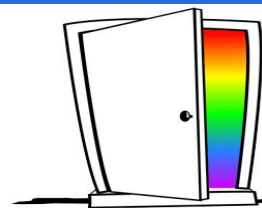


RAINBOW  
HEIGHTS CLUB  
25 FLATBUSH  
AVE. 4TH FLOOR  
BROOKLYN, NY  
11217



# Rainbow Heights Club

WINTER 2011

*Xpress*

*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 Receives Community Health Award



On Monday November 15<sup>th</sup> Rainbow Heights Club was honored by Callen-Lorde Community Health Center at their annual Community Health Awards banquet for "extraordinary service to LGBT mental health consumers." Among the other awardees this year were the LGBT Caucus of the NY City Council as well as Tony Award winning author of *Angels in America*, Tony Kushner. Pictured to the left with the award are our Member Services Coordinator Nicole Avallone, LMSW, Executive Director Dr. Christian Huygen, and Board Chair, Dr. Danny Garza.

### Director's Corner:

#### It's Cold Outside! Come Stay Warm at RHC



#### Rainbow Heights Club's Clinical Team

Christian Huygen, PhD  
Nicole Avallone, LMSW  
Darren Hoke, MPA  
Bob Strock, MA  
Benjamin Davis  
Michelle Woolard  
Natalie Lessinger  
Michael Mallory  
Randy Killings

**Brrrr!** It may be cold outside but the warmth of friendship is keeping us cozy here at Rainbow Heights Club. This winter season we have a host of activities on the calendar and even the biggest scrooge would have a hard time not finding something they could enjoy. Here's just a quick sampling.

In December, we'll be commemorating **World AIDS Day on Wednesday, December 1st at the Brooklyn Public Library**. This day allows us to honor those we have lost, as well as send out a message of survival and hope. Join us in the evening for a choir and other performances before the closing candle light vigil. And if you'd like to lend a hand at our resource table let Ben know! Together we gain strength.

Later in December, come on by for our annual **Winter Holiday Open House, Friday, December 17<sup>th</sup> from 3:00-7:00pm**. As always, we'll have a musical set provided courtesy of our friends at HAI. So whether you celebrate a holiday this

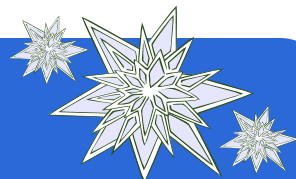
season, or just enjoy the winter season for the return of snuggly scarves and hot cocoa, please join us for a festive good time!

In January, in recognition of the powerful work of Rev. Martin Luther King, Jr., we will be holding our **Annual Identity Forums from Tuesday, January 18th through Friday, January 21st**. In addition to sharing experiences as LGBTQ people living with mental illnesses, we each hold a multitude of other unique and diverse identities. Come learn and share in a supportive environment during this very special week of programming.

And in February, come share the love of self with us as we recognize **Loving Ourselves Valentine's Day on Monday, February 14th**! We'll be doing some real pampering, so get ready to feel good inside and out.

Still don't see something that sparks your interest? Well come on in and tell us your great idea! ~Nicole Avallone, LMSW

Happy  
Winter Holidays  
from RHC!



## SAVE THE DATE!

### DECEMBER

Worlds AIDS Day  
December 1<sup>st</sup>



Trip to Rockefeller  
Center Christmas Tree  
December 6<sup>th</sup>  
4:30pm

Rapid HIV Testing at  
RHC  
December 9<sup>th</sup>  
1:30pm to 4:30pm

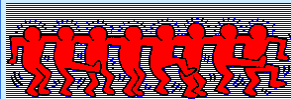
Center for Anti-Violence Education  
**Self-Defense  
Workshop**  
December 10<sup>th</sup>  
2pm to 4pm

RHC's Annual Holiday  
Open House Party &  
Art Show  
December 17<sup>th</sup>

**CLOSED**  
Christmas Eve Day  
December 24<sup>th</sup>  
and  
New Years Eve Day  
December 31<sup>st</sup>

### JANUARY

**CLOSED**  
Martin Luther King Day  
January 17<sup>th</sup>



Identity Forums Week  
January 18<sup>th</sup>-21<sup>st</sup>

### FEBRUARY

Loving Yourself  
Valentine's Day  
February 14<sup>th</sup>

**\*\*Member Birthday\*\***  
Celebrations  
December 30<sup>th</sup>, January  
28<sup>th</sup>, and February 25<sup>th</sup>

## New Groups at the Club!

### HOLIDAY BLUES GROUP

WEDNESDAYS AT 3PM  
NOVEMBER 17<sup>TH</sup> TO JANUARY 5<sup>TH</sup>

WHILE THE HOLIDAY SEASON CAN BE A  
JOYOUS TIME, IT CAN ALSO BE CHALLENGING  
FOR MANY OF US. MEMBERS - COME GET  
SUPPORT AND CONNECTION FROM YOUR  
COMMUNITY!

### Identity Forums

Tuesday, January 18<sup>th</sup> through  
Friday, January 21<sup>st</sup>

Come learn and share about our diverse  
individual identities during special groups  
and workshops throughout the week.  
(all day groups suspended for this week)

### Dating and Relationships Group Mondays at 6pm

Find your voice as we discuss the  
world of dating and relationships. Not  
interested in dating right now? That's  
fine too. Come let us know how you  
take care of yourself using healthy  
communication tools!

### Stress Busters Group

Tuesdays at 6pm

Join us to talk about  
managing stress in our  
everyday lives.



### Happy Hanukkah!

Hanukkah is the Jewish holiday also  
known as the festival of lights, and  
begins at sundown on Wednesday  
December 1st. Please join us for a  
traditional Hanukkah meal on  
Monday November 29<sup>th</sup> at 4pm.

### Joyous Kwanzaa

Kwanzaa is an African-  
American holiday celebrating  
family, community, and culture.  
Please join Rainbow Heights  
Club members and staff on  
Monday, December 27<sup>th</sup> for a  
special Kwanzaa meal!

