

PHA CLUBHOUSE

Welcome to Progress House Clubhouse, serving those that are challenged with mental illness-- discovering and helping them develop life skills, build self-esteem, while becoming socially active.

Clubhouse Outreach



PHA Members, Staff with Belfair's Community Clubhouse Staff

We were surprised to get a phone call from a fellow Clubhouse in Belfair, WA, but were so glad they called! We welcomed them with a tour and then we had a photoshoot out by our community garden. Belfair Community Clubhouse recently opened this past summer, so seeing our similarities and differences allows us both to grow and improve from how we overview orientation for new members to how we do social media!

PHA Clubhouse was happy to attend Metro Parks Tacoma and Coordinated Care's Market Resource Fair at Stewart Heights Park. We ended up running into one of our members and introducing ourselves to so many people. One of the Coordinated Care employees ended up scheduling a tour with us to better know how to coordinate sending potential members our way. Whenever we have opportunities like these, we make sure to take advantage of them!



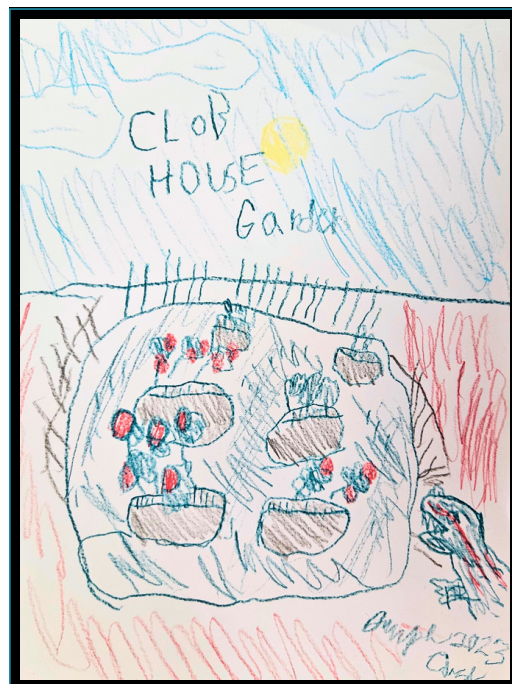
PHA Staff at the Market Resource Fair

Member Spotlight

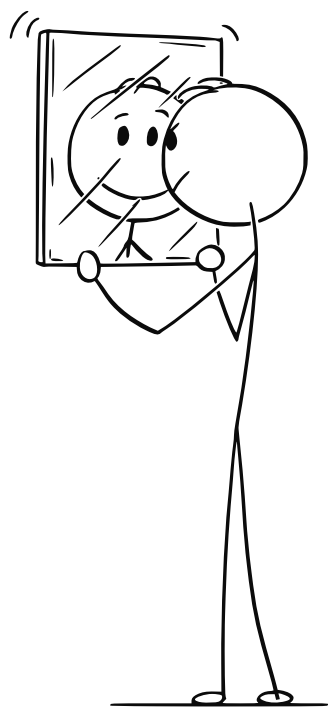
Featured Art by Joseph



Welcome to the Clubhouse



Clubhouse Garden



Self Affirmations

One of our members has begun spreading positivity through PHA Clubhouse's social media page! Self affirmations can change your perspective of yourself and your accomplishments. Saying a few a day in the mirror, may be just what you need to boost your confidence and improve your mental health!

So remember to tell yourself today...

"I am noble, diligent, and loved. I am perfect the way God made me."

-Member Awdia

Nutritional Wellness Class



Staff Member Verda Telling the Story Behind Her Family's Cookbook



Putting those Nutritional Skills to Use When the Food Bank's Truck Comes Rolling In

Our recently launched Nutritional Wellness Class is generating excitement and engagement. The program, is designed to educate individuals about the crucial link between nutrition and health through the lens of taking care of our mental health too. The class offers insights into balanced diets, food label deciphering, and cooking skills. Here's a word from our Nutritional Wellness Teacher, Verda Washington: "Learn how to prepare nutritious meals for one or two persons. We will explore seasonal and cultural way's to plan, using vegetables, grains, meats, and fruits. We eat with our eyes first so we will design tablescapes and playlists to enhance the experience." Check out our social media for upcoming news regarding our program, plus tips and tricks from class!

Mental Health Games

Member Brekke made an important observation about the board games we broke out for an event. Board games are good for us! You're probably not surprised to know board games decrease stress. However, according to "What are the health benefits of a board game night?" by Barrett White, the laughter that comes with it boosts serotonin, a hormone that fights anxiety and depression. Just a game of corn hole and some jenga had us smiling as we cleaned up for the day.



PHA Clubhouse's Board Games

PHA Activities



Member Joseph setting up for Our End of Summer BBQ



Therapy Fund presents The DSM-5 For The Culture Workshop by Dr. Patricia Douglas



Our BBQ was full of good food, music, and fun!



The Therapy Fund's Inaugural Behavioral Health Conference & Resource Fair

TONYA'S LITTLE JOKE CORNER

What do you call a small pepper in late autumn?



A little chili!
-Woman's Day Magazine 2023

Please Contact Us
(253) 346 8436 (Text Available)
PHAClubhouse.com
Hours: Tuesday - Thursday
Address: 4420 Portland Ave E, Tacoma, WA