

JUNE 2008

Volume 1, Issue 4

# G.O.C. GAZETTE

THE NEWSPAPER FOR THE  
GAINESVILLE OPPORTUNITY CENTER

## WE HAVE SOME SPACE, WE HAVE A PLACE!

GAINESVILLE OPPORTUNITY CENTER, INC "WISH LIST" TO FURNISH CLUB SITE!

Greetings!

We have been "Looking for Space"! ... and now we have some! Beginning July 1st The Gainesville Opportunity Center, Inc. will have it's first space renting a large room and a small break room from the Catholic Charities of Gainesville. This incubation for our agency is exciting as we welcome our first contract as a free standing agency with the Department of Children and Families. This is our second contract overall with the first one coming from THE ABLE TRUST which is helping us with some much needed fiscal resources to begin the clubhouse here in Gainesville. Of course we have a few generous folks who have come forward with financial help, but that only goes so far.

We have a space but now we need "stuff" to put into it. Take a look below at our wish list. If you have, or know of someone who

has, any of the items below please let us know. You may contact GOC at (352) 224-5523 or email us at mail@goclubhouse.org Remember July 1st is the moving date but we are willing to acquire what we need in a sane and organized fashion! No rush... just... steady as she goes! Thank you,

A good start would be:

"Main Room"  
3 Desks and Chairs and end table for printer, 5 Shelves for Storage Space and Book Cases, 3 6ft Long fold able tables and 18 folding chairs, 2 White boards about 3ft high and 6ft wide. 2 Lockable file cabinets, 2 Line Phones, 2 Footlockers to secure belongings ,Flowers and Plants

"Break Room"  
2 prep tables, 2 kitchen storage shelves Small Kitchen Table and 2 chairs, Refrigerator, Microwave, Coffee Pot, Utensils NO dishes (we are using paper products) Refrigerator and (Jacuzzi-just kidding!)

As of July 1st we will be relocating to:

**1717 NE 9th St  
Gainesville, FL 32609**

**VOICE: (352) 224-5523 FAX: (352) 224-5555  
7257 NW 4th Blvd., #318  
Gainesville, FL 32607-1600**

**A CLUBHOUSE WITH TEMPORARY WALLS...**  
*what we are doing while working on a permanent home..*

- Publishing a newsletter
- Outreaching to other potential members.
- Speaking to community leaders and programs about the clubhouse.
- Visiting other clubhouses to get ideas and inspiration.
- Occupying a temporary space to have meetings to educate ourselves about clubhouse, support each other and work on projects to further develop the club.
- Setup a support system for each other.
- Help with fundraising
- Socialize
- Attend conferences and workshops



Gainesville Opportunity Center, Inc.



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Our Good Friend... Lisa Cue from DCF



**WALK ON!**

Michael Simmon's is determined that walking and a good diet are important to good mental health and it seems that he has encouraged other members to take it seriously as well. For many weeks now he and fellow members are getting up, and going walking. The usual sight is the Oaks Mall , or should I say, around the Oaks Mall. Several mornings a week with water in hand you may find anywhere from 3 to 6 members staking a claim on getting together and getting healthy. Members who attend are not marathon runners just people who want to meet up with their friends and start the day off "on the right foot". Won't you join them? All members (and staff) are invited to join in anytime. Talk to members at the weekly clubhouse meeting to get all the details!

**Member Highlight!**



When you first look at David, you see a tall, slender person with kind blue eyes. When you start to get to know him you find out he is extremely quiet, smart and very kind. David was born in Los Angeles, April 13th, 1981. He has lived in Gainesville for 24 years. Some of his hobbies are playing drums and working out. David's favorite band is "Rush". (We hope to get a clubhouse band started.) His favorite sports teams are the Gators and his favorite sport is basketball. I asked him how the clubhouse has helped him and he said that he has a group of people that he can talk to and relate to. David is like a big teddy bear. I've never seen him in a bad mood. He is a great and loving guy.



-Mike Leyman

"Mike": "So David, what changes would you like to see for the clubhouse?"

"David": "A building."

**JUNE 2008**

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1	2 GOC BOARD MEETING 6 pm	3	4 Clubhouse Meeting 10:00	5	6	7
8	9	10	11 Speaking Engagement at UF	12	13	14
15	16	17 ICCD CLUBHOUSE DEVELOPMENT TRAINING, ST. PETERBURG, FL	18	19	20 Florida Clubhouse Coalition	21
22	23	24 Newsletter Articles Due	25 Clubhouse Without Walls	26	27	28
29	30					



## Big Bend Mental Health Coalition

Recently we had an opportunity to speak to two groups in the community. On May 12th Mike Demers, David Stevens, Mike Leyman and “Andy” Bernard went to Tallahassee at the invitation of the Big Bend Mental Health Coalition. Members and Staff talked to over forty individuals who are interested and wanted to know more about I.C.C.D. Certified Clubhouses.

Later that evening, Michael Simmons and Mike Demers shared about the clubhouse model and GOC with family members and consumers from the Gainesville NAMI group. If you would like representatives to speak at your event or organization please call us at (352)224-5523.



### ON THE ROAD!



## GOC visits <sup>another</sup> Florida sister Clubhouse! GOC’s Trip back to LIGHT HOUSE!

In the beautiful area of Crystal River lies a clubhouse. A place that is like a second home to many members in the area. LightHouse started as a two-room clubhouse on the property of their parent agency. Since then, and while waiting for a permanent home, they have moved into a very pleasant home in Crystal River, a town over from their old home in Inverness. Members and Staff of the clubhouse were most welcoming and helpful in helping GOC members “learn the ropes” of how a clubhouse operates. Their hospitality included a tour of the clubhouse, a healthy lunch and “jam session”. Members of GOC felt welcomed and a part of the family. *Thank you LIGHTHOUSE!*



*Members and Staff from LightHouse join us on their front porch for a parting picture.*

Gainesville, FL 32607-1600  
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 E-mail: mail@goclubhouse.org

[www.goclubhouse.org](http://www.goclubhouse.org)  
 We're on the Web at:

**Clubhouse Standard of the Month: Membership: #5**  
 Members at their choice are involved in the writing of all records reflecting their participation in the Clubhouse. All such records are to be signed by both member and staff.

**Gainesville Opportunity Center, Inc.**

A World of Growing Opportunities  
[www.GoClubhouse.org](http://www.GoClubhouse.org)

The Gainesville place where people whose lives have been drastically disrupted by a mental illness come to rebuild their lives.

- Meaningful opportunities in Gainesville community
- Important work
- Restorative environment emphasizing abilities and talents
- Help with education & college degree programs
- Access to services, supports, housing
- Friendship



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