

WEEK OF 5/7/18



Rebuilding lives
Removing stigma
Restoring dignity
Resource
for mental health recovery

GOC WEEKLY GAZETTE

Grace Market Place



Going to Grace Market Place is an interesting experience. I went there with Kenny W., and we were helping the homeless receive clothing from the clothes closet. When entering the room, it is full of clothes, shoes, and other clothing items. To pick out their items, people line up in a line which becomes long very quickly. The people coming in to receive the service seem happy to see clothing, but some of the clothes goes very fast! Grace Market Place receive clothing donations from ordinary people who are happy to place the clothes in the clothes closet. Overall I enjoy the experience and am happy to give back to the community any way I can. - David D.

Member Voices

GOC is a fun place to be! Cleaning the fish tank is one of my favorite tasks. GOC members are friends who become like family. The food is really good here at the GOC. Art and Crafts classes are amazing.

The garden is beautiful and an enjoyable job to have. The weekly newsletter is going great and it tells you the activities. Everybody works as a team doing a lot of work and activities. The GOC is supportive and provides a great community to be a part of. It is a very helpful program to help us find a job. Everybody can come to the GOC in participate in a variety of activities like gardening, making beads, cooking, and making pies with my friend Kenny. He is a good person to make pie with! My friend Bobby works on bicycles. Many people help each other out at the GOC and it is a great place to learn and grow.

-Joel F. & Jeovan V.

Art Class by the Pond

Come to the GOC on Wednesdays at 1pm for the Art Class! Art Class will be lead by Ann, and she will hold class outside by the Duckpond as long as weather permits. Doing art can lower your stress levels and leave you feeling mentally clear and calm.



Every week we will share a Clubhouse Standard. These Standards come from The International Clubhouse Coalition. Are we meeting or exceeding these standards? Or do we need improvement. Members and staff will be discussing the Weekly Standard at each day's morning meeting.

Standard #19 All work in the Clubhouse is designed to help members regain self-worth, purpose and confidence; it is not intended to job specific training.

Members have a **Right** to a recovery from mental illness. The GOC provides a tool to help Members build independence and become part of a community.

Members have a **Responsibility** to Themselves. Only Members can be responsible for Members' well-being and Recovery.

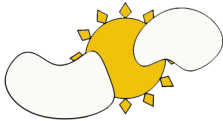

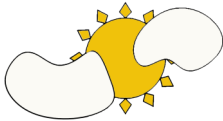


Activities

Monday 5/7	Tuesday 5/8	Wednesday 5/9	Thursday 5/10	Friday 5/11
10:00-Morning meetings	10:00-Morning meetings	10:00-Morning meetings	10:00-Morning meetings	10:00-Morning meetings
10:30 Lunch Preparation	10:30 Lunch Preparation	10:30 Lunch Preparation	10:30 Lunch Preparation	10:30 Lunch Preparation
12:00 Lunch	12:00 Lunch	12:00 Lunch	12:00 Lunch	12:00 Lunch
12:30 Lunch Cleanup	12:30 Lunch Cleanup	12:30 Lunch Cleanup	12:30 Lunch Cleanup	12:30 Lunch Cleanup
1:00 Website Workshop	1:00 Crafts Class	1:00 Art Class	1:00 Job readiness work-	1:00 Newsletter Work-
3:00 Garden Harvest	Art Class	3:30 Closing Cleanup	shop.	shop
3:30 Closing Cleanup	3:30 Closing Cleanup		3:30 Closing Cleanup	1:00 Social Activities
				3:30 Closing Cleanup

MENU

Monday 5/7	Tuesday 5/8	Wednesday 5/9	Thursday 5/10	Friday 5/11
Chicken	Breakfast Burritos	Meatloaf	Ham	Leftovers
Green Beans	Hash Browns	Stir Fry	Rice	
Salad	Salad	Salad	Salad	

Weather

Monday 5/7	Tuesday 5/8	Wednesday 5/9	Thursday 5/10	Friday 5/11
				
92/66	85/63	84/63	90/65	90/67