

When is the Clubhouse?

- › 12:30 to 3:30 p.m. on Wednesdays

If it is your first time coming to the Clubhouse:

- We understand that this can feel overwhelming. We are here to help you.
- Tell us if you would like someone to meet you outside or at the building entrance.

**What are your questions?
Please ask a member of your
health care team.
We are here to help you.**

This pamphlet is for educational purposes only. It is not intended to replace the advice or professional judgment of a health care provider. The information may not apply to all situations. If you have any questions, please ask your health care provider.

Find all patient education resources here:
www.nshealth.ca/patient-education-resources

Connect with a registered nurse in Nova Scotia
any time:
Call 811 or visit: <https://811.novascotia.ca>

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To be reviewed September 2029 or sooner,
if needed.
Learn more: <https://library.nshealth.ca/patient-education-resources>



The Clubhouse



Hope Centre
18 Bond Street
Yarmouth
› 12:30 to 3:30 p.m. on
Wednesdays

What is the Clubhouse?

- The Clubhouse offers people the chance to:
 - › Connect with others in a safe, inclusive, accepting, non-clinical space
 - › Socialize and learn
 - › Be themselves
- The Clubhouse has drinks and snacks. **It is important to tell a member of the Clubhouse team if you have any food allergies or other medical concerns.**

“The willingness to show up changes us, it makes us a little braver each time.”

— Brené Brown

- People who come to the Clubhouse choose what they would like to learn about, like:
 - › Meal planning
 - › Shopping on a budget
 - › Cooking
 - › Coping skills
 - › Recovery
 - › Self-esteem and self-worth
 - › Mindfulness
 - › Social connection
 - › Healthy relationships
 - › Health and wellness
- Tell us what you would like to learn about. As a group, we will make a calendar together and plan when we will talk about each topic.

Who can attend the Clubhouse?

- To attend the Clubhouse, you must be:
 - › Receiving mental health and addictions treatment services in the Tri-County area (Shelburne, Argyle, Yarmouth, Clare and Digby Counties, or Bear River and Acadia First Nations communities)
 - › Going to regular appointments with your clinician or psychiatrist
 - › Referred by your psychologist, clinical therapist, or psychiatrist



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We look forward to meeting you!