

Union Station Clubhouse

Newsletter



Kennywood

By: Toni F.



On July 13, 2019, the Clubhouse and I went to Kennywood. I enjoyed riding the rollercoasters with my fellow peers and staff. My favorite rides were the Jack Rabbit, Racer, and the Exterminator, which we all rode multiple times. It was the Steel Curtain's opening day, with an approximate 4 hour wait, but we did not get to ride it due to mechanical issues. We do plan on going back next in hopes to ride it.

Member Spotlight: Colleen W. and Amber R.

By: George H.

Colleen

Colleen W. has been coming to the Clubhouse program for about a month now and enjoys the freedom that comes with planning out her day. This, in turn, teaches her how to be independent. Other skills she has learned gave her more confidence which she hopes will enable her to get housing as well as to maintain her mental health. All these things, while they may seem minor, form the basis of a better lifestyle, which we are certain she will definitely acquire, no matter the time it takes.

Amber

Amber R. is another new member who has only been attending the Clubhouse program for about a month now. In that short period of time, she figured out how to be more productive by doing the daily work of the Clubhouse. Being productive made her figure out for herself that she would like to gain employment. Eventually Amber wants to be a more productive member of society as a whole, and with a mindset like this one, we are certain that nothing can stop her!



My Journey

By: Angela F.



I've always wanted to live on my own. It has been a goal of mine for quite some time. I lived on my own before in 2012, but it didn't work out and then I went into Dom care for 3 years. I went to other places in between there until February 2019 when I finally reached my goal and got my own place in Uniontown. It's not easy living alone, but I am finally getting used to it.

I am also in college getting my associates degree in human and health services. I've started my journey on May 17, 2018 and have an expected graduation date of September

22, 2019. I plan on using my degree in the substance abuse field because I have family, friends, and myself that struggle with substance abuse problems.

I recently just got my driver's permit and cannot wait to start driving. I plan on saving money so I can get a car in the future.

Clubhouse has taught me many things and has given me many resources to help me be on my journey. I have been a member since 2011. While attending the Clubhouse, I am working on how to cook meals for myself, maintain my residence, and budgeting.

Pizza and Movie Night

By: Krysta C.

On June 21, 2019, we had our monthly friday night activity. We had pizza, pop, and watched The Wizard of Oz. The clubhouse members enjoy this monthly event because we get to spend time with one another.



Fourth of July Social Event

By: Krysta C.

On July 4, 2019, we had our Fourth of July social during our day at the Clubhouse. Both members and staff worked together with setting up and clean-up after lunch, small work order day duties. We had a water battle with water balloons and squirt guns. The clubhouse membership enjoys this annual event because we get to spend time with one another, casually talk, and have a lot of fun!



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Dress for Success

By: Krysta C.

On June 14, 2019, we hosted a “Dress for Success” event for men and women who needed help getting clothing for a job or an interview. There was a lot of clothing options; casual wear, dress suits, shoes, and jewelry. We all participated to make the event a success.



Clubhouse Coalition at West Place

By Rebekah M.

On June 26, 2019, Union Station attended a Clubhouse Coalition held by the West Place Clubhouse in Greensburg, Pa.

Staff member Ashley M., myself, and a few others members were in attendance for this event. During our time there, we were given a tour of West Place Clubhouse and had a Coalition meeting where we discussed different topics and shared ideas with one another.

There were other Clubhouses who joined us as well. For lunch we were served chicken salad on a croissant and fruit salad. We all had a very nice time. We laughed and joked around. The Coalition meeting was very informational and I learned a lot.



Union Station Staff

By Krysta C.

For quite some time I have been attending the Union Station Clubhouse. One of the many things that I enjoy about attending here is the staff. The staff here at Union Station Clubhouse are quite entertaining and welcoming. In addition, I found that they are very helpful. I can talk to them about anything and get great advice. The staff at Clubhouse have helped me with many things and I appreciate them all for that. They truly are wonderful people to be around!