

# SALLY & HOWARD LEVIN CLUBHOUSE



## SALLY AND HOWARD LEVIN CLUBHOUSE

*A program of Jewish Residential Services*

**The Sally and Howard Levin Clubhouse** is a place where people with mental illness become whole again by building equal relationships, while doing meaningful daily work.

*"The Clubhouse is like a family. It is always there for me no matter what."*

*-Clubhouse member*

## BENEFITS OF CLUBHOUSE

**Clubhouse Members** can:

- Give and receive peer support.
- Participate in wellness and social activities.
- Learn and teach new skills.
- Participate in employment opportunities.
- Learn to advocate for themselves.
- Make and enjoy nutritious meals.

## Who can be a member?

To qualify for our program, a person must be an adult (age 18+) with a diagnosis of Major Depressive Disorder, Bipolar Disorder, Schizoaffective Disorder, or Schizophrenia. Another diagnosis may qualify with a letter of exception.



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## FREQUENTLY ASKED QUESTIONS

### What does the Clubhouse offer?

The Clubhouse does not hold formal therapy groups. We have meetings to plan the work of the day. We have weekly yoga class and occasional wellness presentations. We plan monthly social activities that occur after the work-ordered day and on the weekends. Every other Friday evening we enjoy dinner together.

### What do people do every day?

The functioning of the Clubhouse depends on the work of members. By doing important work, members gain self-worth and confidence. Some tasks include conducting reach-out calls to members, doing computer tasks, gardening, making greeting cards, maintaining our thrift store, writing for our newsletter, planning and preparing meals, and more.

### HOURS OF OPERATION

- Monday-Friday 8:30-4:30
- Friday 8:30-6:30 (1st/3rd week)
  - Holidays 10:00-2:00

2609 Murray Ave, Pittsburgh, PA 15217

### What is expected of me at the Clubhouse?

Members may participate at their own pace. All work is voluntary, but members are encouraged to participate in all aspects of the Clubhouse. The work of the Clubhouse is done together by members and staff.

### How much time do people spend at the Clubhouse?

Some members start by coming once or twice a week for a few hours at a time. Other people stay an entire day and come in almost daily.

### HOW TO BECOME A MEMBER

Referral forms can be found on our website at [shlclubhouse.org](http://shlclubhouse.org)

After review of your completed referral form and psychiatric evaluation, you will be contacted to schedule a tour and orientation.

**For more information, contact Joe Herbick at 412-422-1850 or [jherbick@jrspgh.org](mailto:jherbick@jrspgh.org)**

