In the Clubhouse, we meet each other as equals. We grow through interaction, through friendship, and through working and having fun together.

The Meeting Place Clubhouse is a place for adults with a diagnosed mental health disorder to join their peers and make use of their strengths, talents and abilities. The Clubhouse environment focuses on teamwork, relationships, healthy lifestyles and individual choice.

We are located at the edge of Mission Hills adjacent to Little Italy

Contact Information

2553 State Street
San Diego, CA  92101

Phone # (619) 294-9582
Fax # (619) 294-9588
www.themeetingplaceinc.org
Funded by: San Diego County HHSA

Transportation

The Meeting Place is located near the following bus lines and trolley stop:

**Bus 83**
Reynard Way & Arroyo St.
runs on the hour
.1 mile walk south

**Bus 11**
1st & Laurel Street
Every 15 minutes
.4 mile walk west

Middletown trolley stop
Off of the green line
10 minute walk South then go East on Laurel to State Street

**TMP Shuttle Service**

The pick-up/drop-off locations are:
1. The Middletown Trolley stop at the corner of Kettner and Olive St.
2. The corner of First Avenue and Laurel

The pick-up/drop-off times are:

8:45 am    2:45 pm
12:45 pm   4:15 pm
10:45 am   2:45 pm

To request a pick-up/drop-off you must put your name on the list from the receptionist desk at least 30 minutes prior to your requested pick-up/drop-off

The Meeting Place does not provide a 2:45 or 4:15 pm pick-up

To speak to the receptionist please call 619-294-9582

Work Ordered Day
Monday thru Friday 8:00—4:00

Social Program
After 4:00 (Schedule Varies)

Saturdays 10:00—2:00

Tours:
Monday thru Friday 9:30 am and 1:30 pm
(except Wednesdays at 1:30 pm)
**WHY CHOOSE THE MEETING PLACE?**

To have a place to use and develop your talents, skills, and abilities

To build stamina, self-confidence and learn

To make friends and have fun

To become part of California’s first Clubhouse International Accredited Clubhouse

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**How to Join**

To be eligible, you need to:

- Have a diagnosed mental health disorder
- Be 18 years of age or older
- Come in for a tour
- Complete simple paperwork

**It’s Just That EASY**

Tours are given Monday thru Friday at 9:30 am and 1:30 pm (except Wednesdays at 1:30 pm)

**And it’s FREE!**

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**WHAT OUR MEMBERS SAY**

**The Clubhouse gives me purpose. I enjoy the benefits of socializing and participating in the work ordered day.**

~ Pilar Lopez

**I enjoy coming to TMP to meet up with all the great friends I’ve made and to enjoy the scrumptious healthy lunches.**

~ Navajo Phillips

**I always feel welcome at the Clubhouse. It’s a place where I can focus on my personal job/school goals and be helpful to others.**

~ Jacob Fortes

**TMP has been essential to my recovery. I regained my self confidence. The options for improved health and wellness are exemplary.**

~ Jaki Brown

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**MEMBERSHIP BENEFITS**

**Work Ordered Day**

Our day is structured to mirror the expectations and relationships of a workplace

All members are needed, wanted and valued. Members and staff work side-by-side to run the Clubhouse

**Wellness**

- Daily yoga and stretching
- Weight loss programs
- Nutritional and health education
- Organic meals & healthy snacks
- Weight resistance & cardiovascular equipment
- Daily walking
- TMP Boot Camp

**Employment Program**

- Resume preparation
- Interview training
- Assistance with individualized job searches
- Employment workshops
- Job development
- Job placement services
- On-the-job training and supports
- Ongoing follow-up

**Education**

- Information, catalogues, and resources for education
- Assistance with applications, course selection, registration & financial aid resources
- Tutoring
- Liaison with School Disability counselors to arrange any special accommodations needed
- Limited financial assistance

**Fun!**

- Monthly birthday celebrations
- Saturday & afternoon activities
- Community outings
- Holiday celebrations