



THE COWTOWN CHRONICLE

Cowtown Clubhouse's Monthly Newsletter

Cowtown follows 37 standards that define the Clubhouse International Model. This month our newsletter focuses on Standard 28:

Standard 28: The Clubhouse provides assistance, activities and opportunities designed to help members develop and maintain healthy lifestyles.

Welcome to The Cowtown Chronicle, Cowtown Clubhouse's monthly newsletter to share with you our exciting news, upcoming events and show off our members' work. This month you can read about our new partnerships, meet our new staff and find out how we are staying connected during Coronavirus.

Introducing Cowtown Clubhouse

We are excited to announce that we have officially changed our name from Tarrant County Clubhouse to **Cowtown Clubhouse!**

Check out members in their new shirts and masks!



NAMI Texas Days of Action

Last Friday, the 29th of January, Matt, Kristin and Isabel participated in NAMI Texas Days of Action. They spoke over Zoom to Representative Collier and the staff of Representative Romero about supporting two House Bills regarding mental health. They plan to attend all of NAMI Texas Days of Action to continue to fight for mental health funding and legislative support. If you are interested in participating next time let us know.

Here's what Matt had to say about his experience:

"To talk to representative Collier was awesome. There was a real connection and it seem like she would visit the clubhouse once were open. It was great to have my voice heard for all those with mental illness."



Community During Coronavirus

The pandemic has been such an inconvenience and has put a damper on the Cowtown Clubhouse! But, we've been blessed to be able to connect using Zoom for at least 4 days a week with our Clubhouse friends.

Depending on the week, all those who participate stay connected on the Zoom connection! Thank



goodness for technology!!!

It works for sure for some members but not for others SO, we stay CONNECTED via texting, email and or voicemail!

-Tanya

If you are interested in joining us on Zoom call or text 817-807-0982 or email info@cowtownclubhouse.org. We hold Zooms at 1:30pm Monday through Thursday and would love to have you!



Welcoming our New Staff Generalist

Although local to Fort Worth, Isabel joins us from Mosaic Clubhouse in London where she worked in the Education and Employment unit.

FUN FACTS: Isabel has dual citizenship with the US and the UK. In her free time she likes to bake yummy treats for her family and friends. Pictured with Isabel is Mabel, her 8 month old puppy who aspires to be a therapy dog when she grows up.

Community Partnerships



Cowtown Clubhouse is excited to partner with The Phoenix to provide members access to health and wellness classes. During Coronavirus a wide range of classes are being offered for free online such as yoga, meditation, group fitness and conditioning. After COVID-19 they will resume their local classes that include mountain biking, rock climbing, mural walks, basketball and much more.

[Read more about The Phoenix here.](#)



Last semester, Cowtown had 9 Social Work student interns volunteering their time from our neighbors down at TCU. Each intern was paired with a member, who they would make weekly outreach calls to. Additionally, as Cowtown is connecting virtually interns would join in on the daily Zoom calls. A big thank you to all our interns. We are excited to have some more interns helping out this semester, too.

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