

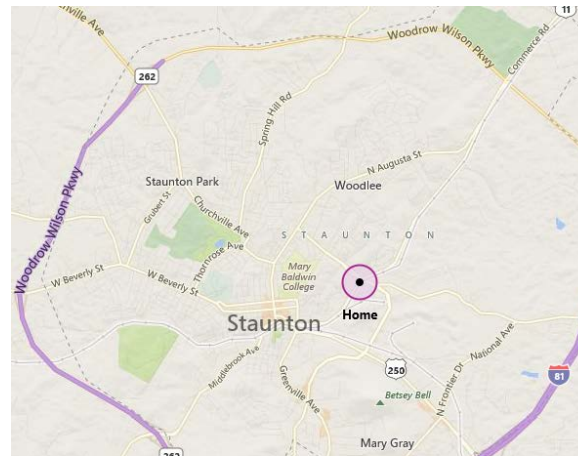
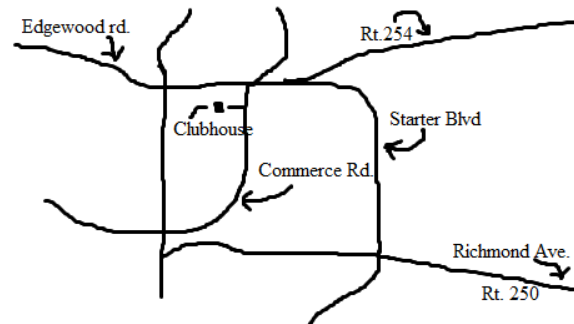
Social and Living Skills Development Programs

Member's at the clubhouse will have the opportunity to participate in units that are focused toward learning skill building techniques and coping systems that may help improve self-care strategies. The following are some of the units recognized at Shenandoah Clubhouse:

- Clerical Unit
- Maintenance Unit
- Kitchen Unit
- Snack-bar Unit

Directions from 81 South

- 81 South towards Harrisonburg.
- Take exit 225 on right.
- Take right onto Woodrow Wilson Pkwy (VA-262)
- Take left at light onto Commerce Rd.
- Keep left at bypass on Commerce Rd.
- Turn right after light (Commerce and Statler Blvd.)
- Clubhouse is straight back.



Shenandoah Clubhouse

A psychosocial development program dedicated to the region of Augusta County



A Program of Valley Community Services Board



Who goes to the clubhouse?

The Shenandoah Clubhouse is made up of a diverse group of members from the community with a wide array of mental health and social development concerns.

What can be expected?

Here at the clubhouse you will work with an advocate to create a personalized plan that will assist you with working on barriers so you may find it easier to work, play and live in your community. Staff will help you utilize your personal strengths to find ways to better organize and learn new coping strategies.

How is this done?

Members at the clubhouse are given the opportunity to learn advanced coping strategies that may assist them in developing personalized goals and objectives while staff use strength based assessments to help them improve their needs.

Members are given the opportunity to participate in different groups throughout the week that may assist them with learning these positive strategies to better cope with their symptoms. Some of these groups are:

- Self-Esteem
- Knowing Your Diagnosis
- Mindfulness
- Meditation
- AA/NA Peer Support
- Strength Based Assessment
- Employment Resource Center
- Gardening
- Clubhouse Newsletter
- Current Events
- Art Expression

Why the Clubhouse?

There are many different reasons to seek social supports in your community and we at Shenandoah Clubhouse believe it is an important part of the recovery process to have someone standing in your corner when you are feeling alone.

Other activities:

Food Lion/Valley
Mission/Walmart/Banking

These are integrated goals that provide the members opportunities to participate in outings and develop leisure skills while improving self-awareness of resources in their community.

Volleyball/Bowling/Corn
Hole/Pool/Bingo:

Members are given the opportunity to participate in physical activities to improve verbal communication while promoting positive sportsmanship.

Special Events:

Members have the liberty to join our holiday and special events to build social connections with one another and become a part of the community celebration.