

What's New?

AT OUR CLUBHOUSE

Upcoming Events At Our Clubhouse!

- Monday 3/6 Advisory Board 10AM
- Wednesday 3/19 Diversity – Celebrating culture
& cuisine of Ireland
- Thursday 3/20 Brown Bag – see Stephanie
- Wednesday 3/26 Employment Breakfast

Birthday Celebration the last Friday of every month!

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

**With our deepest sympathy we remember the life and friendship of
Larry Birdsall December 1961 - February 2025**

<p style="text-align: center;">KITCHEN UNIT</p> <p style="text-align: center;">SEE REMY & KIM</p> <p>Come see what's cooking in Our Kitchen Unit! See Remy and Kim 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!</p>	<p style="text-align: center;">HEALTH & WELLNESS</p> <p style="text-align: center;">SEE KENSIA</p> <p>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</p>	<p style="text-align: center;">EMPLOYMENT & EDUCATION</p> <p style="text-align: center;">SEE STEPHANIE</p> <p>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 success!</p>	<p style="text-align: center;">COMMUNITY LINKAGES</p> <p style="text-align: center;">SEE CLAIRE</p> <p>Are you looking for resources in the community? Come by and see Claire to look into finding affordable housing, a new doctor, recreational opportunities and more!</p>
---	--	--	---

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

Clubhouse Updates

I won't magnify my animosity, and I will control my frustration, and pretty soon it will feel like we were never, ever acquainted, acquainted with the turmoil and the struggles in our life, hoping, and praying that it will soon be alright, so allow me to take you to the sweet grapes on a vine, where the breeze is perfect, and the seasons intertwine, so please stop ruminating on the things you can't or wont change, because at the end of the day, unhealthy thoughts will still remain; so enjoy the delicious grapes, and don't consider them the grapes of wrath, because you made it before, and conquered the tricky path; so please save your energy, and consider yourself very blessed, because you have always been determined, and you have always done your best, so remember that life can change, as quick as you can drop a dime; so stop having such a bad attitude, and stop wasting such precious time!!

Beverly T.
2/24/25

**New TE Opportunity
Available at Father Bill's
Mainspring House!**

**Please see Stephanie
for more information**



Member of the Month

Congratulations

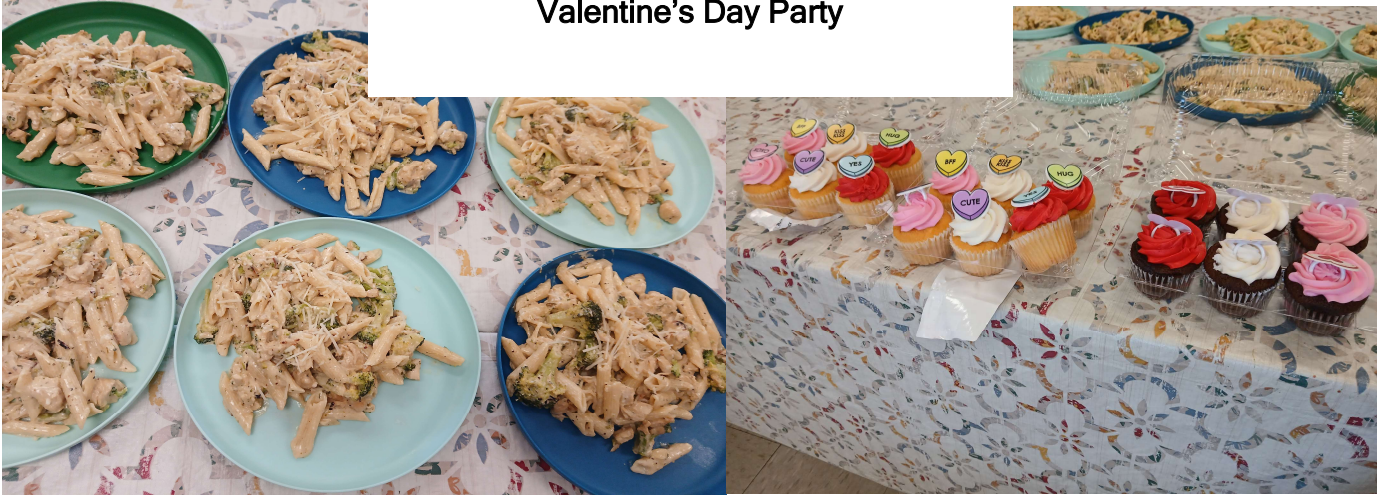
Joyce R!

Join us in
welcoming Kim to
Our Clubhouse
Team!

Happy Birthday!

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

Valentine's Day Party



Literacy Challenge Employment & Education



Thank you to all of our members who have participated in at least 3 groups or tasks a day!

