

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
10:45 am 4:15 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

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

Hours of Operation

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)



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.

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



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 its FREE!

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



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