

WEEK OF 3/26/18



Rebuilding lives
Removing stigma
Restoring dignity
Resource for mental health recovery

GOC WEEKLY GAZETTE

Amazing Give

The GOC once again participated in The Amazing Give, an online fundraiser for the non-profit community of Gainesville that took place March 21 6pm - 22 6pm. Friends and members of the GOC launched a Social Media Campaign for the event. So far we have raised \$17,403 from 85 donors.

Thank you everyone for all of your help. These funds help provide programs at the Gainesville Opportunity Center that include employment education, software, seeds and equipment for our gardening work unit, staff training, as well as arts and crafts.

All this helps get the mentally ill out of isolating in their homes and/or apartments and gets them involved in a work-ordered day, reducing hospitalizations and encounters with the police.

Beyond Boundaries Art Show March 9 - April 9



Creating works of art, especially painting, allows me to create a quiet space in which my hamster brain can finally take a breath. I mostly work in acrylics or mixed media on canvas. My favorite subjects are taken from the natural world or my journals.

I have struggled with mental health issues my whole life, including intense anxiety around other people. Over time I became a shut-in and rarely left my home. But, isolating myself did not make me any less fearful. I was always drawing or painting, however others rarely saw my work.

Reaching out as an artist and showing my paintings has helped me transcend my personal boundaries (literally beyond the four walls of my apartment). Now, I participate in the community by volunteering my time in a number of art-based and mental health awareness groups in Gainesville including AnARTists and the Gainesville Opportunity Center.

I never expected my life to change as much as it has in the last 3 years. I am very aware that it is only because I have become involved as an artist and mental health awareness champion in my community that I now have a small army of PEOPLE in my life that have changed me forever.

I will never go back to that dark lonely place to paint. Now I paint not just for myself, but for the many people that cheer me on eager to see what I will do next.

Ouida

Cofrin Art Gallery (352) 322-2609
8009 SW 14th Ave Gainesville FL 32607
www.oakhall.org

Every week we will share a Clubhouse Standard. These Standards come from The International Clubhouse Coalition. Are we meeting or exceeding these standards? Or do we need improvement. Members and staff will be discussing the Weekly Standard at each day's morning meeting.

Standard #10—Clubhouse staff have generalist roles. All staff share employment, housing, evening and weekend, holiday and unit responsibilities. Clubhouse staff do not divide their time between Clubhouse and other major work responsibilities that conflict with the unique nature of member/staff relationships.

Activities

Monday 3/26	Tuesday 3/27	Wednesday 3/28	Thursday 3/29	Friday 3/30
10:00-Morning meetings 10:30 Lunch Preparation 12:00 Lunch 12:30 Lunch Cleanup 1:00 Computer Class 3:00 Garden Harvest 3:30 Closing Cleanup	10:00-Morning meetings 10:30 Lunch Preparation 12:00 Lunch 12:30 Lunch Cleanup 1:00 Crafts Class Art Class 3:30 Closing Cleanup	10:00-Morning meetings 10:30 Lunch Preparation 12:00 Lunch 12:30 Lunch Cleanup 1:00 Art Class 3:30 Closing Cleanup	10:00-Morning meetings 10:30 Lunch Preparation 12:00 Lunch 12:30 Lunch Cleanup 1:00 Newsletter Work-shop 3:30 Closing Cleanup	10:00-Morning meetings 10:30 Lunch Preparation 12:00 Lunch 12:30 Lunch Cleanup 1:00 Newsletter Work-shop 1:00 Social Activities 3:30 Closing Cleanup

MENU

Monday 3/12	Tuesday 3/13	Wednesday 3/14	Thursday 3/15	Friday 3/16
Meatloaf Potatoes Stir Fry Salad Rolls	Taco Tuesday Beans Rice	BBQ Chicken Potatoes Green Bean Casserole Stir Fry Rolls	Goulash Stir Fry Salad Rolls or Bread	Grilled Cheese & Tomato Sandwich Tomato Soup Salad

Weather

Monday 3/26	Tuesday 3/27	Wednesday 3/28	Thursday 3/29	Friday 3/30
				
69/57	7+/53	80/56	85/61	80/55