



**Here are some of the support and activity groups you can take part in at Rainbow Heights Club:**

**Self-Acceptance Group**

*Increase your comfortability of self*

**Solutions Group**

*Gain insight and devise a plan for meeting life's challenges*

**Gender Explorers Group**

*Discuss shared experiences related to trans identity in a respectful and affirming space*

**Colors of Emotion Group**

*Express yourself through weekly art, writing and discussion*

**Community Meeting**

*Build shared decision making skills as a group, and provide feedback to improve the Club*

**Fun Committee**

*Share your ideas and input for upcoming Club events and trips*

**Guest Speaker Workshops**

*Learn about other community resources that can be supports in your recovery*

**Call the Club or visit [rainbowheights.org](http://rainbowheights.org) to find a complete list of current groups.**

**Give us a call or come by the Club if you'd like a tour!**



**Club Hours:**

**Monday-Friday**

**1 pm-5 pm**

**25 Elm Place, 6th Floor**

**Brooklyn, NY 11201**

**Tel: 718-852-2584**

**[www.rainbowheights.org](http://www.rainbowheights.org)**



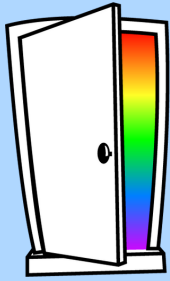
**Rainbow Heights Club**

**Peer support and advocacy for lesbian, gay, bisexual and transgender New Yorkers living with mental illness**

*25 Elm Place*

A program of the Heights-Hill Mental Health Service, SBPC, Community Advisory Board

**[www.rainbowheights.org](http://www.rainbowheights.org)**



# Rainbow Heights Club

## Who We Are

Rainbow Heights Club is a drop-in space that offers **peer support and advocacy for lesbian, gay, bisexual & transgender New Yorkers who are living with mental illness**. We are committed to creating a safe place for community members to socialize, access peer support and take the next step forward on their recovery journey, together.

Participation in Rainbow Heights Club is **free and confidential**, and there are no attendance requirements. You decide the level of participation that is right for you.



Rainbow Heights Club is not a therapy or psychiatry clinic. Rainbow Heights Club offers extra support that is separate from your psychiatrist or therapist. The Club is a place you can share your experiences with staff and other community members who understand where you're coming from, and who have faced similar challenges.

### At Rainbow Heights Club, you can find:

- Acceptance, respect & safety
- Friendship & support
- Peer-led support groups
- Activity groups, games & movies
- Entitlements & career counseling
- Community excursions to museums, botanic gardens & more
- Carfare assistance & daily hot meal
- Computer access

**We look forward to sharing our Club with you!**



## I'm interested! How do I join?



### Eligibility:

- Are you an LGBTQ adult (18+) living in NYC?
- Are you living with a mental health diagnosis?
- Are you currently seeing a therapist or psychiatrist?

### Referral Process:

Ask your therapist or psychiatrist to fax your psychosocial assessment to us at **718-285-8610**. Then we can schedule your intake interview, where we will tell you more about the Club and give you a tour to decide if the Club is a good fit.

*If you are not comfortable telling your therapist or psychiatrist that you are LGBTQ, or if you do not have a therapist or psychiatrist, contact us! We can help you find an affirming provider.*