

# PHA CLUBHOUSE

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

Articles submitted by PHA Clubhouse Staff & Members  
Our Editors: Brekke, Anei, Harvirat & Anastasia

SCAN



Check Our Past Events and Newsletters Out on Our Website!

## Clubhouse Testimonial

“Clubhouse helps my mental health, because I tend to isolate a lot. I can come here, talk with people, stay productive, and learn skills like Canva, computer skills, budgeting, and resume building.”

-Clubhouse Member Ibrahim 2026

## Summary of The Time We Missed From Spring 2026 Until Now

PHA Clubhouse recently moved locations! Our new location offers extra space, an entire room dedicated to the business unit, plenty of new decorations, and new ideas as we are blossoming into Spring.

Wellness walks have more close by trail and park options, new members are stopping by to learn about Clubhouse, and we are expecting more peer-led groups to be held. Additionally, our hours have expanded to 8am-4pm Monday through Friday!

We are excited to see what the rest of 2026 brings as members continue to share their talents, develop new skills, and contribute to the growth of our Clubhouse community.



Growing together as a community:  
Our Tacoma Story Continues...

# Clubhouse News



This year, Jake conducted a survey to collect ideas and aspirations for the PHA Clubhouse’s future. He used feedback from members and staff to create a vision board that emphasizes growth, wellness, employment, education, creativity, and connection, helping to articulate the community’s collective goals for a shared future.

## Member Achievements

### Creating our own businesses



Member Tonya was able to excell reaching her goals of creating the Dance Company: Love Like Crazy Moves. Since then she has worked at afterschool youth programs to bring the power of creative movement to our next generation.

## WORK ORDER DAY ACTIVITES

SUBMITTED BY MEMBERS AND STAFF

We have transitioned Business Unit 1 and Business Unit 2 into one combined Business Unit to make participation and collaboration easier for members.

Members have more opportunities to contribute to the Business Unit, whether on social media or scanning receipts.

## The Club Crew Podcast!



Our Club Crew has put together a podcast and began streaming. Learn more about Member’s Testimonies and what the challenges we with

mental health conditions face and how we are working to overcome them.

## Greg Cooking Up Somethin’ Good in The Culinary Unit

Greg made us ham and cheese sandwiches. He’s been taking the culinary unit seriously. Coming in and getting straight to vacuuming, preparing lunch and asking what he can assist with.

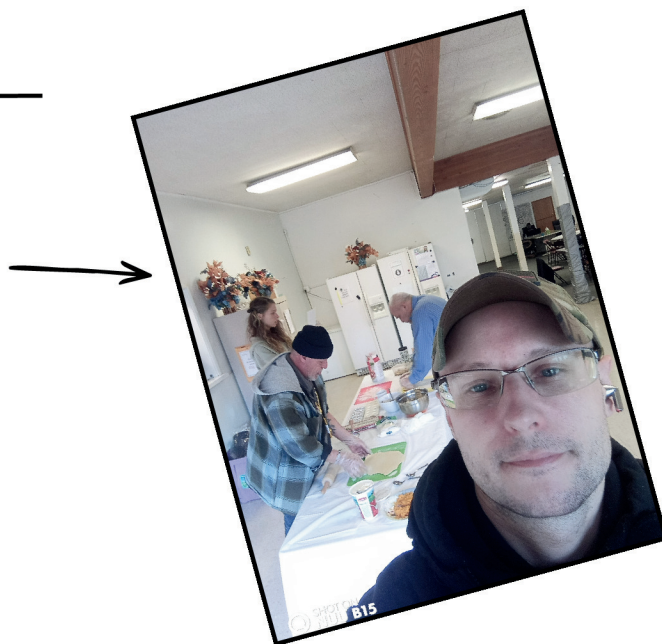


# MEMBER SPOTLIGHT

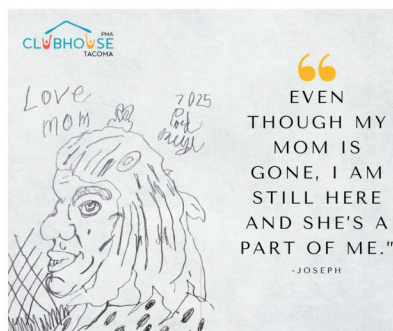
Jake uploaded a new vlog titled "A Day in the Life of Jake," giving viewers a look into his daily routine, including a workout session at the gym. The vlog showed his dedication, discipline, and day-to-day lifestyle, making it both motivating and entertaining to watch.

Meanwhile, Anei (Pictured Below) started working on the Work order Board, focusing on getting everything organized and moving the process forward efficiently.

Timothy returned to the clubhouse after being encouraged by Jake. He is feeling great about coming back, reconnecting with members, making new connections, and having fun helping out in the culinary unit.



## Joseph's Art Continues to Heal and Inspire

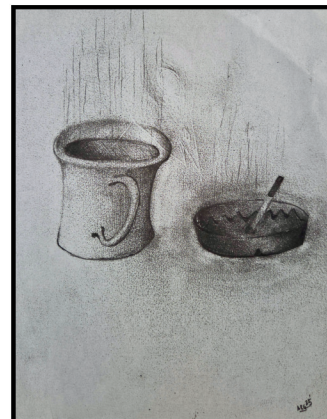


Long time artist Joseph has been continuing his comic series saga, digging

deeper in detail, and engaging his audiences in thrilling storylines. Look forward to more coming your way...

## An Art Piece by Armando

Armando sketched a morning routine of coffee and a cigarette. He's been showing us his skills!





# Cardie's Achievement



**Cardie achieved an outstanding result in her math class at Tacoma Community College, earning over 100%. This excellent performance reflects her strong effort, dedication, and understanding of the material. Tacoma Community College**

# Clubhouse Activities



Anei, a regular social media team member, made this social media post in celebration of Courtney for all the work she does at Clubhouse. The social media team strives to show the community a window of what Clubhouse is as a mental health nonprofit.

## Garden Setup

We recently started planting the new garden this spring, and we're happy to see the starter plants doing well thanks to Cardie's careful planning and the teamwork of the Clubhouse. Anei and our Intern Gabe put together metal beds. Jake made sure to contribute time and effort as well and under Steve's direction, next thing, we were staring at a beautiful garden!



## Our 2025 Bowling Social



Guests were treated to free food, including chicken and pizza, which everyone enjoyed. At the end of the event, everyone gathered together for a group picture.



## Valentines Day

Courtney helped organize and support our Valentine's Day event. Members came together to celebrate with themed activities and time spent together.



Courtney's contributions played an important role in making the event enjoyable and successful for everyone involved.

The event also featured a Samoan performance by a group of kids from the Asia Pacific Cultural Center, which made the celebration even more special and brought great cultural energy to the community.

## The Eastside Community Fair

Written by Harvirat & Anei

The food vendors event at the Eastside Community Center was a great success. There was also a gaming truck, and members had a great time helping out with the games. Brekke and Anei celebrated with everyone and enjoyed the fun atmosphere.

## Seahawks Tailgate



Members & staff coordinated outfits for the Seahawks Tailgate, thanks to donations from World Vision. The spirit of the 12th Man thrives among our members, even though we aren't exclusively a Seahawk Clubhouse.



# COMMUNITY BREAKFAST

On April 29, 2026, we hosted a wonderful community breakfast centered around fresh breakfast foods, coffee, and connection. The event brought together community members, partners, and supporters in a warm and welcoming environment.

Guests enjoyed meaningful conversations in a supportive space while learning more about the PHA Clubhouse model and the impact it continues to have within the community.

The gathering also created valuable opportunities for attendees to connect, build relationships, and strengthen partnerships that support our shared mission.

We are grateful to everyone who joined us and helped make the morning such a positive and engaging experience.

A special highlight of the morning was hearing from members Brekke and Anei, who gave heartfelt speeches about how the Clubhouse has helped support and guide them in their personal journeys. Their stories reflected the importance of community, encouragement, and belonging, and inspired everyone in attendance.



Director Steve Ross, & Jason Davison, Our Partnership & Referral Manager



Kippi & Jake enjoying breakfast & conversation



Denise Altheimer of The Tacoma Rescue Mission



Brekke connecting with Judy Taylor





# COMMUNITY BREAKFAST



City Council Member John Hines visits with Mari Galeana & Pastor Nicoletti of Faith Presbyterian



Representatives from MDC- Perlicia Snells and Gabriela Howell connect with local organizations



Awdia & Cardie smile for photos



Pam, Courtney, & Rianna watch other members' testimonials



The Psychiatric Assessment Team of St. Joseph's Hospital engage with learning more about local resources.



Clubhouse members mingle at one of the breakfast tables



Community partners & members build new connections



Verda Washington, Clubhouse Generalist, & Board Member James Miller of Greater Lakes with philanthropist, Mari



Building new connections with Omari Amili



Awdia visits with fellow members and guests



Steve shares the Clubhouse model



Steve and his sister, Angie Collins



Angie & Janice Harris, Our Assistant Director, pose for a photo



Pastor Harvey of Greater Heights COGIC



The Breakfast brought together members, staff, the board, faith leaders, service providers, and community partners to support individuals throughout Pierce County.



Jason connects with guests and helps foster conversations

# Clubhouse Socials



## Point Defiance Zoo & Aquarium

Members enjoyed a social outing to the zoo in October, where they had the opportunity to explore exhibits, observe a variety of animals, and spend quality time together in a relaxed and engaging environment. The trip encouraged social connection, conversation, and shared experiences as members walked through the different areas of the zoo.



## Recent Events

After a trip to the Lemay Car Museum in March, members voted for a group outing to Red Robin in April, allowing members to relax and socialize. Member participation is key in planning activities that align with Clubhouse interests, helping to build relationships and reduce isolation. PHA Clubhouse members also recently enjoyed the Michael Jackson movie together in May, fostering connections through music and community.



With our move we are now very close to Cheney Stadium and are looking forward to taking advantage of the baseball games, Procter District, 6th Ave, and Point Ruston.



# Cooking at PHA Clubhouse

Deborah frequently mentions her desire for chocolate cake on her birthday, and this year, she had the opportunity to bake one in the clubhouse kitchen. Not only did she excel in her baking, but the members also had the pleasure of enjoying her delicious creation alongside her.



Clubhouse also took part in a ravioli-making class led by Brekke, with assistance from the Culinary Unit.



## Sourdough Bread Making Class

Michael from Doughboy Bakery visited the clubhouse and spent time teaching members how to bake sourdough bread from start to finish. Members had the opportunity to learn the baking process, ask questions, and gain hands-on experience while working together in the kitchen



# Community Outreach

## Eastside's Community Fair

During the winter months, PHA Clubhouse participated in a community outreach event at Eastside Community Center during one of their holiday fairs. Members and staff worked together to welcome visitors, share information about the Clubhouse, and connect with individuals throughout the community. Many members stopped by to visit, support outreach efforts, and spend time together.



There were so many giveaways, a beautiful performance by a local band of teachers, a Grinch, treats, and hot chocolate!



## Korean Women's Association Fair

PHA Clubhouse participated in a community fair hosted by the Korean Women's Association at Clover Park, where members and staff shared information about the Clubhouse while building community. Members enjoyed participating in the raffle and engaging with visitors. Community outreach events like these help strengthen connections, reduce isolation, and remind people that they are welcome, valued, and part of a larger community.



# Peer-Led Groups

## Walking Group



Members participated in a relaxing walking group focused on enjoying nature and supporting overall wellness. The walk provided an opportunity to get fresh air, engage in light physical activity, and connect with others in a calm, supportive environment. It also encouraged mindfulness, stress relief, and appreciation of the natural surroundings while promoting both physical and mental well-being.



## Pause in Peer-Led Healthy Relationships Group



The Peer-Led Healthy Relationships Group has disbanded for now, until someone else chooses to take on the facilitation role. In the meantime, facilitator Brekke has started new opportunities

for members, including a current events group and a movement group. These new groups continue to support engagement, learning, and connection within the clubhouse in different ways.

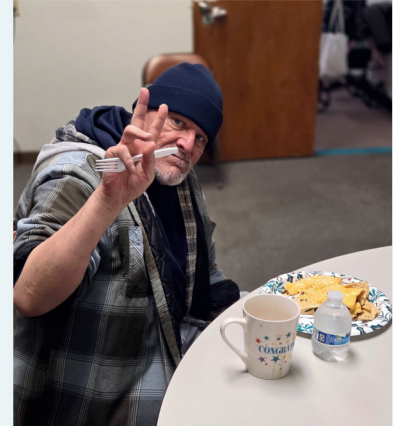
## Awdia's Peer-Led Bible Study

Awdia has maintained a consistent schedule by hosting this group once a month, ensuring it is a regular part of our activities. One of our new workday tasks is to ensure that our calendar for the first week of each month is complete and ready to be shared with members via MailerLite.



# Winter at PHA Clubhouse

## 2025 Holiday Season



TOP: Steve (pictured left), coached by Anei, tries his hand at video games during our holiday festivities. Brekke and Carly (center) share a laugh and while no serving spoons were actually licked, Brekke's homemade tiramisu was certainly a favorite among members and staff. Greg (right) is enjoying our new space for the first time.

BOTTOM: Verda (left) has a holiday meal and takes part in the celebration. Verda and Brekke (center) share a festive moment filled with Christmas spirit and holiday cheer. Kippi (right) shows off a Clubhouse wellness kit. The gift included comforting items such as lotion, chocolate, and a journal.



# 2025 Clubhouse Anniversary

The Clubhouse Anniversary Celebration gave members, staff, and supporters an opportunity to come together and celebrate another year of growth and accomplishment.

Throughout the year, members participated in employment, education, outreach, peer-led groups, social activities, and community events. The anniversary celebration gave us a chance to look back on those experiences, spend time together, and recognize the progress made along the way.

Most importantly, the event highlighted what makes Clubhouse special: the relationships, support, and sense of community built throughout the year.

Thank you to everyone who joined us in celebrating another year of PHA Clubhouse.



Dear reader

As we reflect on the past year, we are grateful for the growth, resilience, and community that continue to define PHA Clubhouse.

From moving into a new space to celebrating member achievements, hosting community events, learning new skills, and building meaningful relationships, this year has been filled with opportunities for connection and recovery.

Every day, members and staff work side-by-side to create a welcoming environment where people can discover strengths, pursue goals, and support one another.

Thank you to our members, families, volunteers, partners, and community supporters for being part of this journey. We look forward to all that lies ahead.

**Please Contact Us**  
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