



## CONTACT US

M, W, F - 9:30am - 3:30pm  
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155 Brewery Lane, Suite 102  
Portsmouth, NH 03801

## FIND US ON FACEBOOK

[facebook.com/SeacoastPathways](https://facebook.com/SeacoastPathways)

# SEACOAST PATHWAYS

A program of Granite Pathways  
Group



**A Supportive, Community Based  
Non-Profit Mental Health  
Program for Adults**

155 Brewery Lane, Suite 102  
Portsmouth, NH 03801

[www.seacoastpathways.org](http://www.seacoastpathways.org)

### 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 achieve social, vocational, housing, transportation and other goals.
- Foster a supportive community, eliminate isolation and stigma, make lasting friendships and become productive members of society.

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

Interested visitors, prospective members, case managers, and others 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 has transformed my life and empowers me to be productive”  
-MEMBER*

## WHAT IS SEACOAST PATHWAYS?

- Community of mutual support and activities that help people with mental illness (and co-occurring disorders including substance use) to re-engage in the wider community and fulfill work and personal goals.
- Part of a larger clubhouse movement (worldwide over 400 clubhouses!) that uses the tasks of running the clubhouse to replicate a typical work environment.

“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



## WHAT HAPPENS AT SEACOAST PATHWAYS?

- Members participate in running the clubhouse as colleagues with staff. All are welcome to take active part in operating and maintaining the organization.
- Typical voluntary tasks include reception, outreach, meal planning, preparation and serving, administration, outreach and member planning fun activities for non-clubhouse time.
- The day is structured and predictable, providing opportunities for empowerment through work tasks and other enjoyable and meaningful activities.

### Activities include, but are not limited to the following:

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

## HOW DO I GET INVOLVED?

- Members need a clinical referral form from a medical or mental health professional. This form is available on our website ([www.seacoastpathways.org](http://www.seacoastpathways.org)) or by request. Referrals are kept off site to protect confidentiality.
- Diagnoses are left at the door.
- Members attend as often as they want – we are open Monday, Wednesday and Friday, from 9:30-3:30.
- There is no cost to attend. There is a small charge for lunch and/or coffee.

