

January 2020

GOC GAZETTE



Gainesville Opportunity Center

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GOC Celebrates Our Growth



On December 13th 2019, we had an Open House from 3-6pm. The purpose of the Open House was to get the word out about the Gainesville Opportunity Center.

We are celebrating our growth over the past six months. The GOC has expanded our staff to five full time employees. Just a few years ago, we had only one full time employee.

We launched our first TE (Transitional Employment) in October. Transitional Employment gives our members who are ready to try working an opportunity to earn money while being supported by GOC staff.



At the GOC, we are recovery through work. We now have an improved workday. We have Members working in the culinary and office units. We're extending our hours beginning in January. We will be open Wednesday, Thursday and Friday until 7 pm. Wednesday and Thursday will be education focused. Friday will be social activities. We will also be open on Saturdays; hours may vary and will likely be social activities. We are now open holidays; so our Members have a place to go even if they have no family. We are getting close to full accreditation.

We sold Members artwork and crafts, including, one set of earrings and some cards. Members took shifts giving tours and talking about the GOC. We served appetizers to Members and guests. Several people signed up for our newsletter.



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Member Spotlight: Camaron Larson-Tran

Interview by David Stevens



Meet Camaron! Camaron's favorite color is ocean blue, his favorite singer/rapper is NF and his favorite thing to do during his free time is play Pokemon. Camaron also likes to lay in bed watching tick toks on YouTube when he is not working at the GOC.

Camaron says that the GOC is is "Awesome; it's fun," and that he says that he "learns stuff," here. Camaron has been a member at GOC for about four weeks, and heard about GOC through NAMI. He was having problems obtaining employment, so his parents talked with NAMI, and NAMI sent him here, to GOC!

If there was anything that Camaron wants people to know, it would be that "Winter is awesome!" Also, GOC has helped Camaron to be a better person!

4 GOC Members found Jobs in December

Sean S., Valerie S., Jason H. and Chris Pave all found independent employment in the month of December. Congratulations to these members for all of their hard work.

Going through a mental health problem can be incredibly tough, but if the recent media focus on reducing mental health stigma over the past few years has taught us anything, it's that you're most definitely not alone.

Remember that returning to work (even part-time or on a short-term basis) is an extremely positive step after being out sick for mental health issues, so pat yourself on the (literal or proverbial) back. Good job. Work can be stressful, but it also provides financial stability, a routine, projects to focus your energy on and social interactions with others, all of which can contribute to better mental health.

Part-time work or volunteering is a great way to keep active, add to your CV and make new personal and professional connections in the process. Though you're well enough to return to work, it's important to keep up any appointments you still have ongoing, such as meetings with your GP, psychiatrist or therapist to help you through the transition and ensure you work towards making a full recovery.

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Education: A Step Along the Path



Education is coming alive at the Gainesville Opportunity Center. Beginning in January, four members will be attending Santa Fe College orientation for the Horticulture, Entrepreneurial and GED Certificate on January 2nd.

Classes are set to begin January 13th. Not only are our members going off to college, but we are gaining some exciting new programs at the GOC.

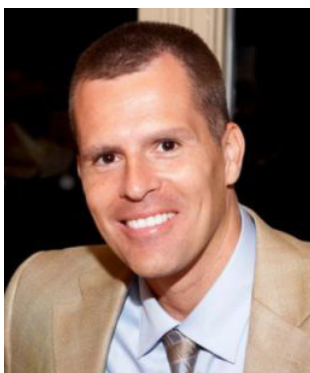
In house, we will be tutoring in computer skills, math, English, and GED. We will also be offering creative writing, and beginning Spanish on Thursday's. Besides the tutoring, we are also looking forward to outings to the Teaching Zoo, the Planetarium, the Cade Museum, the Museum of Natural History, the Butterfly Rainforest, and the Harn museum.

Our new hours will make all this possible. Monday and Tuesday we are open 9-5 as usual. Wednesday through Friday we are open 9-7:00 and Saturday we have flexible hours for outings. Keep up with our Calendar posted on our website and sign up to participate at any event using the signup sheets at GOC.

Thank you to all who support us and our members!

Judge Pena Discovers GOC Impact

Eighth Circuit Court Judge Phillip Pena visited the GOC. He spent over an hour touring our facility and greeting our members. As a judge, he wants to be in touch with community support services. In addition, he knows that is important to give people a path back into the community. He was very impressed with our program and the impact we are making in our members lives.



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Unit Update: January 2019

Culinary Unit

Starting this month there will be a small charge for breakfast at GOC.

Breakfast will be served from 9-10am.

Healthy snacks will served from 3-3:30pm

Food tickets can be purchased in units of \$5

Oatmeal	25¢
Fruit, Peanut Butter, Honey	15¢ ea.
Dry Cereal w/ milk	25¢
Hard Boiled Egg	25¢
Yogurt	25¢
Granola or Fruit	15¢ ea.
Toast, Bagel, English Muffin w/ butter	15¢
Jelly, Honey, Cream Cheese or Peanut Butter	10¢
Granola Bar	10¢
Bottled Water	15¢

Office Unit

Reception Training

Cristina has created an educational power point for training our members to work in Reception.

Reception shifts are scheduled every hour.

Receptionist duties include not only answering the phone and taking messages, but also entering attendance and printing sign-in sheets.

Helping out in our Reception area is a great way to train for an office job.

Thursdays Learn Spanish & Creative Writing

Cristina will be teaching Spanish and Creative Writing on Thursdays beginning the second week in January.

Media

We created greeting cards featuring Member art. Our Members learn the basics of graphic design by using the computer to turn these beautiful paintings into attractive greeting cards.

The cards are 4" x 6" and are blank inside.

6 for \$20 (with envelopes)

\$4 each (with envelope)



Gardening

We are growing succulents for sale by our members at our Art Market events.

We participate in the One Love Art Market on the first Saturday of every month if enough members sign up to participate.

Succulents make for exotic displays in your house or office. Succulents also make good terrarium plants. They are easy to care for and generally grow rather slowly.



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Monthly Calendar and Events

January

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			1 Open 10am-2pm Vision Boards	2	3	4
5	6	7  Susan T.	8 1pm - Art 3:30-4:30 Typing 5:00-6:00 Job Readiness Open Until 7pm	9 3:30-4:30 Creative Writing 5:00-6:00 Spanish Open Until 7pm	10 Open Until 7pm	11
12	13	14	15 1pm - Art 3:30-4:30 Typing 5:00-6:00 Job Readiness Open Until 7pm	16 10am House Meeting 3:30-4:30 Creative Writing 5-6 Spanish Open Until 7pm	17  Open Until 7pm	18
19 Alex F. 	20	21	22 1pm - Art 3:30-4:30 Typing 5:00-6:00 Job Readiness Open Until 7pm	23 3:30-4:30 Creative Writing 5:00-6:00 Spanish Open Until 7pm	24 Maryann Z.  Open Until 7pm	25
26	27	28	29 1pm - Art 3:30-4:30 Typing 5:00-6:00 Job Readiness Open Until 7pm	30 3:30-4:30 Creative Writing 5:00-6:00 Spanish Open Until 7pm	31 Open Until 7pm	

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The Month in Pictures



Clubhouse International

