

Greater Heights Clubhouse

	Issue No.15 March 2025	
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Mission Statement:

The BCS Greater Heights Clubhouse is a community-based rehab program for Brooklynites living with mental illness. While all members in the program have a history of mental illness, many of our members also face barriers like chemical dependency, illiteracy, housing and job insecurity. Members work through these challenges in our program, gaining greater self-esteem and fighting the stigma and social isolation associated with psychiatric illness.

Our unique, collaborative model allows members and staff to work side by side to run the daily operations of the Clubhouse, gaining essential life-skills that help participants in all areas of life. This clubhouse is accredited by Clubhouse International, which works to help people with mental illness achieve their social, financial, educational, and vocational goals.

Featured Articles

Why keeping up with my Doctor's appointments are so important.

The reason that keeping up with my Medical appointments is so important is because I'm dealing with some serious illnesses that are effecting my health. To deal with this, I have appointments coming up real soon like seeing the Blood Doctor. She is planning on giving me shots to build up my blood. Since I'm one of Jehovah's Witnesses and according to my religion I can't have blood transfusions so I will need those shots. To best take care of myself I'm also seeing the Kidney Doctor. So that's why my doctor's appointments are so important to me, to keep up with my health and stay well.



*An Article By:
Geraldine Washington*



Spring

Hallelujah how nice. The weather has returned pleasant.
New wardrobe in planning. Maybe a raincoat too and fancy plants.
The sun will come out again and my fans are standing close by.

*A Poem By:
Millicent Hutchings*





Featured Article

RAMADAN

Ramadan is the ninth month of the Islam calendar and lasts either 29 or 30 days, depending on when the new crescent is, or should be, visible. Ramadan first this year was on Saturday March 1st, 2025.

Ramadan is a period of fasting and spiritual growth and is one of the five "Pillars of Islam" which are:

- 1- Being a witness of there is no God but Allah and Mohamed is His last prophet sent to humans.
- 2- Establishing the prayers.
- 3- Giving charity every year (2.5% of your annual worth).
- 4- Fasting the month of Ramadan.
- 5- Pilgrimage (Haj) to Mecca at least once in your life if you could.

Muslims are expected to abstain from eating, drinking, and sexual relations from dawn to sunset each day of the month of Ramadan.

Many practicing Muslims also perform additional prayers, especially at night, and attempt to recite the entire Quran.

In the Translation Allah (God) said "O believers! Fasting is prescribed for you as it was for those before you, so perhaps you will become mindful (conscious) of Allah"

All those who are physically limited (for example, because of illness) are exempt from the obligation to fast; the same is true for anyone who is traveling. One could potentially make up the missed days in months following Ramadan and before the Ramadan of the next year.

Those unable to fast at all, if they are financially able, are expected to provide meals to the needy as alternative course of action (one meal for each day).

The end of Ramadan marks the beginning of one of two major Islam holidays Eid al-Fitr, the "festival of breaking of the fast". On this day Muslims give charity by feeding the needy and attend religious prayer, visit relatives and friends and exchange gifts.

An Article By:
Osama Osman





Featured Article

Poetry, Power, and Purpose: Greater Heights Clubhouse Joins CHAMPS for a Slam to Remember

On a crisp afternoon in March, members of Greater Heights Clubhouse had the incredible opportunity to attend a Poetry Slam hosted by our sister program, CHAMPS (Community Health and Mindful Program), at their beautifully decorated Rockaway Parkway office. This wasn't just any poetry event—it was a celebration of voice, vulnerability, and the power of shared experience.

From the moment we arrived, it was clear this was going to be something special. Tessie, Ronnie, and Unyque from the CHAMPS team set the tone with a warm welcome, thoughtful decor, a printed itinerary listing all performers, and a delicious catered lunch that made everyone feel seen and celebrated. Their attention to detail created an atmosphere that was both elegant and empowering.

Anticipation for this event had been building for weeks, and our members did not disappoint. Many performed original poems that moved the crowd to tears, reflection, and applause. Others chose to recite classic pieces that spoke to resilience, identity, and hope. Staff joined in the creative flow as well, with Tessie, Unyque, Sabrina, and Kristian sharing brave and heartfelt original works that reminded everyone that healing doesn't just happen in therapy sessions—it happens in community.

The collaboration between CHAMPS and Greater Heights Clubhouse reflects the very best of what our programs aim to do: create spaces where members can show up as their full selves and be met with compassion, equity, empathy, and empowerment—core values that guide all of BCS' work. CHAMPS, which offers culturally relevant suicide prevention strategies for youth and young adults aged 18-26, continues to be a beacon of creativity and care, and this event was a testament to that mission.

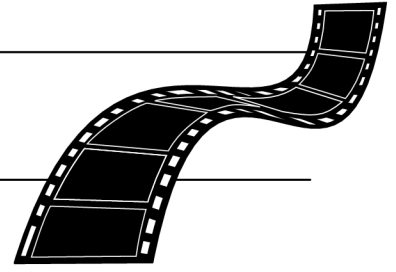
For our members, the Poetry Slam wasn't just about performance—it was about connection. It was about rewriting narratives, breaking stigmas, and reminding each other that our voices matter. We are deeply grateful to the CHAMPS team for opening their doors and their hearts to us, and we look forward to many more collaborations that nourish the mind, uplift the spirit, and bring our communities even closer.



*An Article By:
Sabrina Garcia*

Featured Article

Movie Review of Anora

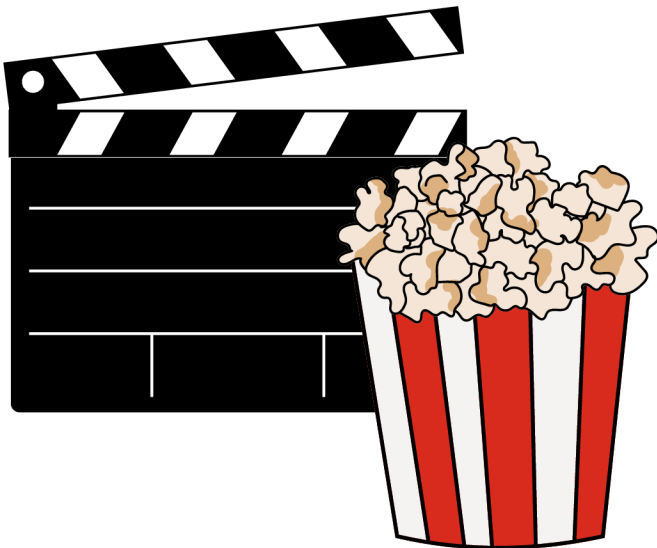


During the award season I always try and catch some of the movies nominated for some of the Academy Awards. I was actually able to see six of the ten movies that were nominated for the Best Picture of the year.

I saw Conclave (about the selection process for a new Pope), Nickel Boys (about two black youths struggle to survive in a racist, corrupt reformatory in the deep south), A Complete Unknown (about singer / songwriter Bob Dylan's rise to fame from 1961 to 1965), The Brutalist (about a holocaust survivor architect's post- world war 2 life in the United States), and I'm Still Here (the story of the family of a Brazilian ex-congress person who was abducted and disappeared during the Brazilian Dictatorship's regime).

While all those films had some merit for the purpose of this review I will write about the sixth picture that I saw, Anora. This picture wound up winning five Oscars, including the Oscar for best picture of the year. As movies go, Anora is a wild ride. It is the story of a 23-year-old exotic dancer from Brooklyn named Anora (who goes by Ani). At work in her strip club Ani is in complete control and handles her situations with confidence and assurance that she is the one who is dictating the terms. However, through work, she meets an exciting 21-year-old Russian named Vanya who brings the allure of a life of riches and excitement beyond her wildest dreams. This brings their budding relationship outside of her work environment and takes them through a crazy wild ride that is exciting, emotionally wrenching, at times hilarious and at times heartbreaking and scary. The movie gets its energy and flow during this wild ride and in the end is very entertaining. As the title character Anora / Ani, young actress Mikey Madison really shines and won the Oscar for best leading actress for her performance.

Many people may really like this film and I would recommend it to you, if you are not the type of person who is turned off by some sex and violence on the screen.



*An Article By:
Bill Lamport*

Featured Article



Spring Into Action: March Employment Dinner a Huge Success!

On March 27, 2025, the Greater House Clubhouse (GHCH) hosted one of its most successful Employment Dinners to date, with over 30 members in attendance. This month's theme, "Spring Into Action," focused on empowering members with the skills to present themselves confidently through a 30-60 second elevator pitch.

The Education and Employment Unit (EEU) facilitated an engaging and interactive presentation on crafting strong elevator pitches. Members received a template to structure their pitches and had the opportunity to share them with the community. The excitement in the room was palpable as more than 10 members stepped forward to present their pitches with enthusiasm and growing confidence.

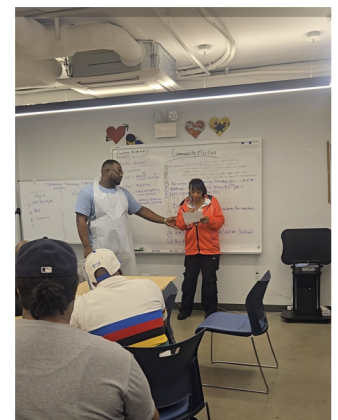
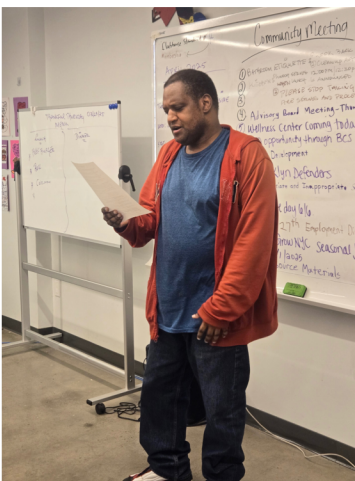
A standout moment of the evening came from Ms. Diane, who initially felt nervous but, with the support of her clubhouse community, delivered her pitch with poise. This achievement was particularly significant, as she successfully applied her newfound confidence and communication skills at a tabling event at Ember Charter School the very next day, where she showcased and sold her custom products. Similarly, member Eden, known more for his artistic talents than his public speaking, crafted and delivered a pitch that resonated with the group.

The evening was made even more special with a fresh spring meal of chicken Caesar salad, prepared by Staff Derrick and Member Jebarie. The sense of camaraderie and mutual encouragement filled the room, reinforcing GHCH's mission of fostering growth and career readiness within the community.

GHCH's monthly Employment Dinners serve as an essential space to showcase working members and for members to develop career skills, gain confidence, and build professional networks in a supportive environment. These dinners highlight the benefits of employment on mental wellness and create opportunities for members to step outside their comfort zones.

Looking ahead, the next Employment Dinner, themed "Planting Seeds of Success," will focus on setting career goals and developing actionable plans to achieve them. Members are encouraged to attend and continue their journey toward employment success.

Stay tuned for more exciting opportunities at GHCH, and let's keep growing together!



*An Article By:
Sabrina Garcia*

Featured Articles



Understanding MJHS Elderplan: Your Guide to Long-Term Care Services

For those who need long-term care services but wish to remain in the comfort of their own homes, MJHS HomeFirst Elderplan offers a solution. As a Managed Long-Term Care (MLTC) plan, HomeFirst Elderplan provides members with the support they need to maintain their independence while receiving essential health care services.

My Experience with MJHS Elderplan

Since August 2023, I have had the privilege of working at MJHS Elderplan as a Care Coordinator. In my role, I help ensure that our members receive high-quality, cost-effective care by supporting professional Care Management and Clinical Service activities. My work allows me to assist members in accessing vital medical resources while ensuring compliance with regulatory requirements. Pursuing a career in Human and Social Services, I find it incredibly rewarding to help people navigate their healthcare needs and maintain their independence.

One of the most impactful aspects of my job is helping members obtain medical supplies like walkers, canes, or shower chairs; items that significantly improve their daily lives. These essential tools enable them to move around safely and comfortably in their homes, preventing injuries and enhancing their quality of life.

Who Qualifies for HomeFirst Elderplan?

HomeFirst Elderplan is available to individuals who:

- Are 18 years or older and eligible for Medicaid
- Require long-term care services for at least 120 days
- Live in New York City and surrounding areas
- Can live safely at home with the help of provided services



Key Benefits of HomeFirst Elderplan

Members of HomeFirst Elderplan receive access to a variety of essential services, including:

- **Personal Care Assistance** – Home health aides and the Consumer Directed Personal Assistance Services (CDPAS) program allow members to hire and manage their own caregivers.
- **Care Management** – Each member is assigned a Care Manager who coordinates medical and support services.
- **Nursing Services** – Ongoing health monitoring and care planning.
- **Medical Equipment & Supplies** – Access to essential medical items like wheelchairs, walkers, and diabetic supplies.
- **Physical, Occupational & Speech Therapy** – Rehabilitation services to improve mobility and function.
- **Transportation to Medical Appointments** – Ensuring members can attend doctor visits and treatments.
- **Adult Day Care Services** – Social and health support in a group setting.
- **Home-Delivered Meals** – Nutritious meal services for those unable to cook.

Recent Changes: Transition to PPL for CDPAS Payroll

Members who use the CDPAS program should be aware that payroll processing is now managed by Public Partnerships LLC (PPL). Caregivers must register with PPL before March 28 to continue receiving payments.

The Importance of Understanding Your Benefits

One of the biggest challenges I've noticed is that many people do not fully understand the difference between Medicaid and Medicare, which can lead to confusion about what services they qualify for. Elderplan provides vital benefits that many members might not be aware of, and I encourage anyone eligible to take advantage of these resources.

How to Enroll in HomeFirst Elderplan

Enrollment requires a Medicaid application and an assessment by a nurse to determine eligibility. Once approved, a Care Manager will help set up personalized services.

Learn More!

If you or a loved one could benefit from MJHS HomeFirst Elderplan, contact MJHS today for more information. Staying independent while receiving quality care is possible with the right support system in place!

An Article By:
Jenny Flor



Featured Article

Thoughts By Juanita Mills

Here is my story about Mardi Gras:

I didn't know what Mardi Gras was until someone told me about it, and it looked like they were having a great time! My friends and I always march together in the Mardi Gras parade, and getting ready is part of the fun.

But if the crown were mine, I would wear it proudly, crossing my arms over my chest like a true champion. I want to win that crown!

"Happy Mardi Gras!" I shouted to the crowd as I steered my grand float past my friends, waving with excitement.

A Special Appreciation for Bianca

Bianca is nice and sweet, and I love the way she talks to people with her kind voice. She has a baby doll face, and when she comes to work, she makes me happy. I just love seeing her all the time. I'm not trying to be funny, but I wish she was my mom.

The History of St. Patrick's Day

St. Patrick's Day is celebrated every year on March 17th. This holiday is observed by the Irish and many others around the world to honor Saint Patrick, the patron saint of Ireland.

Saint Patrick lived long ago, born in Britain around the year 380 and raised in a Christian family. His parents didn't name him Patrick, some believe his original name was Maewyn. After finally returning to Britain, he lived quietly, spending time in thought and prayer. It was then that he realized his true calling, to return to Ireland and teach the people about God.

God Gave Me The Songs To Sing

- You Know My Name, (and I put my name Juanita)
- Something About The Name Jesus, (He Is My Father)
- One Wing That's High, (I am Going On)
- Take Me To The King, (I am Going With Him All The Way)

By: *Juanita Mills*



Featured articles

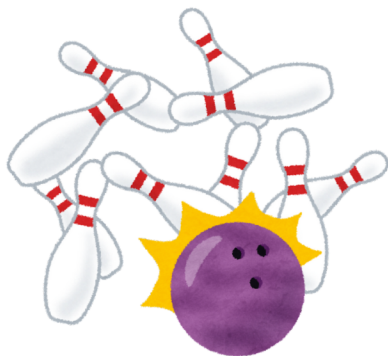


We Went Bowling!!

On March 12th, we went bowling at Bowl 360 Ozone Park, located at 98-10 Rockaway Boulevard. We had so much fun at the bowling alley, listening to music and dancing the day away. We played two games, enjoyed pizza, and some people had chicken.

It was one team against the other, and my team lost, but it wasn't about who was the best bowler or who scored the highest—it was all about having fun, and that's exactly what we had. The staff members joined in and bowled too, and they had fun as well.

I would love to do it again at the same bowling alley!



Irish Soda Bread Recipe

This easy Irish soda bread requires only 5 minutes of hands-on time to stir together flour, salt, sugar, baking soda, one egg, buttermilk, and butter. It emerges from the oven with the perfect crumb. No yeast required! Ready in 1-hour. Video

Irish Soda Bread in 4 Simple Steps
Whisk together the dry ingredients.

Add the wet ingredients: a mix of buttermilk, melted butter, and egg.

Form into a ball using floured hands, transfer to a cast iron skillet (or other similarly sized baking vessel), and score:

Bake until golden.

When cool enough to handle, slice it up.

Slather with butter or orange marmalade.





Member Spotlight

Ms. Diane Shines at Ember Middle School's Black Wall Street Event



On Friday, March 28th, Ms. Diane—an active member of the Greater Heights Clubhouse (GHCH)—showcased her growing jewelry and custom apparel business, Lanyard & Links by DW, at Ember Middle School's annual Black Wall Street event.

With a table full of colorful lanyard keychains, power cord bracelets, custom chains, and personalized shirts, Diane brought her creativity and entrepreneurial spirit to the forefront. Although she admitted to feeling nervous beforehand, Diane pushed forward with enthusiasm and determination. She invested in the materials she needed, prepared a wide variety of products, and came ready to engage the community—and it paid off.

Her vibrant display and welcoming energy caught the attention of many event-goers. Kids were especially drawn to her table for the sweets she had on hand, and one young visitor even jumped in to help Diane make a few final sales! Diane's work was well-received, and she was able to make a solid number of sales throughout the day while networking with fellow vendors.

Leading up to the event, Diane worked hard to develop and practice her business pitch. She bravely shared it with the GHCH community during prep sessions, stepping outside her comfort zone to build her confidence. That courage showed at the event, where she introduced herself and her products with pride.

For Diane, crafting is more than just a business—it's an important part of her recovery journey. She finds joy in using her hands and expressing herself creatively. The success of this event has not only boosted her confidence but inspired her to keep growing. Diane is now working on launching her Etsy store so she can bring Lanyard & Links by DW to an even larger audience.

We're incredibly proud of Diane and can't wait to see where her talents take her next!



*An Article By:
Sabrina Garcia*

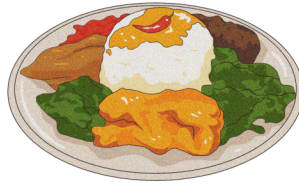
Featured articles

Statue

Hello, my name is Barry. I'm in love with museum pieces, especially statues, they make me feel better. There is one statue of a woman that I see as a true work of art. I'm detail-oriented, and I love bronze. I also love people who appreciate art as much as I do. I grew up with a passion for art, and it always puts a smile on my face. I know I will spend the rest of my life admiring beautiful art pieces. I'm grateful to Bill for teaching me how to understand and appreciate statue work.



An Article By:
Barry



Why do I think BCS Greater Heights Food Services Rocks?

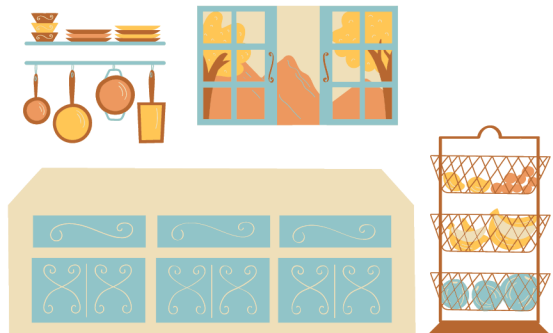
There are many reasons why the BCS Clubhouse food services rocks.



Some of the reasons are the many different cultural foods from different people, the food always tastes good and well prepared.

Also, you can learn how to cook with the staff that work at BCS & CHAMPS.

BCS has an excellent kitchen crew.



An Article By:
Timothy Dabriel

Featured articles

GED Day at the Brooklyn Education Center

Greater Heights Clubhouse has been trying to build a partnership with the BCS Brooklyn Education Center so that our Members might be able to work with them on getting their GED.

On Monday March 17th seven of our courageous members went to explore that opportunity and traveled by van to Sunset Park to go to the Brooklyn Education Center to see the facility and to do a GED assessment. We were greeted there by the Program's Intake coordinator Saul Pasan who assisted with getting people set up to do the assessment. The day was informative and piqued the interest of the seven great Members who went on the journey. Kudos to Albert Early, Juanita Mills, Cassandra Stukes, Jason Germain, John Copeland, Timothy Dabriel and Sabrina Knight and we hope that this will be an important first step to getting them to attain their GED. Lastly, we would really like to thank the wonderful Locksley Roberts who brought the BCS van to the Clubhouse and drove our group to and from the Brooklyn Education Center.

An Article By:
Bill Lampert



Freak

I'm sick of being treated like a freak
I don't know if its my attitude, maybe
i'm too meek

Or maybe because I don't talk about
everybody else, like everybody else
But why would i want to be confined
to such a hell

Keeping up with the joneses
Small minded, cant conceive the
thought that a future could be aligning
With the stars
And I am battlescarred
Considering the countless friends I've
lost

What kind of joy is watching the game
last night?
And what kind of peace, is living with
so much pride
It's like this world is no place for an
outcast
And my heart is constantly down cast

I'll try to be strong for the time being
Knowing I have gifts that people are
seeing
Prove 'em wrong, but does anything
really change?
A freak is still a freak at the end of the
day

A Poem By:
Robinson Lorthe



Happy Birthday!!

March Birthdays

3/01 Chloe
3/01 William
3/01 Mark
3/03 Vernessa
3/05 Della
3/07 Geraldine
3/10 Bill
3/12 Keemo
3/14 Paula
3/15 Jerome
3/17 Sarah
3/18 Gary
3/19 Karen
3/19 Sarah
3/20 Monica
3/20 Olga
3/27 Mitchell
3/28 Tomio
3/30 Gregory



Upcoming April Birthdays

4/01 Tracey S
4/01 Johannerys F
4/04 Darlene H
4/04 Seymour E
4/04 David W
4/06 Olubunmi H
4/07 Felicia N
4/09 Reginald J
4/10 Phillip A
4/13 Lavelle L
4/13 Gwendolyn A
4/15 Cassandra S
4/15 Delisa B
4/16 Nicholas R
4/20 Anthony R
4/20 Tenzin S
4/20 Tom M
4/23 Francis M
4/25 Ann S

Featured articles



Copeland on Hairstyle

This has been my first haircut in the community in a while. I am looking forward to getting another one. The barber is my permanent barber and he is very cool. He is Jamaican and has locs. I love the way he cuts my hair. He is very professional. He also trims my beard, side burns and hairline. The salon is very neat and he cleans his materials. The barber also charges a decent price. I look forward to going to get my haircut and looking handsome.



An Article By:
John Copeland

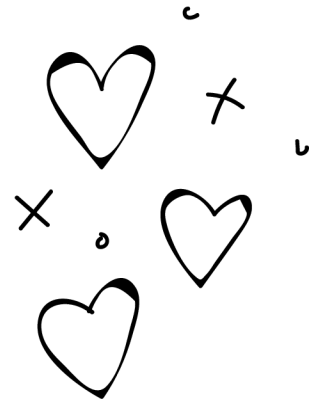
I love Brooklyn

I enjoy being in Brooklyn .
I like being in Brooklyn.
I was born and raised in Brooklyn.

I have friends in Brooklyn.
Brooklyn is the greatest place to be at.

The Greater Heights Clubhouse is in Brooklyn!

An Poem By:
Lisa Aytche



Featured articles



Spirit Week Fun!

Spirit Week at Greater Heights was a time for creativity, self-expression, and, most importantly, fun!

Members participated in themed days, showing off their unique styles and joining in activities that brought everyone together.

The excitement and enthusiasm throughout the week reminded us of the power of community and how much joy can come from simply celebrating who we are.

What should our next Spirit Week theme be?

Spirit Week was March 17 - March 21, 2025

Monday, March 17 - Green Day 🍀

Wear your best green outfit and celebrate St. Patrick's Day!

Tuesday, March 18 - Black & White Day ●●

Keep it classic—dress in black and white attire!

Wednesday, March 19 - Flag Day 🚩

Represent your culture! Wear colors or symbols from your country's flag.

Thursday, March 20 - Throwback Thursday 🕺

Dress in styles from your favorite past decade!

Friday, March 21 - Sports Day 🏆

Show off your team spirit by wearing your favorite sports gear!



Mardi Gras Magic at Greater Heights

Mardi Gras is all about celebration, and we made sure to bring that festive spirit to Greater Heights!

Members joined in the fun, marching together in our own parade, sharing laughter, and embracing the excitement. One member imagined themselves as Mardi Gras royalty, dreaming of wearing the crown and waving proudly to the crowd.

From the music to the energy of the day, the celebration was filled with joy. Mardi Gras isn't just about beads and parades, it's about coming together as a community, and that's exactly what we did.

Happy Mardi Gras!



Articles By:
Jennyflor

Upcoming April Events

April 16(Wednesday): Bowl 360

- Time: 7:00 PM
- Bowl 360 Ozone Park, Queens, NY 11417
- Join us for a fun-filled bowling event with great company, music, and friendly competition!



April 24(Thursday): Monthly Employment Dinner – "Planting the Seeds of Success"

- Time: 5:00 PM – 7:00 PM
- Activity: Plant a small herb or flower while discussing career growth metaphors.
- Dinner: Chicken Pasta Primavera & Green Spring Salad



April 25(Friday): Monthly Birthday Party

- Time: 5:00 PM – 7:00 PM
- Celebrate with us on the last Friday of the month as we throw a special birthday party for everyone celebrating their birthday this month—fun, cake, and good vibes included!



April 26(Saturday): Taste Of Bed-Stuy

- Time: 2:00 PM – 5:00 PM
- A fundraiser for Seeds In The Middle. The organization oversees student run farm stands in schools. We have partnered with them also to bring pop up farm stands in underserved communities.
- We will purchase tickets and the members will visit participating restaurants to sample their dishes.



Self-Care Corner



Wellness Tips for Mind & Body

Mind & Emotion:

- ✓ Try deep breathing or grounding techniques to ease anxiety.
- ✓ Write down 3 things you're grateful for each day.
- ✓ Stay connected—talk to a friend or join a clubhouse activity.

Body & Wellness:

- ✓ Move in ways that feel good—stretching, chair yoga, or a short walk.
- ✓ Drink plenty of water and eat foods that nourish your body.
- ✓ Get enough rest—set a bedtime routine to improve sleep.

Routine & Balance:

- ✓ Start your day with a small goal—it builds confidence!
- ✓ Take breaks when you need them, and practice self-kindness.
- ✓ Ask for help when needed—support is always available.

do it for you

Embracing Mindfulness and Meditation

Incorporating mindfulness and meditation into your daily routine can significantly enhance mental well-being, especially for individuals with disabilities and mental health challenges. These practices involve focusing your attention on the present moment, acknowledging your thoughts and feelings without judgment, and fostering a sense of calm and clarity.

Benefits:

- Stress Reduction: Regular mindfulness can lower stress levels and promote relaxation.
- Enhanced Emotional Health: Meditation can improve self-awareness and emotional regulation.
- Improved Focus: Practicing mindfulness can increase attention and concentration.

Getting Started:

1. Find a Quiet Space: Choose a comfortable, quiet spot free from distractions.
2. Set Aside Time: Dedicate a few minutes each day to practice; consistency is key.
3. Focus on Breathing: Concentrate on your breath, observing each inhale and exhale.
4. Acknowledge Thoughts: Notice your thoughts without judgment, then gently return focus to your breathing.

Remember, mindfulness and meditation are skills developed over time. Be patient with yourself and embrace each session as a step toward greater mental clarity and emotional well-being.

start somewhere

Information Page

BCS Greater Heights Clubhouse (FKA East NY Clubhouse)

The primary goal of BCS Greater Heights Clubhouse is to assist our members in their process of recovery from the effects of persistent mental illness and social barriers. We strive to help people to integrate more fully into their communities and to live more independent lives. Our ability to succeed depends on the generosity of the wider community.

If you would like to support our cause, please contact us by email: greaterheightsclubhouse2697@gmail.com

Donations can be sent to:

BCS Greater Heights Clubhouse at 980 Halsey Street Brooklyn, NY 11207.

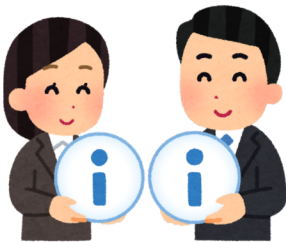
FYI: Checks must be made payable to **Brooklyn Community Services**. PLEASE identify that funds are dedicated to the BCS Greater Heights Clubhouse. Thank you!

BCS Greater Heights is dedicated to the principles of self-help, peer support, employment training and placement, by focusing on our Members individual strengths and talents.

Important Note: Currently our hours of operation are Monday thru Friday 9AM to 8 PM and every Saturday from 9AM to 5PM. Additionally, we will continue to operate a virtual platform for remote participation at specific prescheduled times.

For more info, Visit us on the web:

<https://wearebcs.org/what-we-do/services-for-people-living-with-disabilities/greater-heights-clubhouse/>



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