

WELLNESS

At Lakeshore Clubhouse we recognize the connection between physical health and mental health. That is why we encourage colleagues to set wellness goals that we can work on together at the Clubhouse. We have a recumbent bike, a treadmill and a few bicycles that we are able to make available to colleagues as well as a variety of fitness videos and equipment to help make exercise accessible and fun.



RUNNING for RECOVERY

In 2015 we hosted our first annual Running for Recovery 5K event with great success! We plan to continue hosting this event as both a fundraiser and a community awareness campaign to talk about the importance of taking care of our physical health and mental health.

Clubhouse colleagues organize and run this event. They are also invited to participate! We do the Couch-to-5K training program together leading up to the event to help empower members to take control of their lives.



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The activities and programs of this agency are brought to you by the members of the Ottawa County Board of Commissioners. The Michigan Department of Community Health provides financial support to this agency.



Community Mental Health of Ottawa County has been accredited by CARF for twelve of its programs.



RESTORING HOPE
THROUGH A
WORKING COMMUNITY



490 Century Lane, Holland MI 49423
Tel: 616-494-0841

WHY CLUBHOUSE?

Serious Mental Illness (SMI) affects 23 million people in the United States each year. The stigma, rejection, and isolation that accompany mental illness are often as damaging and debilitating as the illness itself.

Since 1996, Lakeshore Clubhouse has helped its members reduce the devastating social impact of mental illness. Everyday members choose to come to Lakeshore Clubhouse to contribute their talents, learn new skills, access opportunities and form friendships.

Members and staff operate successful employment, education, wellness and housing programs and work as partners to perform all the functions that keep our community going.

Our activities and programs are designed to provide opportunities while producing the desire and confidence to pursue them. Working together in our unique community approach, we create a culture that transforms lives.

OPPORTUNITIES AT CLUBHOUSE!

CLERICAL UNIT

Colleagues have the opportunity to participate in a range of meaningful work from daily billing procedures to newsletter development, updating our social media accounts, checking our Clubhouse email, caring for vehicle maintenance needs, making outreach calls, typing and filing meeting minutes, tracking statistics, creating birthday cards, reception duties, updating information boards around the Club and so much more!



CULINARY UNIT

Colleagues in the Culinary Unit keep our member store running and prepare homemade meals each day in our kitchen. They also track inventory for the store and cleaning supplies, do the weekly menu planning and grocery shopping, tend our community garden plot, serve meals restaurant style, make healthy snack options to sell in our store, and encourage wellness through provision of nutritional information.



EMPLOYMENT

Clubhouse offers three levels of employment support ranging from Transitional Employment (TE) to Supported Employment (SE) and Independent Employment (IE). When a colleague expresses interest in working we engage them to discuss what level of employment they feel would best meet their current needs, and we strive to support their employment efforts through a variety of in-house opportunities such as weekly employment meetings and monthly employment dinners where all colleagues who are working are celebrated and supported.



The only requirement on any colleague to be able to receive Clubhouse employment services is a desire to work!

EMPLOYMENT WORKS!