

# Helsinki Clubhouse









# Who we are



The clubhouse is a community, in which all those involved participate in the planning, maintenance and development of its activities. An equal community complements psychosocial services and promotes the recovery and development of members.

The clubhouse offers its members goal-oriented activities for everyday life, peer support and individual guidance. The members' goals include, among others, coping with everyday life, returning to work or studies.

# Work and Study Ordered Days

Clubhouse activities are based on a work and learning day.

- The idea behind the work and learning day is that a member always has something to contribute that is needed to complete the tasks at the Clubhouse
- Work and learning day – units and structure with breaks.
- Every member is needed at the Clubhouse. At the Clubhouse, people work according to their own abilities, in tasks that are meaningful to them. There is something for everyone at the Clubhouse, and the Clubhouse cannot function without the joint work of members and staff.



## **Work and Study Unit**

## **Communications Unit**

## **Restaurant Unit**



The unit's main task is to support Clubhouse members in developing their work and study skills. The unit maintains, develops and coordinates the house's employment program. It also organizes the activities of the Helsinki Clubhouse International Training Center.

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The Communications Unit is responsible for the Clubhouse's internal and external communications. The unit's duties include publishing the club magazine and creating the necessary brochures and advertisements for the entire building.

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The restaurant unit team prepares tasty and varied lunches and cafeteria products every weekday. It tries to take special diets into account. The unit operates in a team-oriented manner, similar to a commercial kitchen.

# Work Coaching

# Study Coaching

Work coaches offer in-house work assignments and support in work assignments. A work coach supports in matters related to employment. For example, CV, job application, contacting employers. Work coaching is organized individually and in groups as needed.

A study coach supports you in matters related to your studies. For example, finding a suitable field, applying to school, courses, training. Study coaching is arranged individually and in groups as needed.



# Social Activities

- Leisure activities on Monday evenings:  
Evening club from 4-6pm
- The house is also open on holidays
- Excursions, recreation days

**The Clubhouse is  
voluntary and  
substance free and  
open all year  
round.**





**Membership is free  
and lifelong.**