



## What can Clubhouse offer you?



*Connection ... Community ... Fun!*

## And what can you offer Clubhouse?



*Your Strengths, Talents, & Abilities ... Your Ideas & Creativity ... Your Unique Voice!*



### Vail Hopkins Clubhouse

15-9th Ave South  
Hopkins, MN 55343



### Vail Uptown Clubhouse

1412 West 36th Street  
Minneapolis, MN 55408

### Who qualifies to be a member?

- Members are adults over age 18 who experience mental illness and live within an hour of the Twin Cities. Joining and participating in a Clubhouse is free! No insurance required. For enrollment information, call...
- Uptown Minneapolis  
952-945-4260
- Hopkins  
952-945-4221

### Join us for a tour to learn more!

We are open on Tuesdays, Wednesdays, and Thursdays from 8:30am to 4:30pm. Stop in during those times for a tour!

## WE WORK HARD!

Centered on relationships, a Clubhouse is a community center where “members” and staff work together side-by-side to operate the Clubhouse. We believe that working together in community is restorative and provides an avenue for individual recovery from mental illness. Members and staff work together in all areas of the Clubhouse from cooking and cleaning to event planning to newsletter production to data collection to tech help to providing peer support around education, employment, health and wellness, and housing, & much more!



## 3 Core Values of the Clubhouses:

1. Recovery is possible for everyone
2. Meaningful relationships are important because we all need to be valued by others and be part of a community
3. Meaningful work is rehabilitative— it builds self-esteem and self-worth



## AND PLAY HARD!

We believe that fun is an important part of recovery! The Clubhouses offer a wide variety of social, recreational, and cultural events and activities, such as book clubs, meditation, wellness activities, learning languages, games, art, writing, and more!

## THE VIRTUAL CLUBHOUSE

Using Zoom and Facebook, we also offer a virtual Clubhouse, which makes it possible to participate in Clubhouse activities wherever you are! Zoom activities are available every day and many meetings are hybrid- both in person and virtual.



**Our Clubhouses are accredited by Clubhouse International.**