

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

To not be seen with the typical
eye...does not prove existence a lyé

~ The Ryé ~

The wind feels a little colder, but that's no reason to get upset, you have what you have, and you'll get what you'll get ; but please don't let that be a reason to accept things that are small, just believe that you can have it, believe you can have it all . So enjoy life's' triumphs, and keep a smile on your face; take it easy sometimes, 'cuz life is not a race. Don't ruminate on things that keep you falling apart, because every time the sun rises, you get a brand new start. The sky is the limit, and I definitely believe this is true, but as for making good choices, I'll leave that up to you -but don't be afraid of this journey called life, just take some time out to breathe, 'cuz all the smart goals you have set, are definitely within your reach !!!

Beverly T – 4/15/24

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

Happy Birthday!

Victor 5/12

Sue D 5/15

Claudy 5/19

Patty 5/26

Joyce 5/29



Congratulations to
Carlos on your new job!

