

**CLUBHOUSE HOURS:**

10:30 AM - 1:30 PM  
MONDAY— FRIDAY

**WHAT WE DO**

**AT ABW:**

- HOUSE MEETINGS
- CONSUMER SUPPORT GROUP
- WELLNESS RECOVERY ACTION PLANNING SUPPORT GROUP
- DAILY LIVING SKILLS ENHANCEMENT
- EMPLOYMENT SKILLS ENHANCEMENT
- COMMUNITY GARDEN
- MUTUAL PEER SUPPORT
- COGNITIVE SKILLS TRAINING
- HEALTH & WELLNESS ENHANCEMENT

**A BETTER WAY CLUBHOUSE**

**CONTACT:**

**CLUBHOUSE STAFF:  
715-207-6622**

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**A  
BETTER WAY  
CLUBHOUSE**

**A SUPPORTIVE ENVIRONMENT  
WHERE PEOPLE  
EXPERIENCING MENTAL  
HEALTH/AODA ISSUES  
CULTIVATE INDEPENDENCE  
THROUGH PEER SUPPORT  
AND PEER SERVICES**

**205 Cherry Avenue  
Marshfield, WI 54449  
715-207-6622**

## An open place to learn from peers

A Better Way Clubhouse is a recovery environment for people living with the challenge of mental illness and/or substance use disorders, regardless of diagnosis. The Clubhouse provides a place that offers respect, understanding, encouragement and hope. The Clubhouse is run by its members, a consumer staff and an Advisory Committee comprised of members, consumers and community stakeholders.

### WHO CAN ATTEND?

A Better Way Clubhouse is open to:

- *All adults* with mental health challenges and/or substance use disorders
- Those who desire a positive community within which they can improve their lives
- There are no dues or fees to become a member of A Better Way Clubhouse. There is, however, a nominal fee for the daily lunch.
- Once you become a member, you always remain a member until you determine otherwise.

### WHY CLUBHOUSE?

**A vital link to your community and a key to YOUR Recovery!**

Mental illness and/or substance use disorders can be:

- Accompanied by profound distress and confusion

Persons with the lived experience of mental health challenges and/or substance use disorders have found that:

- Talking with peers to share coping strategies and insights, as well as problems and concerns, improves their overall quality of life.
- Being part of a community is vital to relationships and healing.
- Learning and building on skills can be another important link in the path of recovery.

### WHAT MEMBERS

### SAY ABOUT

### A BETTER WAY:



“A Better Way Clubhouse is a beautiful place to see recovery in action for those challenged with mental illness and substance use disorders. I have found it to be a safe path to wellness.”

**Ann. W.**

“Clubhouse members don’t interrogate me when I am late or absent or simply showing up a few days a week. Anytime is the rite time to arrive at ABW.”

**Joe A.**

“A Better Way has been many things to me since the day it opened. There have been times where it has been rough for me and through the teamwork at ABW, I am recovering day by day. I thank everyone involved. We are taking one day at a time. ABW is growing at a steady pace. Thanks everyone!”

**Jenny M.**