

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.



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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To be reviewed July 2027 or sooner, if needed.

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