

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 GROUPS
- DAILY LIVING SKILLS ENHANCEMENT
- EMPLOYMENT SKILLS ENHANCEMENT
- MUTUAL PEER SUPPORT
- COGNITIVE SKILLS TRAINING
- HEALTH & WELLNESS ENHANCEMENT

A BETTER WAY CLUBHOUSE

**FOR ORIENTATION &
INFORMATION
CONTACT:**

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

**MIDSTATE INDEPENDENT
LIVING CONSULTANTS, INC.
ROBYN DUNAHEE
715-344-4210 EXT. 228**

Funding provided by

Ministry St. Joseph's

Hospital & Wood County

Human Services

MIDSTATE INDEPENDENT LIVING



ABW

**A
BETTER WAY
CLUBHOUSE**


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

**205 S 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.