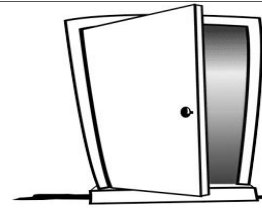


RAINBOW HEIGHTS
CLUB
25 FLATBUSH AVE.
4TH FLOOR
BROOKLYN, NY 11217

Rainbow Heights Club is a project of Heights-Hill Mental Health Service-South Beach Psychiatric Center Community Advisory Board, Inc. that provides psychosocial support and advocacy services, free of charge, to lesbian, gay, bisexual and transgender mental health consumers.

This newsletter is made possible by the continued support of City Council Member Brad Lander



Rainbow Heights Club

WINTER 2011/2012

Xpress

HOLIDAY PARTY!

YOU'RE INVITED

**To a Very Merry
Winter Holiday Celebration
At Rainbow Heights Club
Friday, December 16th 3-5pm**

OPEN HOUSE!

Members, Family, Friends, and Providers are all welcome.

* Food * Fun * Friends * Dancing * Slide Show * Gifts *

Rainbow  Heights Club

Rainbow Heights Club Turns to You for Support This Holiday Season Christian Huygen PhD, Executive Director

Dear supporter of Rainbow Heights Club:

I know a lot about you. Just because you're reading this newsletter, I know you're someone who supports and appreciates the work that Rainbow Heights Club does – someone who probably sees the positive impact of this agency nearly every day.

Maybe you're a member, or a volunteer – someone who knows firsthand how much the support that you can find at Rainbow Heights Club means to you. Maybe you are a care provider whose clients attend Rainbow Heights Club – someone who hears stories about how special this place is. Maybe you are a family member or a loved one of someone who is LGBT and living with mental illness – someone who knows how precious and important it is to have a safe place where the people you care about so much can go to find a sense of belonging, of being welcomed, of not just surviving, but thriving.

Tucked inside this issue of our newsletter, you'll find a fundraising appeal letter. I hope you will read it, and I also hope you will share it with other people in your networks of caring and support. We are once again blessed to have a donor who's offered us a challenge grant that will double all donations, dollar for dollar, if we can rise to the challenge of raising \$5,000. I hope you will help us reach our goal, so that we can continue to provide safety, warmth and well being to LGBT people living with mental illness this holiday season, and throughout many years to come.

Continued on Page 2

It was a spooky Halloween at RHC



RHC Turns to You for Support, *Continued from Page 1*

To me, the two greatest gifts the holidays bring are a sense of generosity and giving, and, on the other hand, a deep sense of gratitude. I hope these two gifts will touch you, in big ways or in small ones, this season and throughout the year, and wish you and yours much joy this holiday season. Thank you.

Sincerely,

*Christian Huygen, PhD.
Executive Director*

RHC BRINGS IN THE NEW YEAR WITH A BLAST! NEW GROUPS IN THE NEW YEAR!

Our weekly community meeting and monthly meetings of the Rainbow Heights Club's Community Advisory Board (CAB) have been hard at work! Due to popular demand, we are now offering even MORE groups to club members. Peer Specialist J. Danee Sergeant facilitates a weekly **Relapse Prevention** group, which meets on Monday evenings at 7pm in the club room. On Tuesdays at 5pm, we now offer **Arts in Action**, a multidisciplinary art group that brings together visual arts and movement. The popular **Life Skills Group** on Fridays at 2pm is still going strong, as well as all our other regularly scheduled support and activity groups. Check out page 4 of this newsletter for the full listing!

A Note from the Director:

Rainbow Heights Celebrates Nine Years of Community Support

"Ok! Ok! I'll say something," said Rainey, stepping up to the mic at the "Our Voices, Our Lives" event at Rainbow Heights Club's Ninth Anniversary Party in this fall. Rainey said, "I'm making a new life for myself. I'm getting trained as a chef and I spend the rest of my time here at the club. I get the support I need from the people here—the members and the staff—to make a better life." Rainey put down the mic and shot Darren, the MC, a smile, and asked, "Are you happy?" He was.

We all were happy because Rainbow Heights is working. For nine years, member after member has come to us, often after a troubled time in their life: a hospital stay, incarceration, a struggle with drugs or alcohol abuse, death of a beloved, a divorce. And we have been here, with open doors, a warm smile, and a hot meal. We are a safe community where people can come and be who they are, heal, and connect with others. As Carlos said that afternoon at the mic, "Keep on keeping on, Rainbow Heights Club!" Indeed! Here's to many more, Rainbow Heights Club!

Rebecca Hoffman, LMSW, Director of Member Services

RHC CELEBRATES 9TH ANNIVERSARY



In September, Rainbow Heights Club celebrated the club's 9th birthday. As a community, we ate, danced, and told stories of past and present. Since we opened our doors in 2001, Rainbow Heights Club has become home to over 500 members. This year alone, we provided over 7,500 client visits, over 9,600 free meals to our members, continued to keep nearly 90% of our members out of the hospital and in the community, and been evaluated by New York City and State Departments of Health as exemplary service providers.

And, we are always accepting new members!




We Are Open:

Mon-Fri

12:30-8:30

Group Schedule Winter 2012

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
12:30PM	Open Socialization	Open Socialization	Open Socialization & RHC Staff Meeting	Open Socialization	Open Socialization
2:00PM	Thoughts & Feelings Group	Zappalorti Society	Too Much Group	Healing Arts Group	Life Skills Discussion (WRAP)
3:00PM	Guest Speaker Workshop	Fun Committee	Walk and Talk Once a month Say What You See	Trans/Gender Explorers	Community Meeting
4:00PM	DINNER	DINNER	DINNER	DINNER	DINNER
5:00PM	Lesbian Group ***** Gay Men Group	Art In Action	SAGE Seniors Group	Women's Group ***** Men's Group	Alcohol & Substance Abuse Group 2 nd Friday @ 6pm CAB Meeting 2 nd Fri
6:00PM	Stress Busters Group	Spirituality	Current Events	MOVIE NIGHT! (Check Schedule For Details)	Rainbow Moonlight Karaoke Lounge
7:00PM	Relapse Prevention	Dating and Relationships	Games Night (Bingo is the 1 st and 3 rd Weds of every month)		Karaoke Lounge ***** Let's Talk About Sex
8:00PM	Open Socialization	Open Socialization	Open Socialization	Open Socialization	Open Socialization
8:30PM	CLOSED	CLOSED	CLOSED	CLOSED	CLOSED