

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

Our Editors: Makayla, Anei & Anastasia

SCAN



Check Our Past
Events and
Newsletters Out on
Our Website!

Clubhouse Testimonial

“It’s like a family atmosphere and”...“they do have goal planning like if you want to get a job or become a peer support specialist”... “and everyone is very friendly, nice and supportive. I’m glad there are places like this open for those who have chronic persistant mental health issues.”

-Clubhouse Member Scott 2025

Our Trip to Bellevue Clubhouse

PHA Clubhouse recently took a trip to HERO House NW – Bellevue Clubhouse, giving our members an opportunity to see another Clubhouse in action. This visit was about learning, connecting, and envisioning our own future as we continue to grow.

Tasha, a HERO House Clubhouse Rehabilitation Associate, led us on a tour of their work units. Members joined these units —covering housing, employment, and administrative tasks. Director Olga shared valuable insights on the steps their Clubhouse has taken to create a strong, thriving community, inspiring us to bring new ideas back home.

We look forward to continuing our partnerships with other Clubhouses!



The visit was a reminder of how Clubhouses across the world are connected by a shared purpose: empowering individuals through community, structure, and opportunity. In the pictures above, members explore Bellevue’s commercial kitchen, chalkboard calendar, and enjoy each others’ company on our Clubhouse Road Trip!

Clubhouse News

CELEBRATING COMMUNITY: HOLIDAY GATHERINGS AT PHA CLUBHOUSE

At PHA Clubhouse, we cherish opportunities to come together, celebrate, and strengthen our sense of community.



This past holiday season, we hosted a Christmas Brunch and a Valentine's Day Celebration. The holidays can be a difficult time,

but thankfully we had a great time enjoying each other's company. The brunch was a reminder that we are all part of a supportive community. That same spirit of togetherness carried over into February as we celebrated Valentine's Day in a way that honored all forms of love—friendship, self-care, and connection. Members participated in a Valentine's Day Scavenger Hunt, teaming up to complete challenges.



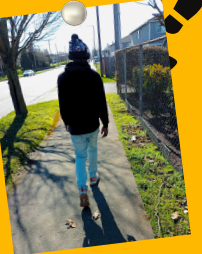
Through both celebrations, we were reminded that belonging and support are at the heart of what we do at PHA Clubhouse. Thank you to everyone who participated and helped make these gatherings so special!

WORK ORDER DAY ACTIVITIES

SUBMITTED BY MEMBERS AND STAFF



The Media Team has been hard at work, learning design and content creation. Recently, Anei led a Canva training, guiding members in refining their skills. His inspirational quote post showcased how creativity can uplift and inspire—just one of many ways our team is making an impact!



Urs and Brekke are leading the way—literally! Our new Walking Club is off to a fantastic start, giving members an opportunity to get moving, enjoy fresh air, and connect with one another.

For the first walk, Urs led the group through one of Tacoma's scenic trails, with a breathtaking view of Mount Rainier as a backdrop. Walking is not only a great way to stay active, but it also reduces stress, boosts mood, and helps build connections—all things that align with our mission of supporting mental wellness.

With each step, our members are making strides toward better health and a stronger sense of community. The Walking Club has since expanded! Great job!

MEMBER SPOTLIGHT

Members Attending Nutrition Class Led by Washington State University

PHA Clubhouse members have been actively participating in WSU's Nutritional Classes, gaining essential knowledge about healthy eating, meal planning, and cooking skills. These engaging sessions provide hands-on learning opportunities, teaching members how to make nutritious meals, read food labels, and create balanced diets that support overall well-being.

Beyond just cooking, the classes focus on practical, real-world applications, helping members understand how to shop for affordable, healthy ingredients and prepare meals that fit their lifestyle and budget. With interactive discussions, demonstrations, and group activities, members are building the confidence to make informed food choices that can positively impact their health in the long run.



In the Kitchen with Brekke

We refer to Brekke as our in house Pastry Chef. She taught our Assistant Director Janice, how to bake bread for the first time. A delicious treat enjoyed by members.



Joseph's Heart Skull!

PHA Clubhouse member Joseph drew heart skulls for Valentine's day.

Brekke's Honey Crisp Gecko

Brekke felt inspired to draw Mariah's Gecko. Check out more artwork @Brekkefast on Instagram!



Clubhouse Activities

Educational Growth

Jazmine has been working really hard on her schooling, and her work is finally paying off. She just had her final assignment, we're counting down the days to celebrate her and her accomplishments.



Finding Peace

by Makayla

I filled out the estrangement worksheet I received at the Clubhouse, while I was at home and found a peace in the writing assignments and a release in writing it out and finding closure in words.



Peer-Led Healthy Relationships Support Group Update

In a recent Healthy Relationships Support Group facilitated by Brekke, members explored emotional intelligence—the ability to understand and manage emotions in themselves and others. Discussions focused on self-awareness, empathy, and thoughtful communication, helping members build stronger, more respectful connections.

Through shared experiences and practical exercises, members learned how emotional intelligence fosters trust and deeper relationships. These skills empower them to navigate interactions with confidence and care.

Advocating for Digital Literacy by: Anei



I recently gathered member signatures to petition to keep Caleb's (MDC digital navigator) Digital Literacy Skills Class alive. Last quarter he made a big impact on our knowledge of digital skills. After receiving the email from Caleb I took the initiative!. The petition was a success due to everyone who signed the petition. Now Caleb can continue teaching digital literacy skill free.



Our Fundraising Committee

Recently, we started our own fundraising committee with the goal of reaching \$2,000 with our first event. This member-led team has been brainstorming and creating proposals to reach this goal. With that \$2,000, we will be able to support Clubhouse operations at a higher level and expand our outreach. We have the aspiration to purchase our own building one day and the grit to do it!

Please Contact Us

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