

Whenever you feel isolated, remember, at Hillsgrove Clubhouse, you're never alone, you'll have community and camaraderie.

While we can't control other people and what they do, say, think and feel, we can control how much

space others occupy in our thoughts, and when you start protecting your time and energy, you realize

how much of it you have. Here at Hillsgrove Clubhouse, you'll be able to surround yourself with caring

and thoughtful staff and be able to make new friends for meaningful connections.

One of the hardest lessons to learn is that, caring isn't changing people, it's learning to see others as they are and not how they aren't. One of Hillsgrove's greatest strengths is being able to

help you focus on your positives. We are also an LGBTQ+ certified safe space with a zero tolerance policy.

At Hillsgrove Clubhouse we strive to use your chosen pronouns and names.

I have been attending Hillsgrove Clubhouse for 8+ years. It has been because of Hillsgrove that I've been

able to become a part of the monthly board meetings, go on a 2 week Clubhouse Training in Worcester Massachusetts

where I got to meet other staff and members from various other clubhouses, not the least of which were from Norway,

I got to visit a clubhouse in Grand Rapids Michigan, where I go to see how culture can positively affect Clubhouses

in different locations.

It has also been because of Hillsgrove Clubhouse, that I've been able to have made the friends that I now have, become

more confident in my socialization, and being able to be more out going. One of the positive aspects of Hillsgrove Clubhouse,

has been their T E P's: Transitional Employment Program, S E P's: Supported Employment Program,

and I E P's: Independent Employment Program. Each of these have come from our Employment Unit and the caring

staff who covers the Employment Unit.

To sum up, Hillsgrove Clubhouse has meant so much to me. I've gone on adventures, been able to be employed for a time,

make new friends and build a community and camaraderie around me. I have been able become more in the thickets of

Hillsgrove Clubhouse.

If you have never been to Hillsgrove or any Clubhouse for that matter, I would strongly suggest connecting with one

and setting up a tour, where you would be able to learn more then you thought about possible about Clubhouse.

Don't take my word for it, go make an appointment today.