



Our Mission:

To support adults living with mental illness on their paths to recovery through a work ordered day.

To provide a supportive environment for members to come together for health, wellness, employment, education, and fellowship.

“The clubhouse keeps me from isolating and gives me a sense of purpose” - MEMBER

Our Aim:

- Provide a structured environment that leads to rehabilitation through collaboration with others
- Build skills by recognizing talents, strengths, and abilities and utilizing them to help achieve social, vocational, housing, transportation and other goals
- Foster a supportive community, eliminate isolation and stigma, become productive members of society, and make lasting friendships

“Seacoast Pathways has transformed my life and empowers me to be productive”-MEMBER

North Church Parish House, 355 Spinney Road,
Portsmouth (entrance in rear of building)

CONTACT US

(603) 812-9031 (M, W, F 9:30am – 3:30 pm)

seacoastpathways@gmail.com

P.O. Box 1528 Portsmouth, NH 03802

FIND US ON FACEBOOK

<https://www.facebook.com/SeacoastPathways/>

We are a non-profit 501c3 organization funded primarily through grants and private donations. We are grateful for our community support.

Interested or curious visitors, prospective members, case managers, etc. are always welcome at the Clubhouse any M,W,F between 10 a.m. and 2:45 p.m. Call or email to schedule an appointment. We look forward to showing you around.



SEACOAST PATHWAYS

A program of Granite Pathways- Powered by **FEDCAP**



A Supportive, Community Based
Non-Profit Program
For Adults Living With Mental
Illness

www.seacoastpathways.org
www.granitepathwaysnh.org

Seacoast Pathways is a community of mutual support that helps people return to work and reengage in the community.

All our members have a diagnosed mental illness and a clinical referral (referral form is available on our website or by request); after that the diagnosis is 'left at the door' and members explore their interests and talents on their paths to recovery.

“Because it is so difficult to transition directly back to work and everyday life following an illness and a hospital stay, Seacoast Pathways provides a great “soft landing” where people accept you freely and know what you’ve been through. Friendships and support come easily here” - Member



Work-Ordered Day

Members participate in running the clubhouse alongside a minimal number of staff. All are asked to be part of operating and maintaining the organization - ie. reception, administration, food service, outreach, publicity and planning/preparing fun activities chosen by members.

A typical day provides structure and opportunities for empowerment through works tasks and other enjoyable activities. The day follows the format described below:

9:30-10:30 Set up, coffee, and outreach

10:30-11:00: Morning meeting

11:00-12:00: Morning work unit tasks - members select tasks within their chosen work unit

12:00-12:30 Lunch

12:30 – 2:00 Afternoon work unit tasks, educational workshops, guest speakers, field trips, wellness activities, etc.

2:00-3:30 Socializing, discussion, fellowship, cleanup

Membership is free and for life.

What We've Done

Our activities and events are inspired, planned, prepped, and executed by our members, so bring your hobbies, interests, skills, and strengths to the table! Activities include, but are not limited to the following:

- Music and Art Wellness
- Pre-Employment Readiness Training
- Transitional Employment
- N.A.M.I. Walk Team
- Free Membership and Trips to the Seacoast YMCA
- Career Focus Workshops
- Monthly Newsletter
- Table at Market Square Day
- Portsmouth Hospital Outreach
- Trips to the Beach
- Computer Skills Classes
- Creative Writing

Seacoast Pathways staff, volunteers and members are an active part of a regional, national and international clubhouse community.



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