

www.helsinginklubitalo.eskot.org

General information

The first Clubhouse started operating in New York in 1948. There are more than 300 Clubhouses in different parts of the world and 23 in Finland.

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Helsinki Clubhouse is an independent community maintained by Southern Finland Clubhouses Association ESKOT.

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The Helsinki Clubhouse follow the international Clubhouse model.

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Operating principles, i.e. the quality standards of the house, define basic rights of members. They serve as ethical guidelines for the entire Clubhouse community.

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Helsinki Clubhouse is an international Clubhouse Training base.

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More information

www.helsinginklubitalo.eskot.org

www.eskot.org

www.suomenklubitalot.fi

www.clubhouse-intl.org

www.clubhouse-europe.org

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Tel. +358 9 728 8550

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Open
Monday—Friday 8:00—16:00

**Book an appointment
and come build
your future together!**

WELCOME!

Helsinki Clubhouse, Hämeentie 54, 00500 HELSINKI

e-mail: helsinginklubitalo@eskot.org

tel: +358 9 728 8550

www.helsinginklubitalo.eskot.org



Facebook: Helsingin Klubitalo



Instagram: @helsinginklubitalo



Etelä-Suomen Klubitalot
ESKOT ry

HELSINKI CLUBHOUSE

**COMMUNITY SPIRIT
MEANINGFUL EVERYDAY LIFE
SUPPORT FOR STUDIES
GUIDANCE TO WORKING LIFE**



Founded 1997

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Open weekdays 8.00—16.00

Membership

Helsinki Clubhouse is intended for Helsinki residents of working age, who have or have had challenges with mental health .

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Membership is free and lifelong.

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A doctor's referral is not required for membership.



Participation in activities

Participation is voluntary.

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Own resources and interests determine participation.

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Member strengths are taken into account.

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By participating in the activity, the members get rehabilitated.

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Members and staff are equal.

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Members and staff decide activities together by consensus.

"Rehabilitation is payment for participation to the Clubhouse."

The Clubhouse supports

The Clubhouse supports managing everyday life.

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The Clubhouse assists in the beginning of studies as well as conducting and completing them.

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Employment support is a central form of activity in the Clubhouse.

