

Our Vision

Manchester Pathways is a peer community for mental health recovery offering members an engaging environment and meaningful work.

The mission of Manchester Pathways Clubhouse is to provide a strong, sustainable Manchester area Clubhouse where people living with mental illness have opportunities for recovery through a community of mutual support.

Our goal is a high quality of life for all members and the ultimate elimination of stigma against those with mental illness. Our employment and education services and programs are based on a belief in the potential for success of each participant.

Current hours:

Tuesdays 9:30 am – 4:30 pm
Thursdays 9:30 am – 4:30 pm

Clubhouse Phone:
(603) 677-9120

Clubhouse Email:
manchesterclubhouse@gmail.com

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Manchester Pathways Clubhouse

MANCHESTER PATHWAYS

A Granite Pathways' Mental Health Program



Location:

**60 Rogers Street,
Suite 204
Manchester, NH 03103**

Daily Happenings at the Manchester Clubhouse. Lunch Made and Served by Members!



OUR PARTNERS:





Service Opportunities

- Gain technology skills
- Get ready to work, resume-building, interview skills
- Cooking Skills
- Public Speaking Skills
- Expressive Art
- Lifestyle Redesign/Goal setting
- Clubhouse Staff are Recovery

Coaches

- Clubhouse meets Granite Advantage Community Engagement Requirements

What Members Are Saying!

“The Clubhouse is a supportive place to be a part of. I have fewer symptoms and feel mentally supported by everyone here.”

“It’s good to have choice of where to go so that people can work and develop skills and meaningful relationships. I like making lunch or helping people find jobs. I like the work-ordered day where everyone is doing something and engaging in life goals.”

“I have built constructive relationships within the clubhouse that also extend to after clubhouse hours. Additionally, I am being taught PowerPoint, Excel, e-mail, and other computer skills to help me reach my career goals.”

“The clubhouse gives me purpose and my life is much better now.”

“Clubhouses support mental wellness in the community!”

OUR CLUBHOUSE ACTIONS

Work-Ordered-Day Tasks:

(Business, Hospitality/ Kitchen, and Employment Unit)

- Clubhouse Development following 37 Standards
- Members + Staff= Coworkers
- “Leave the diagnosis at the door”
- Volunteer Opportunities
- Outreach to Members
- Engaging Opportunities
- Advocacy for Mental Health
- Community Activities
- Fundraising