

JANUARY 2018

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GOC GAZETTE



Rebuilding lives

Removing stigma

Restoring dignity

Resource
for mental health recovery

The GOC is located at 102 E. 10th Ave., Gainesville, FL 32601

Moving Forward/Looking Back

By Daoud R.

Over the last twelve months, we've made significant forward progress to impact the mental health community. As part of the Clubhouse model we have instituted "Units" in order to provide structure to our days. We currently have a Culinary Unit and an Office Unit. The Culinary Unit consists primarily of the kitchen and the garden, and the kitchen is responsible for preparing a daily lunch for up to 20 people. Members are responsible for all aspects of meal preparation including menu planning, food prepping, cooking, and washing dishes. We planted a garden at the Gainesville Peer Respite Center and are growing a variety of vegetables that we are incorporating into our lunch meals. So far we have harvested kale, mustard greens, and collard greens. We have broccoli, onions, beets, and carrots.

The Office Unit has also been busy. Office tasks include billing our funding agencies, writing the newsletter, providing outreach to members, and writing job descriptions for our daily tasks. We are hoping to soon expand our Office Unit to include information technology and other technical tasks.

The purpose of the GOC is to help members build confidence so that they can one day return to the workforce. By organizing ourselves into units we are able to provide structure and lend support to show members what they are capable of and all they can accomplish.

We're Hiring!

The GOC will be hiring three positions in order to improve our program. We will be hiring two clubhouse generalists to help to increase the work activities in our clubhouse. We will be focused on office and professional tasks in order to help people get back into the general workforce. We will also be hiring a peer specialist. A peer specialist is someone with lived experience who supports members in all phases of recovery. They will concentrate on club-related activities and advocacy. The money for the peer specialist is coming from a \$7,000 grant from Satchels Pizza. A quote from the director: "The GOC continues to take strides in the mental health community surrounding Gainesville. We are so excited to be expanding and growing."

GOC January Calendar

- January 3rd—Art Class
- January 8th—Harvest vegetables in garden
- January 10th—Art Class
- January 12th—Consumer Advisory Council
- January 15th—Closed for Martin Luther King Day
- January 17rd—Art Class
- January 22nd—Technology Class
- January 24th—Art Class
- January 26th—GOC Birthday Celebration
- January 29—Technology Class














GOC Garden Harvest

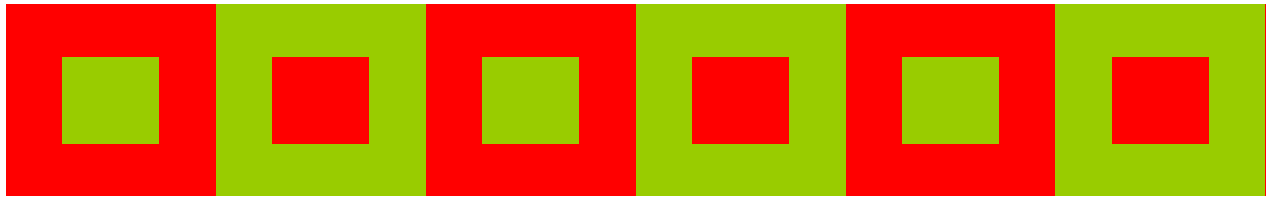
By Susan T.

The Gainesville Opportunity Center continues our partnership with the Gainesville Peer Respite Center. We maintain the garden at the Peer Respite Center. Our garden now has many fresh vegetables!

We are harvesting kale, collards, mustard greens, onions, beets, carrots and salad greens. We have used some of them in our stir-fry vegetables. We have been washing, chopping, sautéing, and serving the fresh vegetables as part of our afternoon lunch! I have gotten to take some home for myself. We are planning our spring garden. We not only have a garden at the Gainesville Opportunity Center but at the Gainesville Peer Respite Center as well! I really enjoy learning to garden and watching the fruits of our labors grow into delicious vegetables! We are always looking for gardening tools so if you would like to donate, please call us.

Birthdays!!!!

													
	Susan T	January 7											
	Alex F	January 19											
	Raynaldi G	January 21											
	Maryann Z	January 24											
													
													
													
													
													
													
													



GOC Celebrated the Holidays

The Gainesville Opportunity Center held a Thanksgiving Feast for members and guests on November 21st. We had plenty of food with two whole turkeys prepared at the GOC and lots of side dishes, because members were invited to sign up to bring in side dishes for the feast. Before the meal, the group had a moment outside where everyone took turns expressing what they are thankful for and there was a lot of gratitude for the opportunities and the relationships the GOC provides for its members. Board members, family and friends were included. It was a really nice event and we were able to spend some time and share a meal with people who sometimes had not seen each other for quite a while. Everyone enjoyed the food and the company. We had plenty of leftovers for everyone afterwards.

That wasn't the end of our holiday celebration: We hosted a holiday party on December 14th that included members and staff. We had delicious food and treats and approximately 30 active members received nice gifts, including a beautiful mug, and \$10 gift certificates to Publix and Coffee Culture. Many members go straight from GC to Coffee Culture to hang out together. We had tremendous fun and everyone was in good spirits.

We are looking forward to the New Year ahead of us and hope it is a fruitful one.