

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.

Articles submitted by PHA Clubhouse Staff & Members
Editors: Tonya D., Anei, Makayla, & Anastasia

SCAN



Check Our Past
Events and
Newsletters Out on
Our Website!

Clubhouse Testimonial

“I have been visiting the Clubhouse for a short amount of time. The services I have been using are cooking and cleaning up the Clubhouse. The Clubhouse gave me an outlet to help the community and something different to do.”

-Clubhouse Member Jamie 2024



Our Digital Literacy Series in Partnership with MDC

Over the past four weeks, PHA Clubhouse members participated in a transformative Digital Literacy Class led by Caleb Wiswell, Digital Navigator at Metropolitan Development Council (MDC). Caleb's patient and engaging teaching style empowered members to build essential tech skills, from navigating software to enhancing online safety.

Caleb had started with the basics and built on the foundational knowledge established from early classes. Members not only enjoyed these interactive sessions but also gained confidence in their ability to use technology for personal and professional growth. With such positive feedback, we hope to continue this journey with the next level in their series of classes. Thank you, Caleb and MDC, for your dedication to empowering our community!

The energy in each session has been inspiring, with quite a few of our members (not all pictured) asking questions, trying new tools, and supporting one another as they learn. These classes are more than just technical lessons—they're building confidence and fostering connection.

Clubhouse News

BEING A RETURNING STUDENT AT TACOMA COMMUNITY COLLEGE

BY CARDIE

About two years ago I decided to put going back to school into play. -- It was no longer a thought. I sat at one of the computers at PHA Clubhouse in Tacoma where I am a member and filled out the online application for the FASFA for TCC; of course, there would be challenges along the way like would I fit in? Would I be able to keep up with the new technology? or would I fall back into the same thoughts if I get stressed out and quit? Since the last time I went to college was the year of 1998. But all was not lost, I faced my fears, and I triumphed. I made it to the first day of college life, and I just love it because I discovered a new identity in me and a new purpose in my world.

My success story is that I never gave up on my education. The best thing that I could have ever given myself is a new lease on life and to show myself that I am worth it.

I would like to add that I am so proud of myself and what I am doing for those that they do not have to hold themselves back. No matter what, "JUST GO FOR IT"!

WORK ORDER DAY ACTIVITIES

SUBMITTED BY MEMBERS AND STAFF



The Peer-Led Healthy Relationships Support Group facilitated by Brekke has been flourishing. Next class will be on Communication with Family During the Holidays.



Tonya showing off our fall community garden produce including Cardie's pumpkins!



Ava passing her food workers test.



Jason, Awdia, and Director Steve learning more about resources provided by the Tacoma Public Library.



Cardie & Janice working in the garden together.



Tim as our Clubhouse Receptionist.

MEMBER SPOTLIGHT

Resumes for Success

We're proud to recognize some of our many outstanding members who have been working diligently toward their employment goals! Joe (top) has remained focused on completing his tasks and preparing for the workforce. We love the detailed note-taking on job ready tips! Anei (middle) has showcased an incredible ability to learn on the computer quickly. His eagerness to embrace new challenges highlight his determination. David's (bottom) drive and dedication to finishing every project he starts demonstrates his strong commitment to personal growth and professional readiness. These members have not only shown great perseverance, but inspired others in our community to embody the spirit of PHA Clubhouse. We can't wait to see what they achieve next!



Nirvana's Characters

To the left, you can see Nirvana's drawing of girl. Nirvana, whose creative talents continue to grow. One of their standout pieces is a wonderful drawing of a red-haired girl, capturing the fun loving and upbeat aspect of Nirvana's personality. Nirvana's artistry not only adds beauty to our Clubhouse community but also reminds us of the power of self-expression.



"Don't be a scaredy crow!
You got this!"- Brekke's
Drawing of Anastasia in
the Garden



Baking Tips!

Cardie and Anei recently had some fun in the kitchen with a baking project! Anei, who had never baked cupcakes before, received help from Cardie. Along the way, Anei learned some valuable tips, including:

- **Replace Water with Coffee:** When baking chocolate cake or cupcakes, substituting water with coffee can enhance the richness of the chocolate flavor. The coffee not only adds depth but also acts as the liquid needed for the mix.
- **Improvise in the Kitchen:** Cardie shared this invaluable piece of wisdom: "When you're in the kitchen, it's your kitchen!" Don't be afraid to experiment.

Great job, Cardie and Anei, for turning a baking session into an opportunity for growth and delicious treats!



Joseph's Dinosaurs

Joseph has made great strides towards his goals this quarter! One of those goals being expanding his teaching skills by leading our members in a art class. Joseph was very patient and kind. We hope to have another class in our winter quarter too.

In the drawing (right), he brings to life a majestic dinosaur roaming among prehistoric shrubs, with pterodactyls soaring above. Joseph's attention to detail shines, from the intricate patterns on the dinosaur's scales to the dynamic movement of the pterodactyls in flight.



Clubhouse Activities



PHA Clubhouse's Fourth Anniversary

This year, PHA Clubhouse proudly celebrated its fourth anniversary with a day of reflection and gratitude. Members, staff, and community supporters came together to honor the milestones we've achieved since our grand opening. The festivities were a stroll down memory lane which can be seen (bottom right) in our Welcome Wall, updated for our anniversary. Members and Staff worked together to finish it and reminded everyone of the mission and purpose behind the Clubhouse. Members shared their personal journeys, showcasing the transformative power of this supportive community. As we look ahead, we remain committed to fostering inclusion, personal growth, and resilience in everything we do.



Growth of Our Clubhouse

PHA Clubhouse continues to thrive as we welcome new members to our community. Over the past year, we've seen tremendous growth in numbers and member participation, offering even more opportunities for collaboration and empowerment. Here's to continued collaboration and success as we move forward as a united community



BIPOC Health & Wellness Fair

It was an incredible opportunity to connect with local organizations, learn about vital resources, and support each other's journeys toward wellness.

A special thanks to Tamica Grant and all the event organizers for creating such a welcoming and informative space. We're grateful to our members, including Cardie, who helped represent PHA Clubhouse at our booth and shared the valuable services we offer. This event was a reminder of the power of community and how much we can achieve when we come together!

Please Contact Us

(253) 346 8436 (Text Available)

PHAClubhouse.com

Hours: Monday - Friday

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