

What's Inside

WHAT IS A CLUBHOUSE?

MEMBER STORY

NEW MEMBER INTAKE

KEEPING UP WITH
CONNECTIONS

What is Connections all about?

Overview

Connections Place is a Membership is free and for life, for anyone over the age of 18 living with mental illness. Members can visit as often as desired to have a safe space to be, to build relationships, work on getting their lives back on track, and move forward with their goals with support from their Clubhouse community. A Clubhouse is an internationally recognized, evidence-based, sustainable program that takes the form of an attractive community centre for people with mental illness to find peer support, achieve self-reliance, and use their skills and talents to get their lives back on track.

There are 320 independently operated clubhouses worldwide—across 35 countries—serving over 100,000 members annually, successfully providing meaningful work and relationships, education, and a sense of belonging. They collaborate with people and organizations in the broader community to educate and eliminate the stigma around mental illness, while championing mental wellness.

Documented research on existing clubhouses indicates members and their communities benefit from higher employment rates, decreased hospitalization, reduced incarceration, improved well-being, and substantially lowered costs to social service departments.

Ultimately, our Clubhouse is a safe space for individuals working through mental health recovery to find comfort, connection, and work towards their goals, while centering our culture of kindness, compassion, and mutual respect. Lots planned for our future as we grow!

Kitchen and Joy Unit



Business and Career Unit



Member Story: Gabrielle



Gabrielle grew up in Victoria, BC and is in her early 30s. She describes herself as a “quiet but confident” person who enjoys pop music and historical fiction.

Gabrielle joined Connections Place in March 2024 after a hospital stay for mental health issues the previous fall. Struggling with unemployment and loneliness, she sought out the Clubhouse for community and activities to fill her days.



Gabrielle was introduced to Connections Place through her psychiatrist and case manager. Initially struck by the spacious and welcoming environment, she quickly integrated into the Clubhouse community. The convenient location and friendly atmosphere drew her in, prompting regular visits. She enjoys socializing, relaxing, and contributing to the Clubhouse's activities, particularly utilizing her graphic design skills for newsletters.

Despite finding a job as an administrative assistant, which occupies most of her time, Gabrielle remains committed to visiting Connections Place on her days off. She values the sense of purpose and community it provides, noting its positive impact on her life. Looking ahead, she plans to pursue further education in Inter-professional Mental Health and Addictions, eager to embark on this new educational journey.



hello
Summer

New Member Intake



We aim to onboard new members with as few barriers as possible.

The recommended flow:

- First contact (phone call, email, walk-in)
- Tour of the Clubhouse
- Application form/Referral
- Orientation to the Clubhouse

Below is a list of forms and information we do require members to complete:

- Application form
- Referral form (any mental health professional can complete this)
- Privacy and Protection of Information Form

Evening/Weekend/STAT Socials & Other Events



Cookie decorating & tea party

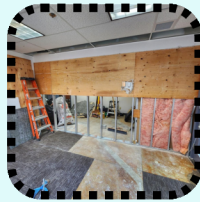


Colleague Training at Progress Place Clubhouse: Toronto, ON



Geocaching in James Bay

Kitchen Upgrades



After nearly a year of operating our kitchen and lunch program with one hot plate, no oven, and a very small space; we are renovating!

Although our team has been doing a phenomenal job of working with what we have had, we are all so excited for this fresh start.

We are serving sandwiches for the month of June while the renovations are taking place. Our food menu should be back to normal (and better than ever) in July

A huge thank you to Trevor Botkin and his team for taking on this project for us, you rock!

Program Updates



During our two-week training at Progress Place Clubhouse, we collaborated with their team on our Clubhouse goals, focusing on developing plans for employment and education programming.

Employment:

- We are developing our Transitional Employment Program by
- Collaborating with our Board of Directors
 - Conducting routine meetings to discuss TE development
 - Build relationships with employers

Education:

- We are developing a brand new education program which will consist of
- Building relationships with post secondary institutions
 - removing & navigating as many barriers as possible for our members
 - Implement a member-member tutoring program in the Clubhouse

If you or someone you know would like to be an employment partner with our Clubhouse, please email us at business@connectionsplace.org.

Social Media/Contact Info



connectionsplace.org



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