

**COVID-19 CRISIS:  
OUR RESILIENT CLUBHOUSE COMMUNITIES  
Tips & Strategies: Issue #9 | May 18, 2020**

**We Are Not Alone**



**Please join us for the next webinar in our series:**

**OUR VALUES:  
What is our Clubhouse community learning about ourselves?  
Our Standards? Our relationships? Our flexibility?  
Wednesday, May 20, 2020 10:00am (EDT)**

**Presented by the members and staff of Progress Place Clubhouse  
Toronto, Canada**

[Click here](#) for the link and login instructions for the Webinar training!

## **RE-OPENING: TIPS AND STRATEGIES**

Last week's Webinar, "**Beginning the Process of Reopening Our Clubhouses: Hearing from Clubhouses,**" was extremely well attended and provided helpful information to Clubhouses, as many of them gradually begin the process of re-opening their buildings. [Click here to view the Webinar Video!](#)

[Click here](#) for a compendium of tips and strategies that we have collected from a wide range of Clubhouses around the world, as they begin the process of opening their Clubhouses for the daily interactions and work of the Clubhouse.

Phoenix Clubhouse, Hong Kong SAR, PRC, did not have to entirely close their building during the pandemic. As such, they have a great deal of experience of how to work in the Clubhouse while maintaining a safe, hygienic space and appropriate physical distancing. [Click here](#) for a helpful PowerPoint presentation with pictures that illustrate some of these helpful strategies.



# Clubhouse International

Creating Community: Changing the World of Mental Health

## THE VIRTUAL WORK-ORDERED DAY

As some Clubhouses have now maintained remote/virtual Work-ordered Days for many weeks or months, we have some excellent examples of how these have evolved. [Click here](#) for the Independence Center (Missouri) daily virtual Clubhouse schedule, and see the image below for the daily schedule of San Antonio Clubhouse (Texas):



## Join us for Virtual Clubhouse 2.0

**For Members of the SA Clubhouse**

79 of us joined Zoom in April. In May, we're moving to a new daily schedule with 3 segments 

<b>Morning WORK</b>	9-930AM	Check-In
	930-10AM	Wellness
	10-1130AM	CH Work
	1130-12PM	Check-out
<b>Afternoon LEARN</b>	2-230PM	Check-In
	230-3PM	Wellness
	3-430PM	Edu. Activity
	430-5PM	Check-out
<b>Evening FUN</b>	6-630PM	Check-In
	630-7PM	Wellness
	7-830PM	Social Activ.
	830-9PM	Check-out

**Daily schedules and instructions for joining are posted in our private FB group** 

Facebook.com/groups/SanAntonioClubhouse/

**Need someone to talk to?**

Even if you're not a CH member, you're invited to our **new** Zoom channel where you can get support from one of our **10 Certified Mental Health Peer Specialists**

**Weekday Virtual Support Groups**

**11AM** Group - NAMI Connections  
**1230PM** Open Peer Support  
**2PM** Group - WRAP Support  
**3PM** Group - Hearing Voices  
**4PM** Open Peer Support Time  
**5PM** Group - Book Club

Join at: [SACconnectionCenter.org](https://SACconnectionCenter.org)

You can also talk or text with our Peer Specialists any time Monday - Friday from 9AM - 9PM at

(210) 796-TALK (8255)

Or schedule a free 1-on-1 appointment: [SAClubhouse.org/help](https://SAClubhouse.org/help)



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