



# Porvoon Klubitalo Borgå Klubbhus



## What is Porvoo Clubhouse?

Porvoo Clubhouse is low threshold community for those who have faced mental health challenges during their lives. The goal of the Clubhouse activity is to support members's strength, their social participation and social relationships.

Clubhouse activity is based on international Clubhouse quality standards. The common dream of all Clubhouses is that each and every member could fulfil themselves within terms of their skills, and that they would be respected as equal citizens, friends, neighbours or students. Clubhouses of community activity is to support those who are recovering from mental health problems, towards an independent life and to become equal society member. Porvoo Clubhouse is open on normal working hours, five days a week.

Welcome to Porvoo Clubhouse!

## Members thoughts about Clubhouse

"Clubhouse has given me all kinds of joy. It gives me rhythm and regular activities for otherwise lonely, ordinary life. I've met wonderful people, of which some has become my friends. Really neat place where you can feel welcome and important"

"After I fell ill, I felt myself unattached. When I found Clubhouse I received a lot: a community, where I was accepted and able to meet other people with same kind of challenges I've faced. Work-ordered day brings good frames for your day"

"Clubhouse fills days with good things"

"It's good that Clubhouse has given me support with my employment. Honestly everyone has an opportunity to be on the same level with everyone"

We warmly welcome you to Porvoo Clubhouse!

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