



## **What is a Clubhouse?**

A Clubhouse is first and foremost a community of people. Much more than simply an employment or social service, it is most importantly a community of people with mental health difficulties working together towards the common goal of recovery. As with all Clubhouses, participants are known as “members” as opposed to patients or clients. Members are unique individuals who possess valuable talents, strengths, and abilities which when combined, assist in making the Clubhouse come alive. This sense of membership, support, and belonging are at the very heart of the Clubhouse way of working.

Clubhouse communities recognize, encourage and focus on the inherent value and potential of each person involved. They believe that each member can recover from the effects of mental health difficulties and lead personally satisfying and socially contributing lives.

