



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 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 - 6 pm

**25 Elm Place, 6th Floor
Brooklyn, NY 11201**

Tel: 718-852-2584

www.rainbowheights.org



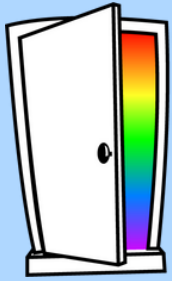
Rainbow Heights Club

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



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.