

# 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.*

SCAN



*Check Our Past Events and Newsletters Out on Our Website!*

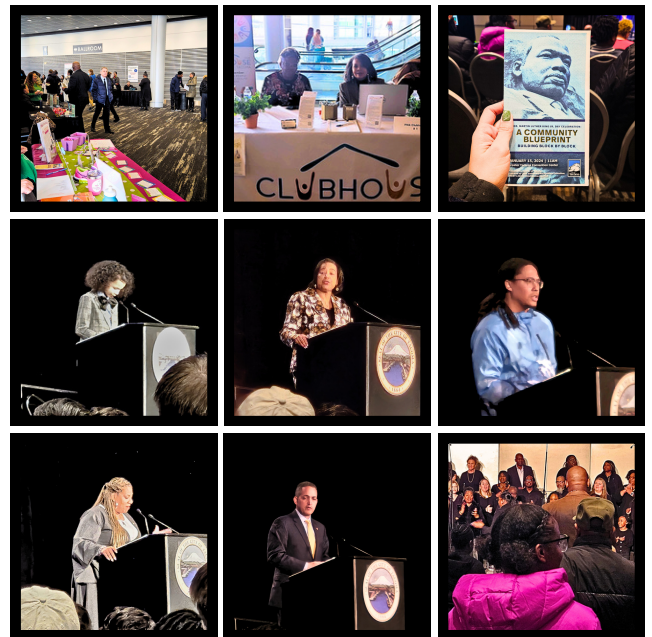
## Clubhouse Outreach



*PHA Members, Staff with Samantha Bagley from Tacoma/Pierce County Habitat for Humanity*

PHA Clubhouse recently hosted a Budgeting Presentation led by Samantha from Habitat for Humanity. Attendees gained valuable insights into budgeting principles and accessed resources for financial assistance and planning. Samantha's expertise illuminated the path towards financial stability, empowering attendees to take control of their financial futures. PHA Clubhouse extends sincere gratitude to Samantha for her invaluable contribution to the event's success.

We celebrated MLK Jr. Day at the City of Tacoma's "A Community Blueprint: Building Unity Block by Block." Mayor Victoria Woodards and Mount Vernon's Mayor Shawyn Patterson-Howard delivered impactful speeches. Performances by the Tracie L. Davis Choir, Tacoma Urban Performing Arts Center, and others were also beautiful additions to the celebration. PHA Clubhouse was honored to participate in this meaningful event, fostering unity and empowerment in Tacoma.



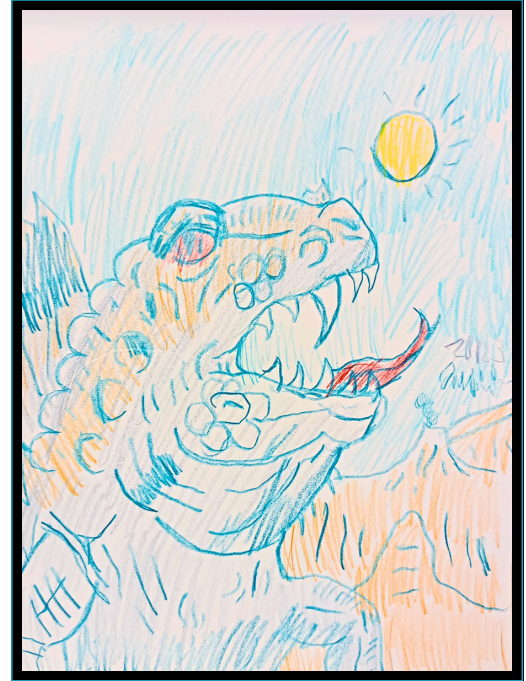
*PHA Staff at the City of Tacoma's MLK Jr. Celebration Community Outreach Fair*

# Member Spotlight

## Featured Art by Clubhouse Members



550 Piece Jigsaw Puzzle Solved by Member Jason



Member Joseph's Dinosaur



**SELF AFFIRMATIONS**

how do these terms apply to you?

**Down**

1. "\_\_\_\_\_ is a virtue."
6. A friendly bond between 2 or more people

**Across**

2. A commitment to another person/thing
4. What people celebrate on Valentine's Day
5. Not the absence of fear, but the \_\_\_\_\_ to go on
3. Love is patient, love is \_\_\_\_\_

CLUBHOUSE PHA TACOMA

## Self-Affirmation

### Crossword

Check out one of our member's crossword puzzles! This member is focused on self-confidence and making sure people know their worth. Complete this puzzle keeping in mind that you are also connected to these terms. Today, this member took a safety course, pushed through, and passed! I admire the perseverance she showed. Answers posted at the end of the newsletter.

## Our 3rd Annual Celebration at Zoolights



*PHA Clubhouse at the PDZA's Zoolights*



*Member Jason in the Jaws of a Megalodon*

PHA Clubhouse's third annual trip to Zoolights at Point Defiance Zoo & Aquarium was nothing short of magical. Despite the rain, our members embraced the dazzling lights. We were all captivated by the gigantic megalodon skull and the ginormous octopus over the aquarium. Some very real penguins also made an appearance, peeking out to see what we were doing. Everyone made sure to take plenty of pictures, including some with these gorgeous human sized butterfly wings and matching caterpillar's cocoon. At the end of the night, our community gathered in the food court, sipping on hot chocolate and apple cider, sharing warmth and laughter. The joy of being together, exploring the whimsical displays, and catching up created cherished moments that will be fondly remembered at PHA Clubhouse.

## The Tacoma Seeds Project

PHA Clubhouse, hosted a workshop for local artist, Aisha Harrison. Guided by Aisha, participants sculpted representations of personal growth and aspirations. As seeds symbolized potential, the project nurtured growth and positive change. When finished, her project and our members contributions will be on display as a statue on the University of Washington's Tacoma campus!



*Tacoma Seeds Project Workshop at  
PHA Clubhouse*

# PHA Activities



*Cardi's Crafting Day*



*UWT Social Work and Criminal Justice Fair*



*Housing Presentation by Associated Ministries at PHA Clubhouse*



*PHA Clubhouse Members Clearing the Community Garden for Winter*



*Donating Cookies to FOB Hope Veteran's Village*



*Answers to the Self-affirmation Crossword*

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