

# EMPOWERMENT CLUBHOUSE

*Fellowship ~ Hope ~ Opportunity ~ Recovery*

Serving Marin City and Marin County, California, Since 2017

*Fiscal Year 2024-2025  
Impact Report*



*Proudly Serving Marin City and Marin County, California 2017  
Marin City Community Development Corporation, Auspice Agency*

## *This Impact Report is Dedicated to...*

The Empowerment Clubhouse would like to especially share their appreciation to the Marin City Community Development Corporation (aka CDC), auspice agency, for their full support in making this program happen. In 2017, when the clubhouse started, this program was located in one room on the first floor starting with 8 Members and grew to 31 come 2018. After several years modest exponential growth, the magic happened in 2022 thanks to auspice agency's Executive Director's leadership and passion, Board of Directors, EC Advisory Committee, donors, and most importantly, our primary funder, the County of Marin Behavioral Health & Human Services.

*"The clubhouse is like a second family. It is good for my moral and wellbeing. I have made some good friends. I enjoy the family atmosphere of the clubhouse and the fantastic staff."*-  
Peter



*"The program helps me because it emphasizes acceptance of persons for what they can do, not what they cannot do."*-Michael



# Welcome to Clubhouse



**From budgeting, shopping, outreach, data entry, to marketing, job preparation, education, and community engagements; Members are taking charge of their mental health!**

## Greetings Friends,

Since 2017, the Empowerment Clubhouse (EC) has served as a safe and supportive environment where adults living with mental health challenges can take charge of their recovery. Through Clubhouse International and as an evidence-based, community-focused mental health service, the Clubhouse supports its Members by helping them improve social skills, access employment, pursue education, and secure housing. Additionally, Members gain increased self-esteem, experience better physical health and quality of life, and benefit from reduced hospitalizations and less social stigma.



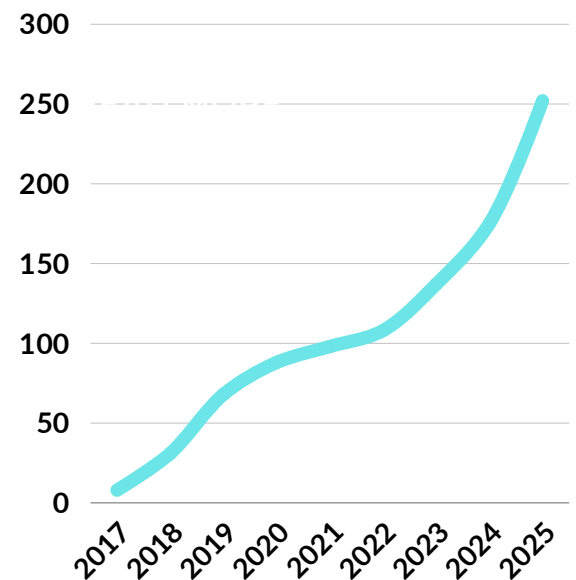
## Global Clubhouse Impact

We take great pride in being part of Clubhouse International's global network of over 370 Clubhouses across 32 countries. The Clubhouse Model has proven its effectiveness, and we remain dedicated to supporting as many people facing mental health challenges as possible. This commitment has fueled the continued, accelerated growth of Empowerment Clubhouse.

## Looking Ahead

With your ongoing support and our collaborative efforts, we are creating meaningful, positive change and transforming lives together. As you turn the pages, we hope you not only enjoy what you see but 'feel' and 'envision' the positive impact and transformation people living with mental health experience.

## Memberships 252



## The Empowerment Clubhouse

With Appreciation to our Funders



The Marin City Community Development Corporation (Marin City CDC) is 501(c)(3) nonprofit EIN #94-2657360 is the auspice agency for the Empowerment Clubhouse Program. Marin City CDC is CARF.org Accredited.. For more information please contact the clubhouse at (415) 339-2843 or visit [www.marincitycdc.org/empowerment-clubhouse](http://www.marincitycdc.org/empowerment-clubhouse)

# Members

252

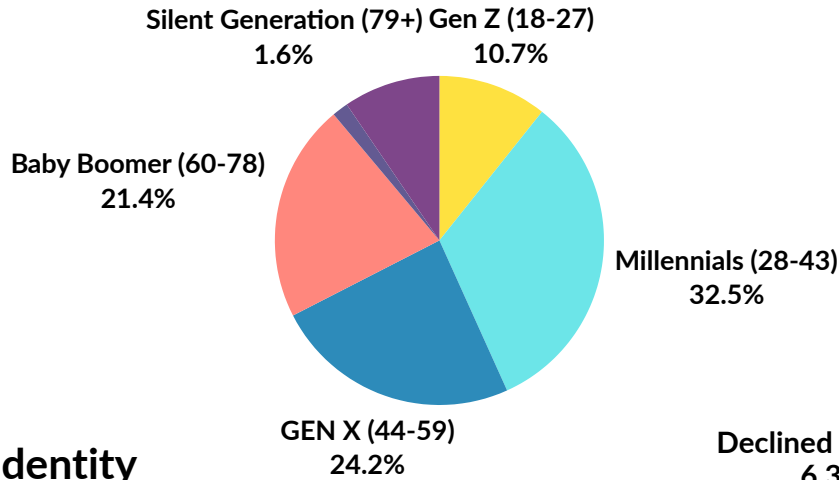
as of 6/30/2025

# WE ARE GROWING!

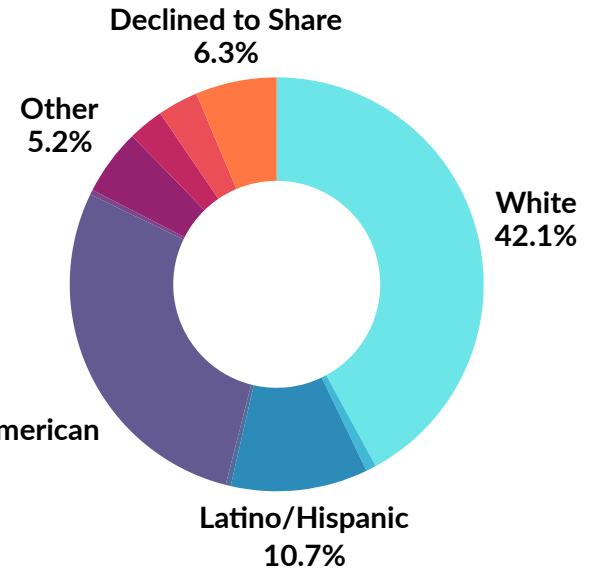
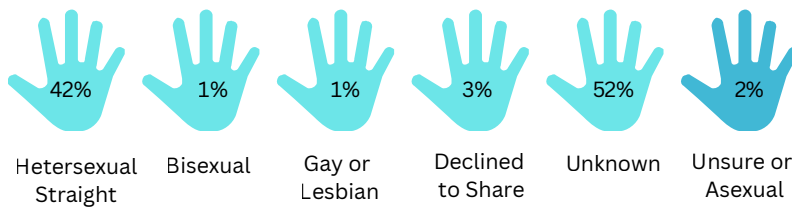
Clubhouse Proudly  
Serves 9 Veterans



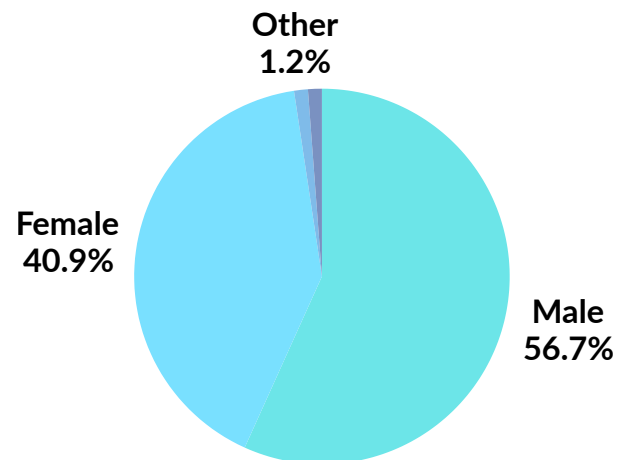
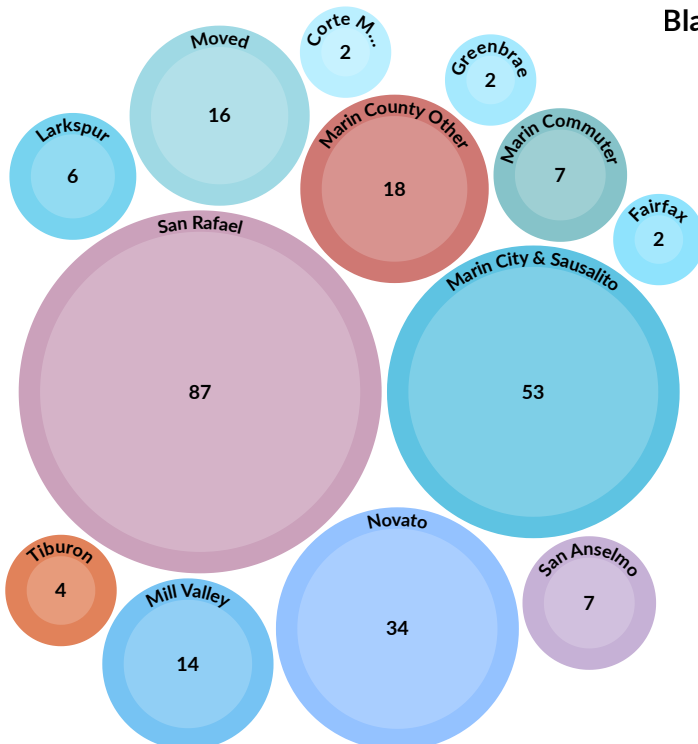
## Members by Generations



## Members Sexual Identity



## Members by Area



*"Because of Empowerment Clubhouse Community,  
8 people shared they chose life."*

*"This model is not only the origin of recovery, it could be the future where people,  
place, and purpose become the foundation for mental health care."*

Tom Insel, former Director, National Institute of Mental Health and author of  
*Healing: Our Path from Mental Illness to Mental Health*

# Clubhouse Units...We've been busy!



The Empowerment Clubhouse offers a full array of programming and opportunities including the work-ordered day, structured support for returning to school and work, a variety of evening and weekend recreational activities, wellness, and outreach.

## Hospitality Unit-Culinary and EC Café

The Empowerment Clubhouse Culinary Program cooperatively prepares wholesome meals every day. Members and staff work together to shop for food, plan meals, choose recipes and manage the kitchen and the EC Café. This is done within the Hospitality Unit during the Clubhouse's Work Order Day. They learn teambuilding, collaboration, and healthy food menu in a friendly and educative atmosphere. Healthy fresh food menu is created as a group exercise with involvement of diverse members taking lead in various capacities from planning the meal to cooking and serving.



## Business & Career Unit

Staff and Members work together in this program to help with clubhouse enrollment, tours, perform clerical duties, and overall business administration to ensure smooth operations! Career includes working with Job Placement Coach, referrals, and Education.



## Inspire & Create

This newly enhanced unit includes Members working side by side staff in Marketing and Communications, Community Volunteer Projects, Recreation, Health & Wellness, and more! Clubhouse also has it's very own mini-library!

## Garden Unit

This hands-on program provides Members with healthy and safe gardening skills, planning, self-sufficiency, and the satisfaction of hard work. Improves mental and physical well-being and helps prepare Members for gardening and groundskeeping careers.



## Young Adults

Our Young Adults are paving the way to Success! This newly dedicated space is now available for our young adults. Stop by and enjoy good work, and fun company!



Mental illness is now the leading cause of disability worldwide and society's response to the urgent mental health crisis continues to be severely lacking. Mental illness accounts for 20% of the global burden of disease but only 3% of the world's healthcare budgets are allocated to mental health needs, resulting in critical deficiencies in mental health care.





# HOSPITALITY UNIT



## Culinary Program

Members sharpen their your culinary skills while learning how to budget, cook and save money, and eat healthy meals for your mental health. Food Handler's Training Certificates are available for Members. This creative and fun program promotes healthy food prep, delicious meals, budgeting while reducing stress and anxiety, and boosting self esteem! Many Members see and obtain employment in the food industry, thanks to this Culinary Program experience.

RSVP for Preparation Mondays shopping trip; seats are limited. Monthly Menu planning is due by the 20th of each month. Members get their meal tickets in the EC Café so that there can be food for all! Bon Appetit!



## EC Café & Store

The EC Café is growing! Members and Staff run all operations from training, shopping, stocking, cleaning, making coffee, menu's and more! Barista certificates are available! Since February 2025, the EC Café has generated \$1,533.17 in meal donations with 100% of proceeds supporting the Hospitality Unit. Members thrive learning how to use the register, provide excellent customer service, and working side-by-side. What comes next? Many Members gain work experience and hired in cafés like Eliazar!

The EC Store is in the works! Stop by to check us out!



Unit/Program Meetings are every Monday and Friday. Call clubhouse if you need a ride up the hill or from the bus station. Marin Transit (Marin Access) is also available. Stop by to learn more.

# BUSINESS & CAREER UNIT



"We take our work serious here at clubhouse. Every detail matters."-Kathy



Dennis, retired attorney and Member, Job Placement Coach is ready for YOU!



Work side by side and pursue your career and education goals!

## Business & Career Unit

The Business and Career Unit exists to equip members with the knowledge, skills, and resources needed to pursue meaningful careers and entrepreneurial opportunities; provide resources and referrals. Our purpose is to provide guidance in professional development, financial literacy, workplace readiness, and leadership, while fostering creativity, confidence, and resilience.

Through mentorship, training, and real-world application, members will gain the tools to succeed in higher education, enter the workforce, or launch their own businesses. The ultimate goal is to empower Members to achieve economic independence, build sustainable careers, and make a positive impact in their communities.

Staff and Members work closely with each other and Job Placement and Educational support Coaches in preparing for, securing, and maintaining meaningful employment. By offering career counseling, resume and interview preparation, job search assistance, and employer connections, the coach helps members build confidence, showcase their skills, and successfully transition into the workforce.

COLLEGE OF  
**MARIN**

Get help with enrollment support, tours, and more!



## WE ARE TALKING ABOUT MENTAL HEALTH.

### Mental Health in Construction Stats That Might Surprise You

According to the Centers for Disease Control, construction has the highest suicide rate of all industries, at 53.2 suicides per 100,000 workers. That's about four times greater than the national average (17.3/100,000) and five times greater than all other construction fatalities combined (10.1/100,000).

**Clubhouses around the world provide essential support, social engagement, and resources to members in the construction trades industry.**





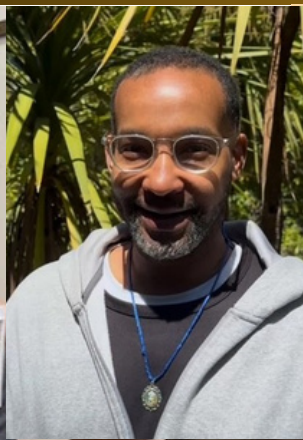
# BUSINESS & CAREER UNIT



Congratulations Dennis and Dean!



"Thank you so much, I am so happy!" -Tammie received her first paycheck!



"I am grateful to be here." - Gerrod



"Your help was far beyond empowering...!", Leo, Member, who started his own business!



"I am so happy!", Horacio, hired with Local Union 37.



Congratulations Gray on your bank job!



Congratulation's Alejandro!



"Hey, man!", Eliazar's famous words! "I am forever grateful." Hired at a Café.

## Empowerment Clubhouse Member Employment Activities SNAPSHOT FISCAL YEAR 2024-2025 Total Engagement and Job Interest!: 100 Members

42 Members Received Services from State of California Department of Rehabilitation and Marin City CDC

Actively Seeking Employment	24	New Members Interested in Employment	11
Changed Mind (Mental or Physical Health)	3	On Hold (Personal Reasons)	6
Seeking Better Employment	3	HIRED	35
Inactive	18	Currently in Transitional Employment	4



Congratulations!  
Not all Members Hired and Employed are represented here. But we congratulate you ALL!



# Transitional Employment and Job Support

## TE Partners, Supportive, and Direct Employment

We are grateful to see our Transitional Employment (TE) Partnerships continue to grow! Visit our webpage to learn more and download your own TE flyers to share. Join us every Friday for Business Outreach—a great opportunity to connect, collaborate, and explore new partnerships. We especially welcome introductions to businesses that may be interested in becoming a TE Partner. Together, we're building bridges to meaningful work and stronger communities!



**Contact Clubhouse for a list of our Employment Partners and sites!**

*In our Employment program we seek out, secure and provide job opportunities that help members transition back into the world of competitive employment, with individual support and at their own pace.*



Marin City CDC (clubhouse auspice agency) is an approved vendor for the State of California Department of Rehabilitation. Contact the clubhouse today to learn more about this valuable resource and potential for paid work experience. Learn opportunities and resources for you to get hired!

Computer Lab, Digital Literacy, Job Search  
Open Daily



Need help with interview prep and wardrobe?  
Empowerment Clubhouse can help!



"I am looking forward to TE come this September!"-Leland got his Driver's License after 25 years and now has his own vehicle and in Employment Services as he prepares for a new job. Click on Leland's photo or Scan QR Code to watch his special video!



# INSPIRE & CREATE

At Clubhouse, we call our Members are Superheroes!



## Health & Wellness | Recreation | Volunteer Marketing & Communications

At the Empowerment Clubhouse, our Members and Staff go above and beyond expectations every day—and they AIM TO INSPIRE! Through every activity, Members learn, share, plan, design, and deliver meaningful work that inspires growth and builds a stronger community.

### *Programs & Opportunities*

#### **Health & Wellness**

- Recreation and outings after Work-Ordered Days
- Weekend socials and peer connections
- Engagements that support mind, body, and spirit

#### **Community Involvement**

- Volunteering at community activities, job fairs, and holiday festivities
- Collaborating with local organizations
- Giving back while gaining valuable experience

#### **Recreation & Outreach**

- Planning community engagement activities and member outreach
- Coordinating fundraising, newsletters, and social media efforts
- Designing marketing materials and representing the Clubhouse at events
- Building credibility through innovative outreach and local partnerships

#### **Marketing & Communications**

- Developing creative campaigns to raise awareness of the Empowerment Clubhouse
- Designing flyers, posters, and digital materials to share our message
- Managing social media platforms to highlight member achievements and programs
- Supporting press, media, and community announcements

Strengthening the Clubhouse brand to engage members, families, and partners  
Through virtual and in-person connections, our Outreach and Communications Teams provide career and employment resources, foster partnerships, and amplify our mission in the local community. Together, these efforts ensure the Empowerment Clubhouse continues to grow as a trusted, inspiring hub of opportunity and belonging.



"I never knew such a place existed. So many times, I was home alone, depressed, and did not think I would ever snap out of it. I now have a place to go and get my life back. I want to get a job and get my own place. The clubhouse has given me hope."-Lorena, Clubhouse Member



# GARDEN UNIT...Harvesting Hope



## Garden Program

The Garden Program provides a therapeutic, hands-on space where Members can nurture both plants and personal growth. Through gardening activities, Members gain opportunities to reduce stress, build routine, and develop practical skills in horticulture and sustainability. The program fosters community, promotes physical and emotional well-being, and empowers participants to experience healing, confidence, and connection to nature with opportunities to gaining careers in landscaping, gardening, and more!

MARIN COUNTY  
PARKS  
PRESERVATION · RECREATION



### Foundations of Gardening

- Introduction to soil, seeds, and plant care
- Basic garden tools and safe use
- Understanding plant life cycles

### Practical Skills Development

- Seed planting and transplanting
- Watering, pruning, and weeding techniques
- Organic gardening and composting basics
- Growing herbs, vegetables, and flowers

### Wellness and Mindfulness

- Mindful gardening exercises (using the senses)
- Stress-reduction practices in nature
- Journaling reflections on growth (plants & personal)

### Teamwork and Community Building

- Group planting and harvest days
- Sharing garden responsibilities
- Cooking and tasting sessions with harvested produce

### Career and Life Skills

- Introduction to horticulture and landscaping careers
- Leadership opportunities in garden management
- Community service through donating produce to local organizations

### Showcase & Reflection

- End-of-season garden celebration
- Sharing stories, art, or recipes from the garden
- Reflection on personal growth and new skills

The first of two greenhouses is complete and new garden shed! Thank you Marin County Parks Measure 8 FARE Grant for making this program possible!





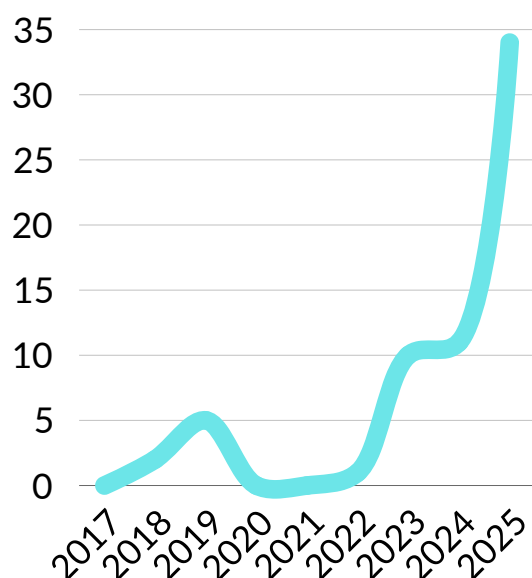
# Young Adults at the Clubhouse

*Our Potential is LIMITLESS!*

## Young Adult Engagement at Empowerment Clubhouse

Young adults between the ages of 18 and 35 are engaged and busy at work! Young adults represent the fastest-growing group of participants. They are actively involved in every unit and participate fully in all program activities, enjoying the same range of opportunities as older adult members, including access to education, employment, outreach, and peer support.

### Young Adult New Enrollments Year after Year



Empowerment Clubhouse is dedicated to supporting younger adults by involving them in every aspect of the community. This inclusive approach helps these members set and reach their own goals—whether educational, vocational, social, independent living, or wellness related.

To further address their unique needs, Empowerment Clubhouse organizes regular special meetings and activities specifically for younger adult members.

*"Your mental health does not define your worth—it's simply part of your journey. Every step forward, no matter how small, is proof of your strength and a reminder that your story is still being written."*



# YOUNG ADULTS...WHAT ARE THEY UP TO?

The journey continues to be rewarding, and the need remains critical as we reach out to our young adults. Individuals between the ages of 18 and 35 are active, engaged, and busy building their futures.

Give today. Grow tomorrow. Create change.

## Careers, Education, & Mentors

Young Adults and Careers: 66

11 Active Employment Services

23 Hired/Employed

8 Inactive

2 Moved

16 Not Interested/Not shared at this time

6 New Job Interest

3 Enrolled in GED

3 Enrolled in College



**COMING SOON**

**DONATE** ❤️

## Multi-Media Studio

**Yes! This is in the works thanks to our Young Adult Members!**

Members in the multimedia department will receive comprehensive training in marketing and brand development theory, as well as creative disciplines such as graphic design, photography, podcast, and filmmaking. They will also gain practical experience in applying these skills to real-world brands, learning how each creative effort directly impacts brand identity and success.

Through hands-on projects, members will build case studies, earn certifications, and acquire valuable experience. This foundation will not only strengthen their portfolios but also prepare them for higher education opportunities or careers in marketing, design, media production, and related fields.

## LGBTQ+ Program Coming Soon!





# From Our Young Adult Staff



Photo is Suzanne with Tamara Hornsey, Marin County BHRS, Program Manager. Thank you Tamara!

## **Suzanne, Program Coordinator, Empowerment Clubhouse**

Tall, confident, and approachable, Suzanne embodies the qualities that make her a strong Program Coordinator at the Empowerment Clubhouse. Her role centers on fostering a culture of respect and harmony, something she values deeply. Inspired by intelligent women in business who champion feminism and equity, Suzanne strives to bring those same values into her work each day.

Reflecting on the culture at the Clubhouse, Suzanne shares: "There is something everyone excels at... Empowerment Clubhouse helps unite people with fitting vocations." Through her leadership, she not only helps others grow but also continues her own journey of self-discovery: "I have learned much about myself through working with people and being a leader."

While commuting from a distant city remains a challenge, Suzanne finds the rewards far greater than the obstacles. "The work makes it worth it because I get to be around like-minded people, do what I love, and do impactful work." Among her proudest successes, Suzanne highlights building new friendships, moving out on her own, managing a household, and continuing to do meaningful work that makes a difference.

And when asked about her style, Suzanne answers with a smile: "I just go for something pink!"

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## **Theo - Social Practitioner, Empowerment Clubhouse**

"My day often starts with heartfelt hellos. Upon arrival at the Clubhouse, members and I greet each other with familiarity and depth. Each of these people I have come to know as compatriots on a journey of healing."

At its heart, the Clubhouse is a center for healing, achieved through engagement in meaningful work. As a Social Practitioner, Theo supports this mission by creating opportunities for members to align their personal values with their health goals. "Many days, I work with people entering data on the computer to practice administrative assistance skills. This ultimately engenders a sense of accomplishment, growth, and engagement: healing. Throughout the day, together with members, I complete various admin tasks, which are very satisfying and often end in a good high-five."

Theo finds the greatest joy in witnessing moments of pride and fulfillment. "What I enjoy most is seeing someone light up with joy because they cooked a really good meal or stewarded the garden."

At the close of the day, Theo helps wrap up the space—taking out the trash, turning off the lights, and looking forward to returning to his community tomorrow.



Theo, Social Practitioner



# Transportation, Housing, and Services

## Wheels and Community Engagement!

Clubhouse Members and Staff are experiencing the freedom and benefits of public transportation! Learn how to confidently use public transportation with the help of traveling partners! Get help planning your route to work, play, and shop...and learn about incentive/reward programs in Marin County.

Member rides and pick-ups available daily for Work Ordered Day and events. Please call clubhouse week before and/or day before to get on the Transportation Calendar.



**marin  
transit**



**marin  
access**

## MAKING YOUR TRAVEL EASIER WITH EXPERT ADVICE



Calling ALL Members needing help with using public transportation. Join the Transportation Program and learn how to ride the bus, ferry and trains with ease. As well as exciting travel programs in Marin County! Check-in during the Work Ordered Day or Calendar for educational trips.

For Assistance call the Travel Navigator Team at  
(415) 454-0902 or email  
[travelnavigator@marinaccess.org](mailto:travelnavigator@marinaccess.org)

**Need a ride up the hill? Call the clubhouse from the bench at the entrance for a smooth and enjoyable ride!**



## Housing Support and Other Services Available

Clubhouse Members work together for local transportation resources and programs! Stop by today and let's clubhouse help you get to your destination.

### Members Referred to

**Center for Domestic Peace: 3**

Enrolled in Employment Services: 3

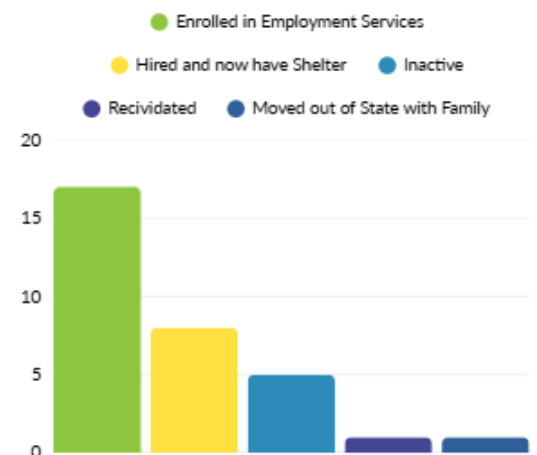
Hired and have their own place: 2

Active in Employment Services: 1

**Members Living at a Sober Living Environment (SLE): 7**

Enrolled in Employment Services and Hired: 7

### Members Reported being Without Shelter: 26









# Help Us Grow!

"Thank you, Empowerment Clubhouse, for your help, it's made an impact on my situation...I was approved to have my own room where I am staying and I'm now going to get a job!"-Ger

"When I am here I feel like I am with family. They helped me build my resume for job opportunity. I always look forward to helping out at the clubhouse."-Eliazar

*Marin City CDC and  
Empowerment Clubhouse  
are part of Clubhouse  
International's  
California Coalition and  
growing more clubhouses!  
Stay Tuned!*



## Online

[marincitycdc.org/donatetoday](http://marincitycdc.org/donatetoday),  
select Empowerment Clubhouse  
Program

We are growing and need your help!  
Please donate today and be part of  
our future expansion and change lives.  
Please share this with your network.  
Stop by for a Tour!

100% of your donations benefit  
the Empowerment Clubhouse's  
essential programs and services.

**DONATE**



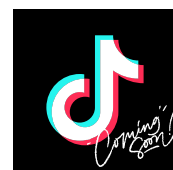
(Elijah and Korvell-Garden Unit)

**Thank You for making our  
Empowerment Clubhouse Journey  
Possible.**



Mail Check To:  
Empowerment Clubhouse  
441 Drake Avenue, First Floor  
Marin City, CA 94965  
(415) 339-2843

**Contact Us Today  
to be a Corporate  
Sponsor!**



Established 1979, the Marin City Community Development Corporation (MCCDC), Empowerment Clubhouse auspice agency, is 501(c)(3) nonprofit EIN #94-2657360. Our mission is to enhance community development and economic self-sufficiency through employment services, mental health, and financial education.



# Thank You Community Partners







# EMPOWERMENT CLUBHOUSE

*Fellowship ~ Hope ~ Opportunity ~ Recovery*

*Serving Marin City and Marin County, California, Since 2017*



**Marin City Community Development Corporation**

**501(c)(3) EIN No. 94-2657360**

**Empowerment Clubhouse**

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Fax (415) 332-0337

[marincitycdc.org/empowerment-clubhouse](http://marincitycdc.org/empowerment-clubhouse)

**MARIN CITY**

