



Menninger®

Where healing comes to mind

SEPTEMBER NEWSLETTER



PENGUIN PAGES

STRATEGIC PLANNING

At the clubhouse, planning of a work order day keeps the clubhouse running smoothly and meaningful. Each morning, members and staff come together to review priorities, assign roles, and set goals. This teamwork ensures that daily tasks are organized, engaging, and give everyone a chance to contribute and grow.

CLUBHOUSE TO CLUBHOUSE

We took nine people to visit San Antonio Clubhouse. We were there a few hours but it was too short. Read on what one of our members had to say about the trip. Read on Page 4.

HISPANIC HERITAGE MONTH

From September 15 to October 15, we honor Hispanic Heritage Month—a time to celebrate the rich histories, traditions, and contributions of people with roots in Spain, Mexico, the Caribbean, and Central and South America. It's a chance to embrace the music, food, language, and values that continue to shape our communities, while also reflecting on the importance of unity and resilience. This month reminds us that diversity strengthens us, and together we can celebrate the beauty of culture and connection.

Here at our clubhouse, we take this opportunity to learn, celebrate, and embrace the diversity around us. Hispanic Heritage Month invites us to reflect on the importance of unity, resilience, and pride in where we come from. Whether it's through sharing meals, telling stories, or simply spending time together, we can all join in honoring the legacy and ongoing impact of Hispanic culture.



THE EAGLES NEST

By Adele W



Home For Sale

I interviewed our member David, who recently built a birdhouse. David has been building birdhouses since he was a kid, and on this day he wanted to make one for our grounds. He noticed we have plenty of trees but no birdhouses. David shared, “I like being outside, and I saw that we have so many trees but no birdhouses. I want to provide shelter for the birds and keep them comfortable and safe.”

David found the perfect spot for the birdhouse, which he named “The Eagles Nest.” He carefully followed each step—building the house, staining the wood, and choosing the safest place for the birds to enjoy. Once everything was complete, both David and the birds seemed to be chirping with joy.

+ Kass coming back.

My experience cooking again on my own.

Coming back to cooking can feel like starting fresh, but it's really about rediscovering skills you already have inside you. It begins with the basics—budgeting wisely and shopping for the right ingredients. From there, the kitchen becomes your practice ground. You learn to set the stove to the proper temperature, making sure the food cooks all the way through without burning. Patience plays a huge role, because waiting for food to be ready is just as important as preparing it. Seasoning brings meals to life, and each pinch and sprinkle is a reminder of your creativity. Cooking also teaches balance—when to take your time, when to trust the process, and when to enjoy the results. At first, it may feel overwhelming, but with regular practice, you'll find your rhythm again. The beauty of returning to cooking is that it doesn't have to be perfect or fancy. Even the simplest meals carry meaning when they're prepared with care. Over time, the kitchen becomes less intimidating and more of a place for joy, healing, and connection. Not everyone will become a gourmet chef, but anyone can create meals that nourish themselves and others. Coming back to cooking is more than just making food—it's reclaiming confidence, patience, and the simple satisfaction of creating something with your own hands



***“The first thing i
cooked on my own
was hamburgers.
They were good
also.”***

29 August 2025



Clubhouse To Clubhouse

San Antonio visit—the welcome committee was amazing. We were greeted at the door with a warm, friendly smile that pulled us into a community that was caring. We were given a tour of the clubhouse, showing us how it functions there. The tour was very informative. There were no TVs or scheduled classes, and everyone was very active. Some were in the kitchen, the country store, or the computer lab.

What I really liked about the club was the informational boards throughout the clubhouse: the wellness board, kitchen board, lifeworks board, research board, positivity board, and house meeting board. They even had a dining room without stuff on the tables and a massage chair you had to sign up for—15 to 20 minutes per person. San Antonio Clubhouse is different but very helpful compared to TGP. We can learn from each other.

Their building was beautiful. Each wall seemed to be painted a different color, giving the space a vibrant and creative atmosphere. The artwork displayed throughout the clubhouse was created by the members themselves. I found the hydroponic garden fascinating because I had never seen one before.

Although our trip was short due to traffic and timing, I truly wish we could have stayed longer. Spending more time with the members would have given us the chance to connect, share stories, and build new friendships.

Overall, it was an amazing trip. A big thank you to San Antonio Clubhouse for opening their doors to us, showing camaraderie, and making us feel so welcome. Their hospitality and creativity left a lasting impression.

Nicey,

Things that captures my attention

House Meeting

Positivity Board

Lifeworks

Wellness Board

Big Kitchen

Research Board

WHAT IS A Clubhouse?



A clubhouse is a community of support for people living with mental illness, where members and staff work side by side to build purpose, connection, and opportunity. Unlike clinical programs, a clubhouse is member-driven—meaning members help run daily operations such as cooking, clerical work, outreach, and creative projects. This collaborative environment reduces isolation, fosters friendships, and provides opportunities to learn skills, explore employment, and grow in confidence. At its heart, a clubhouse is more than just a place to go—it's a community to belong to.



Member driven Community

Members are not patients or clients; they are active participants who help run the clubhouse alongside staff, giving them ownership and purpose.



Work- Ordered Day

Daily activities are meaningful and structured, from cooking meals to office tasks, giving members the chance to build skills while keeping the clubhouse running.



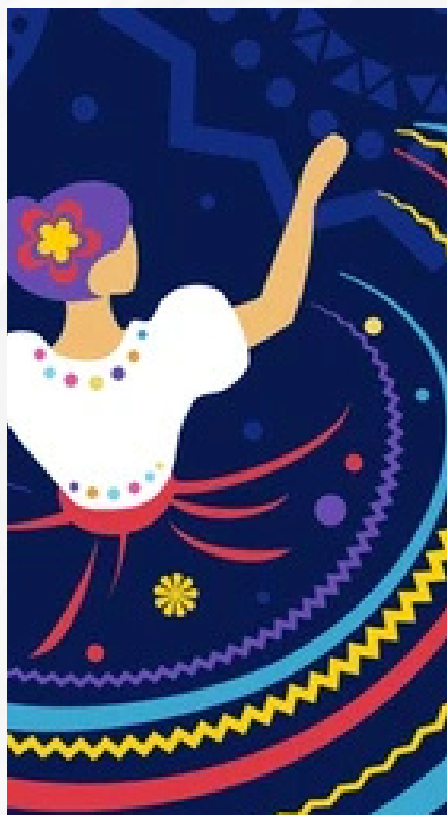
Belonging and Support

More than just a program, a clubhouse is a family-like community where friendships, connection, and encouragement help reduce isolation and foster hope.



LATIN PIONEERS

PSYCHOLOGIST

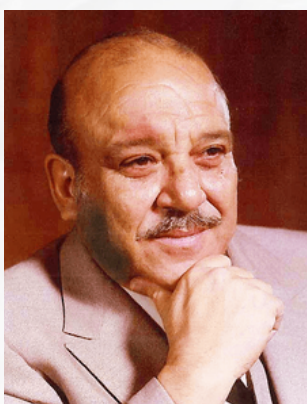


Significant Latino pioneers have influenced the field of psychology, focusing on issues of cultural identity, social justice, and mental health within Hispanic and Latin American communities. These trailblazers faced discrimination and a lack of representation, paving the way for future generations.



Dr. Martha Bernal

The first Latina to earn a Ph.D. in psychology in the U.S.. Her work focused on increasing diversity and multicultural training in clinical psychology programs. She developed methods for measuring ethnic identity development in Mexican American children and co-founded the National Hispanic Psychological Association.



Dr. Carlos Albizu

A Puerto Rican psychologist, educator, and a trailblazer in the field of multicultural psychology. He is best known for his work in expanding access to culturally sensitive mental health training for Hispanic communities. He founded the first independent professional school of psychology in North America in 1966.



Dr. Lillian Comas
Diaz

An American psychologist and researcher known for her pioneering work in cultural and multicultural psychology. She served as the director of the APA's Office of Ethnic Minority Affairs in 1984. Her work addresses racial trauma from ethnocultural and multicultural perspectives, developing concepts to counter race-based stress and advocating for decolonizing psychological approaches to dismantle oppression.

SEPTEMBER

RELIGIOUS HOLIDAYS & FESTIVALS

September is a month filled with culture, tradition, and celebration. Across the globe, people come together to honor major holidays and festivals that highlight heritage, faith, and community. Here are just a few of the meaningful celebrations that take place during this month:



Judaism Rosh Hashanah

"Rosh Hashanah is the Jewish New Year, a time of reflection and renewal. Traditions include sounding the shofar and eating sweet foods like apples with honey. It begins the High Holy Days leading to Yom Kippur.



U.S.A Labor Day

A US federal holiday celebrated to honor the social and economic achievements of American workers.

BY SANA P



Islam Eid Milad-un-Nabi

Celebrated in the Islamic faith. This day marks the birth of prophet Muhammad. It includes prayers, processions and acts of charity.



Hindu Ganesh Chaturthi

A Hindu festival celebrating the birth of the goddess Ganesh. which involves prayer, fasting, group feast and sports competitions.



South Korea Chuseok

A major harvest festival in South Korea where families honor their ancestors by visiting ancestral graves and sharing traditional foods.

Last Day of Summer

BY VEE Y



WHAT A FUN TIME WE HAD!

Since fall was just around the corner, we wanted to make the most of the warm summer days and celebrate with a Fun Friday. The day was filled with laughter and energy as we set up a variety of activities for everyone to enjoy. Members had a blast with balloon games that brought out their playful side, stayed cool with exciting water games, and showed off their skills on the basketball court. It was the perfect way to soak up the last bit of summer sunshine together.



Our TGP family enjoyed music, laughter, and play together. Staff joined in, and everyone was fully present, stress-free, and having fun—I even felt like a kid again. Hopefully, we can do it again before the cold weather arrives.

Member of the month



What can we say about Juan Z? He's a true gentleman who enjoys being social and lending a hand around the clubhouse. Always in good spirits, Juan brings laughter and lighthearted fun wherever he goes. "My favorite color is blue, and I'm a big fan of comic books—especially Marvel and DC. I enjoy their stories, their characters, and all the movies that bring them to life. Something important I want people to know about me is that I'm always here to be a friend and to lend a helping hand. The clubhouse means a lot to me because it gives me the chance to connect with others, share conversations, and build friendships. It's a place that feels peaceful, welcoming and full of positive energy."

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.

Juan Z



NEXT MONTH

October

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.



WHAT DID WE LEARN?

A CLUBHOUSE IS A WELCOMING COMMUNITY WHERE PEOPLE LIVING WITH MENTAL ILLNESS CAN FIND SUPPORT, PURPOSE, AND FRIENDSHIP. MEMBERS AND STAFF WORK TOGETHER, SHARE MEALS, BUILD SKILLS, AND CREATE OPPORTUNITIES—MAKING THE CLUBHOUSE NOT JUST A PLACE TO GO, BUT A PLACE TO BELONG.



UPCOMING EVENTS

CONCERT

OCTOBER 16

PINK WALK

OCTOBER 22

GALVESTON

OCTOBER 24

HALLOWEEN PARTY

OCTOBER 30

CLOSED
HALLOWEEN

CONTACT US

713-275-5960
INFOTGP@MENNINGER.EDU

