

Day Programs

What is a Clubhouse?

A Brain Injury Clubhouse is a community center for people living with the effects of a brain injury. It offers a safe environment where people are treated with dignity and respect. A Clubhouse focuses on abilities rather than disabilities, and capitalizes on these abilities for the combined good of all members. Members of the Clubhouse are recognized for their contribution, no matter how big or small. Members work together to support each other in the pursuit of personal goals. In the process, people develop the skills and self-esteem needed to regain control of meaningful and productive lives. Clubhouses encourage community re-entry, social relationships, and the skill training required to return to productive activity.

Clubhouses are divided into four main areas:

Work-Ordered Day Program

Clubhouses are divided into units such as the Administrative and Kitchen/Maintenance units. Members choose which unit to participate in based on personal interests. They spend much of the day on tasks involved in running the day-to-day operations of the clubhouse, such as planning and cooking meals, general administrative tasks and creating the newsletter.

Education

Members provide education and awareness of brain injury to the community. They also receive information on available community resources and work toward increasing self-management skills, productivity and independence.

Volunteer/Employment

The Clubhouse assists with providing resources to prepare members for employment and helps with establishing connections in order to pursue volunteer opportunities and/or competitive employment.

Social Activities

At least once a month, members are engaged in social activities within the community. Activities are determined by member interests and suggestions and can include, but are not limited to: dining out, taking an art class, going to the movies or going bowling.