

Newsletter

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Bellevue Clubhouse

Bellevue Clubhouse, a program of HERO House NW, offers hope, empowerment, relationships, and opportunities for adults recovering from mental illness such as bipolar disorder, depression, anxiety, schizophrenia, etc. "Work-Ordered Day" is at the heart of this recovery process. Members are encouraged to work side-by-side with staff and other members to complete the work of the clubhouse. This work can range from helping prepare our daily meals, to running our reception desk, to writing and editing grants. By becoming part of this work, members are encouraged to use their unique talents and acquired skills to help strengthen their self-esteem and confidence.





New Membership:

1. Call (425) 614-1282 to schedule a personal tour of Bellevue Clubhouse
2. Complete a simple application
3. Ask your mental health provider to complete the referral form
4. Attend an orientation at Bellevue Clubhouse

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Contact

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 Facebook: HeroHouse05
 Twitter: @HEROHouse1
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www.BellevueClubhouse.org

If You're Experiencing a mental health emergency, please call 988



Tasha

A new employee at the clubhouse

**Tasha was born in the Bronx
A mother of three sons aged twenty-six, ,
twenty-one, and thirteen. She is a proud parent
and has been in the mental health/social
service field for over twenty years.**

**She loves making a difference in the lives of
our members. She says she can't always help
everyone, but "one fully serviced and helped a
job well done".**

**She loves to go work and give back to the
community in any way possible.**

**She has a BA from Mercy University in
Psychology and is currently working on a
Master's Degree in School Psychology. She has
skills in applied behavioral analysis and
meeting therapeutic goals.**

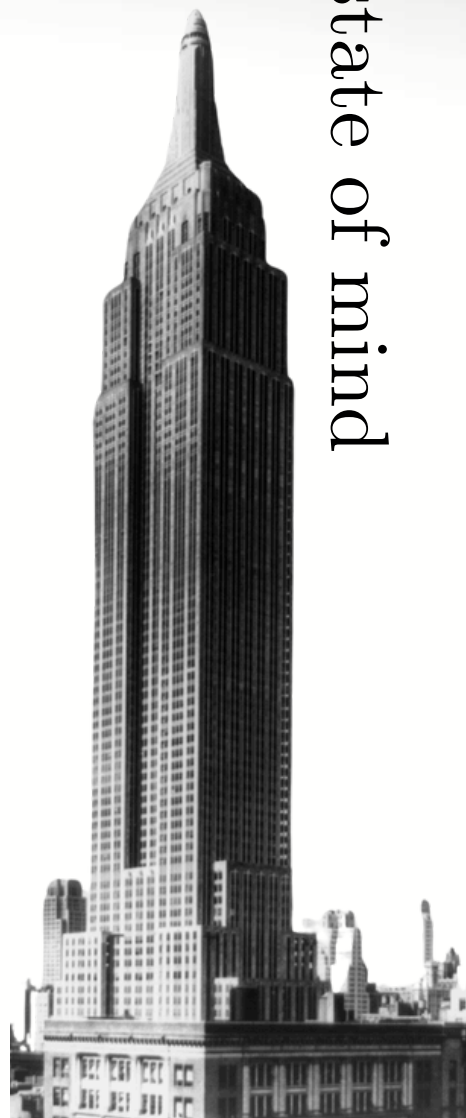
**When not helping people at the Clubhouse,
she enjoys spending time with her children,
cooking, reading, listening to music, and
outdoor activities.**

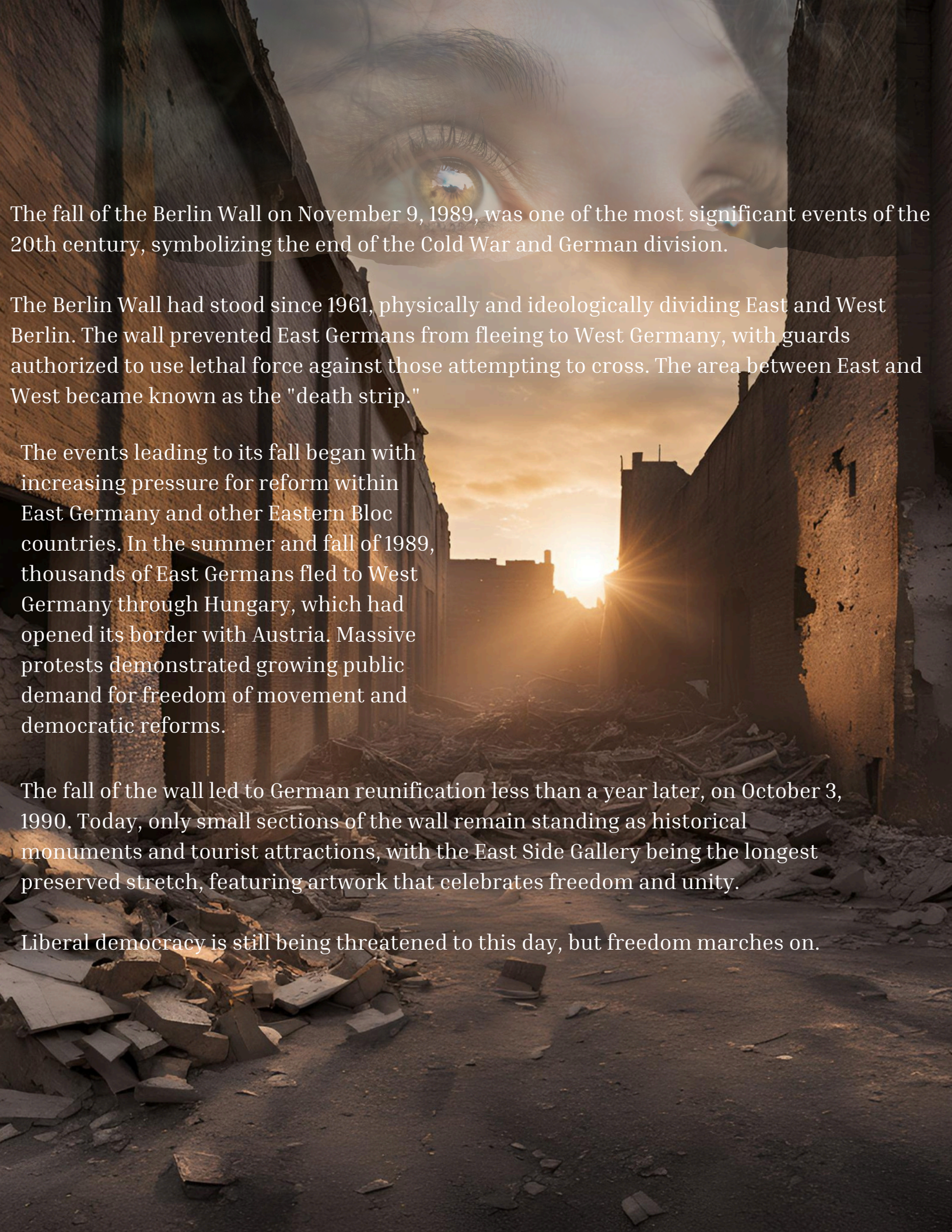
**Her son is an accomplished running back at
Chinook Middle School. You can see his moves
right here.**



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state of mind





The fall of the Berlin Wall on November 9, 1989, was one of the most significant events of the 20th century, symbolizing the end of the Cold War and German division.

The Berlin Wall had stood since 1961, physically and ideologically dividing East and West Berlin. The wall prevented East Germans from fleeing to West Germany, with guards authorized to use lethal force against those attempting to cross. The area between East and West became known as the "death strip."

The events leading to its fall began with increasing pressure for reform within East Germany and other Eastern Bloc countries. In the summer and fall of 1989, thousands of East Germans fled to West Germany through Hungary, which had opened its border with Austria. Massive protests demonstrated growing public demand for freedom of movement and democratic reforms.

The fall of the wall led to German reunification less than a year later, on October 3, 1990. Today, only small sections of the wall remain standing as historical monuments and tourist attractions, with the East Side Gallery being the longest preserved stretch, featuring artwork that celebrates freedom and unity.

Liberal democracy is still being threatened to this day, but freedom marches on.

Member Spotlight

Alex

On January 2, 11 years ago, I joined HERO House at the old location. At first it was a little overwhelming being the new guy.

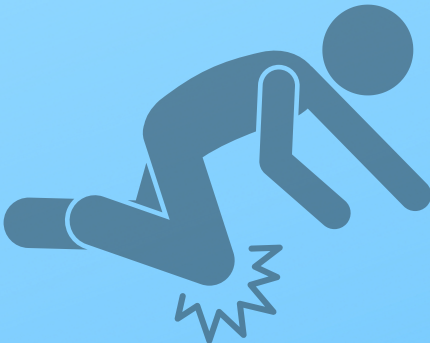
I did enjoy going on socials and help with shopping and working on the Newsletters.



I had some trouble making friends and learning job skills. I had fun attending a few camping trips and last year's camping trip was good.

I got to enjoy and try archery and hatchet throwing. The Clubhouse helped me find a volunteer job at a pre-school in North Bend, which I miss because it ended with COVID. I also went to the conference in Vancouver, B.C. and it was great!

Over the years, I've made lots of new friends. Jane and I became friends when my knee almost buckled at the end of the Starbucks Reserve social two years ago, and again when I almost had a bad anxiety attack! (waiting for pizzas at Costco!). Overall I enjoy being a member of the Clubhouse!



What's New AT THE CLUBHOUSE



We celebrated Kaily's twelve year anniversary being part of Hero House! Thank you K!



We wished farewell to Sarah as she was hired for an executive director role for a new clubhouse in Skagit County.

We appreciate all the work Ashlee does for us, as we celebrate her one year anniversary!

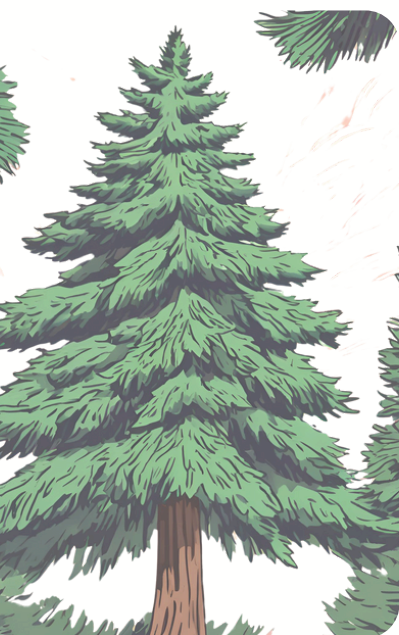
The week of 11/4, we are hosting 9 colleagues for Social Practice training. We are excited to share and learn from them!



The Halloween party was a blast! Congrats to Michelle R, Monika B, and Erik for getting best costume prizes!

The City of Bellevue donated 12 trees for our lower lot to improve our landscaping!

A lot of work is being done downstairs as we are getting closer to open our 3rd Unit! (Opportunity Unit)



Dance of Autumn

By Karen Mae Smith



Buoyant as the wind,
Colors rapidly flashing in unusual colors;
Red here, lime green there, yellow, and oranges
Everywhere else, surprises everywhere one looks,
What fun must our creator engage during the long night
Can our artist who roam the earth ever copy
The majesty our eye beholds.

HALLOWEEN PARTY!



November 2024 Socials & Meetings

Sat 2nd	In House Picnic Fun	11am-3pm
Tue-Fri 5-8th	Social Practice Training	9am-5pm
Wed 6th	Employment Dinner	6pm-7pm
Thu 7h	Baking Social	5pm-8pm
Mon 11th	HHNW Huddle	3pm
Th 14th	December Social Planning	3:30pm
Th 14th	Board Games & Pizza	5pm-8pm
Sat 16th	Bowling	11am-3pm
Tue 19th	HCA Leaning (PR)	1:30-3pm
Wed 20th	Employment Dinner	5pm-6pm
Th 21st	Disco Party	5pm-8pm
Tue 26th	Thanksgiving Meal	1pm
Th 28th	Thanksgiving Day Social	11am-3pm
Fr 29th	Movies	TBD
Sat 30th	Funko Pop w/ Everett Clubhouse	11am-3pm

Tue	Clubhouse Pride	3:30pm
Wed	Staff Supports Meeting	4pm
Thu	Program Meeting	1pm
Fri	Career Club	3pm



HEROHouseBellevue

A program of Hero House NW

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