



THE NEWSLETTER OF CAPITAL CLUBHOUSE INC

JUNE 2023

VOLUME 5, ISSUE 6

What Are We Doing at Clubhouse?

MONDAYS:

Job Talk 11:00AM
Close at 3:00PM

TUESDAYS

Education Hour 2:00 PM - 3:00 PM
Close at 4:30PM

WEDNESDAYS:

Community Planning Meeting 12:30 PM
Job Talk at 2:00 PM
Close at 3:00PM

THURSDAYS:

Education Hour 2:00 PM - 3:00 PM
Close at 4:30PM

FRIDAY

Work Ordered Day
Close at 3:00PM

New Member Orientations

Tuesdays, Wednesdays, Thursdays at 10:00 AM

Education Hour

Every Tuesday and Thursday, 2:00 PM - 3:00 PM

Capital Clubhouse Annual Benefit

June 13th, 6:30-9pm

Employment Dinner

Thursday, June 22nd 5pm-6pm

Social Event: Clubhouse-Led LGBTQ+ Walking Tour

Thursday, June 15th at 10:30am

CLUBHOUSE STANDARD IN ACTION

By: Hunter F

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.

In Action: We have at least two members working outside of Clubhouse who are always welcome to help with Compass virtually, attend Clubhouse employment dinners, come to socials, and drop in on the work-ordered day.

We always offer encouragement and space for our members no matter where they might be in their journey towards independence.

info@capitalclubhouseinc.org | 202-308-9690 | 202-817-9042

www.capitalclubhouseinc.org

Leading by Example: Inspiring Change + Empowering Others

By: Teona W and Sam F

Leading by example is a powerful way to indirectly support others and uplift our community. Consider Teona, who inspires others by consistently prioritizing her mental and physical well-being. Witnessing personal growth and progress motivates people to view us as role models. By investing in our own self-improvement, both professionally and personally, we contribute to our own betterment and that of our community. In our Clubhouse, we strive for individual development and skill enhancement. Through continuous self-improvement and self-care, we foster positive changes within ourselves and make a meaningful impact on our community.

HAPPY PRIDE MONTH

We here at Capital Clubhouse recognize the importance of LGBTQ pride. Two of the many important values we find vital during this month are the celebration of freedom of the individual human beings as well as the community from which they sprout.

There are various ways that you participate and celebrate LGBTQ month. Here are some suggestions from Capital Clubhouse members.

- Watch Pride-related films on Kanopy through DC Public Library
- Read books related to Pride.
- Make or buy Pride decor for your home to show your support!
- Attend the Pride parade (10th) or Pride festival
- Sharing company with people from the LGBTQ community and listening to their stories
- Find local LGBTQ businesses and support them.
- Researching LGBTQ history in one's free time

Members Speak

Clubhouse keeps me busy by occupying my time. It is the cure for my boredom. Makes me feel worthwhile. It makes me social.

- Mark Hannah

The Clubhouse helps me "always believe in myself to always move forward."

-Teona W

Clubhouse News

New Staff

Wilhemina "Billie" Solley

Billie comes to us for the summer to intern from Fredericksburg where she is double majoring in Theatre and Psychology at the University of Mary Washington. She applied to Capital Clubhouse because she is passionate about helping others and finding different approaches to improve mental health. In her free time Billie can usually be found either reading a fiction novel or crocheting.

Monthly Social Re-cap

The theme of our May Employment Dinner was cognitive distortions in the workplace! To gain a better understanding of our theme, we decided to act out possible situations in the workplace. We involved all members of the audience by having discussions about our theme. Oh, yes, we also can't forget the fantastic food from Maggiano's including bread, salad, pasta, and chicken!

This month, the Capital Clubhouse Young professional Advisory Board Film Screening hosted a film screening of *Orchestrating Change*. This is a film about an orchestra made up of people with mental illness. They discuss the accomplishments and challenges people with mental illness face, while emphasizing the power of community and support in healing and finding oneself despite the hurdles they face.

Our Social for June included postcard making and a trip to the Smithsonian Postal Museum Visit. We first made post cards at the Clubhouse for refugee children! Later in the week, we then went to the Smithsonian museum. Not only did we drop off the postcards we made, but we visited all exhibits, searched for stamps in the catalog, and went to the stamp store. The fan favorite was the horse and carriage exhibit!



In the Spotlight: Sam Finkel, Employment & Education

What is your background in employment?

In my previous role, I facilitated employment by matching job seekers with suitable employers, leveraging their skills and personality fit. This involved cold calling, arranging meetings, and effectively promoting our organization's services. With this experience, I am confident and equipped to lead the transitional employment initiative at the Clubhouse.

What is transitional employment?

Transitional employment tackles challenges faced by Clubhouse members, addressing issues like inconsistent work history and misconceptions about mental health among employers. The program provides part-time, wage-paid positions for 6 to 9 months. As the designated generalist, I facilitate training, act as a liaison between employers and employees, and foster a supportive work environment by addressing concerns and promoting networking opportunities.

How would you go about helping a member with no work experience, limited work experience, or that hasn't worked in a while?

Embracing limited work experience as an opportunity for growth is crucial. Begin by identifying personal interests and strengths to create a list of skills to enhance or develop. Aligning job search with these interests and determining preferred work hours (part-time or full-time) narrows down options. Craft a tailored resume or cover letter, emphasizing relevant experiences, including involvement at the Clubhouse. Highlighting the valuable skills gained will enhance application materials and increase chances of success.

**SAM
FINKEL**

THE NEW GENERALIST AT CAPITAL
CLUBHOUSE



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<https://linktr.ee/capitalclubhouseinc>

Donate via [Benevity](#) or
[Combined Federal Campaign](#)

CFC # 47097

Schedule

Monday - Thursday: 8:30 -3:00PM

Fridays 8:30 AM-1:00 PM

Open 8:30 AM

Coffee/Tea & Social Time 8:45-9:15 AM

Wellness 9:15-9:30 AM

Morning Unit Meeting 9:30-10:00 AM

Lunch 12:00 PM-12:30 PM

Wellness 12:30PM -12:45 PM

Afternoon Unit Meeting 12:45 -1:15 PM

Close 3:00 PM/Fridays 3:00 PM



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