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GOC GAZETTE



Rebuilding lives
Removing stigma
Restoring dignity
Resource
for mental health recovery

Trip to Lakeland Clubhouse

The GOC is now at 102 E. 10th Ave.

Author: Chris P.

The Lakeland Clubhouse was great! When Sandy, Michelle, and I got there we were greeted with a hello by the three member-greeters at a table in the foyer. They seemed genuinely happy to see us. Luis, the director, gave us a tour of their huge clubhouse. The morning meeting at the Lakeland Clubhouse starts at 9:30 a.m. Sandy and I went the café unit and Michelle went to the lunch unit. The meetings were ran on a computerized television. On the television screen at the café unit, members read the weather, discussed appointments, announced the menu, gave announcements, spoke about education, employment, and housing opportunities, the outing of the week, and birthdays. The café was broken up into a morning shift and an afternoon shift. Furthermore, the weekly and monthly itineraries were briefed at the end of the meeting.

At the lunch meeting, there were quotes on the TV, and members had an open discussion about them. Then, members assigned themselves their responsibilities for the morning. Lunch there costs money, and a ticket is given to each eater once they have paid. The members run the show in Lakeland. They had an upstairs media area and an offsite garden. The clubhouse, the members, and the staff were magnificent!

I went to the clubhouse in Lakeland, so that I might be able to get some ideas about things that we could implement at the GOC. I found the morning meetings great in Lakeland and I think we should implement those at the GOC.

GOC Visits Clubhouse in Inverness.

By: Mike L.

The GOC went on a trip to Inverness to see the “Lighthouse Clubhouse”. It took about an hour and 20 minutes to get there. When we got there they welcomed us like a family. The director’s name was Steve. He had about 5 staff members. The size of the building was about 3 times the size of the GOC. Their average attendance is almost 30 members per. They have a very large kitchen, which allows them to also run a café for other items. Like the GOC, they make lunch for all the members, but if you don’t care for the lunch selection, you may purchase an alternative in the café. Lighthouse Clubhouse charges \$2.00 per lunch. There work units consist of food program (which consists of cooking the food and selling it.) The café allows work experience similar to a retail environment. They also sell coffee, soda and other items.

Other work units they have are a media unit, which makes a news program for the clubhouse everyday. They also do a monthly newsletter. At lighthouse, the staff is very interchangeable and are trained in each other’s jobs. The other staff besides the cooks/food bin sellers are there to work side-by-side with the members.

Mental Health Fair

Author: Chris P.

The mental health fair went great! The GOC had a table where we promoted the GOC to peers and other providers in the community. Also, there were two great speakers there. One speaker spoke about his recovery from mental illness and it was very inspiring. The other speaker spoke about her recovery from addiction and it was very inspiring as well. The food was great and the slide show was better! The slide show showed famous people who died from a mental illness and it was very eye-opening. I didn't recognize many of the people in the slide show, but I learned about how many people have been effected by mental illness. It seemed to have hit the entertainment industry especially hard.

Picture of Ella T., Mike L., and Chris P. at the Mental Health Fair.



As part of Mental Health month, people from around the community wrapped green ribbons around trees and poles in various locations. Ouida, Maggie, Wilson, and Adam took to the streets near the GOC.

With more room and growing attendance, the Gainesville Opportunity Center is looking for additional volunteers to lead groups on a regular basis.



34th Street Wall Painted for Mental Health Awareness Month
By Chris P.

On May 7th, AnARTists, “an organization comprised of artistic individuals in Gainesville,” and GOC members painted a large mural on the 34th Street Wall for Mental Health Awareness Month. The goal of the mural is to decrease the amount of stigma surrounding mental health. These artists also want people to help themselves to get better by taking personal responsibility in their mental healthcare.

One wall was covered with puzzle pieces, a yin and yang symbol, and “Stop the Stigma” in bright green letters. “Stop the Stigma” was written, because many people are belittled because they have a mental illness. In Florida it can be especially bad, because Florida ranks 51st out of 52 jurisdictions in the United States in mental health funding. AnARTists would like to become a certified nonprofit through the help of the Gainesville chapter of the National Alliance on Mental Illness, so that it can find more funding. AnARTists used the names of Gov. Rick Scott, Rep. Ted Yoho, and Sen. Keith Perry on the wall in an attempt to bring awareness of the need of individuals living in recovery from mental illness to those politicians.

AnARTists provides a free monthly workshop on the last Tuesday of every month at the Helping Hands Clinic, located at 509 NE 1st St. It is open to anyone. The group also promotes members’ artwork in the community, and do community outreach to raise the importance of art and healing.

Learn more at this page: <https://www.facebook.com/AnArtists/>



“Funding is the Missing Piece” as written on the 34th Street Wall



“HELP FLORIDA” as written on the 34th Street Wall



“Stop the Stigma” as written on the 34th Street Wall



Ryan and Maggie helping paint the 34th Street Wall

34th street wall (continued)



“Plant the Hope Seed” as written on the 34th Street Wall”



Lloyd, David, and Karen working on the 34th Street Wall

ARTWALK GAINESVILLE

Some of us ended Mental Health Awareness Month by participating in Artwalk Gainesville. This is an event held the last Friday of each month. It’s a walking tour of some of the local galleries, eateries, and specialty shops. They have a great map that you can get at any of the locations participating in the event.

Several of the GOC members are also members of a community art group called the AnARTists. The AnARTists believe that art should be available for everyone and therefore provide a free workshop the last Tuesday of the month. The workshops are held at the Helping Hands clinic located at 509 NE1st Street. They also believe that art is healing. That art is more about the process not the product. So for all of you who say “I can’t do that” come check this welcoming non-judgmental group out!
www.anartistsgainesville.com or like them on Facebook/anartists community group.

The Florida Community Design Center opened their space for several An-ARTists members to exhibit their art. It was a great night with lots of folks coming by excited to see the art. A shout out to all the GOC members who participated Ouida M, Lloyd B., Krystal W, Mike L., Reid S. We spoke with many of the people coming through about art, mental health and recovery/healing. A great night for all!

GOC June Calendar

12pm Lunch 12:30pm CleanUp 3pm Office & Clubh	12pm Lunch 12:30pm CleanUp 3pm Office & Clubh	12pm Lunch 12:30pm CleanUp 3pm office & daily w	1pm Art Studio Clas	12pm Lunch 12:30pm Cleanup 12:45pm GOC Group 1pm Cooking Class 3pm Office & Daily \	12pm Lunch 12:30pm Cleanup 1pm smoking cessa 3pm Office & Daily \	closed
4	5	6	7	8	9	10
closed	12pm lunch 12:30pm cleanup 3pm Office & Clubh	12pm Lunch 12:30pm CleanUp 3pm office & daily w	12pm lunch 12:30pm Cleanup 1pm Art Studio Clas 3pm Office & Daily \	12pm lunch 12:30pm Cleanup 12:45pm GOC Group 1pm Cooking Class 3pm Office & Daily \	12pm lunch 12:30pm Cleanup 1pm smoking cessa 3pm Office & Daily \	closed
11	12	13	14	15	16	17
closed	12pm lunch 12:30pm cleanup 3pm Office & Clubh	12pm Lunch 12:30pm CleanUp 3pm office & daily w	12pm lunch 12:30pm Cleanup 1pm Art Studio Clas 3pm Office & Daily \	12pm lunch 12:30pm Cleanup 12:45pm GOC Group 1pm Cooking Class 3pm Office & Daily \	12pm lunch 12:30pm Cleanup 1pm smoking cessa 3pm Office & Daily \	closed
18	19	20	21	22	23	24
closed	12pm lunch 12:30pm cleanup 3pm Office & Clubh	12pm Lunch 12:30pm CleanUp 3pm office & daily w	12pm lunch 12:30pm Cleanup 1pm Art Studio Clas 3pm Office & Daily \	12pm lunch 12:30pm Cleanup 12:45pm GOC Group 1pm Cooking Class 3pm Office & Daily \	12pm lunch 12:30pm Cleanup 1pm smoking cessa 3pm Office & Daily \	closed
25	26	27	28	29	30	Jul 1
closed	12pm lunch 12:30pm cleanup	12pm Lunch 12:30pm CleanUp	12pm lunch 12:30pm Cleanup	12pm lunch 12:30pm Cleanup	12pm lunch 12:30pm Cleanup	closed

Come visit! We're located at 102 NE 10th Ave, Unit #2.



Tech Toy Box wants GOC Members!

Tech Toy Box would like to teach you how to weld and/or 3D print and voc rehab might pay for it for you!

Chris Poirier talked to them and they said they need a minimum number of people to sign up so that they can start the classes and for you they might be free!

Please contact Chris Poirier for more information:

Cell Phone: 352-215-0349

Email: chrispoirier1013@gmail.com

Or in person at your convenience



Jungle Friends Primate Sanctuary and the GOC!

Jungle Friends is looking for volunteers and GOC members are the perfect people for the job! In fact, GOC Members Ouida M., Chris P. and Amy A are already working and volunteering there.

Volunteer shifts are from 7-11, 11-3, and 3-7 every day of the week

Jungle Friends has over 300 monkeys for you to meet!

You will begin as an Entry Level Volunteer and will have opportunities for advancement!

7-11 shift: Diet preparation, distribution, and clean up or cleaning, repairing, and landscaping in and around habitats; special enrichment and building projects are also available

11-3 shift: cleaning, repairing, and landscaping in and around habitats as well as special projects (chopping produce for monkeys on Wednesdays and Saturdays)

3-7 shift: cleaning, repairing, and landscaping in and around monkey habitats and special projects; closing shift– cleaning sanctuary and preparing for next morning

Sign up at <https://interland3.donorperfect.net/weblink/weblink.aspx?name=junglefriends&id=2> for volunteering!

After signing up, please schedule the day and time on volunteer manager Signup.

Please watch the 7-minute Almost Wild video to learn about Jungle Friends.

There is also a 15-minute Virtual Tour of Jungle Friends that is great as well!

Email volunteer@junglefriends.org if you have any further questions.

Amy A. has been volunteering there for a long time and Eddie began doing so. Chris P. and Ouida M. got a job there and learned about Jungle Friends through GOC!

GOC Cartoon

By Joel F.



Joel made a cartoon, GOC Helping people with their _____.

Feel free to fill in the blank!

Thanks Joel!