

Behind the Veil



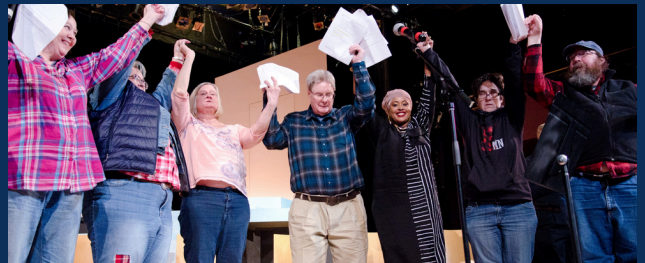
VAIL COMMUNITIES
CULTIVATING HOPE FOR MENTAL HEALTH & WELLBEING

April 2026

April Showers Bring Vail Flowers

Grab your umbrellas (and snow shovels?!). It looks like April's going to be a wet and snowy one! We know spring will eventually come, but here at Vail, things are already blooming. As we all patiently (or impatiently?) wait for spring, take some time to pause, reflect, and notice the beauty around you. The flowers will bloom soon enough, but don't forget the joy in watching life **slowly** return after the long winter. As always, thank you for being a part of our community and for making Vail the beautiful and life-filled place it is!

12th Annual History Theatre Collaboration: "Still We Rise"



Join us for a FREE night of poetry, speech, and dance inspired by the stories of our incredible Clubhouse Members! Vail's Clubhouses take the stage to share their life experiences living with mental illness.

Thursday, April 23rd
6:30pm - 8:30pm
30 10th St. E.
St. Paul, MN 55101
RSVP here!



Or visit: <https://www.eventbrite.com/e/vail-communities-clubhouse-history-theatre-collaboration-tickets-1983637192240?aff=oddtcreator>

Clubhouse Giving Day May 1st!



In just one month, Clubhouse Giving Day will be here! It's a great kickoff to May because it's Mental Health Awareness Month! Each year, Clubhouses from around the world come together to raise awareness about the Clubhouse Model and to raise money to support our programs!

Be sure to save the date - early giving officially opens up on April 27th!

Bookmark this page for Clubhouse Giving Day!



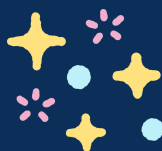
Dr. Vail Hour - Episode 17

This episode, we're joined by Marcus Schmit, Executive Director of NAMI Minnesota, and Vail Clubhouse Member, Michelle, as they discuss the importance of advocacy. Listen now:

<https://drvailhour.podbean.com/e/dr-vail-hour-episode-17/>

Advocacy in Action: Day on the Hill

Last week, Vail Communities joined mental health advocates and organizations at the capitol for Day on the Hill! It's an annual advocacy day to raise awareness about mental health services, meet with legislators, and decrease the stigma around mental illness. Thank you to everyone who joined us!



CLUBHOUSE MOVEMENT CELEBRATION WEEK



March 2nd-8th was Clubhouse Movement Celebration Week, a week dedicated to showcasing the transformative impact of the Clubhouse model and movement. To celebrate, our Clubhouses hosted two exciting guests! Marcus Schmit, Executive Director of NAMI Minnesota, visited our Hopkins Clubhouse AND joined us for our podcast! Make sure to tune in for that episode as Marcus discusses advocacy with one of our Clubhouse Members, Michelle.

Our second guest was Hennepin County Commissioner, Angela Conley, who visited our Uptown Clubhouse! When reflecting on the visit, Commissioner Conley said: *"This is my kind of place. Not only a place of recovery, but a place that supports a healthy and meaningful life. There is a difference between living and existing. Spaces like [Clubhouse] enhance the living aspect. These spaces are critical to the functioning of all of us."*

Virtual Yoga at Hamilton House!



Through a grant our Housing team received, Hamilton House has been able to host seated yoga sessions twice a month. Staff work with a certified yoga instructor that has given printed materials and also created an online yoga session for those who are not able to participate in-person. The yoga sessions are specifically designed for elder and disabled individuals, while reducing isolation and strengthening community participation. Residents look forward to these opportunities and share their experiences with others. Residents report feeling calmer, experience less stress, have better balance and stability, and are more in tune with their bodies!



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