

# WRITING YOUR TESTIMONIAL FOR

## CLUBHOUSE MOVEMENT CELEBRATION WEEK



We need your help with an initiative for the Clubhouse movement. This is the 12th year for Clubhouse Movement Celebration Week. Prior years have been a great success with nearly 100 member testimonials posted on Facebook and Instagram.

This year the dates are Monday, March 2 through Sunday, March 8.

We want to know how your Clubhouse experience has been helpful. We are looking for colleagues to write testimonials to post on the "Clubhouse Movement Celebration Week" Facebook page. We also know that our Clubhouse would not be in our community if not for Fountain House, Clubhouse International, and many other brave people who have advanced the movement. This will be a chance to thank these groups for spreading the model to your community.

### Writing Guidelines

Responses that are concise are often the most powerful (1-4 sentences or less than 125 words). Testimonials should focus on the impact of the Clubhouse experience, rather than a detailed personal history. Other than keeping it short and positive, there are no other rules from our end. We truly want each member's own voice reflected in their post. The ideas below are just to inspire thought:

#### Testimonials might open with:

- What my Clubhouse has meant to me is...
- Before I came to [Clubhouse name], I was...
- Without [Clubhouse name], I would probably be...

#### They may also include:

- [Clubhouse name] helped me get a job, and to me working means...
- With [Clubhouse Name], I finally have a place to come and...

In order to show appreciation for the movement, the conclusion might mention Fountain House and Clubhouse International, Clubhouse pioneers and leaders, or perhaps the Clubhouse movement in general.

### Example Testimonial

"The Clubhouse has helped me to meet other members and make friends. I've learned to cook too! It's a place to set goals and reach them. You can become a leader as well. Working means so much for me. I have an SE, and I recently purchased a more dependable car. I am independent now because I've lived in a group home or with family my whole life, but after starting work I got my own apartment. The encouragement here makes me feel like a person; like part of a family. It's more than just a Clubhouse, it's a place to grow and expand your horizons. Thanks so much to everyone who has been involved in the Clubhouse movement."

- Fred B.

## My Testimonial

Please keep this testimonial until March 2-8, then post it on our official Facebook page. You can find it by logging into Facebook and then searching "Clubhouse Movement Celebration Week".

Or post to Instagram and simply add #ClubhouseCelebration, #ClubhouseWorks, and #CMCW2026

## Some example postings from previous years:

"Being close to people, doing things that I have not done, learning new job skills, working in the media lab. I like it here. Harmony Hall has really impacted my mental illnesses and helps me get through the bad times." - **Staci**

"I am very grateful to be a member of Fresh Start Clubhouse in Ann Arbor MI, USA. I would not have friends or structure or a life without it. I am out of the hospital because of it. It helped me to become more independent." - Joy

"If it wasn't for Clubhouse, I wouldn't be alive today. Clubhouse made me care about my health." - K.W.

"Without clubhouse I would probably be lost! Clubhouse has added needed structure to my days when I come. It has helped me become a better person. I have made positive friendships and I have learned a lot of new things like answering phone calls and even learning how to cook. I don't know what I would do if Clubhouse didn't exist. Oh and I'm even getting a job through the Clubhouse. I am one thankful person." - **Brandee**

"Shore House has given me countless opportunities--from advocacy to increasing self-confidence to travel and more. I have grown far beyond what I ever expected and enjoy helping others to do the same! Thank you Shore House!!" - Sherone

