

Our Clubhouse

The Clubhouse offers a prevocational community resource for people living with mental illness. Member can access daily social and recreational activities, including education, training and employment.



Did you know?

Members can access a healthy low-cost meal for \$2, free laundry facilities and computer access.

Justin is part of the Transitional Employment Program, working with the Street Clean Team.

Members and staff work together to ensure the smooth running of the Clubhouse. Using a work-ordered day model, we encourage shared responsibility and consensus-based decision-making, with a focus on each member's individual strengths and gifts.

The Clubhouse offers a monthly calendar of activities to promote a daily routine for members. It's also where members can connect with an employment counselor to develop a personalized goal plan to support their success.

Members may participate in the daily operations of the facility in several different units:

- **The Environmental Unit:** teaches members job-ready janitorial skills and work experience opportunities.
- **The Food Service Unit:** encourages members to plan, prepare and serve nutritious meals through the daily lunch service. Members may also learn cashier duties and customer service skills in this unit.
- **The Communication Unit:** focuses on engaging with visitors to the Clubhouse. Members learn computer skills, reception duties, and publish a newsletter.

Employment Programs

The Transitional Employment Program (TEP) is also offered through the Clubhouse. Members can access flexible employment opportunities through the Street Cleaning Team and our social enterprise, 'Landscaping With Heart', which is also operated by Coast Mental Health.

The TEP provides training and employment opportunities in general janitorial services and urban beautification.



"I've been with the Street Clean Team for over a year and have gained a lot of confidence in myself."
TEP Team Member

Philosophy

- Based on psychosocial rehabilitation principles (mutual respect, skill building and strengthening self-efficacy)
- Client-centered (client-centered goals, informed decisions)
- Strength-based (building on client's skills, knowledge and interests)
- Culturally relevant (connecting to the individual's background and spiritual foundation)
- Trauma-informed (building trust, avoidance of re-traumatizing, emotional regulation)



Rabble Rousers, part of the Young Adults Program, participate in the 2021 Vancouver Mural Festival.

Young Adult Program

This program offers community supports to young adults aged 19 to 32 living with mental illness and/or substance use disorders. The Young Adult Program hosts a safe space and inclusive community where members can find social connections, learn life skills, spend time on community outings, access low-cost nutritional meals, participate in community engagement, and receive basic living resources. We also encourage members to connect with their peers through a range of programs, such as Music Therapy, Brain Training, and skill-building workshops. Additionally, staff are available for one-to-one support for future goal planning in the following areas: volunteering, education, and employment opportunities.

Clubhouse

604-675-2357
295 East 11th Avenue, Vancouver
Mon-Fri: 8:00 a.m.-3:45 p.m.
Wednesday: 8:00 a.m.-5:45 p.m.

Employment Programs

604-675-2340
employmentprogram@coastmentalhealth.com
Senior Manager: Margaret Flynn
margaret.flynn@coastmentalhealth.com
Learn more about Coast's Clubhouse
programming at: www.coastmentalhealth.com

Young Adult Program

236 982 7921
Every day: 9:30 a.m.-5:30 p.m.
Program Manger: Seyda Yalcin
Seyda.Yalcin@coastmentalhealth.com