

**CLUBHOUSE HOURS:**

10:00 AM - 2:00 PM  
MONDAY– FRIDAY

**WHAT WE DO**

**AT RCC:**

- 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

RIVER CITIES CLUBHOUSE

FOR ORIENTATION &  
INFORMATION  
CONTACT:

CLUBHOUSE STAFF:  
715-424-4115

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

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**Ministry St. Joseph's Hospital,**

**Incourage & an Anonymous**

**Donor through Incourage**

**River  
Cities  
Clubhouse**




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

Located in the  
United Methodist Church  
441 Garfield St.  
Wisconsin Rapids, WI



## An open place to learn from peers

River Cities Clubhouse, which is partnered with A Better Way Clubhouse in Marshfield, WI, 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?

River Cities 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 River Cities 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

### RCC:



RCC helped me get a new job by enhancing my cooking skills. - Joshua S.

River Cities Clubhouse is a great place to get together with my peers, in a safe, supportive environment, where I am not judged by anyone, and can embrace my recovery one day at a time. - Denise M.

Coming to RCC everyday has allowed me to have a little peace of mind during the roughest times of my life. - Jeff S.

At River Cities Clubhouse, the friendships are awesome. The times are fun. The seasons go by, so give us a try and don't be shy. - Chris O.