

OUR MISSION

Our mission is to provide all the services and resources a person with a serious and persistent mental illness needs, to manage their symptoms, find belonging and purpose, and gain the independence to live a healthy, quality life.



Donate Online Now at
IndependenceCenter.org

Independence Center Clubhouse
4245 Forest Park Avenue
St. Louis, MO 63108

For general information,
call our Clubhouse
314.533.4245

For donation information,
call our Development Office
314.880.5402

If you or a family member need services,
call our Welcome Center
314.533.4163



INDEPENDENCE
CENTER

inspiring lives
with dignity and purpose

CLUBHOUSE
Belonging.Hope.Purpose.



WELCOME TO OUR CLUBHOUSE

WHEN YOU JOIN OUR CLUBHOUSE, YOU ARE NO LONGER A PATIENT, CLIENT OR CONSUMER, YOU ARE A MEMBER.

You become part of an accepting, caring community of people who will understand you, who've had similar experiences as you, and who value you.

Clubhouses are vibrant communities in which members can share life events and gather support for accomplishments or challenges. Sometimes the worst symptom of mental illness is isolation — but no one feels alone at Independence Center. The personal bonds and friendships formed at the Clubhouse through work and social activities can last a lifetime.

You will be able to choose your own goals and take an active role in your own progress.

We look forward to being a part of your life and helping you accomplish whatever you set out to do.

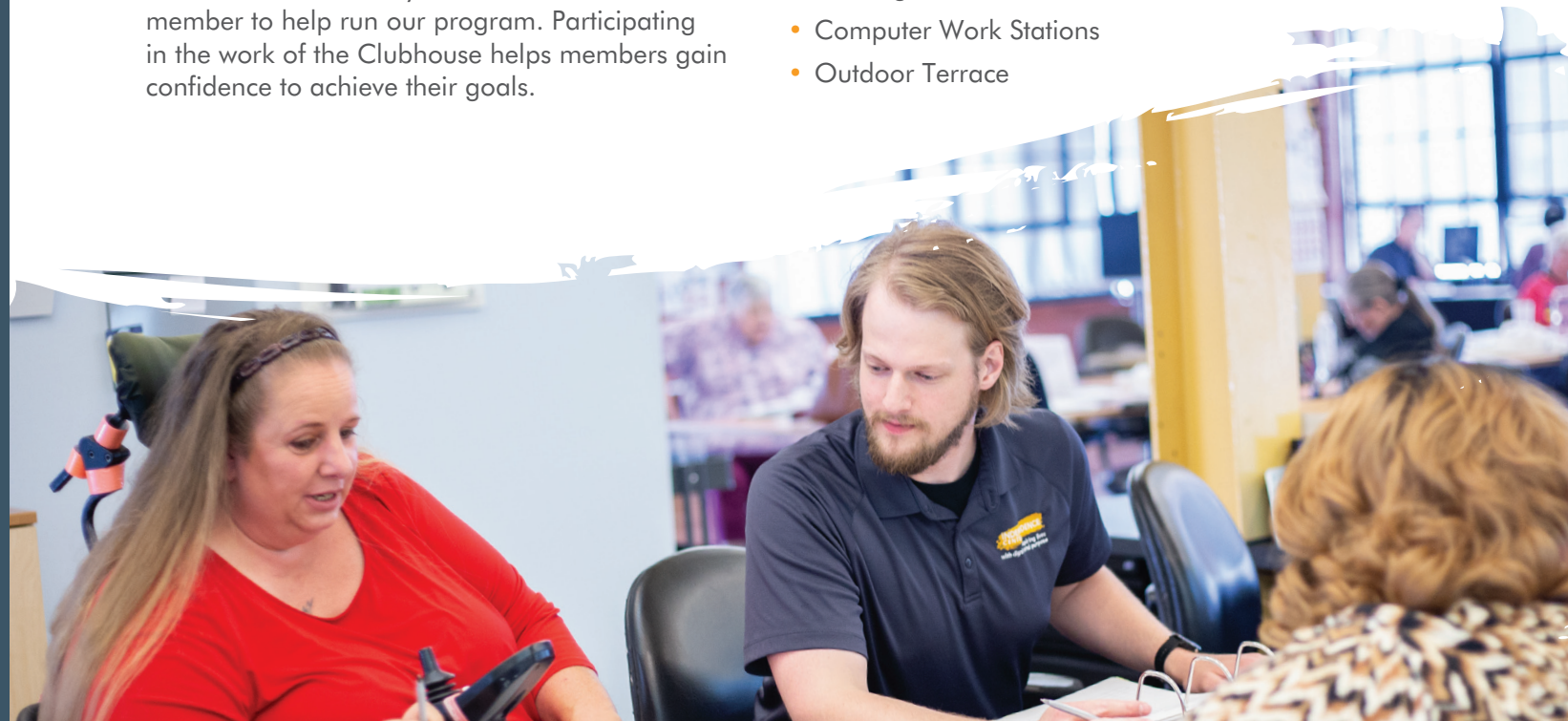
HOW YOU'LL SPEND YOUR DAY AT THE CLUBHOUSE

What our members enjoy most about our Clubhouse is that every day brings opportunities to learn, engage with others, utilize their skills, and build relationships.

Members and staff work side-by-side to operate the Clubhouse. We rely on the talents of each member to help run our program. Participating in the work of the Clubhouse helps members gain confidence to achieve their goals.

In the Clubhouse:

- Café
- Resale Shop
- Flower Shop
- Bank
- Wellness Center
- Multimedia Center
- Meeting Rooms
- Computer Work Stations
- Outdoor Terrace



EMPLOYMENT & EDUCATION

Employment plays a central role in life and helps form a person's sense of identity and self-worth. In addition to financial independence, work gives us purpose and connects us to those around us. However, society can stigmatize people living with mental illness, making it challenging to find or maintain a job.

Independence Center's employment program is designed to remove obstacles and provide individualized support so that members have success on the job. Independence Center provides members comprehensive employment support, including:

- Hands-on skill development within the Clubhouse
- Transitional and supported employment opportunities
- Ongoing follow-up for both the employee and employer
- On-the-job training and support
- Individualized job development and placement
- Employment workshops
- Time-unlimited job retention and career development

Education is just as essential to our members' lives as employment. Many members have had their education interrupted by the onset of their mental illness. Our education program restores confidence for members in navigating the education system in pursuit of their GED, Trade School, Associate's, Bachelor's or Master's degree.

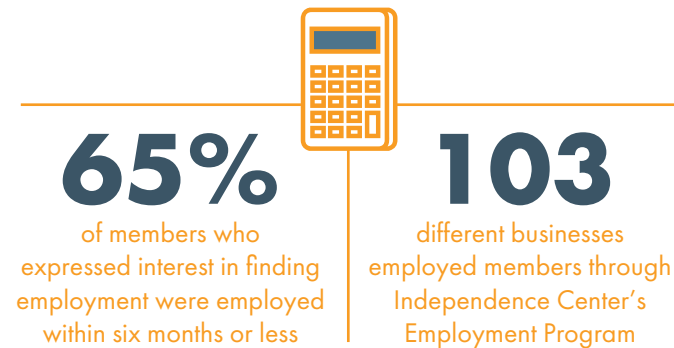
GET FIT & HEALTHY

Your physical health and wellness is as important as your mental health. People who have mental illnesses often develop serious physical conditions, such as diabetes, heart disease, or obesity. We have a fully-equipped Wellness Center in the Clubhouse, and will encourage and inspire you to take classes with other members, or work out on your own to get fit or stay fit.

Exercise has its way of making you feel good, and you'll be in a community that's working together to stay healthy. Our Wellness Center staff will help you accomplish your goals.

You have the opportunity to participate in:

- Health & fitness screenings
- Weight loss programs
- Nutrition education
- Smoking cessation
- Weight training
- Fitness workouts
- Yoga, dance and other classes





SOCIAL LIFE

Even though we work hard during the week, we also like to have fun together on evenings, weekends and holidays. We celebrate our members' successes, put on events, have holiday parties and social outings. We believe a balanced life includes having fun, especially with the kind of friends who want the best for you.

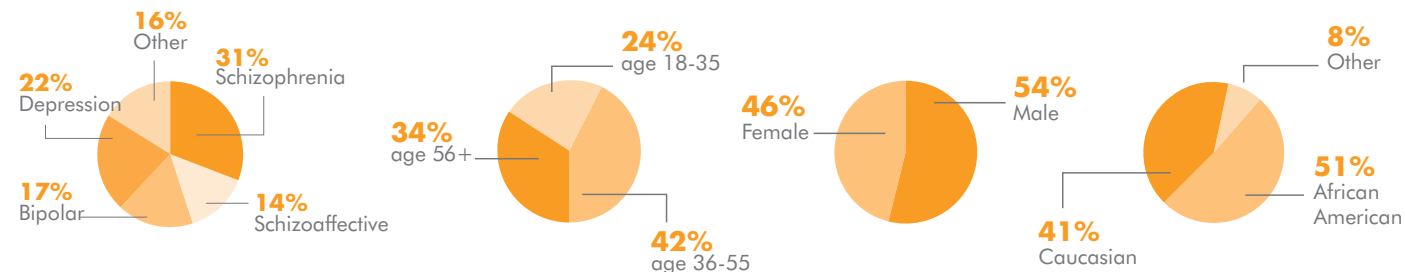
HOUSING

We believe that everyone has a right to live in a decent, safe, and affordable home. Therefore, Independence Center has created a comprehensive housing program.

We assist members with locating apartments throughout the community utilizing a network of landlords, who are understanding and supportive of members' needs. We also provide housing through the facilities we own — two Residential Care Facilities with 24/7 support and two apartment buildings with independent housing.

WHO WE SERVE

We serve people with serious and persistent mental illness and are accredited through CARF (Commission on Accreditation of Rehabilitation Facilities) and Clubhouse International.



HOW TO JOIN

Membership to the Independence Center Clubhouse is by application at our Welcome Center. Please call 314.533.4163.

The Independence Center Clubhouse is accredited by CARF and Clubhouse International, a globally recognized leader in changing the world of mental health. We operate the second largest Clubhouse in the world.

