

THE CLUB GAZETTE

Blue Earth County Adult Mental Health Community Support Program Second Step Clubhouse Mission:

Second Step believes that persons with mental illness have the right to reach their full potential and to have fulfilling and productive lives in the community.

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Second Step Clubhouse Open House Highlights

92 People Attended

SPECIAL THANK YOU TO:

- Clubhouse Member, Heather Phillips, for designing the Open House flyer.
- Clubhouse Members for their help with planning, setting up, and hosting this event.
- Clubhouse Members, Cindy & Ted who provided special music during the open house.
- Mayor Najwa Massad for visiting and volunteering to cut our cake.
- Blue Earth County Board Members and Administration for their ongoing support of the Second Step Clubhouse program.
- Other Clubhouse Programs who visited:
 - ⇒ Forever Friends – Watonwan County
 - ⇒ Upward Bound-5th Street Express – Faribault / Martin Counties
 - ⇒ MN Ave Resource Center – Le Sueur County
- KEYC TV for highlighting our program (see online “KEYC Second Step Clubhouse” Clubhouses Support Locals with Mental Illnesses - KEYC.com or <https://www.keyc.com/clip/14824143/clubhouses-support-locals-with-mental-illnesses>)
- KTOE for their online article (Second Step Clubhouse to Celebrate 30 Years - KTOE)
- Horizon Homes for their special donation in honor of Second Steps 30 years.
- Everyone who was able to join us for this special celebration.



ADDRESS:

421 E Hickory St.
Suite 404
Mankato, MN 56001

PHONE #

507-304-4414

HOURS:

Mon-Thurs 1:00 - 5:00
Fri & Sat 1:00 - 5:00
Sunday 1:00 - 5:00

WEBSITES:

www.sccbi.info
www.blueearthcountymn.gov
www.namimankato.org

Next Month Activities:

July 4th: Open 1:00 to 4:00
July 12th: Out to eat (TBA)
July 9th: Boat Cruise and Picnic
July 23rd: Owl Center in Huston, MN

June 2019

Sunday 1:00 - 5:00	Monday 1:00 - 5:00	Tuesday 1:00 - 5:00	Wednesday 1:00 - 5:00	Thursday 1:00 - 5:00	Friday 1:00 - 5:00	Saturday 1:00 - 5:00
	<div style="border: 1px solid black; padding: 10px;"> Sign up sheets for monthly activities are posted on the day the newsletter is made available. Activities <u>UNDERLINED</u> require sign up prior to the activity date. </div>					1 11:30 Volunteer Meeting 1:30 9-Ball
2 1:00-5:00 Social/Rec	3 1 - 2 Work Units 2 - 5 Social / Rec 2:00 Support Group: <i>"Repeat to yourself, Life is an Emergency"</i>	4 1 - 2 Work Units 2 - 5 Social / Rec 2:00 Managing Moods: <i>"How moody are you?"</i>	5 1 - 2 Work Units 2 - 5 Social / Rec	6 1 - 2 Work Units 2:00 Clubhouse Meeting 2 - 5 Social / Rec 3:00 Creative Expression Group	7 1 - 2 Work Units 2 - 5 Social / Rec 2:00 Apples to Apples 4:00 <u>Out to Eat: Happy Joes Pizza in New Ulm</u>	8 1:30 Pfeffer
9 1:00-5:00 Social/Rec	10 1 - 2 Work Units 2 - 5 Social / Rec 2:00 Support Group: <i>"Experiment with your Back Burner"</i>	11 1 - 2 Work Units 2 - 5 Social / Rec 2:00 Managing Moods: <i>"Effects of Moodiness"</i>	12 1 - 2 Work Units 2 - 5 Social / Rec 6:30 <u>Mankato Moon Dogs Game</u> <i>You will need your own transportation to and from the game.</i>	13 1 - 2 Work Units 2 - 5 Social / Rec 2:00 Job Search Club Meeting 3:00 Creative Expression Group	14 1 - 2 Work Units 2 - 5 Social / Rec 2:00 <u>Craft Project: Trapunto a method of quilting that is also called "stuffed technique."</u>	15 11:30 Volunteer Meeting 1:30 8-Ball
16 1:00-5:00 Social/Rec	17 1 - 2 Work Units 2 - 5 Social / Rec 2:00 Support Group: <i>"Seek First to Understand"</i>	18 11 - 2 <u>Ten County Picnic in Fairmont, Leaving at 10:00 am.</u> 1 - 2 Work Units 2 - 5 Social / Rec	19 1 - 2 Work Units 2 - 5 Social / Rec	20 1 - 2 Work Units 2:00 Clubhouse Meeting 2 - 5 Social / Rec 3:00 Creative Expression Group	21 1 - 2 Work Units 2 - 5 Social / Rec 2:00 Yahtzee	22 1:30 Skip-Bo
23 1:00-5:00 Social/Rec 1:00-5:00 Social/Rec 30	24 1 - 2 Work Units 2 - 5 Social / Rec 2:00 Support Group: <i>"Choose Your Battles Wisely"</i>	25 1 - 2 Work Units 2 - 5 Social / Rec 2:00 Managing Moods: <i>"Mood Triggers"</i>	26 1 - 2 Work Units 2 - 5 Social / Rec	27 1 - 2 Work Units 2 - 5 Social / Rec 3:00 Job Support Club Meeting 3:00 Creative Expression Group	28 1 - 2 Work Units 2 - 5 Social / Rec 2:00 Trivial Pursuit	29 1:30 Pool Tournament with Members from Power Up Clubhouse in Nicollet County

Fitness Memberships at VINE

We have 2 fitness memberships which Active Clubhouse Members can use for:

- Walking Track / Fitness Classes / Water Exercise / Education Classes / Exercise Machines
- Active Clubhouse Member: One who regularly attends and participates in weekly Clubhouse Programming
- There is a 30-day probation period for new Clubhouse Members



www.nami.org

For more information call: 1-651-645-2948

MONTHLY GROUPS

DAY: 2nd & 4th Thursday of Each Month

TIME: 6:30 pm to 8:00 pm

NAMI CONNECTION GROUP:

For People Living with a Mental Illness

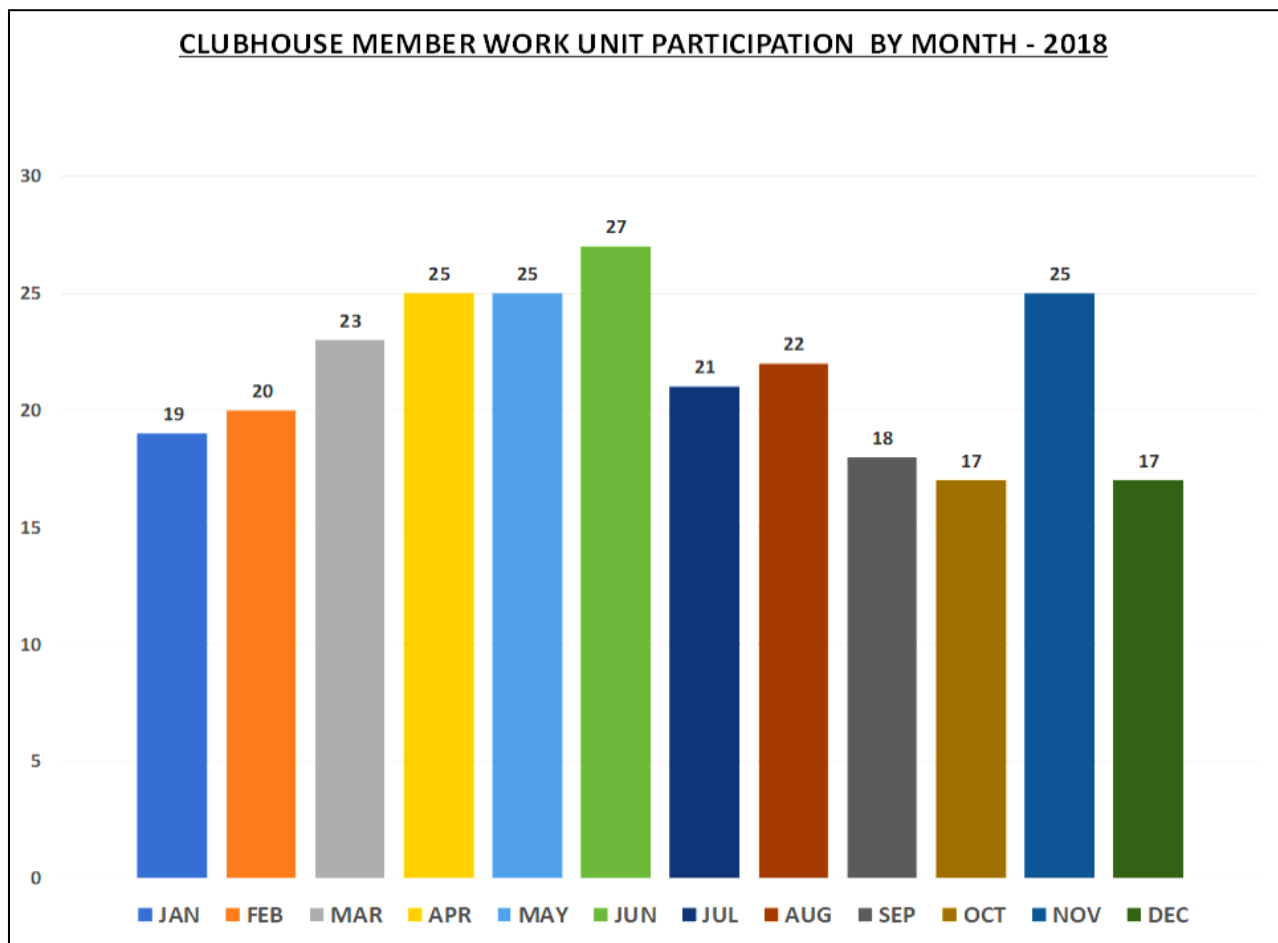
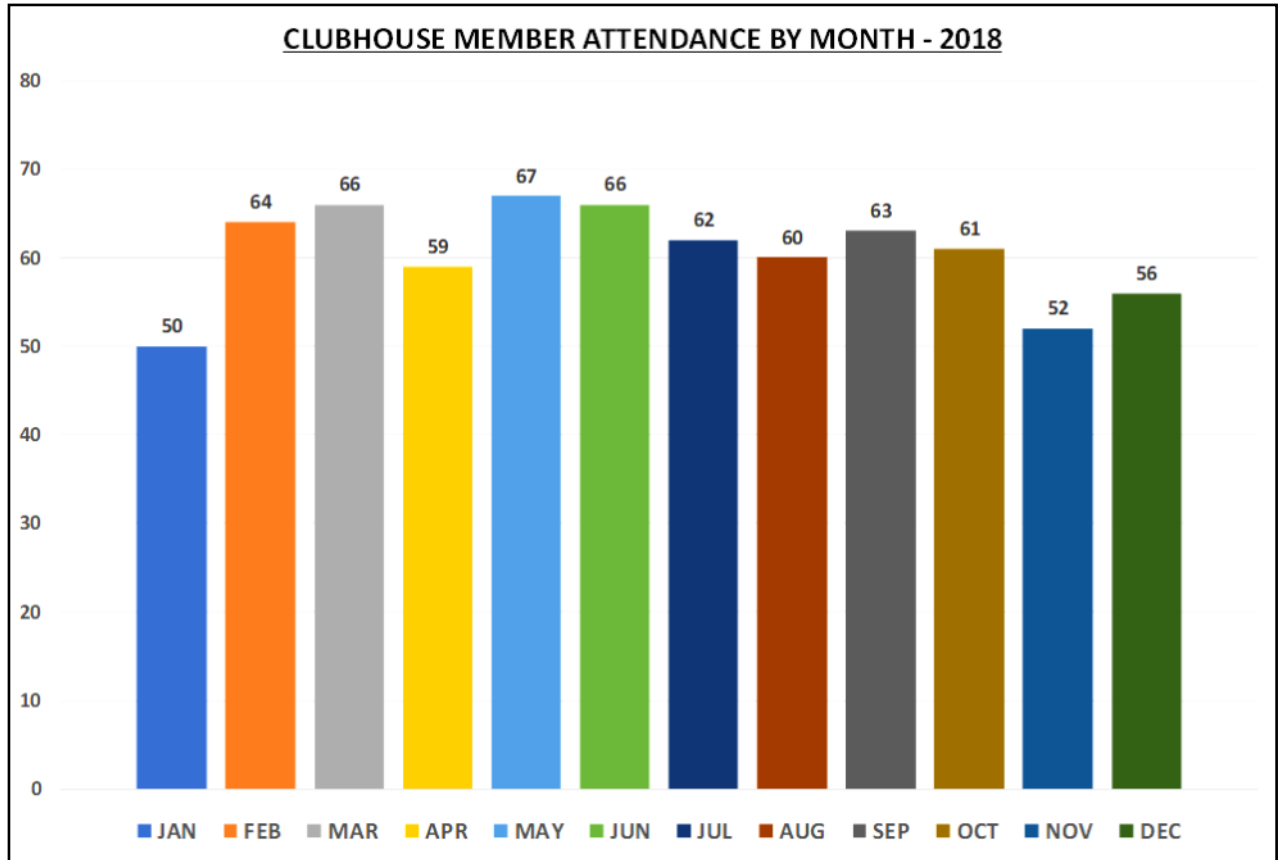
NAMI FAMILY SUPPORT GROUP:

For Families & Friends of People Living with a Mental Illness

Groups are led by trained facilitators who have personal experience living with a mental illness or caring for a family member with a mental illness. Groups are free to attend.

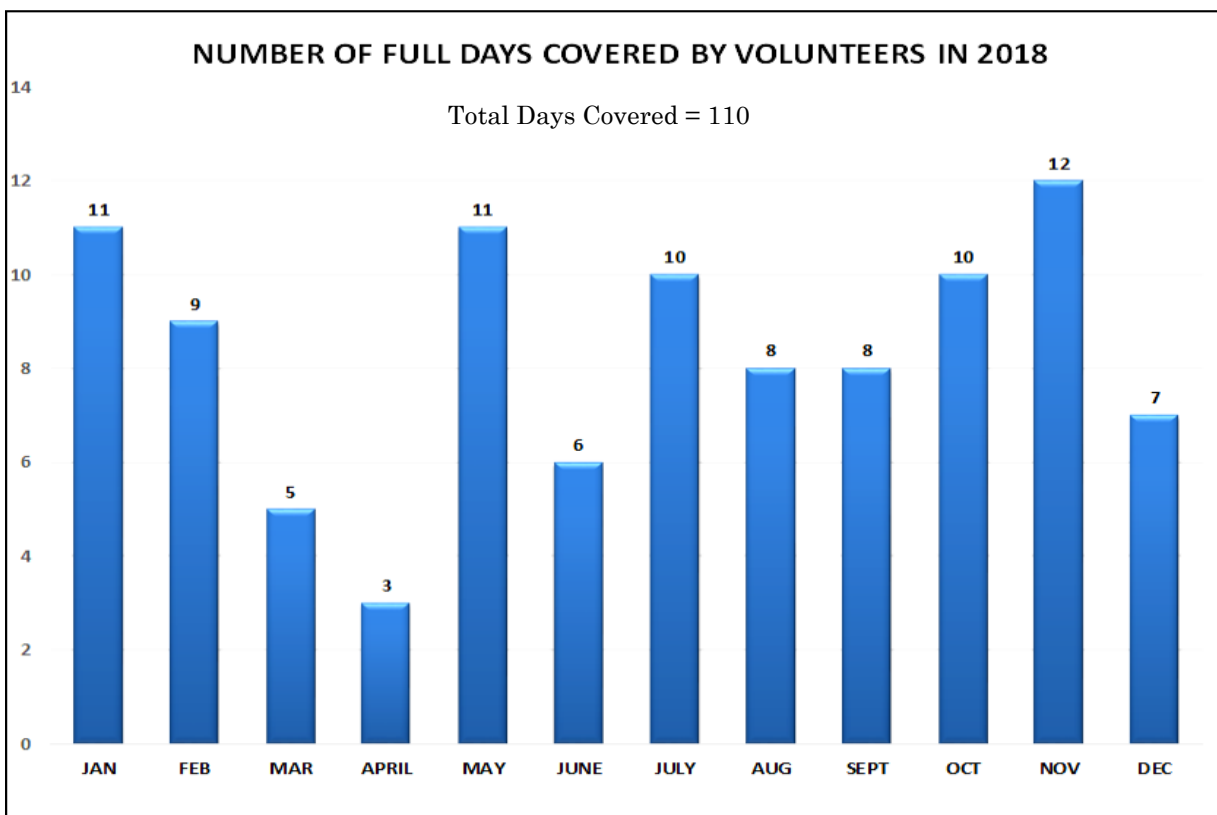
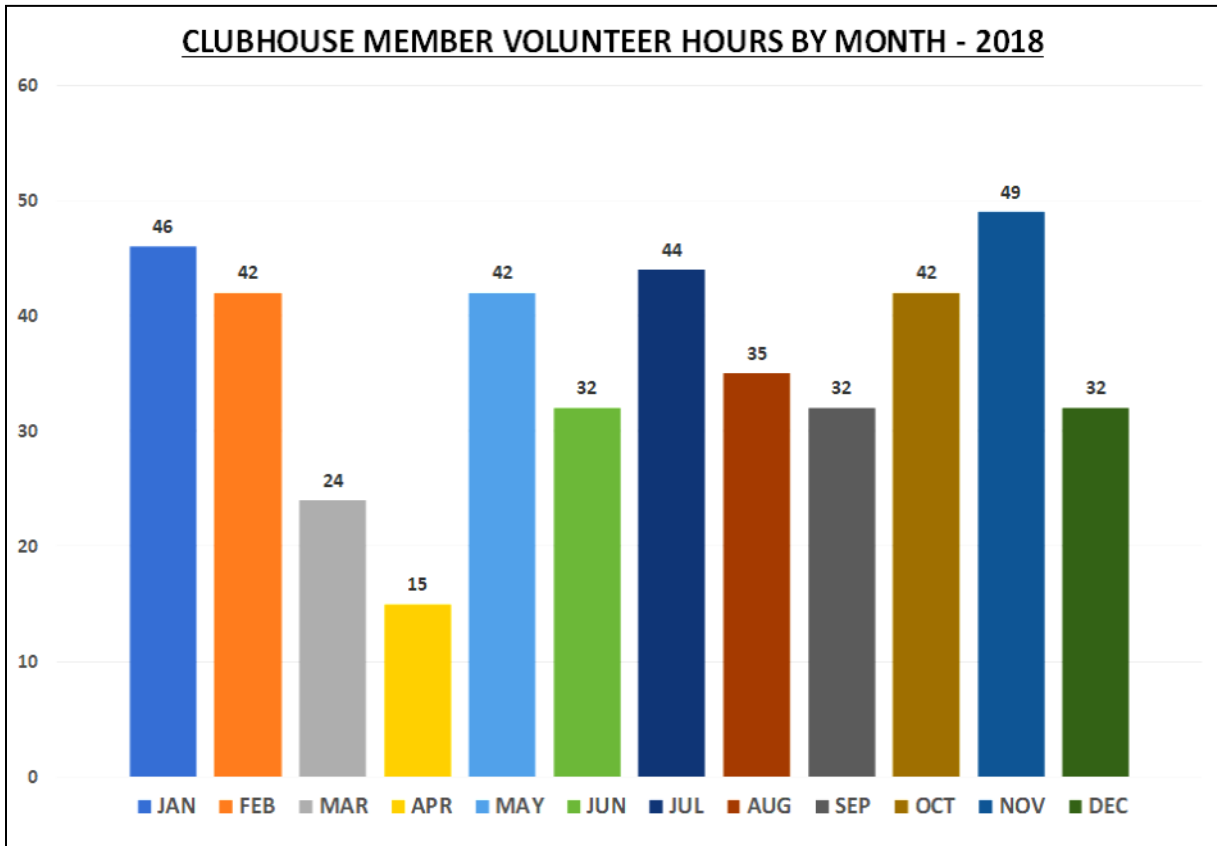
GROUP LOCATION:

*Bethel Baptist Church
1250 Monks Ave, Mankato*



THANK YOU VOLUNTEERS OF 2018

Molly D, Ron W, Jean M, Daryl M, Eva B, Sandara F, Todd A, Lou W, Ryan P, Jennifer J, Dale A



NEW AT THE CLUBHOUSE

- JOB SEARCH CLUB (Need help with finding or preparing for work?)
- JOB SUPPORT CLUB (Already working and would like some support about work issues?)

Location:

**Second Step Clubhouse
421 East Hickory St., Suite 404, Mankato, MN 56001**

Job Search Club Meeting

Thursday, June 13th, 2019
2pm – 3pm

Describe Yourself,
Job Check List,
Setting Employment Goals.



*Facilitated by Rachel Crawford
IPS Career Development Specialist, MRCI*

Job Support Club Meeting

Thursday, June 27th, 2019
3pm – 4pm

Coping Strategies,
How to Handle Stress &
Challenging Situations.

