

# NEIGHBORHOOD HOUSE ASSOCIATION



The Neighborhood House Association (NHA) is one of San Diego County's largest multi-purpose human services agencies. NHA helps thousands of individuals and families improve their quality of life by providing vital social services including: employment, healthcare, child, family and senior services.

Neighborhood House Association programs and services include:

- Adult Day Health Care
- Child Development/State Preschool
- Geriatric Specialty Program
- Head Start/Early Head Start
- HIV/AIDS Case Management and Peer Support Services/Transportation Services
- Homework Center
- HUD Approved Housing Counseling
- InnoVisions
- Nutrition Services
- Project Enable/Friendship Clubhouse
- Project In-Reach
- Senior Service Center

## HEADQUARTERS

Neighborhood House Association  
5660 Copley Drive  
San Diego, CA 92111  
858-715-2642



## Neighborhood House Association

*"A neighbor you can count on...since 1914"*

**Friendship Clubhouse**  
**Neighborhood House Association**  
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**[www.neighborhoodhouse.org](http://www.neighborhoodhouse.org)**

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## Friendship Clubhouse



**Empowering Members  
to be Active in Their Recovery  
and Their Community**



## ABOUT FRIENDSHIP CLUBHOUSE



Neighborhood House Association's Friendship Clubhouse is a member-driven rehabilitation and recovery program for adults with severe and persistent mental illness, including those who may have a co-occurring substance use disorder. Friendship Clubhouse strives to create a safe, supportive environment that is sensitive to each member's unique needs.

Friendship Clubhouse focuses on peer support, social and independent living skills enhancement, wellness and recovery, recreation and vocational rehabilitation. Based on the principles of psychosocial rehabilitation, the goal of the clubhouse is the empowerment of members to re-establish their normal roles in the community and to successfully re-integrate into community life through active participation in the planning, implementation and achievement of their personal recovery goals. Members and staff work in partnership in all activities of the clubhouse.

Friendship Clubhouse members choose how often they attend the program and in which activities they participate. Membership in the program is not a prerequisite to attending program activities or for benefiting from its services.

## PAYMENT

Participation in the Friendship Clubhouse is free.

## ACTIVITIES

Neighborhood House Association's Friendship Clubhouse offers a variety of recovery-oriented services to members, including:

- *Self help groups*
- *Independent living skills*
- *Peer support and advocacy*
- *Wellness Recovery Action Plan (WRAP)*
- *Vocational support*
- *Assistance with employment and volunteer opportunities*
- *Computer lab*
- *Indoor and outdoor games and entertainment*
- *Field trips*
- *Arts & crafts*
- *Health & wellness*
- *Referrals*



## MEMBERSHIP CRITERIA



To qualify for membership, applicants must:

- *Be willing to participate in the activities of the Friendship Clubhouse*
- *Be at least 18 years of age and a resident of San Diego County*
- *Have a history of mental illness that is verifiable by a medical professional*
- *Be able to follow simple instructions*
- *Not have severe mental or physical limitations that would make them dependent on others to perform simple tasks*
- *Not have severe and current substance abuse problems or violent behavior that would pose a threat to the safety, or disrupt the activities of the Friendship Clubhouse community*

### HOURS:

Monday to Friday  
8:30 a.m. to 5:30 p.m.

Friendship Clubhouse is funded by the County of San Diego Health and Human Services Agency Adult/Older Adult Mental Health Services.