

Member Spotlight: Nolan



How did you find out about Clubhouse? My mother brought me to the Clubhouse to check it out.

What did you think about your first day at Clubhouse? It was fun, nice, amazing, creative. I like the staff, they're not so bad.

What were you doing before Clubhouse? Nothing. Sitting around my house just dissolving like sugar in coffee.

What is your favorite thing about Clubhouse? My favorite thing is seeing everybody who is here. I enjoy being here and making friends. I like making people happy.

Would you recommend Clubhouse to others? Yes. Because the Clubhouse offers help, self-help, employment, a way to get out of the house and get help.

When I don't come in to Clubhouse I don't do much. I like to watch wrestling though. My favorite wrestler is Brock Lesnar. Because he is strong and doesn't take any stuff from anyone.

New Year's Celebration

The Clubhouse started out 2020 with a New Year's Day celebration. Staff and members got together and prepared and enjoyed brunch. Here are some thoughts about the day:
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Intern Trisy Hampton

I found out about Clubhouse through IU-PUI where I am a student in the MSW (Masters in Social Work) program. I love it so far. I love the family atmosphere and how everyone helps each other. I think it is cool when someone walks in and EVERYBODY says hi. Some of my goals are to be more compassionate, open my mind to new opportunities and to build new relationships. I want people to know that I really do not know any strangers. I talk to everyone. I do not have much experience in mental health. I have worked in addictions counseling and I worked at half-way house for individuals dealing with substance abuse disorders. I am very excited to be a part of the Clubhouse!



5 year Anniversary Open House



Circle City Clubhouse turns 5! We are holding an open house on March 4th from 3 - 7 PM to commemorate 5 years of serving mental health consumers in our community. Come out and celebrate with us and see how we are growing. All are welcome. Please feel free to bring a friend or family to the open house to help wish your Clubhouse a Happy Birthday.

Winter Time Blues

We would like to encourage those of you in our Clubhouse community that might be struggling to live with your mental illness during these winter months. Isolation and the winter time blues may cause you to feel like you are alone, no one cares about you or your mental illness, or you may lack motivation and sleep the day away.

You are NOT alone. So many of us here at the Clubhouse suffer from some of the same symptoms and feelings. We want to put our arms of compassion around you and let you know that we are here for you and we care about you. You are a part of the Clubhouse community and we want to encourage you to make a resolution to avoid isolation. Your mental illness does not define who you are. You're an important member of your Clubhouse family and you have a special gift to share with us and the world. Please come to our Clubhouse where you are accepted, needed and wanted.



When you come to the Clubhouse you can share your ideas with the Clubhouse family, get involved with VOLCANOES or ALL TOGETHER NOW units and also come to some evening social recreations between 5:00 and 7:00 p.m. There is so much to do at your Clubhouse and any ideas you want to share with your Clubhouse family are welcomed and needed. You can also tell others who have a mental illness they too can beat the winter time blues.

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Meet Me at the Clubhouse

This is our third year doing Meet Me at the Clubhouse and we want to ask you to come to see what we do to help mental-health consumers in the Indianapolis area. Feel free to bring friends or family with you. We will only take up one hour of your time. I hope we see you at the Clubhouse soon! Here are the upcoming dates until April 2020:



WED February, 12th: 12:00 PM - 1:00 PM

WED February 26th: 12:00 PM - 1:00 PM

WED March 11th: 12:00 PM - 1:00 PM

WED March 25th: 4:30 PM - 5:30 PM

WED April 8th: 12:00 PM - 1:00 PM

WED April 22nd: 8:00 AM – 9:00 AM

Winter Time Blues—(Continued from pg. 3)

If you need a ride because you can't physically or mentally can't catch the bus you can contact the Clubhouse at (317) 260-8058.

Also, you can come to the Clubhouse, if you have Medicaid, on Southeastern Transportation which will bring you here for free and take you home for free! Their number is (855) 325-7586. You must schedule your ride two days in advance. If you have any questions or problems scheduling, contact us. Hope to see you soon!

New Year's Celebration—(Continued from pg. 1)



Vincent: We had good food, fun and I really enjoyed the company.

Christiana: It was interesting and I'm glad I was with my clubhouse family. I was happy to serve the food and enjoyed seeing old friends.

Evan: We had a great turnout at New Year's Day at the clubhouse. I enjoyed learning how to

make french toast from one of our members.

Anna: I liked coming here, it was fun and a more relaxing day than usual since we didn't have to sign in or pay for lunch.

Richard: I had a good time, the food was great!

Jason: The food was really tasty, I had fun talking to and meeting new people.

Chuck: I think it was good to be with people and celebrate the day.

Carl: As a member of this clubhouse I have grown since its conception. I had many job opportunities. Thanks to Jay, Lindsay, Evan, Marissa, Peter, and Julie for boosting my optimism in life. I spent ten years of my life with a tv set in front of me. I have grown since then. I would like to welcome you to come and visit us and share your love for people In this NEW YEAR!!!



February 2020

b	Monday		Tuesday		Wednesday		Thursday		Friday		Saturday		Sunday
	9:15 am & 1:15 pm Daily Meetings 2 pm program meeting		9:15 am & 1:15 pm Daily Meetings 2:00 pm Employment meeting		9:15 am Morning Meeting 10 am Speakers bureau 1:30 pm House meeting		9:15 am & 1:15 pm Daily Meetings 12:30 pm meal planning		9:15 am & 1:15 pm Daily Meetings 2:00 pm Education meeting	1	Closed	2	Superbowl watch party 6:00pm-9:00pm Jay
3	Daily Meetings 9:15am & 1:15pm 2 pm program meeting	4	9:15am & 1:15pm Daily Meetings 2:00 pm Employment meeting	5	9:15am Morning Meeting 10 am Speakers bureau 1:30 pm House meeting	6	9:15am & 1:15pm Daily Meetings 12:30 pm meal planning 1:45 pm social rec. planning	7	9:15am & 1:15pm Daily Meetings 2:00 pm Education meeting	8	Closed	9	Closed
10	Daily Meetings 9:15am & 1:15pm 2 pm program meeting	11	9:15am & 1:15pm Daily Meeting 2:00 pm Employment meeting Education and Employment dinner 5-7 PM	12	9:15am Morning Meeting 10 am Speakers bureau 1:30 pm House meeting Meet me @ the clubhouse 12—1 PM	13	9:15am & 1:15pm Daily Meetings 12:30 pm meal planning	14	9:15am & 1:15pm Daily Meetings 2:00 pm Education meeting	15	Closed	16	Closed
17	9:15am & 1:15pm Daily Meetings 2 pm program meeting	18	9:15am & 1:15pm Daily Meetings 2:00 pm Employment meeting	19	9:15am Morning Meeting 10 am Speakers bureau 1:30 pm House meeting	20	9:15am & 1:15pm Daily Meetings 12:30 pm meal planning Birthday Celebration 5:00pm-7:00pm Evan	21	9:15am & 1:15pm Daily Meetings 2:00 pm Education meeting	22	Closed	23	Closed
24	9:15am & 1:15pm Daily Meetings 1:45pm Speaker Bureau 2 PM Program Meeting	25	9:15am & 1:15pm Daily Meetings 2:00 pm Employment meeting	26	9:15am Morning Meeting 1:30 pm House meeting Meet me @ the Clubhouse 12—1 PM	27	9:15am & 1:15pm Daily Meetings 12:30 pm meal planning	28	9:15am & 1:15pm Daily Meetings 2:00 pm Education meeting Hockey 7:30 -9:30 pm Marissa	29	Closed		Closed