



# Program Calendar



Member Jose Velazquez (center) leads a Cartoon Heroes Drawing Workshop

July – September 2010



## ***Welcome to the Fellowship Place Program Calendar for Summer 2010!***

### **Fellowship Place Mission Statement:**

To help adults with mental illness to lead more meaningful, fulfilling and healthy lives by offering resources, education and opportunities.

### **Fellowship Clubhouse hours:**

Monday- 9:00-8:00  
Tuesday-Friday 9:00-6:00  
Saturday & Sunday- 10:00-1:30 (Phyllis McDowell Center)

Food Bags Friday 1:00-2:00

Member Bank: Thursday 2:00-4:00

Homeless Engagement Program Monday-Friday 7:30-12:00

***Remember***... Don't forget to sign in each day, and pick up your copy of the Fellowship Daily Focus newsletter. Transportation homes are provided Monday – Friday following the evening program.

### Important Phone Numbers:

Fellowship Place – *Main Number* 203-401-4227

Fellowship Place – *Member Number* 203-401-3067

Fellowship Place Friendship Line - 203-401-4227 extension 150

You can also check our website at [www.fellowshipplace.org](http://www.fellowshipplace.org)

Please remember that Fellowship Place does not open until 9:00 Monday through Friday mornings, and 10:00 on Saturday and Sunday. Please do not arrive before the opening time.



# FELLOWSHIP PLACE



# 50TH ANNIVERSARY CELEBRATION

In 1960 Phyllis McDowell had a simple, yet landmark plan: create a safe, positive, and fun environment where adults with mental illnesses could socialize with one another without the burden of stigma. What started as a once-a-week evening social at the old Jewish Community Center has, -over 50 years of tireless dedication from members, staff, and friends of Fellowship Place alike - evolved into a cornerstone of mental health rehabilitation in Greater New Haven.

On Monday, August 9<sup>th</sup> from 5:00 - 8:00pm we will be celebrating this monumental, historical achievement with a golden anniversary party on-campus that is bound to be equally memorable and legendary.

GREAT FOOD



LIVE MUSIC



FUN ACTIVITIES



GIVE-AWAYS



ARTWORK



DECORATIONS



SPEECHES



SPECIAL GUESTS



PAST MEMBERS, STAFF, & FRIENDS OF OURS



CURRENT MEMBERS, STAFF & FRIENDS OF OURS



YOUR PRESENCE.....WE HOPE SO!

# MONDAY NIGHT SOCIAL CALENDAR

**\*Note : Dinners on Mondays will now begin at 5:00 as opposed to 5:30 so that the evening program can begin earlier\***

## July

**Monday, July 5<sup>th</sup>**

**10:00-1:30 – Because Independence Day falls on a Sunday this year, we will be observing and celebrating our national history, freedoms, and what it means to be American on Monday, July 5<sup>th</sup>! Join us for a 4<sup>th</sup> of July Cookout in our Courtyard to bask in the warmth of beautiful weather and the sense of freedom and pride that the holiday inspires. Fellowship Place will be putting the FREE in freedom as the cookout will cost \$0!**

**Monday, July 12<sup>th</sup>**

**3:30-5:00 - Member Government and House Meeting**

**5:00-8:00 - Supper/Social – Tonight summertime won't be the only thing that will be in full swing! Come join us to swing, boogie down, and dance the night away with one of Fellowship Place's famous dances, DJed by who else...DJ Peg!!**

**Monday, July 19<sup>th</sup>**

**3:30-8:00 -Supper/Social – Among all the great places to have a picnic around the Elm City, few are as beautiful, relaxing, and downright fun as Lighthouse Park. You will not want to miss out on our annual trip to Lighthouse Park for an evening of great food, fresh air, games, laughter and much more! We will be leaving from Fellowship Place at 3:30 and transportation, on a limited basis, will be provided afterwards by 8:00.**

**Monday, July 26<sup>th</sup>**

**3:30-5:00 - Member Government and House Meeting**

**5:00-8:00 - Supper/Social – Spend anytime at Fellowship Place and it quickly becomes obvious that there is a whole bunch of talent here. Now it's time to show it off at one of our great Talent Shows. Singing, dancing, storytelling, poetry reading, music! You bring the talent, we'll provide the support, encouragement, and applause!**

## August

**Monday, August 2<sup>nd</sup>**

**3:30-5:00 - Member Government and House Meeting**

**5:00-8:00 - Supper/Social – Most of you all have seen Fellowship Place's own John Porter around campus – keeping our buildings cleans and our outdoors beautiful, offering an extra hand or two when needed, and overall being very helpful. Less of you may be aware that John is also an incredibly talented artist, in particular making beautiful, complex, and amazing pieces of art from single dollar bills! He will be leading a special, interactive hands-on activity that you will not want to miss!**

**Monday, August 9<sup>th</sup> - PLEASE SEE THE ANNOUNCEMENT ABOVE FOR A VERY SPECIAL ONCE-IN-A-LIFETIME PROGRAM THIS EVENING**

**Monday, August 16<sup>th</sup>**

**3:30-5:00 - Member Government and House Meeting**

**5:00-8:00 - Supper/Social – Our very own Greg Moore will be leading tonight’s Monday Social with an evening of games! Whether it’s Pictionary, Bingo, Trivial Pursuit, or a complete surprise, it’s bound to be a fun, great time had by all! And a game night would not be complete without some excellent, complimentary prizes!**

**Monday, August 23<sup>rd</sup>**

**3:30-5:00 - Member Government and House Meeting**

**5:00-8:00 - Supper/Social – Magic, community building, and environmental education...what do they have in common you may ask? Aside from being great on their own, they will be coming together tonight during a very unique, interactive program lead by one-time Celtic storytelling and current Yale Recycling Coordinator C.J. May!**

**Monday, August 30<sup>th</sup>**

**3:30-5:00 - Member Government and House Meeting**

**5:00-8:00 – Attention all beautiful and fashionable members! In other words, attention all members! Do you want to strike a pose? Are you ready for your close-up? Do you want to show off your style on the catwalk? If so, tonight is for you as we host one of our always memorable Fashion Shows! As always, our good friend Phyllis Kaplan from Ansonia Valley Social Club will be DJing for us tonight. Look out America’s Next Top Model!**

## **September**

**Monday, September 6<sup>th</sup>**

**10:00 – 1:30 – We know that all Fellowship Place members work hard on a daily basis, whether at places of employment, in their educational studies, on personal goals and of course on their recovery. We also know that everyone needs a break every once in a while. That’s why you are all invited to our FREE Labor Day Cookout. Kick back, feast on tasty food, relax with friends, play games, and have a great time!**

**Monday, September 13<sup>th</sup>**

**3:30-5:00 - Member Government and House Meeting**

**5:00-8:00 - Supper/Social – 9 years and 2 days ago America was devastated by the attacks on the World Trade Center and the Pentagon. However, America and Americans united to help all those affected by this tragedy in a monumental display of love, compassion, and healing. We will spend this Monday remembering those who we may have lost, reflecting on how the events of 9/11 impacted our own lives, what it means to “live in a post 9/11 world” and most importantly, to celebrate the triumph of all the heroes, survivors, and patriots involved.**

**Monday, September 20<sup>th</sup>**

**3:30-5:00 - Member Government and House Meeting**

**5:00-8:00 - Supper/Social – The September Equinox (9/23 this year) marks the beginning of autumn, when all the rich, beautifully-colored leaves of our Elm City sway in the crisp air. To celebrate, we will be holding one of our dances with DJ Peg, where all of you can similarly display your beauty and sway, dance, or just plain boogie the night away!**

**Monday, September 27<sup>th</sup>**

**3:30-5:00 - Member Government and House Meeting**

**5:00-8:00 - Supper/Social – All good things must come to an end, including another great season by our famous All-Stars Softball Team. That doesn't mean they won't be going out without a bang, or rather a ban...quet! Join us for the annual All-Star Banquet where we celebrate softball's finest with a befitting meal, awards, speeches, and more!**

## Social Program

The purpose of the social program at Fellowship Place is to provide members with the resources to discover, plan, and participate in hobbies, interests, social, leisure and cultural activities in both structured and unstructured formats to promote socialization, relationship building, and community integration.

Monday	9:00-9:30	Breakfast/Social	Club House
Monday	9:30-4:30	Open Lab	McDowell Center Computer Room
Monday	10:00-11:00	Coffee and Conversation	Club House
Monday	12:00-12:30	Lunch/Social	Club House
Monday	2:00-4:00	Renaissance Club	McDowell Center Small Group Room
Monday	2:00-3:00	Beacon Newsletter	Hald 1
Monday	2:00-4:30	Open Billiards and Ping Pong	Club House
Monday	3:30-4:30	Member Government	McDowell Center Common Room
Monday	4:30-5:00	Steering Committee/House Meeting	Club House
Monday	5:00-5:30	Dinner	Club House
Monday	5:30-8:00	Evening Social	Clubhouse
Tuesday	9:00-9:30	Breakfast/Social	Club House
Tuesday	9:30-3:00	Open Lab	McDowell Center Computer Room
Tuesday	11:00-12:00	Community Meeting (2 <sup>nd</sup> & 4 <sup>th</sup> Tue/mo)	Club House
Tuesday	12:00-12:30	Lunch/Social	Club House
Tuesday	1:00-2:00	Cultural Competency Planning Meeting	Club House
		(2 <sup>nd</sup> and 4 <sup>th</sup> Tuesdays)	

Tuesday	2:00-6:00	Open Billiards and Ping Pong	Club House
Tuesday	3:00-6:00	Young Adults Program	McDowell Center Main Room
Tuesday	4:30-5:00	Dinner	Club House
Tuesday	5:00-6:00	Evening Social	Clubhouse
Wednesday	9:00-9:30	Breakfast/Social	Club House
Wednesday	9:30-6:00	Open Lab	McDowell Center Computer Room
Wednesday	9:30 - 10:30	Double Trouble In Recovery	Hald 1
Wednesday	10:00-11:00	Coffee and Conversation	Club House
Wednesday	10:30-11:30	Socrates Café	McDowell Center Small Room
Wednesday	12:00-12:30	Lunch/Social	Club House
Wednesday	2:00-6:00	Open Billiards and Ping Pong	Club House
Wednesday	3:00-6:00	Young Adults Program	McDowell Center Main Room
Wednesday	4:30-5:00	Dinner	Club House
Wednesday	5:00-6:00	Evening Social	Clubhouse
Thursday	9:00-9:30	Breakfast/Social	Club House
Thursday	9:30-6:00	Open Lab	McDowell Center Computer Room
Thursday	12:00-12:30	Lunch/Social	Club House
Thursday	12:00-2:00	Cultural Luncheon (3 <sup>rd</sup> Thurs/mo.)	Club House
Thursday	2:00-4:00	Member Bank	Member Office
Thursday	2:00-6:00	Open Billiards and Ping Pong	Club House
Thursday	3:00-6:00	Young Adults Program	McDowell Center Main Room
Thursday	4:30-5:00	Dinner	Club House
Thursday	5:00-6:00	Evening Social	Clubhouse
Friday	9:00-9:30	Breakfast/Social	Club House
Friday	9:30-6:00	Open Lab	McDowell Center Computer Room
Friday	10:00-11:00	Bingo	Club House
Friday	12:00-12:30	Lunch/Social	Club House
Friday	1:00-2:00	Food Bags	Club House Kitchen
Friday	12:45-3:00	Movie Matinee	McDowell Center Common Room
Friday	1:00-3:00	Renaissance Club	McDowell Center Common Room

Friday	2:00-6:00	Open Billiards and Ping Pong	Club House
Friday	3:00-4:00	Music Makers	Clubhouse
Friday	4:30-5:00	Dinner	Club House
Friday	5:00-6:00	Evening Social	Clubhouse
Friday	6:00-8:00	Friday Outers (1 <sup>st</sup> Friday/mo)	meet in Clubhouse
Saturday	10:00-1:30	Drop-In Social	Club House
Saturday	10:00-1:30	Open Lab	McDowell Center Computer Room
Saturday	12:00-12:30	Lunch/Social	Club House
Sunday	10:00-1:30	Drop-In Social	Club House
Sunday	10:00-1:30	Open Lab	McDowell Center Computer Room
Sunday	12:00-12:30	Lunch/Social	Club House

Open Lab during the afternoon hours includes a staff person who is available to assist members on a wide array of computer-related questions.

## Health and Wellness programs

The purpose of the health and wellness programs is to promote a culture of holistic wellness by providing members with resources, education, and opportunities to improve mental, physical, and spiritual health and foster empowerment through healthier life choices.

Monday	10:00-12:00	Friends & Recovery	McDowell Center Small Group Room
Monday	10:00-11:00	Return to Mandalas/Spirituality	Hald3
Monday	11:00-12:00	Building Healthy Relationships	Hald 1
Monday	12:30-1:30	Relapse Prevention and Education	McDowell Center Common Room
Monday	1:30-2:30	Women's Group	McDowell Center Common Room
Monday	2:30-3:30	Healthy Eating	Inn
Tuesday	10:00-11:00	Walking Group	meet in Club House
Tuesday	10:00-11:00	Healthy Living	Clubhouse
Tuesday	11:00-2:00	Friends & Recovery	meet in Club House
Tuesday	1:00-2:00	Dealing with Difficult Emotions	Hald 1
Tuesday	2:00-3:00	Vegetarian Cooking	McDowell Center
Tuesday	5:00-6:00	Anxiety Support Group	Hald 3

Thursday	10:00-12:00	Physicians Assistant On-site (Blood Pressure, Referrals to Doctors, and Health information provided by Bryce from Hill Health Center)	Clubhouse
Thursday	10:00-12:00	Friends & Recovery	McDowell Center Small Group Room
Thursday	10:30-11:30	Kicking Butts (closed group)	Hald 1
Thursday	1:00-2:00	Building Self-Esteem	Hald 1
Friday	1:00-3:30	T.G.I.F Group	meet in Club House

## **Expressive arts**

The mission of the expressive arts track is to provide members with a wide range of opportunities at Fellowship Place and in the community for creative self-expression, and to foster increased social interaction, promote a sense of belonging, discover personal strengths/talents, and to become an active participant in the community.

Monday House	11:00-12:00	Club House Art Group	Club
Tuesday	9:30-11:00	Recovery through Art	Art Studio
Tuesday	1:00-2:00	Recovery through Music	Club House
Tuesday	2:00-3:00	Writer's Group	Hald 1
Wednesday	10:00-11:30	Recovery through Art	Art Studio
Thursday	12:30-2:30	Studio Art Group	Art Studio
Friday	10:00-11:00	ArtShip Artist Cooperative*	Art Studio
Friday	3:00-4:00	Music Makers	<b>Club House</b>

*\* Prior registration required is required for ArtShip. Please see Doran Ward for details!*

# ArtShip At Fellowship Place

**The purpose of the ArtShip Artists Cooperative is to offer support and opportunities to Fellowship Place artists, in order to foster self-expression through the arts and to promote community collaboration and recognition.**

ArtShip is Fellowship Place's own art cooperative, and is open to Fellowship members who are self-taught/experienced artists with an accumulated body of artwork. ArtShip provides opportunities for artists to exhibit art, perform music, and read poetry in community venues with the mission of educating the general public about the experience of psychiatric disabilities, thus reducing the stigma associated with such disabilities. ArtShip was recognized by the Greater New Haven Arts Council in 2003 for one of the most "Outstanding Art Organizations in Connecticut", and many ArtShip members have moved on to become independent artists in the community. Fellowship participated in the 2007, 2008 and 2009 International Festival of Arts and Ideas, has participated in City Wide Open Studios for several years in a row, including 2009, and continues to expand the number and diversity of their shows. We welcome new artists to come see what we are all about!



*Visiting Artist Miles Huston (kneeling), Expressive Arts Coordinator Doran Ward (3<sup>rd</sup> from right) and Members pose in front of their Recovery Flags, made during this year's weeklong Artist-in-Residence workshop*

***For more information regarding the Expressive Arts Program, including ArtShip, please contact Doran Ward at 401-4227 extension 167***

# Career Development Program

The purpose of the Career Development Program is to provide on-going guidance and support to Fellowship Place members in exploring and pursuing education, training and employment goals, based on their preferences, interests and strengths.

Description	Day/Time	Location
Math and Reading Assessment	As Scheduled	Career Development Office
Tutoring in Basic Adult Ed	As Scheduled	Career Development Office
Resume Workshop	2nd Thursday 1:00-2:00	Hald 3
Interview Workshop	4th Thursday 1:00-2:00	Hald 3
Financial Aid Workshop	August 8th 1:30-4:30	Mitchell Library
8 Week College Prep Course	Thursdays 2:00-4:00 Starting 7/15	Hald 3
Employment Support Dinner	1st Friday 5:00-6:00	McDowell Main Room
GED Class	September '10	Hald 2



**Member Eric Syndor prepares a tasty meal through his employment at Columbus House**

**Go to the Career Development Office for more information.**

**FELLOWSHIP INN**  
**HOMELESS ENGAGEMENT PROGRAM**

The purpose of the Inn is to engage the homeless population and promote personal growth through recovery by connecting with clinical care, basic needs and housing opportunities.

**The Inn is open Monday through Friday from 7:30 to 12:15 p.m.**

These groups are open to Inn members only.  
For further information please contact Elsa Ward, Manager of Inn at extension 129.

**CALENDAR OF EVENTS**

All mornings start with :

- 7:30 Breakfast
  - 8:45 a.m. Check-in Meeting
  - 9:10 a.m. Chores are done
  - 11:45 / 12:00 p.m. Lunch
- 

Monday

- 9:45 Recovery Group
- 10:45 Art with Elsa held in Crest
- 10:45 Journaling with Veronica

Tuesday

- 9:30 WRAP with Peer Specialists held in Hald 3
- 10:45 Relapse Prevention with Elsa McDowell  
Small

Wednesday

- 9:45 Recovery Group
- 11:00 Community Meeting or Relapse Prevention

Thursday

- 9:00 Health Education with Bryce
- 9:45 CLR Womens Group in McDowell Center
- 9:45 Mens Group
- 10:45 Life Skills

Friday

- 9:30 Recovery Group

\* Bingo will rotate days, depending on what's happening each day. Community bingo time is listed below.

---

Exceptions: Focus Group with Brenda –2<sup>nd</sup> and 4<sup>th</sup> Monday of the month at 9:45  
Hill Health Center- HIV Education- 1<sup>st</sup> Thursday of the month at 10:45  
Good News Celebration – last Wednesday of the month  
Community Bingo- Last Friday of the month in Club House at 10:00