



Program Calendar

April-June 2018



Artwork by Marion Frasier

Welcome to the Fellowship Place Program Calendar!

To serve adults living with serious mental illness by offering a full range of therapeutic support and rehabilitation services that promote independence, wellness, and a meaningful life.

Guidelines & General Information

❖ Contact Information

Main Phone Number: (203) 401-4227, Ext. 1110 for the Welcome Desk in the Clubhouse

Website: www.fellowshipplace.org

❖ Fellowship Place Clubhouse Hours

- Monday 9 AM–8 PM
- Tuesday–Friday 9 AM–5 PM
- Saturday, Sunday & Holidays* 10 AM–1:30 PM

*Holiday hours will occur on: Memorial Day: Monday, May 29, 2018

❖ Smoke Free Campus

Fellowship Place is a smoke free campus. Members who smoke are required to smoke off campus, away from Fellowship Place Property (including residences) and must stay off of neighbors' property (including driveways, front lawns and porches). Members that have the desire to quit smoking are encouraged to attend the smoking cessation group.

❖ Healthy Meal Initiative

Fellowship provides our members with free daily meals to promote a healthy, balanced lifestyle and diet. Adhering to the reservation times, members can either sign up in person with staff in the Clubhouse or call to leave a voicemail with their name and meal reservation(s) on the **meal reservation line: (203) 401-3067**. Members without a reservation may purchase a meal for \$2.00 if food is available. Member donations are greatly appreciated to help with the cost of the healthy meal initiative.

Meal Serving Times & Reservations

- Monday–Friday
 - Breakfast is served at 9 AM. No reservation is required for Breakfast.
 - Lunch is served at 12 PM. Sign-up for Lunch is required by 10 AM daily.
 - Dinner is served on Mondays at 5 PM and Tuesday through Friday at 4 PM. Sign-up is required by 12 PM daily.
- Saturday, Sunday & Holidays
 - Lunch is served at 11:30 AM. No reservations are needed for weekends and holidays*.
 - *Memorial Day, May 28, 2018, 10:00-1:30 PM

❖ Welcome Desk

The Welcome Desk at Elm St. Reception is the first stop when entering Fellowship to sign in and obtain helpful information, such as the Daily Focus for the day's activities, Member Handbook, weekly menu, meal reservation information cards, this program calendar, Art Studio schedule, and the Beacon, our quarterly literary newsletter.

❖ Delayed Openings, Early Closings, & Cancellations

To check for any time changes due to snow storms and inclement weather, please call Fellowship Place's main number at (203) 401-4227.

Upcoming Special Events

❖ Passover Meal

Wednesday, April 4 @ 12PM in the Clubhouse. Our Kitchen Coordinator, Alan Thayer will be preparing a traditional Jewish Meal in celebration of the Jewish Passover. The meal will be coupled with a short presentation about the history and meaning of Passover.

❖ Holocaust Remembrance Day

Thursday, April 12 @ 10:00 AM in the Clubhouse. Debby Kahan will give a brief history of the first Holocaust Memorial built on public property in New Haven, CT

❖ Coffee and Conversation

Friday, April 13th and 27th from 1-2 in the Clubhouse with Quinnipiac Volunteers

❖ Earth Day

Friday, April 20 members of the Social Club will water, and paint Whisky Barrels green and white on campus.

❖ Administrative Professional Day

Wednesday, April 25. Stop by Elm Street reception office and thank Katisha for all her great work.

❖ Yale School of Management Volunteers

April 23, Volunteers will prepare and serve special dinner during the evening Social.

❖ Connecticut Food Bank Annual Walk against Hunger

Sunday, April 29, 2018 @ 1:00 pm Light House Point Park, New Haven. Fellowship Place will open @11:00 and serve lunch @11:30. All social club members interested to participate in the walk will be transported by the weekend staff and back on campus. The walk starts at 12:30

❖ NAMI CT Medicare Presentation

Wednesday, May 16th. @10:00AM in the clubhouse

May IS MENTAL HEALTH AWARENESS MONTH

❖ Ship To Shape Play

Wednesday, May 9, Walker Vreeland will present the "Ship to Shape Play" in Fellowship Place Clubhouse @ 6:30. The play is a tragicomic autobiographical monologue about a young man's struggle with mental illness. The Clubhouse will be closing at 1:00pm. The event will begin at @6:30. Tickets will be available to members at a discounted price of \$10.00. See your Recovery Advisor for more information.

❖ Mental Health Awareness Bingo

Friday, May 18 from 10:30-11:30AM in the Clubhouse. The fellowship Inn and Social Rehab program will play a game of Bingo with a Mental Health Awareness Bingo Board.

❖ NAMI WALK

Saturday, May 19 @ 8:00 AM, Rentschier Field in East Hartford.

Join the Fellowship Steppers in the walk rain or shine.

Some of the proceeds from the walk will benefit NAMI Elm City Chapter. If you are interested in walking or donating, please see:

❖ Mental Health Awareness Softball League Season Kick-off Picnic

Wednesday, May 23 @ 1 pm in the Fellowship Courtyard. Join us for an agency-wide celebration for the Fellowship Place ALL-softball team to start the 2018 season.

❖ Mental Health Awareness Month Movie Matinee

Fridays in May @ 2:00 PM in the McDowell Building. Our weekly Movie Matinees in May will feature films dealing with mental illness.

❖ Fellowship Place Annual Picnic @ Light House Point Park

Friday, June 22 from 10:00 AM-3:00 PM. Join us for a day of activities, delicious food and of course prizes. Be sure to sign up on the sign-up sheet posted on the bulletin board.

❖ LGBTQ Panel and Ice Cream Social

Friday June 29, at 12:30pm in the Clubhouse, the Safe Space group will be holding an exciting event for all members. Come enjoy an ice cream sundae while participating in a panel discussion about identifying as LGBTQ and also living with a mental illness. To end this event, there will be a raffle with lots of prizes, followed by a day time dance in the Clubhouse starting at 2:00pm. Come celebrate, support, and learn more about the LGBTQ community.

❖ *NEW* Young Adult Graduates Group

Every other Thursday @ 2 PM (SEE SAMANTHA OR KEVIN FOR GROUP DETAILS) → 4/5, 4/19, 5/3, 5/17, 5/31, 6/14, 6/28

This new group has been created for people ages 26–30 as a way to get together and socialize with one another. The group is just beginning to create a schedule with a mix of off campus trips as well as groups that will be held at Fellowship Place. Contact Samantha Cohen or Kevin Torzillo with any questions or suggestions.

❖ Meatless Monday

2nd & 4th Monday of every month from 11:15–11:45 AM in the Clubhouse → 4/9, 4/23, 5/14, 5/28, 6/11, 6/25

Join Kitchen Coordinator, Alan Thayer, and Program Director, Charlotte Sabovic, for a smoothie demonstration and a discussion on healthy eating. Try the delicious smoothie, learn about the ingredients, and earn an Alan Dollar for a 2nd serving of a meal.

❖ Consumer Council

3rd Monday of every month from 3:30–4:30 PM in Hald 1 → 4/16, 5/21 & 6/18

Join Executive Director Mary Guerrero for an open conversation about how to improve services and member participation at Fellowship. Join us by signing up on the Clubhouse bulletin board!

❖ Young Adult Group

Mondays, Wednesdays & Fridays; see monthly Young Adult Services (YAS) schedule for details

The Young Adult Program offers a unique space for young people ages 18 –25 with mental illness to gather, socialize, and learn the skills necessary to be successful in adulthood. To join and get a copy of the YAS schedule, please see Samantha Cohen or Kevin Torzillo in the Clubhouse.

❖ Smoking Cessation Group

Tuesdays from 10:30–11 AM in Hald 1

Fellowship Place is now a smoke free campus!! If you would like to cut down or quit smoking, please join Katelyn Trauger and members to discuss tips, tricks and the health benefits of being a non smoking member!

❖ Zumba

Select Tuesdays from 10–11 AM in Hald 1 → 4/3,5/1 & 6/5

Come join a Zumba Instructor, Samantha C. in a fun workout in an effort to make your body healthy!

❖ Member of the Month

Community Meeting (2nd & 4th Tuesday) of every month @ 11 AM in the Clubhouse → 4/10,4/24, 5/8, 5/22, 6/12, 6/26

The Member of the Month is a member chosen by the Social Program staff for accomplishing a big goal, membership anniversary, general helpful behavior in the Clubhouse, or obtaining employment, housing, or education. If you are interested in becoming member of the month, or nominating someone, please speak with your Recovery Advisor and so we can celebrate positive accomplishments!

❖ Music in the Moment Group

Wednesdays from 9:30–10:30 AM in Hald 1

Join band leader Seth Thulin of Musical Intervention to create and practice original pieces of music! If you are interested in playing music, writing music, or singing, please join this amazing band that has the pleasure of performing at F.P. events!

❖ Infinity Music Therapy

1st Wednesday of every month from 11 AM–12 PM in the Clubhouse → 4/4,5/2 & 6/6

The therapist at Infinity Music Therapy believes in a creative and innovative approach to therapy that reaches beyond the therapeutic use of instruments and song to include other sensory based mediums, visual aids, and more to encourage active participation and growth.

❖ Pool Tournament with CREST Program

Last Wednesday of every month @ 1 PM in the Clubhouse → 4/25, 5/30 & 6/27

The Social and CREST programs join for some friendly competition in pool!

❖ Food Film Series

Select Wednesdays from 1:00–3:00 PM in McDowell → 4/18, 5/16, 6/13

Would you like to be part of Fellowship Place's Healthy Eating Initiative? Come join us for our Food Film Series to learn about nutrition and creating a healthier lifestyle. Healthy snacks will be provided!

❖ ***NEW!*** Older Adult Group

Wednesdays from 3–4 PM in McDowell

Join Wanda G. in a new support group for older adults (60 and over) to discuss topics related to aging including thoughts and feelings, stressors, positive aspects, stigma, things you have learned, and planning for what's to come.

❖ Hearing Voices Support Group

Thursdays from 10–11 AM in Hald 2

Join Katelyn Trauger for open group discussion and guided instruction regarding shared stories and lived experiences of members in the program that experience auditory hallucinations or "voices". The purpose of the group is to talk freely about the voices you hear without judgment as well sharing and learning coping skills to better manage your symptoms!

❖ Get Moving!

Thursdays from 1–1:30 PM in the Clubhouse

Join Kevin T. for light aerobic exercises and stretching to increase your heart rate and get your blood pumping!

❖ Women Empowering Women

Thursdays from 1–2 PM in McDowell

Join Pamela P. in the women's self-care group where women will empower each other by promoting self-worth and confidence. Topics will include: women's health, fashion, advocating for yourself, healthy eating, and stress management. See Pamela for more information.

❖ **Safe Space: An LGBT+ Support Group**

2nd and 4th Friday of every month from 11 AM–12 PM in Hald 2 → 4/13,4/27,5/11,5/25,6/8,& 6/22

This group provides a safe, secure place for LGBT+ members to meet and socialize. Topics will vary each week and the group will be a member-run discussion facilitated by staff. See Samantha Cohen for more information.

❖ **ArtShip**

Fridays from 1–2 PM in the Art Studio

ArtShip is open to Fellowship Place members who are self-taught or experienced artists. The program aims to exhibit art in community venues with the mission of reducing stigma, promoting the arts, and creating opportunities for our artists to sell their work. To join, please see Kyle Barreuther in the Art Studio.

❖ **Friday Afternoon Trips**

Select Friday of every month from 1–3 PM in the Clubhouse → 4/6 Jordan Furniture House, 5/4 Mall Trip, 6/8 IKEA

Take a break and go on a Friday outing! Please sign your name on the sign-up sheet located on the group sign-up bulletin board! Please bring your own money for the trip. The amount of money to bring will be indicated on the sign-up sheet.

❖ **Day Dance Party!**

Select Fridays from 2-4 PM in the Clubhouse → 4/27, 5/25 & 6/29

The Social Program will be hosting a daytime dance party due to many requests by members! Put on your dancing shoes, invite fellow members and let's have fun!

Current Learning Opportunities

Career Development

❖ **GED Classes**

Tuesdays & Thursdays from 1:30–3:30 PM in Hald 1

See Sandi Sibilio, Director of Career Development Services, for more information.

❖ **Computer Classes**

To be determined upon interest ; please see your Recovery Advisor or Sandi Sibilio, Director Of Career Development, to express interest

Classes to be offered include Computer Basics (no prior experience required), Microsoft Word Basics, and Internet & E-mail Basics.

❖ **Volunteering in the Community**

See Peer Specialist Judy Trussell for information about community volunteering or to join the following groups:

○ **Downtown Evening Soup Kitchen**

Thursdays from 1:30-3:00 PM, meeting in the Clubhouse

If you are interested in giving back to the community, please join! (In good weather we will be walking and in cold/ bad weather there will be transportation provided)

○ **Dan Cosgrove Animal Shelter Volunteer Group**

Tuesdays from 9:30–11:30 AM, meeting in the Clubhouse

Help feed, clean cages, and play with shelter cats at the Dan Cosgrove Animal Shelter.

○ **Yale Sustainable Agriculture Volunteer Group**

Wednesdays from 1–2:15 PM, meeting in the Clubhouse

Plant, weed, and do other gardening with Yale students once per week, weather permitting.

○ **Miss Kendra's List Volunteer Group**

2nd and 4th Monday of the Month from 3–5 PM

This volunteer group acts as pen pals to write letters to New Haven Public School children. The group meets once a month at Fellowship Place. See your staff advisor to sign up.

Current Learning Opportunities

Career Development

Weekly Program Schedule

<u>Activity/Group</u>	<u>Time</u>	<u>Location</u>	<u>Facilitator(s)</u>
MONDAY Hours: 9 AM–8 PM			
Breakfast	9–9:30	Clubhouse	Social Program Staff
Club Art	10:30–11:30	Art Studio	Taylor C.
Meatless Monday Presentation (2 nd & 4 th Mon./mo.: 11/13, 11/27, 12/11)	11:15–11:45	Clubhouse	Alan T.
Lunch	12–12:30	Clubhouse	Social Program Staff
Relapse Prevention	12:30–1:30	Fellowship Inn	Nick R.
Building Healthy Relationships	1–2	Hald 1	Katelyn T.
Pool	1–3	Clubhouse	Social Program Staff
Open Computer Lab	1–4	CLC	Social Program Staff
Young Adult Group	1–4	See Schedule	Samantha C. & Kevin T.
Healthy Eating	2:30–3:30	McDowell	Aleta G.
Consumer Council (3 rd Mon./month. 4/16, 5/21, & 6/18)	3:30–4:30	Hald 1	Executive Director Mary Guerrero
Grieving Group (4/2,4/9, & 4/16, 5/21,&5/28, 6/4,6/11,6/18, & 6/25)	3:30–4:30	McDowell	Pamela P.
Dinner	5–5:30	Clubhouse	Social Program Staff
Monday Evening Social (schedule below)	5:30–7:30	Clubhouse	Social Program Staff
TUESDAY Hours: 9 AM–5 PM			
Breakfast	9–9:30	Clubhouse	Social Program Staff
Dan Cosgrove Animal Shelter Volunteer Group	9:30–11:30	Clubhouse	See Judy T. to sign up
Tobacco Cessation Support Group	10:30–11	Hald 1	Katelyn T.
Peer Support	10–11	Hald 2	Aleta G.
Community Meeting (2 nd & 4 th Tues./mo.:10/10, 10/24, 11/14, 11/27, 12/12, 12/26)	11–12	Clubhouse	Social Program Staff
Lunch	12–12:30	Clubhouse	Social Program Staff
Ping Pong	1–3	Clubhouse	Social Program Staff
Hispanic Peer Support	1–3:30	Offsite	Wanda G.
Open Computer Lab	1–4	CLC	Social Program Staff

Current Learning Opportunities

Career Development

Relaxation Group	1:15–2	Art Studio	Doreen A.
Vegetarian Cooking	2–3	McDowell	Heather M.
Writers' Group	3–4	Hald 2	Alexis G.
Dinner	4–4:30	Clubhouse	Social Program Staff
WEDNESDAY Hours: 9 AM–5 PM			
Breakfast	9–9:30	Clubhouse	Social Program Staff
Music in the Moment	9:30–10:30	Hald 1	Seth T.
Keep the Promise (3 rd Wed./mo.:)	9–12	See Joseph T.	Joseph T.
Double Trouble	9:30–10:30	McDowell	Member-run
Infinity Music Therapy (1 st Wed./mo.: 10/18, 11/15, 12/20)	11–12	Clubhouse	Infinity Music Therapist
Dealing with Difficult Emotions	11–12	Hald 1	Pamela P.
Lunch	12–12:30	Clubhouse	Social Program Staff
Yale Sustainable Agriculture Volunteer Group	1–2:15	See Judy T.	Judy T.
Pool	1–3	Clubhouse	Social Program Staff
Open Computer Lab	1–4	CLC	Social Program Staff
Food Film Series (1/17, 2/14, 3/14)	1-3	McDowell	Alan T.
Young Adult Group	1–4	See Schedule	Samantha C.
Recovery through Art	2–3	Art Studio	Taylor C.
Older Adults Group	3-4	McDowell	Wanda G.
Dinner	4–4:30	Clubhouse	Social Program Staff
THURSDAY Hours: 9 AM–5 PM			
Breakfast	9–9:30	Clubhouse	Social Program Staff
Nursing Consultation	9–11	CLC	APRN Phil
Latin Dance Lessons	10-11	McDowell	Kristie E.
Hearing Voices Support Group	10–11	Hald 2	Katelyn T.
Recovery through Music	11–11:30	Art Studio	Taylor C.
Men's Group	11–11:45	Hald 2	Joseph T.
Lunch	12–12:30	Clubhouse	Social Program Staff
Get Moving! Exercise Group	1–1:30	Clubhouse	Kevin T.
Women Empowering Women	1–2	McDowell	Pamela P.
Book Club	1:30-3:00	Hald 2	Rina N.
Ping Pong	1–3	Clubhouse	Social Program Staff

Current Learning Opportunities

Career Development

Hispanic Peer Support	1-4	Offsite	Wanda G.
Open Computer Lab	1-4	CLC	Social Program Staff
Dinner	4-4:30	Clubhouse	Social Program Staff
FRIDAY Hours: 9 AM-5 PM			
Breakfast	9-9:30	Clubhouse	Social Program Staff
Bingo	10:30-11:30	Clubhouse	Aleta G.
Safe Space (2 nd & 4 th Fri./mo.: 10/13, 10/27, 11/10, 12/8, 12/22)	11-12	Hald 2	Samantha C.
Lunch	12-12:30	Clubhouse	Social Program Staff
Pool	12:30-2	Clubhouse	Social Program Staff
ArtShip	1-2	Art Studio	Taylor C.
Open Computer Lab	1-4	CLC	Social Program Staff
Young Adult Group	1-4	See Schedule	Kevin T.
Movie Matinee	1:30-4	Clubhouse	Social Program Staff
Dinner	4-4:30	Clubhouse	Social Program Staff
WEEKENDS & HOLIDAYS Hours: 10 AM-1:30 PM Holiday hours will occur on: New Years Day Monday 1/1/18 For Clubhouse access, dial 1252 on the call box keypad at the Elm Street Gate.			
Drop-in/Pool (Sat.)	10-1:30	Clubhouse	Social Program Staff
Drop-in/Movie (Sun.)	10-1:30	Clubhouse	Social Program Staff
Lunch (Sat., Sun. & Holidays)	11:30-12	Clubhouse	Social Program Staff

Monday Evening Social Calendar

Mondays @ 5:30 PM in the Clubhouse

Relax and enjoy good company, performances, presentations & entertainment!

April

- 4/2 Musical Performance –John Carr
- 4/9 Music in the movement
- 4/16 Egg Dying with Alexis
- 4/23 Dinner and evening Social with volunteers from Yale School of Management.
- 4/30 Dance Party/Brownies

May

- 5/7 Free At Last Players
- 5/14 Walking a Labyrinth with your fingers by Mary Dansinghani
- 5/21 Connecticut Ballet
- 5/28 Memorial Day (Weekend schedule, 10:00-1:30 PM)

June

- 6/4 Musical Performance-Les Julian
- 6/11 Dance Party
- 6/18 Hersh Gupta and Band from Yale
- 6/25 Karaoke night