



The Gathering Place

A psychosocial clubhouse
for adults | 713-275-5724



Get to Know The Gathering Place

The Gathering Place is a welcoming community of adults who are recovering from serious and persistent mental illnesses, such as schizophrenia, bipolar disorder and major depressive disorder. By focusing on a person's strengths, The Gathering Place assists its members in pursuing healthy life choices and more independent living.

The psychosocial programs and services empower members to integrate into the community for a life worth living. Members cultivate teamwork abilities, relearn life skills and build self-esteem while experiencing acceptance and belonging.

Membership is free of charge.



The great room encourages members to gather.

Our Programs and Services

Every person is seen as a valued participant who has something to contribute to others. Based on a clubhouse model, members participate in a work-structured day helping manage the day-to-day operations of The Gathering Place.

In addition, learning opportunities are provided to guide members toward improving their health and wellness, employment, education and social support.

WELLNESS

Exercise is known to offer mental health benefits, such as reducing stress and anxiety, improving sleep and boosting self-esteem. In collaboration with our recreational therapist, members establish fitness goals and track their progress to stay motivated. A new on-site fitness center with weight training and cardiovascular equipment, as well as a covered

basketball court and walking trail, provide convenient access for participants. Meditation, yoga and tai chi classes are offered as well.

The recently added teaching kitchen helps members learn to prepare healthy meals safely for themselves. The kitchen was made possible by a donation from by the family of Clive & Nancy Runnels, who co-founded The Gathering Place.

EMPLOYMENT

Our vocational training program assesses members' career interests and skills to match members with opportunities for successful employment. Assistance with job application and interviewing are also provided.

Through participation clubhouse operations, members develop useful career skills. They can be found running the Country Market (retail food store), creating the members' newsletter, staffing the library or teaching other members.

EDUCATION

Education accelerates recovery from mental illness by broadening intellectual, social and emotional horizons. Self-esteem also is supported by the sense of pride and accomplishment that comes with learning.



Yoga is one of the activities offered in the fitness center.



Teaching kitchen

Classes are offered in art, communication, foreign languages and more, while our computer lab enables hands-on technology training. In addition, members who wish to complete their GED are guided through the process by our employment specialist.

SOCIAL SUPPORT

This community promotes a positive environment where

people with mental illness feel safe, secure and welcomed. Socialization is encouraged through activities, peer-to-peer training and classes. Members eat together, discuss recent life events over coffee and play cards, billiards or foosball, and celebrate holidays.

Staff members will help members locate needed housing or supportive services. The clubhouse regularly hosts support groups, including Re:MIND (formerly The Depression and Bipolar Support Alliance), Alcoholics Anonymous and Narcotics Anonymous.

Our History

Three mothers—Lynne Paine, Nancy Runnells and Beverly Wuntch—were united by their shared experience of having adult children with mental illness. Few programs existed 40 years ago to help these men and women achieve independent and fulfilling community living.

The mothers envisioned a place where their children and others like them could find acceptance, friendship and opportunities to learn and grow. The Gathering Place opened in 1986. Since 2010, the clubhouse has been a community benefit program of The Menninger Clinic, a national mental health leader.



Founders, from left, Beverly Wuntch, Nancy Runnells & Lynne Paine

Become a Member Today

The Gathering Place has thrived through the active participation of our members and donors. We encourage you to join our community of acceptance, hope and caring.

To become a member, an individual must:

- Have a psychiatric diagnosis from a mental health professional,
- Be at least 18-years-old and
- Not be a danger to herself/himself or others.

Contact Us at 713-275-5724

Voice messages will be returned during business hours.

Supporters may make a charitable donation for enhancing our programs and services for members. Give by credit card at menningerclinic.com/donate.

Hours for Members

- 8 am to 3 pm weekdays

To provide a safe environment the facility is sanitized daily.

Location

The Gathering Place’s spacious facility is located on approximately four acres at **5310 S. Willow Drive** in south-central Houston.

