

Fitzroy Centre Clubhouse

In 1989, Fitzroy Centre Clubhouse was established by the Canadian Mental Health Association PEI Division. For individuals who have to deal with mental health challenges, Fitzroy Centre provides an environment to help them achieve a level of confidence that promotes productive and socially satisfying lives.

Direction

Staff and volunteers of Fitzroy Centre believe that all individuals have basic human needs which must be met. Individuals exist not alone, but as a family and a community, so that the influence of, and effects on all other members must be considered when meeting individual needs.

Individuals affected by mental illness have the right to a full range of health services, both hospital and community based. We are committed to providing supportive services in the community which will help decrease the social isolation and sense of loss often associated with mental illness.

We believe emphasis should be on the strengths of the individual rather than their illness. Belonging to a community, as a contributing member, is a basic need of all. Growth is an individual process, and with support, everyone is capable of improving their level of independence.

We believe that our members should have an opportunity to be involved in residential, employment, educational, vocational, social, and recreational programs which enhance their individual growth and participation in the life of the community.

Programs

Pre-Vocational Day Program

The Clubhouse program is designed to motivate and encourage members to learn about, and participate in meaningful work activities. It provides members with an opportunity to improve work habits, develop life skills, and feel constructive and valued. The members and staff work side-by-side on a daily basis completing all the tasks necessary to operate the club. There is an atmosphere of co-operation and ownership within the club. Members are made to feel wanted and needed. Members do not receive pay for work done in the clubhouse.

All work is done to help members develop new skills, improve self-esteem and learn to work co-operatively with others.

Some of the activities provided in the club are in the areas of reception, computer, clerical, cooking, house-keeping, and educational programs. While the emphasis in the Day Program is on work, recreational and leisure facilities are available at the club.

Attendance in the Day Program is voluntary, but members are encouraged to attend and participate on a regular basis. Members are free to determine their own level, and frequency of involvement. There are no fees or dues to be a member, but there are modest charges for the daily lunch, coffee/tea, and for certain special events.

Residential Program

Residential has three main components:

Longworth House

Longworth House is a home which provides housing for ten individuals. Members who live in the house are independent enough to function in a co-operative situation with part-time supervision. The philosophy of the house is to meet the daily needs of the members, while allowing for personal growth and development.

Fitzroy Centre

Fitzroy Centre is a seventeen-unit complex providing housing for twenty members. The purpose of the complex is to provide independent living opportunities for individuals experiencing mental health problems, and at the same time provide support as needed to enable members to live on their own. Emphasis centers on community living.

Unsupervised Apartments

These are individual apartment units in the community providing financially supported, decent, housing to members. They are not supervised and members have to be able to live independently. Presently, eight (8) of these apartments are located in one building, located at 181 Kent Street. The remaining thirteen (13) are in various locations in the Charlottetown area.

Employment Program

The employment unit provides three staff who work with members to develop employment goals and overcome barriers they may have in achieving these goals. The staff and members complete tasks that are necessary for the daily operation of the unit and encourage member involvement in activities within the clubhouse.

Members of Fitzroy Centre are encouraged to strive towards attaining their highest potential in the area of employment. Together, members and staff provide services such as information on current job opportunities, resource library, employment counseling, life skills / employment skills training, supported employment placements, marketing and transitional employment placements (T.E.P.).

These T.E.P.'s offer members part-time, temporary jobs located in the community. The jobs are usually entry level positions, and members receive the going rate of pay. T.E.P.'s give the members a chance to develop self-confidence, interpersonal skills, and experience in the work force. The staff in the clubhouse act as placement managers and as such, provide on-going support to the individuals in these placements.

Program Support

Financial support for our programs is provided by the Provincial Department of Health and Social Services, Canada Mortgage and Housing Corporation, Canadian Mental Health Association/PEI Division and Human Resources Skills Development Canada.

Join Us

Fitzroy Centre uses a referral system for membership. Any helping professional or community agency may apply on behalf of a potential member. A referral form is available at Fitzroy Centre. Self-referrals are also accepted. These are to be completed by the individual's primary worker. Applications for membership are reviewed by an admissions committee based on the following criteria:

- the individual's primary problem is a functional impairment resulting from an emotional disorder
- the individual is living in the community
- the individual can arrange transportation to the Centre
- the individual is able to cope in a group setting
- the individual displays a willingness to participate in club activities
- the individual is over 18 years of age
- the individual has a primary worker

Clubhouse Info

The clubhouse is open Monday through Saturday 8:30 a.m. to 4:30 p.m., plus Tuesday and Thursday evenings until 8:00 p.m.

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