



CLUBHOUSE NEWS



ONE SMALL POSITIVE THOUGHT CAN CHANGE YOUR WHOLE DAY.
ZIG ZIGLAR

HOW HIGH YOU FLY IS DERIVED FROM HOW BIG YOU THINK.
ROBIN SHARMA



SPOT LIGHT ON OUR VISIT TO "P.L.A.N."



P.L.A.N. PEOPLE LIVING ACTIVE NOW

THE "PLAN" RICHARDSON CLUBHOUSE WAS AN FUN TIME. THE MEMBERS AS WELL AS THE STAFF WERE NOR THAT INVITING. APRIL, BARBARA, AND I (NACHO) TOOK PART IN A WONDERFUL LUNCH AND THEIR 1PM MEETING. WE WERE SURPRIZE TO FIND OUT THAT THEY ACTULLY DO A NEWSCAST WITH THEIR MEMBERS. HAVE A WORKING LIBRARY, AND USE A MIC WHEN DOING THEIR MEETING. WE ALSO HAD THE PLEASURE TO MEET ONE OF THE BOARD MEMBERS OF THE BAER FOUNDATION LEE RODGERS THAT IS A SUPPORTING DONER FOR OUR CLUBHOUSE AS WELL...

THANK YOU TO RICHARDSON CLUBHOUSE FOR THE HOSPATALTY AND THE AMAZING VISIT. WE SEND YOU A COWTOWN CLUBHOUSE "YOU ROCK".

MARCH BIRTHDAYS

18TH - EMMA RENFRO
19TH - NANNETTE SHUGART

EVENTS

COWTOWN CLUBHOUSE

- *6TH... BINGO 2-4 PM
- *13TH... COFFEE CUPS 2-4 PM
- HANNAH @10AM COPING SKILLS STRATEGES
- **17TH ST. PADDYS DAY PARTY
- *20TH... PAINT DAY 2-4 PM
- *21ST... TASTE RESTURANT
- *27TH... BIRTHDADAYCELEBRATIONS

REMINDER DONT FORGET

BREAKFAST BURRITOS

MARCH 28TH *** FREE *** 10AM

CTOWNHOUSENEWS@GMAIL.COM

St. Patrick's
Day

MISSION STATEMENT

THE COWTOWN CLUBHOUSE IS A WELCOMING COMMUNITY THAT PROVIDES OPPORTUNITIES FOR MEMBERS LIVING WITH MENTAL ILLNESS TO BUILD RELATIONSHIPS WITH OTHERS AND DEVELOP SKILLS THAT ALLOW THEM TO LEAD MEANINGFUL AND PRODUCTIVE LIVES



JUST ME

I AM A WOMAN
WITH MY CHILD WITH ME, BESIDE ME
IMAGINATION, DREAMER, CONQUER, STRONG
FIGHTER, CONTINUALLY GROWING

I AM A MOTHER
A FRIEND, CREATIVE, AN ARTIST

I AM AN ANIMAL LOVER, NATURE LOVER, RECYCLER

I AM A GREAT COOK, EVER SO GREATFUL
ALIVE, ACTIVE

I AM KIND, CARING, PERCEPTIVE

LOVING MYSELF MORE, BECOMING MY OWN BEST FRIEND
LEARNING MORE ABOUT ME, MORE ABOUT OTHERS
FORGIVING ME, FORGIVING OTHERS
BECOMING A BETTER ME. EACH DAY
A HEALTHIER ME

JUST ME

BY: LESLIE ARNOVE

VISIT THE CLUBHOUSE ONLINE
FACEBOOK PAGE
COWTOWNCLUBHOUSE

MY NAME IS ESTERLEAN GILES,
I STARTED WITH COWTOWN
CLUBHOUSE IN 2018, MY LIFE AS
WELL AS MY WHOLE WORLD
CHANGED.

GODS RESPECTABLE WAY GAVE
ME OPPORTUNITY TO DEVELOP
MY SKILLS AS A WORKER WHERE
AS OTHERS DIDNT PROVIDE ME
THE SAME CHANCE.

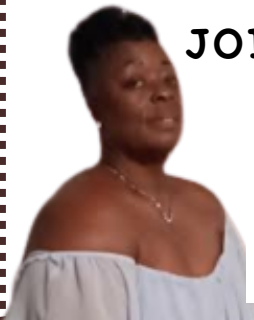
SO IF ANYBODY OUT THERE
FEELS LOST, COME TO THE
COWTOWN CLUBHOUSE
AND YOUR WHOLE LIFE WILL
CHANGE.

WHAT SKILL WOULD YOU LIKE
TO LEARN?

DISH WASHING, COMPUTER
WORK, PAPER
LOG IN, MAKING TEA, SETTING
TABLES.

THESE ARE SOME OF THE SKILLS
YOU CAN LEARN AT OUR
CLUBHOUSE.

SO COME ONE COME ALL ...AND
JOIN US TODAY.



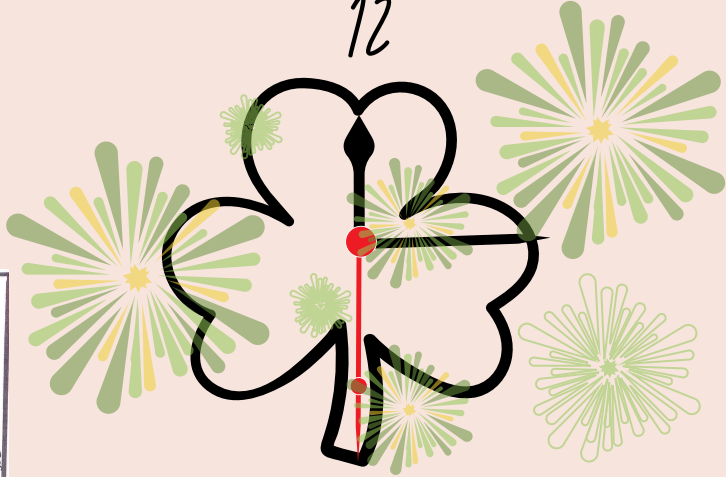
COWTOWN
CLUBHOUSE

CLUBHOUSE

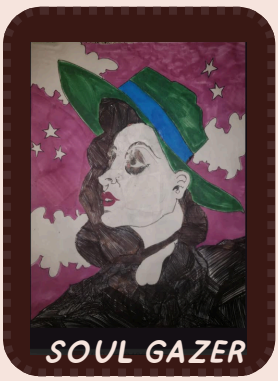


TIME CHANGE SPRING AHEAD

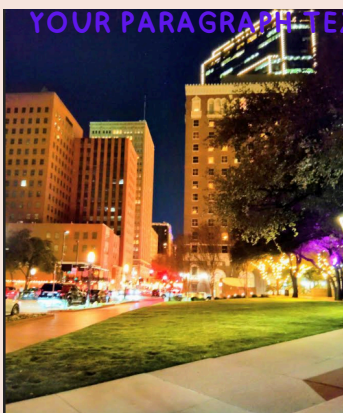
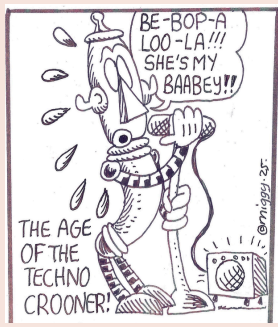
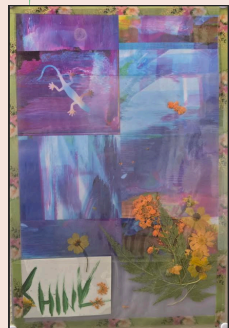
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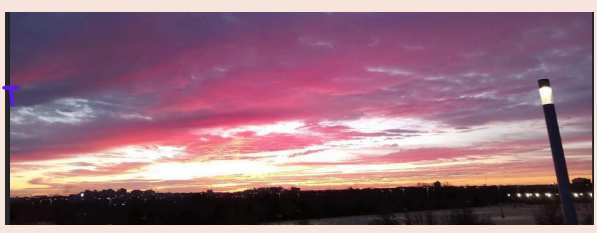
SATURDAY MARCH 8 2025



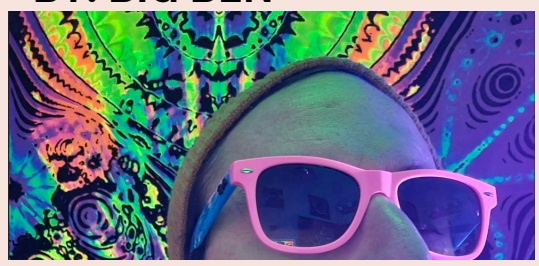
BY: BIG BEN



YOUR PARAGRAPH TEXT



BY JOHN JURE



Happy St. Patrick's

SNACK SHACK

OPEN



THANK YOU DENNIS



THANK YOU WELDON

FUNNY'S



HAPPY ST. PATRICK'S DAY

WHO WAS CINDERELLA'S DATE ON ST. PATRICK'S DAY? PINCH CHARMING



WHAT KIND OF SPELLS DO LEPRECHAUNS USE? LUCKY CHARMS!



WHAT DO YOU CALL A LEPRECHAUN WHO SCAMS YOU? A LEPRE-CON!



WHAT'S A LEPRECHAUN'S FAVORITE KIND OF DOG? AN IRISH SETTER.

OUR



GANG

