

COMPASS

THE NEWSLETTER OF CAPITAL CLUBHOUSE INC

APRIL 2022

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Our Daily Schedule

Monday - Friday 8:30am-3:00pm

Open 8:30am

Coffee/Social Hour 8:30-9:30am

Wellness 9:15-9:30am

Morning Unit Meeting 9:30-10:00am

Task Work 10:00-12:00pm

Lunch 12:00-12:45pm

Afternoon Unit Meeting 1:00-1:30pm

Task Work 1:30-3:30pm

Close 3:30pm

What Are We Doing at Clubhouse?

Monthly Employment Dinner
Join Us April 28th at 5:00pm

Orienting New Members
We oriented and welcomed a new member, John!

Celebrating Stress Awareness Month!



CLUBHOUSE STANDARD IN ACTION

By: Simeon, Jessie, Codie, Kadeem, Leah

Standard #24: Members who are working independently continue to have available all clubhouse supports and opportunities as well as participation in evening and weekend programs.

Having Clubhouse still available even when employed independently is a benefit on top of being employed. Being an active member of Clubhouse and being independently employed are NOT mutually exclusive. You can receive support from Clubhouse while employed, whether it's about employment or something else in your life. Clubhouse can help you find resources such as continuing education. Clubhouse can still be a social outlet.

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Health and Wellness

By: Simeon, Codie

In recognition of Stress Awareness Month, our member Simeon asked another member Codie about a time he was stressed. Codie said that he had a panic attack on Christmas Eve in public at a restaurant and he found a way to handle the stress by doing deep breathing exercises and being mindful, such as thinking about how his food tasted and staying in the moment. Codie posed a similar question to Simeon who replied he also takes deep breaths. Simeon sometimes holds onto and turns over in his hand an item in his pocket like a coin, and he slowly gathers his thoughts.

In the Spotlight

Codie, Member

Interviewed by: Simeon

Where are you from and where did you grow up?

I am from El Paso, TX but I live in Washington DC.
I attended and graduated from the Field School.

How long have you been a member of Clubhouse? What do you think of it?

Two months of being a member. I really enjoy it and find it refreshing.

Do you have any hobbies? If so, what do you like to do?

My hobbies are meditation and eating and cooking.

What is your favorite type of food?

I like Mexican food.

What is your favorite experience, thing to do, or place to go in DC area?

My favorite place to go is the National History Museum.

Why did you come to Clubhouse?

To help cope with mental health issues and find a like-minded community

Describe yourself in three words!

If I could describe myself in three words they would be intense, try hard, ambitious.



Ways to Thrive

By: Codie, John M., Simeon, Kadeem, Leah

Stress relieving ideas for stress awareness month:

- Go outside
- Listen to Music
- Use the half smile technique, which is used to help you feel calmer and better accept the reality of stressful situations by relaxing your face and turning your lips upwards into a tiny half-smile
- Use counting or grounding tactics
- Distract yourself from stressful thoughts by doing something you enjoy
- Workout at the gym, go for a jog, ride a bike, etc.
- Do yoga, stretching, or meditation

"Clubhouse helps me with my social anxiety. It puts me in a social environment, where I have to practice interacting with people." -Simeon

Capital Clubhouse 2022 Benefit

Capital Clubhouse will be hosting our annual benefit on Thursday, May 5th at our location at St. Thomas' Parish in Dupont Circle. Watch out for your invitation arriving soon! If you don't receive one, and would like to attend or contribute, contact info@capitalclubhouseinc.org.



Save The Date!
Capital Clubhouse Benefit
May 5th, 2022



KEYNOTE SPEAKER
THE HON. JAMIE RASKIN
(D, MARYLAND)

***The power of community in
mental health recovery***



Employment and Education Updates



Employment Jeopardy

At our March Employment Dinner, members were challenged to answer job-related questions. They demonstrated their knowledge about preparing for the job, interviewing, what to do on the job and what to do in special circumstances on the job. Members have said, they would play again, they learned some new things and that it was fun.

Kicking it up a notch, this month, members will engage in workplace skits to further exercise their job readiness.

Member Testimonies

“There's lots to do at Clubhouse.”
-Julian

“The number of tasks that we do during the day gives us a sense of ownership.” - Jon

“Being at Clubhouse gets me out of the house and busy.” -Montell

“I've had less panic attacks since I've been coming to Clubhouse.”
- Codie

Support Capital Clubhouse

★ Support us through the Combined Federal Campaign using Code #47097

★ If your employer has it, donate through *Benevity*.

★ If you shop on Amazon use [AmazonSmile](#)

★ Gift us something from our [Clubhouse Wish List](#)



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