

Your illness
does not
define you.
Your strength
and courage
DOES.

May 2018

The Haverhill Clubhouse Why it's Relevant & Has Value!

The Haverhill Clubhouse

By Member Ray A. First Impressions in Retrospect

At first glance it's confusing, and seems chaotic. It can be hard to figure out what's going on. I was at loss as to whether anything was going on at all. So many people milling about, without discernible purpose, part of the confusion was due to the fact that every face was a new one to me. So many new people to meet, and try to remember, it just takes time to get an idea of who, what, when, where, and why of things in general.

It's all about becoming familiar with the people, what they do, and where I fit in. Before long, I was navigating my way through the chaos, just as I had seen the others do when I was new to the Clubhouse. Over time I saw that the traffic was quite a bit more orderly than I had first thought. Again, it has to do with everything being new, and trying to absorb a lot of information in such a short period of time.

Relevancy and Value

I think, at the very least, the Clubhouse holds immeasurable value just in its existence. Even without the programs and services the Clubhouse offers, it has real value. For many of us, just having a place to go is worth its weight in gold. I can't emphasize enough how much of a godsend the Clubhouse is. Just having a place to go and meet with people who deal with similar issues is priceless. They understand and can identify with many of the things any given member may be going through. I've seen club members offer advice to one another and the zero-pressure atmosphere certainly helps as well. Participation is always voluntary, it's up to the individual club members to set their own participation level, as well as any goals we may have. The various programs and services offered by the Clubhouse add tremendous value to the experience. I'd like to say more, but I'm still learning about the Clubhouse myself.

The Clubhouse Staff

The Clubhouse Staff are some of the most caring, giving people I have ever met. They help us realize the truth; that we are people, just like anyone else. We are all waking talking bundles of hope, dreams, and concerns, everyone is. The Clubhouse staff are there to help us realize those hopes and dreams, and address any concerns or problems we may have. The Clubhouse staff does an amazing job in this regard. They make the Clubhouse more than a building with a name. They take the initiative, making the Clubhouse a place where we can feel welcomed and wanted. The members follow that lead and make their own personal contributions.

Final Thoughts

There isn't a lot I can say without repeating something I have already said. So, this section will be short. Thank you Clubhouse staff and you Clubhouse members, thank you for being you and doing all the things that make the Haverhill Clubhouse the amazing experience that it is. I am certainly better since having become a member, and I wouldn't imagine a world without the Haverhill Clubhouse. In the end, the Haverhill Clubhouse is a little island in paradise in the ocean of chaos we call life.

After Thoughts

I have been a member of the Haverhill Clubhouse for a little over a year now. It has been an interesting year. A year of learning and exploring, and I look forward to seeing what the next year will bring.



It is Mental Health Awareness Month!

On May 19th Don't forget to join us at this year's Annual NAMI (National Alliance on Mental Illness) Walk! 9 am Artesani Park, along with Charles, Boston, MA.



Standing on, overcoming, the dark horror of our past....

Fighting hard in the present to recover our health and our safety...

And reaching for a brighter future of understanding!

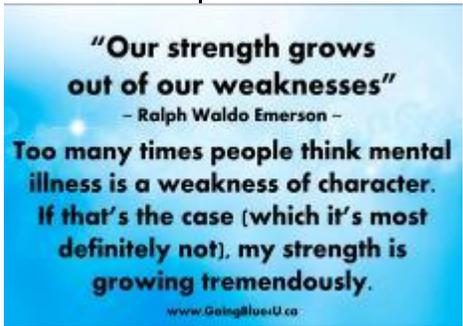
By Vinny C.

Happy Birthday!!

Bill D.	5/2
Allison S.	5/7
Sandra C.	5/11
Richard G.	5/16
Dan H.	5/16
Liza B.	5/19
David R.	5/25
Timothy B.	5/27
Virginia L.	5/28
Andrew Y.	5/29

May 2018

Mental Health Awareness Month Haverhill Clubhouse

Mon	Tue	Wed	Thu	Fri	Sat
30	1 Silhouette of the Mind Project	2 Silhouette of the Mind Project	3 Tootsie Roll Drive	4 Tootsie Roll Drive	5 Tootsie Roll Drive
7 Silhouette of the Mind Project and T-shirt design for NAMI	8 Mental Health T-shirt Design for NAMI	9 Mental Health Awareness Movie "A Light Beneath Their Feet" Mental Health T-shirt Design for NAMI	10 Mental Health T-shirt Design for NAMI	11 Mental Health Awareness Movie "Crazy"/ Mental Health T-shirt Design for NAMI	12 Mental Health Awareness Movie Week/ Mental Health T-shirt Design for NAMI
14 Advocacy Button making/ sell/ proceeds got to NAMI walk	15 Advocacy Button making sell / proceeds got to NAMI walk	16 Advocacy Button making/ sell / proceeds got to NAMI walk	17 Advocacy Button making/ sell/ proceeds got to NAMI walk	18 Advocacy Button making/ sell/ proceeds got to NAMI walk	19 NAMI WALK
21 10:00am Silhouette of the Mind	22 Member Take the Pledge Stigma Free	23 Member Take the Pledge Stigma Free	24 Member Take the Pledge Stigma Free	25 Member Recovery Stories	26
28 10:00am Silhouette of the Mind	29 Member Take the Pledge Stigma Free	30 Member Take the Pledge Stigma Free	31 Silhouette of the Mind	 <p style="text-align: center;">"Our strength grows out of our weaknesses" - Ralph Waldo Emerson - Too many times people think mental illness is a weakness of character. If that's the case (which it's most definitely not), my strength is growing tremendously. <small>www.GoingBlueU.ca</small></p>	

Employment

Interview with Stacy Z.

Stacey currently works at the Home Depot in Methuen. She has worked there for over two years now. "This is the longest time I have held a job at one place in my life". Stacy has come a long way in a short period of time. She now works forty hours per week as a cashier. Stacy has been recognized by her manager on numerous occasions for "Share Holder Value award (5x's), Customer Service Award (2x's), and cashier of the month (1). Home Depot offers an awards system whereby employees are recognized for outstanding contributions at work. Stacy's first award earned her a promotion to "Bronze level". She has since progressed through the levels earning both the "Silver and Gold awards", and was recently promoted to the "Platinum" level. To date she has earned twelve individual awards. Stacy said that she tried working in the past and moved from job to job, but now feels she has found her niche. Stacy has words of advice for anyone who is looking to work; "Don't give up. If I can do it you can do it". Great job Stacy! We are so proud of you!

Pictured Right is Stacy Z.



If you are looking for a job, head upstairs and see either Linda or Basilio!!

*Don't forget to work in the units!!!
Unit works builds confidence for jobs!!*

Interview with Donna G.

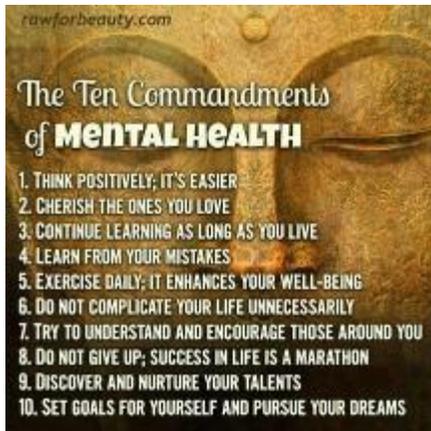
Donna is working at CVS in Newburyport, where she has been employed for 17 months. She works 10 hours a week, mainly as a cashier, but she does a little bit of everything. She helps with maintenance, stocking, pricing, facing, and more. Donna is a model employee and has earned 5 "I have heart" awards, which are earned by customer reviews. Customers take surveys about their experience at the store and if your name is mentioned in a comment, you get a heart. If you get a certain amount of hearts, you earn the certificate. Donna said she typically gets one every couple of months, but was proud to say she has earned one two months in a row. Work is important to Donna, she says it gives her more independence, makes her happy, and makes her feel productive. She has gained a lot from having employment and is happy with the progress she has made. When asked if she has any advice for people trying to find work, her response was, "Don't give up, just keep going. It can happen, shoot for the stars." Excellent job, Donna, we are all very proud of you!

Pictured right is Donna G.



Education Updates

Computer Class Experience By Michelle L.



I have learned a lot from computer class, for example, I learned how to highlight, cut, paste, and how to use PowerPoint, and clip art. I really enjoy computers a lot. I want to learn a lot more about computers for example Excel, Graphic design, and using Turbo Tax to do my taxes. I think computers help people solve problems, such as specific information about getting a job, finding an apartment, and continuing education. Computers mean a lot to me because it helps me prepare for a job, advance in school, and find additional information on specific things such as help on finding a certain store, hospital, job, college, specific clubs, or volunteer jobs. I also think computers play a very important part in people's lives. For example: it helps people pay bills much faster than paper bills and writing checks. Computers are the wave of the future. I have gone far in computer class. I have made great improvements in my typing speed, using PowerPoint, knowing how to use highlighting, clipart, and to cut and paste. I am so excited about graduating from computer class. I can hardly wait for the next class to start. I think keeping on top of computer class is extremely important. If I miss computer class, I feel bad about it or I get upset about it. I think Nicolle understands about why I get upset, and she is helpful and encouraging. Also Nicolle is very flexible with my time and she tries very hard to fit in me for a make-up computer class. Nicolle goes out of her way to help me and understands the concepts of computers and computer language. Nicolle also tries to make sure that I can get in some extra time in computer class. I am extremely dedicated in completing computer class. The reason why I am so excited about graduating is that if I want to go to college, I will have knowledge of computers. It will help me brush up on learning how to track my expenses and how to use Power Point. I would like to get a job working with computers someday.

Please see a sample of Michelle's Power Points she has created on our Education Page of our website. <http://www.haverhillclub.org/education/>

Education Updates

Science:

Question: The fastest growing plant can grow up to three feet per day. What is

History:

Question: George W. Bush was the second person to follow in his father's footsteps as President of the United States. Who was the first son of a President

Sports:

Question: Which Baseball player holds the record for most Gold Glove Awards at the position of shortstop?

Geography:

Question: What is the only country of Central America which has no contact with the Pacific Ocean?

Arts and Literature:

Question: Born in 1606 in the Netherlands, this painter's masterpieces include The Anatomy Lesson of Dr. Tulip (1632) and The Night Watch (1642). Who was this Dutch painter?

Answers on Pg 11

Educational App of the Month

Google Maps

Google maps helps you get directions and see street views of buildings. Google maps will tell you how long it will take to either drive or walk to the place where you are going. On an Android Phone, Google maps is already installed while on iPhone you have to go to the apple store and download Google Maps.

Remember to work in Units— not only to help out your Clubhouse and help build confidence to get a job.

If you ever are bored check out the BORED BOARD in the Main Clubroom!!

One awesome thing about Eeyore is that even though he is basically clinically depressed, he still gets invited to participate in adventures and shenanigans with all of his friends. What is amazing is that they never expect him to pretend to feel happy, they never leave him behind or ask him to change, **THEY JUST SHOW HIM LOVE.**



[LIVE MORE AWESOME]

You have **BRAINS** in your **HEAD**.
You have **FEET** in your **SHOES**.
You can **STEER** yourself any **DIRECTION** you **CHOOSE**.

~Dr. Seuss

Health and Wellness

For the Health and Wellness section, we decided to ask the members that help in the kitchen and café what their favorite thing to make is and what they enjoy about working in the units. One member said they like it because, “it’s quaint.” They like making breakfast because they like pleasing the other members. Another member likes to make grilled cheese in the café. She said it’s calming to cook when having a bad day. Members really enjoy helping to make lunch in the kitchen. One member says he likes to make Spanish food, tacos, and lasagna. He is passionate about cooking and everyone likes the meals he makes, so it’s rewarding. A member that spent a lot of time cooking in restaurant settings said he likes working in the café. He likes making breakfast because everyone really appreciates and enjoys it. When working in the kitchen, he helps teach members about eating properly, health precautions, and knowing your body. Members like the kitchen and café for different reasons. Some get involved in cooking lunch, some make breakfast, some make the café specials, but everyone appreciates their work no matter what aspect of it they are doing. A member that likes to cut the vegetables said the prep work keeps him busy. He likes to clean up after, too. It gives him confidence, makes him feel useful, keeps him busy, and helps him to socialize. Some members like to make desserts. We have a member that likes making brownies and cookies. It makes him feel independent and he likes making suggestions and be able to do the things he wants. When they come out well, he feels proud of himself and when he’s in the kitchen he feels comfortable.

Power Berry Smoothies

Power your day with this refreshingly tangy lemonade, strawberry and blueberry smoothie. Garnish with fresh strawberry and mint or a pretzel stick.

Ingredients:

2 cups cleaned and trimmed strawberries
 1 cup blueberries
 1 banana
 1 cup plain non-fat yogurt
 1 scoop protein powder (optional)
 1 cup ice
 ¼ cup frozen lemonade concentrate

Directions:

In a blender, combine all ingredients and blend until smooth.
 Serve immediately.

Nutritional Information:

Calories: 120	Carbohydrates: 27g
Total fat: 0.5g	Cholesterol: 10mg
Saturated fat: 0g	Dietary Fiber: 3g
% of Calories from Fat: 0%	Sodium: 45mg
Protein: 6g	



the *strongest*
 people are not
 those who
 show strength
 in front of us,
 but those who
 win battles we
 know *nothing*
 about.

Health and Wellness

Watermelon Juice

Ingredients:

1 seedless watermelon

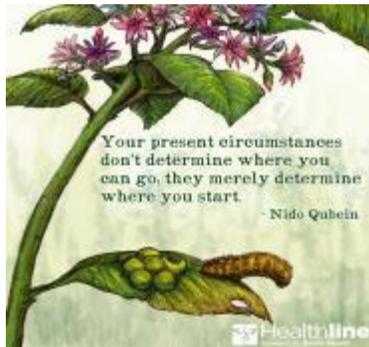
Cutting board

Sharp knife

Bowl

Blender

Strainer (optional)



Directions:

Cut the watermelon into 1" chunks with a sharp knife and place in a blender. Blend watermelon well until juice is smooth. You can strain the juice to remove the pulp. Take a sip and enjoy!

Nutritional Information:

Calories: 0	Carbohydrates: 0g
Total Fat: 0g	Cholesterol: 0mg
Saturated Fat: 0g	Dietary Fiber: 0g
% of Calories from Fat: 0%	Sodium: 0mg
Protein: 0g	

Smoothie

Ingredients:

1 pound ripe strawberries, hulled and chopped

½ cup white sugar

1 pinch salt

1 ½ teaspoons cornstarch

1 ½ teaspoons cold water

3 tablespoons lemon juice



Directions:

Place berries in the work bowl of a food processor and puree until smooth. Combine berry puree, sugar, and salt in a large saucepan. Heat until melted and just simmering. Whisk cornstarch into the cold water; stir into heated berry mixture. Remove from heat, and stir in lemon juice. Cool slightly. Refrigerate berry mixture until cold, about 2 hours.

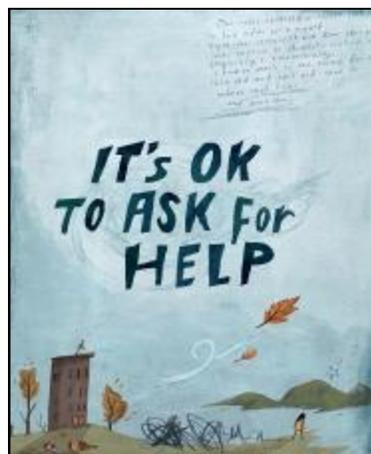
Freeze in ice cream maker according to manufacturer's instructions.

Cook's Note

To freeze this sorbet without an ice cream maker; pour strawberry mixture into a shallow dish, place dish in freezer, stir occasionally until sorbet reaches desired consistency.

Nutrition facts:

Calories: 140	Fat: 0.3g
Carbohydrates: 35.6g	Protein: 0.8g
Cholesterol: 0 mg	Sodium: 98 mg



Take your meds

Take your medication every day, as prescribed by your doctor. 1 in 3 people will remain completely free of symptoms of bipolar disorder by taking mood-stabilizing medicine, such as carbamazepine or lithium, for life.

Exercise daily

Moderate physical activity for 30 minutes a day can help control mood swings.

Eat a balanced diet

Make sure you are getting all the nutrients you need. Eating meals at regular times will help establish a stress-reducing daily routine.

Avoid traveling into other time zones

If you are planning to travel extensively, you may want to call your doctor before you leave. Traveling into other time zones can disrupt your medication schedule and trigger a manic episode.

Reduce stress at work and at home

Try to keep regular hours at work so stress won't trigger a manic or depressive episode. If stress at work or at home is a problem, counseling may help. It is important to schedule some recreation in your day, even if it is just for a short period. This should generally include social time.

Get the same number of hours of sleep every night

Changes in your sleep patterns can sometimes trigger a manic or depressive episode. Try your best to keep the same bedtime and rise time, varying them by no more than an hour.

Avoid alcohol and illegal drugs

Even one drink can disrupt your sleep, change your mood, or interfere with your medicines, which can make symptoms worse or even trigger an episode.

Reduce stress at work and at home

Try to keep regular hours at work so stress won't trigger a manic or depressive episode. If stress at work or at home is a problem, counseling may help. It is important to schedule some recreation in your day, even if it is just for a short period. This should generally include social time.

Limit caffeine and nicotine during manic episodes

Caffeine and nicotine can both act as stimulants, which can make symptoms worse. Plus, too much caffeine can change your sleeping habits.

Seek treatment immediately

Getting treatment immediately will help you to proactively manage symptoms of a depressive or manic episode and avoid disruptions to your life. Often you don't notice early signs or symptoms, so take the time to educate whoever is closest to you what signs and symptoms to look for. They can alert you when they see a change that suggests the beginning of a mood episode. Show them you welcome such feedback, and be sure to take it seriously if you get it.

Young Adults



Recovery Story By a Young Adult

Nick B.

The Young Adults had a make your own pizza night. Everyone enjoyed making their own pizza, the way they want it, and they made cheesy bread. One member said he didn't try his own pizza, he just had the bread, but the members said they really liked it. It was a little hard for him to engage in the activity, because he was still feeling upset because things at home were stressful, but seeing his friends having fun and enjoying themselves made him want to join in. After a little while, he was feeling better and having a good time as well. He said next time he'd like to try calzones, but he had such a good time he would definitely do pizza again. Two members said they had a lot of fun and want to have another pizza night, but suggested making cookies, brownies, or cupcakes for after they eat next time. One member said her favorite part was when Chris dropped his pizza on the table twice. All of the members in attendance said they had a lot of fun and would like it if another make your own pizza night was planned.

Pictured Left is the young adults making Pizza

I came to the Clubhouse with a lot of troubles and negative feelings. My home was a stressful environment and it left me feeling depressed and defeated. I didn't have many close friends or supports in place, and I needed to branch out and find people that understood and accepted me. Feeling like an outcast in your own home is hard to deal with. Home should be your safe place, but mine left me feeling sad and unwelcome. Despite the feeling, I still wanted to stay home and isolate myself from people. I felt helpless and hopeless about my situation and I didn't think it would ever get better, or that I would ever feel better. Family is important to me, which makes the situation at home even harder. I didn't want to eat, go out, talk to anyone, or engage in anything. I was miserable, and I didn't know how to get myself out of the funk I was in.

Self-motivation is important in recovering from your mental illness. It isn't easy to do when you are feeling down and out. I pushed myself through it, knowing there had to be a light at the end of the tunnel, and I kept myself busy to help cope. Keeping my mind off the depressing, self-defeating thoughts played a big role in getting better. If I keep my mind busy, I keep the thoughts out.

One of things that motivate me and make me feel better is helping people. Making people feel good is a great feeling; kindness is contagious. It helps to remember that just because things are bad, doesn't mean they always will be. Utilizing the Clubhouse and the supports I have here has helped me a lot. I like to work in the café and back in the kitchen, it feels good and when I cook things people enjoy I feel appreciated. Photography makes me happy because I like taking pictures of beautiful things to share with people, especially the pictures of when I go bird watching.

If I had one piece of advice to give people that are in the beginning of their recovery, it would be, "Perseverance is the key to success and it always gets better."

*"Don't be ashamed
of your story. It will
inspire others."
-Unknown*

Silhouette of the Mind Project



The Haverhill Clubhouse has embarked on an innovative art project in preparation for May's "Mental Health Awareness Month." Silhouette of the Mind is a photographic representation that uses the medium of photography and symbolism to express one's inner and emotional experience. Each Club member was asked to participate in a meditation exercise, to help members gain deep access into their creative unconscious. Following the calming exercise, Clubhouse members were asked to answer a brief questionnaire to elicit their responses to five questions. The first question was to ask what their favorite color is, the second what animal best represents them, the third was to choose an object of significance to them, and the fourth was to choose a landscape that appeals to them. The fifth and final question was to choose a word that best describes their emotional state. Nicolle then placed the selected representative images into and around the silhouetted figure of the member. The results are dramatic and truly magnificent. We look forward to the project being unveiled sometime in the summer with a public showing schedule for the Fall at the Essex Art Center.

Member Writings and Pictures

Lafayette Sq., itself glancing at his Time piece, Lynnchie
 Leaning on his trusty walking stick, Joe Kelly
 He strides towards "The Whiskey Barrel" with the gait of an Irish King.
 Afore the "Little River" Waterfall
 Across from "Ruth's House"
 A beauteous Barmaid Greet's Him
 Kira spies the dubious expression upon his mug and inquires
 "What is the matter, Sir?"
 Eggie O'Brien is inspecting The Mechanical Bull

"What in Christ's name is this monstrosity?"
 Kira: "Tis a Mechanical Bull."
 Eggie "What's its purpose?" And what in Hell is that poor man whining about
 "His pick up truck, His woman and His dog?"
 Kira: " People ride the Bull and that's country and Western music."
 Eggie: " I'm from the West of a county meself.
 I Thought this was an Irish bar with a name like "The Whiskey Barrel."
 "People in Ireland drink Whiskey?" inquired Kira.
 Eggie "You're very young with much to learn."
 A bikey named Bill and a Marine named Boob

Enter the pub from the Rear.
 Bill is the owner, Boob his
 sidekick.

Eggie drinks Jack Daniels
 and Sam Adams, watches
 Haverhill Cowboys ride The
 Mechanical Bull,

Listens to the mournful mu-
 sic, and resigns himself
 "tis my new country"

Poem Done By Ed H.

Educational Trivia Answers

Science: Bamboo
 History: John Quincy Adams
 Sports: Ozzie Smith
 Geography: Belize
 Arts and Literature: Rembrandt
 van Rijn

**DON'T FORGET TO
 COME TO THE
 COFFEE HOUSE AT
 HAVERHILL
 CLUBHOUSE / OPEN
 MIC NIGHT MAY 24,
 2018 AT 3:30PM**

Distorted Thinking a story by Russell G.

Distorted Negative Thinking

After examining negative distortion of thinking, you will actually be able to change old behaviors, eliminating depression and anxiety that the thoughts create.

Distorted thoughts can be easily identified;1) they can cause painful emotions such as worry, depression or anxiety and/or 2) can cause you to have conflicts with other people 3) can cause you to combat your filtering which curtails enjoyment. Filtering my thoughts allows me to have a decent time, even though I can still have a good time. Once I have identified the distorted perceptions, instead of wasting those negative emotions, I should practice new ways of thinking and practice a new way to recover.

Talking to another who is familiar with practicing, talking to friends with a positive answer, my positive support group with a new way. Using a support to overcome these self defeating thoughts, learning new ways and going back to literature starting practicing new ways of approaching the situations.

Not being overcome or talking to trained positive friends in my overfull plate....

We always over react the negative thoughts, its human nature; for today is the first day of the rest of my life...

Sincerely, Russell G

Member Writings and Pictures

Russ has been spending a great deal of time creating masterpieces. He finds painting to be very therapeutic and enjoys the Arts and Recreation program at the Clubhouse. Russ loves to paint lighthouses and he is pictured here with two paintings of lighthouses he recently completed.



Pictured left and bottom are Ed H. riding Rogan. The bottom is Ed H. standing with Rogan.

Our congratulations go out to Ed H. who has made tremendous gains after being hit by a car fifteen months ago. Ed was in Beth Israel Hospital and then went to Spaulding Rehab Hospital for a recovery stay. Ed just celebrated his 70th birthday and recently started an equestrian therapy program. The name of his horse is Rogan, which when translated from Gaelic means red. Rogan, according to Ed, "is stubborn and thick headed just like me. Equestrian therapy has been good for me." Ed wants to thank the Haverhill Clubhouse and Nicolle for supporting him during his recovery.



Activities



Members and staff enjoyed a visit to The Big Apple Circus this month. Our sister clubhouse, The Point After Club, joined in the fun as well!

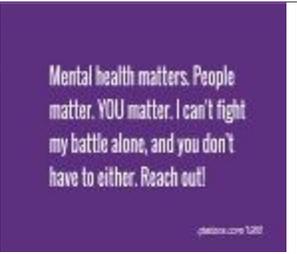


Pictured left are members and staff from the clubhouse with a check they received for participating in the Knights of Columbus Tootsie Roll Drive. We will on the 3rd, 4th, 5th.

Pictured left is the group that went bowling last month. When our members go bowling they are joined by the Point After Clubhouse and NILP.



**Work Order Day is 8 AM to 12 PM
& 1 PM to 4 PM**
Groups and meetings are available throughout the



	Mon	Tue	Wed	Thu	Fri
	10am Meditation 11am Art and Relaxation 12:30-1:30pm YMCA 1pm Peer Support 2pm Activities Planning	10am Yoga 11am Community Meeting 12:30-1:30 DRA 1:30 Nutrition Class	10:30 MOP Holy Family 12:30-1:30pm YMCA 1:30pm Creative Expressions	10:30am Job Club 11am Newsletter Group 2:00 pm Computer Class	Young Adults 11:00am 12:30-1:30pm YMCA 1pm Organized Chaos Band Practice 1:30pm Creative Expressions
	10am Meditation 11am Art and Relaxation 12:30-1:30pm YMCA 1pm Peer Support	10am Yoga 11am Community Meeting 12:30-1:30 DRA 1:30 Nutrition Class	MOP Anna Jacques 12:30-1:30pm YMCA 1:30pm Creative Expressions	10:30am Job Club 11am Newsletter Group 2:00 pm Computer Class	Young Adults 11:00am 12:30-1:30pm YMCA 1pm Organized Chaos Band Practice 1:30pm Creative Expressions
	10am Meditation 11am Art and Relaxation 12:30-1:30pm YMCA 1pm Peer Support	10am Yoga 11am Community Meeting 12:30-1:30 DRA 1:30 Nutrition Class	12:30-1:30pm YMCA 1:30pm Creative Expressions	10:30am Job Club 11am Newsletter Group 2:00 pm Computer Class	Young Adults 11:00am 12:30-1:30pm YMCA 1pm Organized Chaos Band Practice 1:30pm Creative Expressions
	10am Meditation 11am Art and Relaxation 12:30-1:30pm YMCA 1pm Peer Support 2PM Activities Planning	10am Yoga 11am Community Meeting 12:30-1:30 DRA 1:30 Nutrition Class	11:00 MOP Anna Jacques 12:30-1:30pm YMCA 1:30pm Creative Expressions	10:30am Job Club 11am Newsletter Group 2:00 pm Computer Class	Young Adults 11:00am 12:30-1:30pm YMCA 1pm Organized Chaos Band Practice 1:30pm Creative Expressions
	10am Meditation 11am Art and Relaxation 12:30-1:30pm YMCA 1pm Peer Support	10am Yoga 11am Community Meeting 12:30-1:30 DRA 1:30 Nutrition Class	12:30-1:30pm YMCA 1:30pm Creative Expressions	10:30am Job Club 11am Newsletter Group 2:00 pm Computer Class	Young Adults 11:00am 12:30-1:30pm YMCA 1pm Organized Chaos Band Practice 1:30pm Creative Expressions

May 2018



Mon	Tue	Wed	Thu	Fri	Sat
	1 Young Adult Night 4:00-6:00pm	2	3 Tootsie Roll Drive Grocery Shopping Westgate Leaving at 3:30pm	4 Tootsie Roll Drive	5 Tootsie Roll Drive & Breakfast at the Club Kid Fest Downtown Haverhill
7	8 Bowling Leaving at 3:30pm	9	10 Olive Garden Leaving at 3:30pm	11	12 Brunch / Games / Movies / Spring Cleanup.
14	15 Essex Art Leaving at 2:30pm	16	17 Grocery Shopping Westgate Leaving at 3:30pm	18	19 NAMI WALK!! Boston, MA
21	22 Paint Night 3:30-6:00pm	23	24 Coffee House @ Haverhill Clubhouse 3PM	25	26 In House Breakfast Movies and Games
28	29 Taco Tuesday Leaving at 3:30pm	30	31 Winnekenni Castle walk / Ice Cream leaving at 3:30pm		



Vinfen Mission Statement

Vinfen transforms lives by building the capacity of individuals, families, organizations and communities to learn, thrive and achieve their goals. Our services and advocacy promote the recovery, resiliency, habilitation and self-determination of the people we serve.

As a human services leader, we strive to be the provider, employer and partner of choice.

Phone: (978) 521-6957

Fax: (978) 521-7028

Email:

theclubhouseconnetion@gmail.com

Haverhill Clubhouse
100 Locust Street
Haverhill, MA, 01830

Looking for old newsletters or more about our Clubhouse? Please go to our website:

www.haverhillclub.org



**Clubhouse Mission Statement **

The Haverhill Clubhouse offers respect, hope, and unlimited opportunity for membership to access friendship, housing, education and employment in their community.

