

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.



Check Our Past Events and Newsletters Out on Our Website!

Clubhouse Outreach



Clubhouse Member Jason Making Some Coffee

"Welcome to the Clubhouse! Where the people are welcoming, friendly, meet and work with you no matter where you're at. They help you in whatever your goals are and other things as well. They are there for you, kind and very friendly. We have social outings, as well. Also Clubhouse is free!"

-Clubhouse Member Jason



PHA Activities



Staff Member Verda after teaching us about Nutritional Wellness

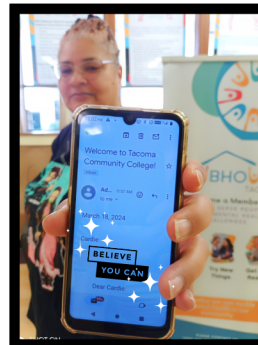


Before

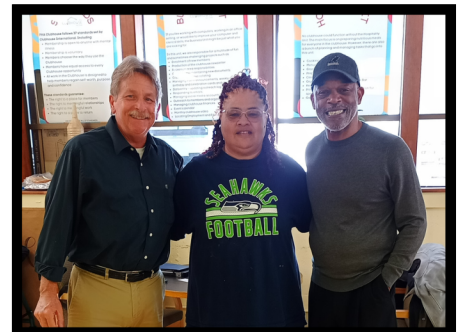


After

Marvin & Director Steve Preparing the Garden for Spring Before and After



Cardie's Acceptance Email from TCC



Meeting the Chief Operating Officer of Clubhouse International, Jack Yatsko

Member Spotlight

Featured Art by Clubhouse Members



Brekke's "Nature's Gaze"



Joseph's "Dragon"



A CAT'S LIFE

It was early one morn,
in a midnight's air,
I woke to my cats,
scattering about here and there

One after another,
zooming, running, and playing,
zooming, running, and playing

I watched them go,
speed unknown,
as they sometimes
ran into my chair

With their bellies full,
and thirsty no more,
they fell quickly prey,
to a sleep

The silence was grand,
for they made not a peep,
I found myself,
with no care or demand

Cardie, "pet mom"



Cardie's Corner

One must not simply type up such beautiful handwriting; it has to be shown off. Cardie's cats are a testament to her poetic soul, each line delicately crafted to whisk readers into a world of feline whimsy and charm.

Insights from Our Trip to Saint Louis

Interviews Conducted by PHA Clubhouse Member Kaitlin



*Cathedral
Basilica
of Saint
Louis*



Saint Louis Clubhouse Training Group Photo



The Work Order Day in Action

Staff members, Cynthia Frederick, Steve Ross and Janice Harris along with member Cardie attended the Clubhouse International Comprehensive training session in St. Louis, MO. The training focuses on vital aspects of the Clubhouse model and Clubhouse operations. During interviews with Clubhouse member, Kaitlin, Assistant Director Janice and Director Steve shared valuable insights from PHA Clubhouse's recent trip to Independence Center in Saint Louis. Steve mentioned that the trip aimed to learn about Clubhouse standards, experience the work-ordered day, and explore the TE (transitional employment) program, with a focus on implementing new ideas. Janice highlighted the collaborative efforts between Saint Louis members and staff as an example for us, noting that PHA Clubhouse is already doing most of the work. Now we need to focus on member involvement. By increasing our outreach and making sure we have engaging work day activities we can achieve more member involvement.

Welcome to Clubhouse, Director Steve!

Welcome Steve, our new Director at PHA Clubhouse! With a wealth of experience in mental health advocacy and community engagement, Steve brings a passion for empowering individuals on their road to recovery. Steve's dedication to promoting mental wellness and inclusivity aligns perfectly with our mission, and we're excited to see the positive impact he will continue to make within our Clubhouse community.



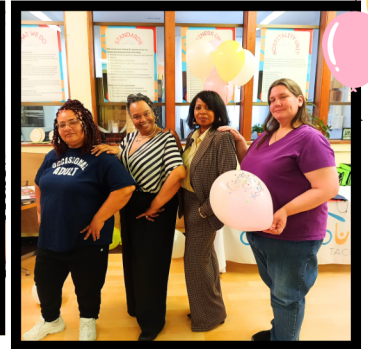
*Director Steve & PHA Clubhouse's
Welcome Sign*

Member Appreciatoin Day

Members' Appreciation Day was a celebration of community and individual triumphs. Several staff, guests and clubhouse members got up and spoke. Verda's appreciation of Jason and Joseph in the kitchen, Awdia's accomplishments, and Cardie's acceptance to Tacoma Community College showcased the collaboration we see every day here. We were grateful to have both old and new members join and introduce themselves after some BINGO. While Ana's artistic flair transformed the space into a fancier affair, Polly and Pam bonded fast. Birthday woman, Tonya, stopped by to deliver cupcakes from her business. Thank you members for participating in this wonderful event!



Polly & Pam Getting to Know Each Other



PHA Ladies in a Group Photo



Birthday Lady: Tonya C.



Jason Enjoying His Morning Coffee with Us



Joseph Sharing With PHA Clubhouse & Staff



Tim Listening to Member Testimonials



Tonya D. Getting Some Food



CLR & Progresshouse Staff joining us for Member Appreciation Day

Herman's Testimonial:

Cooking class is great! I learned to put together all types of recipes. I learned how to make sandwiches, set up food on the table, make enchiladas, and have some fun in the kitchen. I learned how to cook on the stove, in the oven, and in the microwave. If you work in the kitchen, you learn how to utilize pre-cooked chicken recipes.