

2024

The Clubhouse



“Growing together, at our speed”

1:30 to 3:30 p.m.

Wednesdays

Hope Centre

18 Bond Street

Yarmouth, Nova Scotia

At the Clubhouse, we talk about topics chosen by the people who attend. Topics could include:

- › Making a meal plan
- › Grocery shopping on a budget
- › Basic cooking skills
- › Laundry tips
- › Healthy habits
- › Mindfulness
- › Connecting with nature
- › Using smart devices (like cell phones, tablets)
- › Time management

Tell us what you would like to learn about. As a group, we will make a calendar of topics.

Who can attend the Clubhouse?

- To attend the Clubhouse, you must be:
 - › Receiving mental health and addictions treatment services in the Tri-County areas of Shelburne, Argyle, Yarmouth, Clare and Digby Counties, or Bear River and Acadia First Nations communities
 - › Attending regular appointments with your Clinician or Psychiatrist
 - › Referred by your Psychologist, Clinical Therapist, or Psychiatrist



“Building blocks for life,
one grain at a time”

“The best and most beautiful things in the world cannot be seen or even touched — they must be felt with the heart.”

— Helen Keller

When is the Clubhouse?

- › 1:30 to 3:30 p.m.
- › Wednesdays

“The willingness to show up changes us, it makes us a little braver each time.”

— Brené Brown



If it is your first time coming to the Clubhouse:

- We understand that this can feel overwhelming. We are here to help.
- Let us know if you would like someone to meet you outside or at the building entrance.



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We look forward to meeting you!

What is the Clubhouse?

The Clubhouse offers people the opportunity to:

- › Spend time in a safe, inclusive, non-clinical place without judgment
- › Talk, socialize, and learn

We also offer drinks and snacks. Please tell a member of the Clubhouse team if you have any food or environmental allergies, or other medical concerns.

If you need to cancel:

- › Phone: 902-742-4222

Prepared by: Community Outreach Team, Mental Health and Addictions

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