

WEEK OF 4/8/2019



GOC WEEKLY GAZETTE

Announcements:

SANTA FE VISIT: On April 19th from 1pm –2pm. Santa Fe Community College’s Ms. Julie Falt and Ms. Linde Musillo (Adult Ed Coordinators) will be visiting us from Santa Fe Community College. They will bring info regarding their programs including Nursing Assistant, Early Childhood Development, Horticulture, Improving Computer Skills, and Studying for the GED . Please don’t miss this opportunity!

CIT TRAINING: will be on Monday, April 15th at 1pm and 3pm (each session will be one hour). Police officers will be coming to GOC and will learn how to work with people living with a mental illness going through a crisis.

TIE-DYE: is on Wednesday, April 10th in the Evening from 5pm to 7pm. Please sign up by Tuesday if you want a tie-dye t-shirt!

NAMI Family-to-Family Class:

NAMI Gainesville is offering it’s Family-to-Family class that starts in April, but the class is full. Another Family-to-Family class might start in May at the Senior Center, but it is not definite as of yet. But for those of you who don’t know about Family-to-Family here is a little bit about Family-to-Family that you might want to know and tell your family members about so they can take the class the next time it is offered and possibly begin to understand your mental illness better:

Family-to-Family is a nationally certified evidence-based program that teaches people with family members that live with a mental illness the skills and knowledge to better cope with their family member that lives with mental illness.

The course is taught by trained nationally certified family members, and is free to all class participants

Over 300,000 family members have graduated from this program

It’s the only program of its kind in North Central Florida

Here is what Peter Weiden, M.D. (who wrote *Breakthroughs in Antipsychotic Medications*) has to say about the Family-to-Family class (taken from the NAMI Gainesville website): “*Family members who take the NAMI Family-to-Family course are better equipped to work with Mental Health clinicians in a collaborative manner. My bottom-line recommendation? Take this course. It will help you learn to cope successfully with a major challenge in your life, and that, in turn, will help your loved one as he or she works towards recovery.*”

Visit namigainesville.org to learn more and to watch a video on NAMI Family-to-Family!

GOC WEEKLY GAZETTE

Every week we share a Clubhouse Standard. These standards come from The International Clubhouse Coalition. Are we meeting or exceeding these standards? Do we need improvement? Members and staff will discuss the weekly standard at each day's morning meeting.

Standard #8

All Clubhouse meetings are open to both member and staff. There are no formal member only or formal staff only meetings where program decisions and member issues are discussed.

*Members have a **Right** to a safe place to come.*

Members will be treated with dignity and respect at the GOC.






*Members have a **Responsibility** to treat others how they wish to be treated.*

Activities

Monday 4/8	Tuesday 4/9	Wednesday 4/10	Thursday 4/11	Friday 4/12
9:00: Club opening tasks	9:00: Club opening tasks	9:00: Club opening tasks	9:00: Club opening tasks	9:00: Club opening tasks
10:00: Morning meetings	10:00: Morning meetings	10:00: Morning meetings	10:00: Morning meetings	10:00: Morning meetings
11:00: Lunch Prep	11:00: Lunch Prep	11:00: Lunch Prep	11:00: Lunch Prep	11:00: Lunch Prep
12:00: Lunch	12:00: Lunch	12:00: Lunch	12:00: Lunch	12:00: Lunch
12:30: Lunch Cleanup	12:30: Lunch Cleanup	12:30: Lunch Cleanup	12:30: Lunch Cleanup	12:30: Lunch Cleanup
1:00: Technology Class	1:00: Gardening	1:00: Art Class	1:00: Job Readiness	1:00: Newsletter
4:00: Closing tasks	4:00: Closing tasks	4:00: Closing tasks	4:00: Closing tasks	4:00: Closing tasks
5:00: Close	5:00: Close	5:00: Tie-Dye	5:00: Close	5:00: Close
		7:00 Close		

MENU

Monday 4/8	Tuesday 4/9	Wednesday 4/10	Thursday 4/11	Friday 4/12
Turkey Salad Fruit Salad Sweet Potato Fries	Curry Chicken Lentil Soup Broccoli Indian Spiced Cauliflower Salad	Flank Steak Greek Salad Couscous Summer Squash	Sausage and Eggs Cheese Grits Homefries Breakfast Casserole	Leftovers

Monday 4/8	Tuesday 4/9	Wednesday 4/10	Thursday 4/11	Friday 4/12
				
88/66	80/62	87/60	87/64	86/62