

## Who We Are

Fitzroy Centre is a psycho-social rehabilitation program that focuses on the recovery of individuals who have experienced mental illness. As an ICCD Clubhouse Model program, we use a holistic approach and focus on an individual's strengths, talents and skills. We provide our members with the opportunity to set personal goals, access supports and become members of a supportive and restorative community.

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*"I went to the Clubhouse and it changed my life ... it took me away from the isolation." ... Fitzroy Centre Member*

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Fitzroy Centre is built upon the belief that every member has the potential to sufficiently recover from the effects of mental illness and lead a personally satisfying life as an integrated member of society. We are committed to providing supportive services that will help decrease the social isolation and the sense of loss often associated with mental illness.

Our Clubhouse is organized around work, and work-mediated relationships. Members choose their level of involvement in a variety of different work areas and program activities. Involvement in the Clubhouse activities is restorative and provides a firm foundation for growth and important individual achievement.

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### Clubhouse Motto

*A Place To Come  
A Place To Belong  
A Place To Feel Wanted, Needed, And Valued  
A Place To Return*

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## Join Us

Are you or someone you know living with mental illness? If so, we have a place to go that can help you increase your confidence and skills so that you can lead a productive and socially satisfying life.

Fitzroy Centre uses a referral system for membership. Any professional or community agency may apply on behalf of a potential member. Self referrals may be considered. Application forms are available at Fitzroy Centre. Applicant criteria include:

- a primary diagnosis of mental illness;
- be over 18 and under 65 years of age at the time of application;
- willing to participate in the Clubhouse Program.

For more information, call to arrange an information tour.

#### Hours of operation are:

- Monday to Friday 8:30 am to 4:30 pm
- Tuesday and Thursday evenings from 4:30 to 7:00 pm
- Saturday 8:00 am to 4:00 pm

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*This program is made possible by funding from:*

- The Province of PEI
  - CMHA/PEI Division
  - Federal Government
  - Public Donations
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FITZROY CENTRE  
CLUBHOUSE

FITZROY CENTRE  
CLUBHOUSE

*"YOU CAN  
WORK IT OUT"*



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Canadian Mental Health Association  
Prince Edward Island Division

## What We Do

Fitzroy Centre offers support to members through four Clubhouse Units. The main objectives of these units is to provide prevocational and skill development opportunities while assisting members achieve their goals.

The members and staff work side-by-side on a daily basis completing the tasks necessary to operate the Clubhouse. There is an atmosphere of cooperation and ownership within the Clubhouse. While there is opportunity for work, many other supports are available to members. These include (but are not limited to) social activities, education supports, advocacy, wellness programs and financial management.

## Clubhouse Units

When an individual is accepted, they choose to become a member of one of our four Clubhouse Units. Attendance is voluntary but members are encouraged to participate on a regular basis. This helps develop a sense of structure in their day and enhances each individual's sense of belonging. Members are encouraged to participate in unit activities and are given the support and assistance they need to participate.

In addition to working in the Clubhouse Units, members are encouraged to set and achieve individual goals. Staff and other members provide support, advocacy and access to resources, both in the Clubhouse and the community, to help members achieve their goals.

**Administration Unit:** This unit provides opportunities for members to become involved primarily in administrative and clerical-type activities. The work done in this unit provides essential supports that engage members and provides information for our funders. Activities in the unit is include:

- Intake and Orientation
- Financial Services
- Clerical
- Newsletter
- Library
- Thrift Store
- Statistics
- Research
- Outreach
- Unit Housekeeping

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*"I've never looked back since I joined. I have lots of friends here and they accept me for who I am."*

*... Fitzroy Centre Member*

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**Education & Culinary Unit:** The major objectives of this unit are to provide supports that focus on education, healthy living and social recreational supports. Activities in this unit include:

- Reception
- Food Services
- Canteen
- Social Recreation & Special Events
- Education Opportunities
- Adult Education
- Computer Training
- Wellness Program
- Unit Housekeeping

**Housing Unit:** This Unit operates and maintains a range of housing opportunities. Members are also assisted with accessing other housing in the community. The services provided by the housing unit include:

- Fitzroy Centre Apartment Complex
- Longworth House
- 181 Kent Street Apartments
- Community Subsidized Apartments
- Housing Assistance
- Maintenance
- Horticulture
- Transportation
- Unit Housekeeping

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*"Fitzroy Centre helps you build your self esteem ... it gives you back your life, or helps you build a new one."*

*... Fitzroy Centre Member*

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**Employment Unit:** Members are encouraged to strive towards attaining their highest potential in employment. Supports available in this unit include:

- Employment Needs Determination
- Assistance with funding supports
- Assistance to access Education
- Transitional Employment Placement
- Supported Employment
- Independent Employment
- Job Search
- Post Employment Supports
- Employment Resource

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*"Fitzroy Centre has given me life in my mind, body and soul."*

*... Fitzroy Centre Member*

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