

Join Us!

Hope Centre Clubhouse uses a referral system for membership. Any helping professional or community agency may apply on behalf of a potential member. Self-referrals are also welcomed. To become a member individuals must:

- Have a primary diagnosis of a mental illness.
- Be between 18 and 65 years of age at the time of the application.
- Be willing to participate in one or more of the clubhouse units.

The Clubhouse is open five days a week ... Monday through Friday from 8:15 a.m. to 4:00 p.m. The Clubhouse is also open Wednesday evenings until 8:00 p.m.

For further information on the services and supports available from the Hope Centre Clubhouse or to arrange for a tour of the Clubhouse, please call 853-3871.

The Four Guarantees of Hope Centre Clubhouse

- The right to a place to come
- The right to meaningful work
- The right to meaningful relationships
- The right to a place to return

**At the Hope Centre Clubhouse
our goal is participation,
not perfection.**

**The focus is on health not illness;
on what people can do
not what they can't do.**



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Canadian Mental Health
Association
PEI Division

Who We Are

Hope Centre Clubhouse is a support program for adults experiencing mental illness. It is a "supportive community" that offers a broad approach to helping its members grow towards more independence. The clubhouse focuses on members' strengths, talents, and abilities. It provides members with an opportunity to set and achieve goals, access support and feel valued and needed.

"Clubhouse is a place to belong and to be accepted."

- Clubhouse Member

Participants are members of a club, not patients or clients. Members may learn or regain skills necessary to live more empowering lives. Confidence and self-respect is gained through contributing in every aspect of club. Through work-based activities, members work side-by-side with staff, performing all the necessary tasks in the day-to-day operations of the clubhouse. There is a feeling of cooperation and ownership within the clubhouse. Members are made to feel wanted and needed. Members do not receive pay for work done in the clubhouse. All work is done to help members develop new skills and to improve self-confidence.

"I never thought that I was capable of doing the things that I do at the Club."

- Clubhouse Member

What We Do

Hope Centre Clubhouse offers its members support and encouragement in the areas of employment, education and social recreation.

The clubhouse model was designed as an effective way to provide programs and services that are intended to strengthen individual skills and develop the supports necessary to assist the individual living in the community. The clubhouse model traces its origin to Fountain House in New York City and was introduced to Canada in 1983. There are more than 350 clubhouses worldwide.

Clubhouse Units

Hope Centre Clubhouse offers skill development opportunities and support to its members through their involvement in three clubhouse units – the Member Services Unit, the Career Development Unit and the Housekeeping/Kitchen Unit.

Member Services Unit:

The main objectives of the Member Services Unit are to provide pre-employment training opportunities, to aid in the development of transferable skills and to create opportunities for social activities among members. Activities include:

- Member Advocacy
- Clerical Services
- Newsletter Production
- Statistics and Research
- Reachout

- Reception/Orientation
- Social-Recreation
- Unit Housekeeping
- Housing Needs

"Making new friends is the best part of Clubhouse."

- Clubhouse Member

Career Development Unit:

Members of Hope Centre Clubhouse are encouraged to develop personalized education and employment plans. Supports and services offered by the Career Development Unit include:

- Employment Counselling
- Job Search and Résumé Assistance
- Education and Literacy Supports
- Skills Training
- Ongoing Assistance while Working and Studying
- Pre-employment Skills Development
- Sessions on Self-esteem, Communication, Stress, Coping Skills, etc.
- Transitional Employment Placements

Housekeeping/Kitchen Unit:

The Housekeeping/Kitchen Unit assists members in the development of household related skills, which include:

- Cooking, Nutrition and Menu Planning
- Budgeting and Shopping
- Cash Register and Canteen Duties
- Bank Deposits and Balancing
- General Household Maintenance
- Plant Care and Landscaping