

Aitkin Clubhouse: “*Good Friends & Company*”

Promoting hope and recovery through mutual respect, trust, and empowerment.

The Purpose:

The Aitkin Clubhouse is dedicated to increasing the independence and self-sufficiency of its members seeking mental health and wellness. We believe that everyone should have the opportunity to learn and to work to their fullest potential. Mental health recovery is possible and attainable if a person is provided the opportunities, skills and encouragement to improve his/her quality of life and overall wellness.

Northland Counseling Center operates two other Clubhouse one in Koochiching County, International Falls called Hardwig House and the other in Itasca County, and Grand Rapids called Kiesler Wellness Center.

Why is a Clubhouse beneficial? Mental health impacts everyone! The Aitkin Clubhouse is an opportunity for persons living with mental health, to find and create community out of isolation. Community is essential to the recovery of those living with mental illness. Mental Health Recovery is possible when people experience learning through a peer to peer supportive environment. Persons seeking mental health recovery are looking for a ways to feel a part of where they live, to make friends, to gain access to employment, to achieve self-esteem.

Services offered:

- A Clubhouse run by its members, staffed by mental health professionals
- A safe learning environment.
- Addiction and Chemical Dependency education
- Employment Services
- Therapeutic Activities, Events and resources
- Supported Peer to Peer learning

How will these services benefit the community of Aitkin? Each person lives with his or her struggles to cope with life’s challenges. The Aitkin Clubhouse will offer a central place of health, and wellbeing. The Clubhouse will create an environment of change by de-stigmatizing mental illness and bring people closer to hope, dignity, and self-determination.

Qualifications for Membership:

- Lived experience with mental health, Volunteers welcome!
- Members are to be sober at the Clubhouse and non-threatening respecting personal boundaries, genders and cultural sensitivities.
- All community Mental Health Providers, and services recipients welcome to attend and Join.

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Current Location and hours of operation:

(We are Temporarily Located) at United Methodist Church 104 2nd St. NW

MT-THF 10am – 2PM

Please call for more information

Clubhouse Coordinator:

Aaron Dyer (218) 398-5871

NCC Aitkin / Kiesler Wellness Center Director:

Steven Loney MBA (218) 259-2933