



Friendship News

A Quarterly Newsletter Published by Members of
the Neighborhood House Association
Friendship Clubhouse



The Road to My Recovery By Mikail

I joined the NHA Friendship Clubhouse. I joined because I needed a good nonjudgmental group who would help me with my stability and help me socially plant my feet back into a free society. They put me right to work by letting me cook for them for the Fourth of July, which was very therapeutic for me. Although I can't be with them physically as much as I would like, I enjoy being around everybody in the Clubhouse when I'm with them.

I don't know them all yet, but when I'm released

from the institution I'm presently in I will participate fully in the Clubhouse and get to know



Mikail (l), a member, and Ayele (r), the Program Manager, shake hands as a demonstration of their friendship, collaboration and mutual respect.

them all.

The staff of the Clubhouse have been very

open minded and patient with me. I like that because being in a halfway house and striving to integrate back into society can be very difficult as some of you may or may not know.

I'm not fully where I need to be mentally yet, but I believe participating in the Clubhouse will enable me to reach where I should be.

So I will continue to go to Friendship Clubhouse long after I'm well and out of the halfway house and with that I will say I'm just happy and thankful to be a part of the Clubhouse.

Why I'm Thankful For the Friendship Clubhouse By Lilia

I'm thankful for the Friendship Clubhouse. The staff works hard and I enjoyed attending the San Diego County Fair last year. The Friendship Clubhouse is like a family with sisters and brothers and friends for everyone.

I always think and feel positive when I'm at the Clubhouse. My attitude is positive. I thank God for the Clubhouse. I owe my gratitude to the staff and the many resources and benefits that they have. Thank you to all of the

staff who have worked here in the past and the permanent staff who work there now!

Gracias

Thank You

Celebrate Hispanic
Heritage Month



&
Native American
Heritage Month!

Volume 2, Issue 2

October—December 2013

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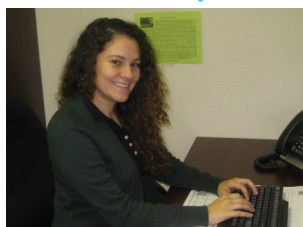
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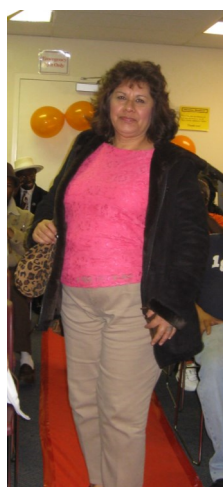
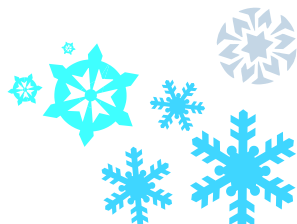
"We are happy that
you came!"



- Paula



Jessica fits right in at the
Friendship Clubhouse.



Maria rocks the runway at
the 2013 Friendship
Clubhouse Thanksgiving
party!



WELCOME!

By Paula

Welcome to the program!
We would like you to relax
and enjoy. Don't be afraid to
look around, talk to new people
and talk in groups. You

can go on outings. You can
go volunteer at the food bank.
You can cook, dance, and
learn something new. We are
happy that you came!

NEW MEMBERS:

*Francisco *Mark *Gary *Nancy
*Jeffrey *Alan *Miguel *Pamela
*Shawn *Michael *Ashley *Steven
*Andrews *Marilyn *Lorenza

Getting to Know New Friends: Jessica Guido

By Cynthia

Jessica Guido temporarily
joined the staff of the Friend-
ship Clubhouse mid-October
2013. Her primary focus is
getting members healthy,
equipped and ready to return
to work, school or to take up
volunteer opportunities. She
also encourages and supports
members who are currently
involved in these activities.
**Where did you work before
coming to the Friendship
Clubhouse?** I worked at the
San Diego Police Department
Family Justice Center. **What
did you study in school?** I
studied psychology. I attended
high school in Costa Rica. I
have an Associates Degree in
Behavioral Sciences from San

Diego City College and a
Bachelors in Psychology
from San Diego State Uni-
versity. **Why did you apply
to work at the Friendship
Clubhouse?** I specifically
like this program because of
the way we help people with
rehabilitation. I also like
helping people and empow-
ering them toward personal
growth. **What do you en-
joy most about the job?**
Why? I enjoy everything,
especially the close interac-
tion I can have with the
members. I care about the
members and like that I can
build relationships with
them.

Fun Facts**Hometown:**

San Diego, CA

Favorite Color:

I don't have one.
They're all unique!

Favorite Ice Cream:

Cheesecake & Red Velvet

Favorite Music Group:

Imaginary Dragons

Favorite Food:

Mexican Food

Special Talent:

I'm a dancing machine!

Member Spotlight: Maria A. M.

By Jeffrey

Maria A. M. has been a mem-
ber of the Friendship Club-
house for ten years. She is
originally from a town in Mexi-
co called Grullo Jalisco. **Have
you ever traveled outside of
the country?** I haven't done
that much traveling. **What is
your favorite food?** My fa-
vorite food is carne asada bur-
ritos. **What do you do for
fun?** I listen to music, I sew,
and come to the Friendship
Clubhouse. **What is some-
thing that you're really good
at?** I'm really good at sewing.

I'm a good housekeeper.
**Describe yourself in three
words.** Smart, empathetic,
listener. **What are five
things that are very im-
portant to you?** Family, kids,
friends, my dog Buttercup,
and the Friendship Club-
house. **What did you study
in school?** I studied math,
English, history, typing, sew-
ing and baking bread. **Have
you worked before? What
did you do for work?** I use
to work at a bakery. **Why do
you like coming to the**

Clubhouse? I like to go to
classes and meet friends.
**What advice would you
give a new member about
making friends at the
Clubhouse?** To make
friends you should partici-
pate in classes and share
your feelings, join research
studies. **What encourage-
ment would you give oth-
ers about managing men-
tal illness?** See your doctor
and therapist and take your
medication.

Holiday Shepherd's Pie

By Anna

Serving Size: 12

Ingredients:

1/2 Can of Sliced Black Olives

1 Can of Biscuits

1 Can of Peas

1 Can of Sliced Carrots

1 Box of Powdered Potatoes

1 Package of Ground Beef

2 Cups of Shredded Cheese

1 Large Baking Pan

Instructions:

1. Cook biscuits in oven

2. Cook ground beef on stove

3. Mix can of peas and can of sliced carrots in with cooked ground beef

4. Season ground beef, peas and sliced carrots mixture to taste

5. Prepare powdered potatoes

6. Preheat oven to 375 degrees

7. Once biscuits, ground beef/pea/carrot mixture and powdered potatoes are fully cooked proceed to next steps

8. Cut cooked biscuits in half

9. Line large baking pan with biscuit halves

10. Spread a layer of cooked and seasoned ground beef/pea/carrot mixture on top of biscuit halves

11. Spread a layer of cooked (powdered) potatoes on

top of the ground beef/pea/carrot mixture

12. Sprinkle a heavy layer of shredded cheese on top of cooked potatoes

13. Sprinkle sliced black olives on top of shredded cheese

14. Bake layered Shepherd's Pie for 15 minutes or until cheese melts and turns golden brown

15. Remove Shepard's Pie from oven and serve!

Suggestions:

Serve Shepherd's Pie with a nice iceberg lettuce side salad complete with cherry tomatoes, chick peas, croutons and the salad dressing of your choice for a well rounded meal that's good for the soul!

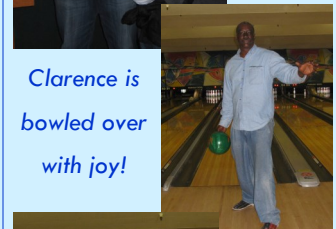
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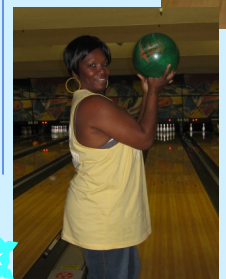
Holiday Shepherd's Pie



Mina wins Best Female Bowler.



Clarence is bowled over with joy!



Shelley came ready to bowl a strike!

Sports Wrap-Up: Bowling

By Shelley

Today, is a special day for the Friendship Clubhouse. On a certain day we all get together and go bowling and to lunch. They have a special discount for only \$3.00. First, when we all met up, I thought it was just us until I got inside of Parkway Plaza. The bowling alley was full of us and all kinds of people from everywhere, not just from our Clubhouse. It was unexpected. People from different Clubhouses were already present. It was the unknown because I haven't been bowl-

ing in years. I remember playing a bowling game on the Wii with my family last Thanksgiving. I thought I would come out on the good end instead of the bad end but instead I fell while trying throw the ball. On the other hand, bowling was exciting and a challenging game in person. There were about four different teams and the score varied up and down; it never stayed the same although the game kept going on. Mina and Barbara seemed to always be on top with the highest score for

both games. I didn't catch on until the middle of the game, then my score shot up out-of-nowhere and then the staff came and suddenly started another game. I knew immediately I was ruined and I was right, because that's when I fell trying to get to the high score. However, we ran out of time and it was time to go to Sizzler for lunch so we left from there to meet up with the rest of the Clubhouses. Once we got to Sizzler's it was on, all you can eat lunch buffet my type of party. I was literally in heaven. It was

home sweet home. We all ate until our stomachs popped, even desserts. Then Park and Recreation gave out certificates for the overall winners who's been playing through the year. How much fun can a group of people have in one day for such a cheap price? Now I know why I joined the Friendship Clubhouse there are many special people you can meet and places you can go. Fun! Fun!

CREATIVE ARTS



Celebrate Hispanic Heritage Month!

Hispanic Heritage Month Reflections

Being Latina means having to do things right. Being close to family. The contributions that Hispanic Americans have made to the USA have me feel proud of my ethnicity. Hispanic American History is important because it is a month to recognize all of the Hispanic Americans who have made a difference in the world.

-Cynthia

Hispanic History means a lot to me, but I will just say:

I love my ex-girlfriend who is Latina and the two kids we share together. We taught each other a lot about each others' cultures and we have given these gifts to our two children and maybe they will in turn share the gifts we have given them with their family and friends so that by this sharing of culture and love, it will brighten the world around them. **-Mikail**

Being Latina to me means going to church every Sunday, giving to the poor and homeless. It's important to me because we have God there to judge us.

-Maria

I don't have to think about being of Latino

heritage. I just am. As a child I thought about it often because the USA had become my new home. Now as an adult I realize I am part of the majority. This is a new thought. There are so many talented, outstanding and accomplished Latino individuals. I feel quite proud. There are

more generations to come. I think that is a comforting thought. We might see a Latino as president. Would-

n't that be something! So being Latino fits right in. I think Latinos have arrived and I am part of it all!

-Mirna

I am orgullosa (proud) to be Latina because I know my culture very well; and the way my parents raised me. Being Latina it is easier to be bilingual which can open many doors in the future. It also makes it easy to communicate with different cultures. I am glad to be a Latina. I am blessed with a

beautiful culture. I have the opportunity to know the foods, customs, music, religious beliefs of my culture and share them with other people. For example the type of music we have in my country is guitar Mariachi music. For me one of the most important religious beliefs is the day we celebrate La Virgen de Guadalupe on December 12, 2013. That day all of the Mexicans reunite to remember her birthday and sing "Mananitas." **-Martha**

When I came to the USA in December 1968 I was thirteen years old. I came to Brooklyn. I love being Spanish and I love being Latina. I love being me, America, and living in the USA and being American. I love being bilingual.

-Rosamaria

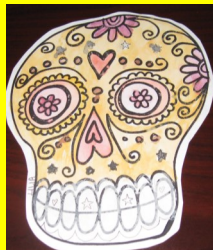


(L-R) Rosamaria, Jeffrey and Martha celebrate the beautiful cultural diversity of Latinos in the Americas.

Dia De Los Muertos Watercolor & Marker Skulls



Painted By Jorge



Painted By Lilia



Painted By
Colandus



Drawn & Colored
By Miguel



Painted By David



Celebrate Native American Heritage Month!

History of Member Dream Catchers

By Joi Jackson

The members at the Neighborhood House Association Friendship Clubhouse created dream catchers in honor of Native American Heritage Month in the month of November. A dream catcher by design is meant to catch good dreams in its web and



let bad dreams escape through the holes. Once good dreams are caught, they are said to travel down the string and climb down the feathers like stairs to the mind of the dreamer sleeping below.

Birdie Brings Peace to Everybody

A Story By the Members of the NHA Friendship Clubhouse

Once upon a time there was a turkey named Birdie. Birdie was a very smart and loving turkey. His mother told him when he was just a little bird that he had been blessed with a special purpose in life. She said that he would discover his purpose when he becomes older. As birdie grew up, everything interested him, especially how the Native Americans and Pilgrims related to each other while trying to survive in the wilderness. He wanted to help them get along, because they were fighting. Birdie was a true peace maker. He tried to help them.

Birdie tried to get everyone back into the holiday spirit. He had them help each other by looking out for each other. He wanted to bring peace to the world and he

prayed that God would take care of them. He knew that peace could bring beautiful things to brighten their life. He wanted to make peace so they all could get along with each other, so they made a



*Pumpkin Turkey Art Project
Created By the Members of the
NHA Friendship Clubhouse.*

feast! Birdie knew that to help the Native Americans and the Pilgrims through anything they went through

would be a gift from God and people always love to eat for Thanksgiving and celebrate. He showed them how to prepare the food, how to catch small fowl and how to fish in the water. These activities brought them closer together. He told them, "There's always time for you to love people. Try loving the world! Happy Thanksgiving! I miss you." Birdie helped the Native Americans and Pilgrims by teaching them to be thankful for each other and lots and lots of turkey on Thanksgiving. The two groups got together and celebrated by thanking the Almighty for so much good. It was a bountiful occasion that would become a tradition in the years to come.

Native American Dream Catchers

Artwork By the
Members of the NHA
Friendship Clubhouse



DREAM



BIG!



FRIENDS IN ACTION

Halloween Party



Thanksgiving Party

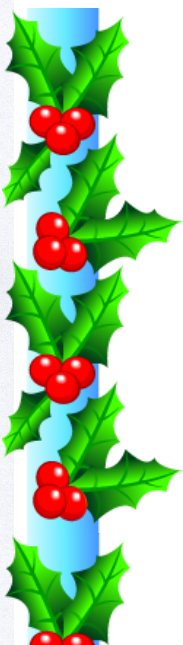


Christmas Party





The Great California Shake Out



Clubhouse Health & Wellness



NHA Friendship Clubhouse
286 Euclid Ave., Suite 104, San Diego, CA 92114
Tel. (619) 263-6269 Fax (619) 264-3581 E-mail: friendship@neighborhoodhouse.org
Program Schedule
Effective 10/13

MONDAY TUESDAY WEDNESDAY THURSDAY FRIDAY

08:30-09:00	Sign in Community Meeting	Sign in Community Meeting	Sign in Community Meeting	Sign in Community Meeting	Sign in Community Meeting
09:00-09:30	Socialize (Coffee/Snacks)	Socialize (Coffee/Snacks)	Socialize (Coffee/Snacks)	Socialize (Coffee/Snacks)	Socialize (Coffee/Snacks)
09:30-10:15	Computer Class/ Indep. Living Skills/ Community Garden	Volunteer @ SD Food Bank/ Yoga/Zumba	Arts & Crafts/ New member orientation	Computer Class/ Indep. Living Skills/ Community Garden	Movies
10:15-10:30	IK				
10:30-11:15	Communication Skills	Volunteer @ SD Food Bank/ Volunteer in-house	Vocational Group	Recovery Group/ Members' Interest Grp.*	Movies
11:15-11:30	IK				
11:30-11:45	WRAP-up	WRAP-up	WRAP-up	WRAP-up	WRAP-up
12:00-01:00	IL				
01:00-01:15	Sign in/Community Mtg.	Sign in/Community Mtg.	Sign in/Community Mtg.	Sign in/Community Mtg.	Sign in/Community Mtg.
01:15-02:00	WRAP/Medication for Success/W.E.L.L. ** By Recovery Innovations (RI)	Health & Wellness/ Laughter Yoga ***	Health & Wellness	Roadmap to Recovery By Behavioral Health Education & Training Academy (BHETA)	Outing/ Indoor Rec. W.R.A.P Peer Support Group
02:00-02:15	IK				
02:15-03:00	WRAP/Medication for Success/W.E.L.L. RI	Computer Class	Community Resources	Roadmap to Recovery BHETA	Outing/ Indoor Rec. Newsletter Group
03:00-03:15	IK				
03:15-04:00	Computer Lab/ Indep. Living Skills	Computer Lab/ Indep. Living Skills	Computer Lab/ Indep. Living Skills	Computer Lab/ Indep. Living Skills	Outing/ Indoor Recreation
04:00-04:30	Housekeeping/WRAP-up	Housekeeping/WRAP-up	Housekeeping/WRAP-up	Housekeeping/WRAP-up	Housekeeping/WRAP-up

A separate schedule will be issued each month for special activities.

* Instead of Recovery Group, Members' Interest Group meets on the 3rd Thursday of each month from 10:30 AM – 11:15 AM (RI).

** Please call for information on current group/class by Recovery Innovation.

*** Health & Wellness and Laughter Yoga alternate biweekly.

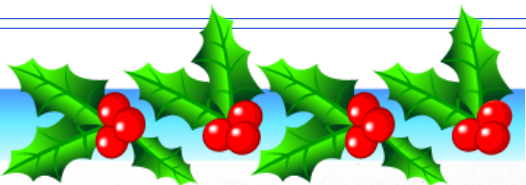
Friendship Clubhouse is open to all adults with severe and persistent mental illness including those with co-occurring substance use disorder.
Membership is not required to attend the Program.

Client

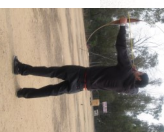
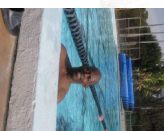
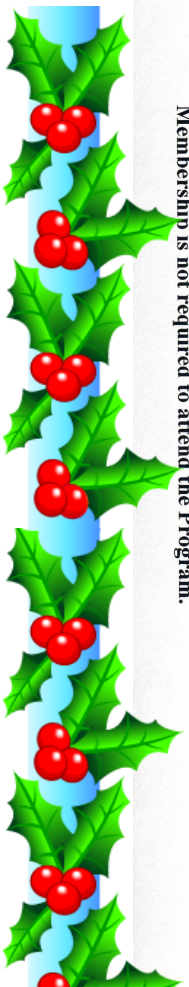
Recognition

Luncheon

PROGRAM SCHEDULE



Fun With Sports



7 STEPS TO GETTING A JOB INTERVIEW

By Mikail:



1. Never lose sight of what you want and be open minded all the time.
2. Be very persistent and diligent.
3. Set job goals for yourself.
4. Prepare yourselves for yes and no.
5. Get help where you need it.
6. Be ready for work before you get the job and never stop looking.
7. Keep your head up!



VOCATIONAL

Finding and Landing the Job

By Mikail

Well, it's been a long time since I've worked. Eleven months to be exact, but I've never stopped looking for a job, even though I've moved from one city to the next.

It hasn't been easy, but as

a person of persistence and working with my job coordinator, Ms. Jessica G., I finally was able to get a phone interview.

But you know what this was just the beginning of my success. I now had to

study for a job interview over the phone which I've never done before.

Well, the phone interview was a success. I now have an in-person interview!

Thanks!

Chef Colandus

By Colandus



Colandus puts the finishing touches on a gourmet Clubhouse lunch.

I like volunteering at the Clubhouse. It makes me feel very important when I cook for the members. I know they enjoy the meal. Hopefully, one day I will become a chef so I can be successful.

Everyday I come to the clubhouse I cook and practice with the staff and members. They can help me enroll in cooking school and workshops at the Food Bank. They will help me reach my goal.

4 Steps to Getting Your GED

By Jessica Guido

STEP 1: Review Your State's Requirements: You must be at least 16 years old to take the GED test. You should not be enrolled in high school or have a diploma.

STEP 2: Prepare for the Exam: The GED exam is made up of five subject tests, including mathematics, reading, writing, science and social studies.

- **In-Class Preparation:** You can find in-class GED preparation

courses by checking with your local GED testing center.

- **Study at Home or Online:** You can access free practice test questions and answers online through the ACE website (www.acenet.edu).

STEP 3: Register for the Exam: Testing centers are located in every state, in all U.S. territories and internationally. You can find a list of U.S. test locations on the

ACE website.

STEP 4: Take the Test: The GED take seven hours to complete. GED testing is highly accommodating for test takers with learning disabilities, mental or emotional health issues, and other factors that may make the test a bit more difficult.

Most importantly, don't stress. Getting your GED is an exciting new phase that can open doors that weren't previously open to you.

COMMUNITY RESOURCES

Help Lines

Access & Crisis Line	Phone: 1-888-724-7240
Consumer to Consumer Warm Line	Phone: 1-800-930-WARM (9276)
National Alliance on Mental Illness (NAMI)	Phone: 619-543-1434 NAMI.org

Emergency Services

Home Start (Utility Assistance)	Phone: 619-229-3660
MAAC Project (Utility Assistance)	Phone: 619-428-1139, 619-409-1697
Metro Good Neighbor (Food)	Phone: 619-264-0368

Housing

HUD Housing	Phone: 619-557-5305 HUD.gov
Townpeople	Phone: 619-295-8802
San Diego Housing Commission	Phone: 619-231-9400
Supportive Housing	HousingMattersSD.org

Mental Health Services

San Diego County Psychiatric Hospital	Phone: 619-692-8200
NHA Project Enable	Phone: 619-266-2111
Health Services Complex	Phone: 619-692-5725
Network of Care San Diego	SanDiego.NetworkOfCare.org
Recovery Innovations of California	Phone: 858-274-4650 RecoveryInnovations.org
Substance Abuse and Mental Health Services Administration	SAMHSA.gov

Social Services

Neighborhood House Association	Phone: 619-263-7761
Social Security Administration	Phone: 1-800-772-1213 SocialSecurity.gov
Low Income Health Program (LIHP)	BenefitsCalWin.org
ACCESS Customer Service Center (For help with LIHP website, Medi-Cal, Food Stamp Programs)	Phone: 1-866-262-9881
Catholic Charities:	Phone: 619-231-2828 CCDSD.org
211 San Diego	Phone: 211 211SanDiego.org
California Smoker's Helpline	Phone: 1-800- NO-BUTTS (1-800-662-8887) NoButts.org

Advocacy Services

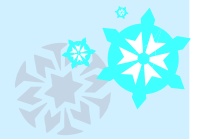
Consumer Center for Health Education and Advocacy	Phone: 877-734-3258
Jewish Family Services Patient Advocacy Program	Phone: 800-479-2233

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Member Testimonies:



Consumer to Consumer Warm Line...



"I liked it."

-Victoria

San Diego Housing Commission...

"Good...They will contact you, let you know where you are on the waiting list; then you get it."

-Ronnie



Health Services Complex...

"They are okay...They were there to help you."

-Jose



Social Services Administration...

"They help me with what questions I had, with benefits that I have and don't have."

-Barbara





NEIGHBORHOOD HOUSE ASSOCIATION

A neighbor you can count on!

Friendship Clubhouse

286 Euclid Avenue, Suite 104
San Diego, CA 92114

Phone: 619-263-6269

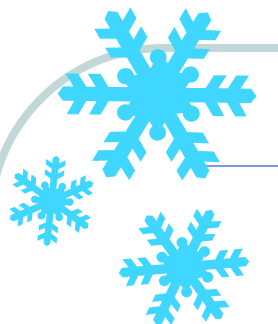
Fax: 619-264-3581

We're on the web!

www.neighborhoodhouse.org



Encouraging Words



*"In the middle of
every difficulty lies
opportunity."
— Albert Einstein*



"God is with you. He's with you everywhere you go. You just need to have faith, and keep praying, and then you'll have hope." **-Mina**

"Be positive and keep your head up. Don't worry about nothing that's going to happen. Just have a good day." **-Colandus**

"Have the power to do it! Stand up for your rights! Fight for your life!" **-Sherrie**

"We all have problems and challenges. Some days are harder than others. Some days we're good with it, but we all go through it and it's all temporary. We go

through it to make us stronger and to learn from it." **-Barbara**

"Keep believing that you can get better and you will." **-Maureen**



"Smiling and happy." **-Thongbay**

"Regardless of your obstacles always keep the faith. And know that tomorrow brings about a different

change and a different way." **-Alvin**

"If you're sad try to hold your head up and call on God and look forward to a blessing if you keep on praising Him." **-Gloria**

"Shrug it off and try and forget your worries." **-Mike**

"Have confidence in yourself. Have confidence in God. Talk to someone who has experience or talk to a counselor or Clubhouse staff member so that you can let out everything that's frustrating you." **-Martha**

"Get well soon." **-Edward**