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THE GATHERING PLACE
NEWSLETTER

A BEAUTIFUL MIND

MENTAL HEALTH MONTH

May is Mental Health Month — a time to not only raise awareness but also to deepen our understanding of how the brain shapes our emotional wellbeing. One important player in our mental health is mentioned on Page 4. Read more to be informed.

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"CHURR" ALL I NEED

BY KASSI W

Churros anyone?! Today I learned how to make this delicious dessert. I have not baked in a looooooong while, but i'm getting the flow back.

This was my first time doing churros and I know you can see by the picture that they were delicious. My experience in the Culinary Kitchen was really good. I felt comfortable with Miss Mariah. She let me take over and I made the chocolate sauce, and baked the churros. You might as well call me Chef Kassi because I've gotten my confidence back in getting in the kitchen and lacing my apron on.



JUST "TREBLE" THE MIND

BY ODELL W

Did you know that **treble**, the high frequency, helps with the perception of clarity? When I was younger, music made me feel joy but it wasn't until I grew older that lyrics made sense to me. This helped me relate and understand I'm not alone and **THAT** helped my mental health and focus.

Music itself helps me stay positive and it's my way to communicate with others. Music helps you express yourself when you can't. Sometimes, my advice to people are lyrics from a song.

Since Joining TGP, I've become the "DJ" because I'm always listening to music and I uplift others moods. Lifting people up with music is a gift and I believe I have that.





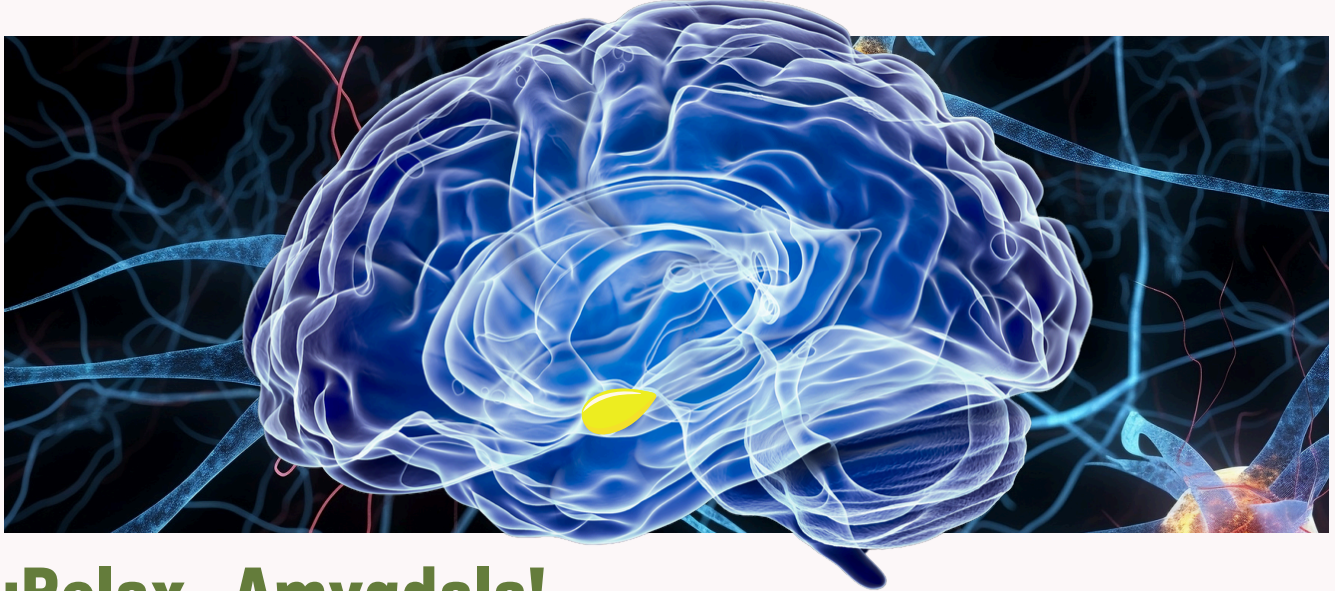
Owning Through Knowing

Author: Thomas G

For some time now, I have been asking the staff at TGP to print me out things that i'm interested in. For example, I wanted to know how a generator works, or how a motorcycle is built. I have always been fascinated by how things are made and how they function. Part of the reason why is because I can't afford these

things myself so understanding how they are made helps me feel as if I own them. For instance a barbecue pit; I imagine myself feeling the warmth, and standing there grilling. One of my favorite things I have learned about is the microphone. As a young man, I use to take electronic things apart just to see how they worked. I think I am an engineer at heart. I like learning how things work and how they help make life better for all of us.

MENTAL HEALTH MONTH



¡Relax , Amygdala!

By Wardell F

May is Mental Health Month — a time to not only raise awareness but also to deepen our understanding of how the brain shapes our emotional wellbeing. One important player in our mental health is a tiny, almond-shaped part of the brain called the amygdala.

The amygdala acts like an alarm system. It scans everything around us and inside us for signs of danger. When it senses a threat — real or imagined — it triggers a “fight, flight, or freeze” response. This quick reaction is meant to keep us safe. But when the amygdala becomes overactive due to chronic stress, trauma, or anxiety, it can make us feel like we’re constantly in danger, even when we’re not.

Understanding the amygdala gives us power. It reminds us that intense emotions like fear, anger, or anxiety aren’t signs of weakness — they’re brain responses. And just like we can strengthen muscles with exercise, we can

train our brains to calm the amygdala through practices like:

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- *Mindful breathing to slow down the stress response.*
 - *Grounding techniques to remind the brain and body that we are safe.*
 - *Positive social connections that reassure the amygdala it doesn’t need to stay on high alert.*
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This Mental Health Month, let’s celebrate not just raising awareness, but also raising understanding. Your brain is amazing — and with care, compassion, and practice, healing is always possible.



TGP STYLE

BY GLEN M

PINATA

We all had a blast at the party. I enjoyed the Pinata part because we took turns hitting it and the mexican candy came down. Made

LINE DANCING

me feel like a kid. We had people also line dancing and enjoying the vibe. The food was excellent. The culinary team made the

TACOS

tacos. It was a treat , I enjoyed the street tacos with all the fixings. I always enjoy TGP.





ASTROS GAME

GO KASS'TROS!!!

By Kassi W

This was my first time actually watching an Astros game, since before I used to work there and was always too busy to even notice a game was going on. I've been an Astros fan since birth, so it was really cool to finally just sit and enjoy the experience with TGP friends. Dressing in Astros gear added to the fun, and getting upgraded to lower seats made it even better. Watching the game on the big screen was exciting, and the crowd's energy was contagious—everyone was cheering

and into the game, especially since we won! I don't know much about the game itself, but I'm learning. The food was good too. I had a pizza and lemonade.

Overall, the outing was a great experience. I really enjoyed being present and part of the moment.



Member of the Month

Toyosi Shoyombo



About Me

I am Toyosi and my family is from Nigeria. My favorite color is red, because it reminds me of roses. I am a kind person and i love K-Pop music. I like to do art and listen to music. I am also a college student.

Hobbies

My hobbies are watching Korean drama movies, and listening to K-Pop music.

How's the Clubhouse

I enjoy coming to TGP because i get to meet new people and make more friends. I also like teaching the ASL class. I learn and they learn as well.

Requirements

Members are chosen by peers and staff, based on their consistent performance, positive attitude, reliability, teamwork and overall contribution to the Clubhouse and self help.



NEXT MONTH:



Monthly Newsletter

This month we bring you the latest updates and exciting news from our community. Stay informed about our ongoing projects, upcoming events, and success stories.

Upcoming Events

June 11: Volunteer: Hermann Park

June 15: Fathers Day

June 19: Closed Juneteenth

June 20: Outing: Waterhole Park



Closed June 27th

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