

WEEK OF 6/25/18



Rebuilding lives
Removing stigma
Restoring dignity
Resource
for mental health recovery

GOC WEEKLY GAZETTE

Grace Marketplace Clothes Closet



Members and staff from the Gainesville Opportunity Center are invited to volunteer at the Clothes Closet at Grace Marketplace. Grace Marketplace is located at 3055 NE 28th Avenue. We will be assisting the homeless with receiving clothing. The Clothes Closet is

open every Saturday from 9:45a.m. - 12:00p.m. This will be a weekly event every Saturday, and we encourage Members to come out if they are available. This gives Members an opportunity to volunteer in a retail environment and helps the greater community.

Joel's Journal

The Gainesville Opportunity Center is the greatest place to be in Gainesville, FL. The Members can achieve their goals in this community. The Clubhouse is the right place to be for Members because they can create their skills. Members work on their leadership skills by communicating to new individuals the work in the Clubhouse to get the feel of it. The Members learn new ways to plant new kinds of seeds for the garden, and everybody learns new skills in the kitchen to make different dishes and we keep the kitchen clean.



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 #28

The Clubhouse is committed to securing a range of choices of safe, decent, and affordable housing for all members. The Clubhouse has access to housing opportunities that meet these criteria, or if unavailable, the Clubhouse develops its own housing program. The Clubhouse programs meet the following basic criteria.

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.


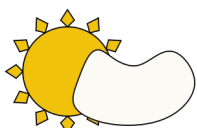



Members have a **Responsibility** to Themselves...Only Members can be responsible for Member's well-being and Recovery.

Activities

| Monday 6/25 | Tuesday 6/26 | Wednesday 6/27 | Thursday 6/28 | Friday 6/29 | Saturday 6/30 |
|--------------------------|-----------------------------|--------------------------|--------------------------|---------------------------|---|
| 9:00: Club opening tasks | 9:00: Club opening tasks | 9:00: Club opening tasks | 9:00: Club opening tasks | 9:00: Club opening tasks | 9:00 - 5:00: Paint Party (lunch will be provided) |
| 10:00: Morning meetings | 10:00: Gardening | 10:00: Morning meetings | 10:00: Morning meetings | 10:00: Morning meetings | |
| 11:00:Lunch Preparation | 11:00: Lunch Preparation | 11:00: Lunch Prep | 11:00: Lunch Prep | 11:00: Lunch Prep | |
| 12:00: Lunch | 12:00: Lunch | 12:00: Lunch | 12:00: Lunch | 12:00: Lunch | |
| 12:30: Lunch Clean-up | 12:30: Lunch Clean-up | 12:30: Lunch Clean-up | 12:30: Lunch Clean-up | 12:30: Lunch Clean-up | |
| 1:00: Web class | 1:00: Crafting/ Business | 1:00: Ann's Art Class | 1:00: Job Readiness | 1:00: Newsletter Workshop | |
| 3:00: Closing tasks | 3:00: Closing tasks | 3:00: Closing tasks | 3:00: Closing tasks | 3:00: Closing tasks | |
| 4:00: Member activities | 4:00: Member Activities | 4:00: Member Activities | 4:00: Member Activities | 4:00: Member Activities | |

MENU

| Monday 6/25 | Tuesday 6/26 | Wednesday 6/27 | Thursday 6/28 | Friday 6/29 |
|--|-----------------------------|--|---|-------------|
| Stephanie's stir fry chicken Tomato soup Salad | Tacos Bean dish Salad | Mark's mother's meatloaf Mashed potatoes Stir Fry Salad | Hotdogs Stir-fry Baked Beans Salad | Leftovers |

| Monday 6/25 | Tuesday 6/26 | Wednesday 6/27 | Thursday 6/28 | Friday 6/29 |
|---|---|---|---|---|
|  |  |  |  |  |
| 93/74 | 90/74 | 87/73 | 90/73 | 89/73 |