

Greater Heights Clubhouse

Issue No.17 | May 2025

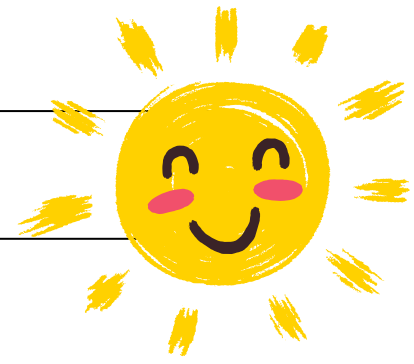


Mission Statement:

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



Everybody is Somebody

God don't make ugly people
Jehovah God makes perfect masterpieces
Each one of us is different and unique
We're his creation
God loves us all equally
None is better than or worse than
I love people no matter the color of their skin
Whether their dark or light skinned
It doesn't matter to me
Because I love everyone equally

*A Poem By:
Geraldine Ray*



Good Space

Why do I look forward to good days
The dependence has got me feeling ridiculous
What ever happened rugged discipline
But no it turns out that I'm wanting to win
again
I have little preference right now
Maybe a close look at myself
And a little quiet
Has got me rockin a cap and gown
Or maybe it was in me the whole time
But the silence of this lamb allowed it to truly
shine
Inner peace is without a price tag
Can't be purchased from a store
Came a long way from the people I've adored
I'm in a good space

PROUD of my JOURNEY

*A Poem By:
Robinson Lortie*



Featured Article

Walking with Purpose: GHCH at the 2025 NAMI-NYC Walk

On Sunday, May 18, I had the incredible honor of walking alongside our Greater Heights Clubhouse (GHCH) community at the 2025 NAMI-NYC Walk + Mental Health Street Fest at The Seaport. This powerful day of advocacy, connection, and hope marked the kickoff to the U.S. Clubhouse Week of Action, a nationwide campaign to spotlight the life-changing impact of Clubhouses like ours.

GHCH showed up in full force with 9 members, 3 dedicated staff, our Director Pam, myself, and 4 family members of staff all proudly participating. Together, we raised \$200 for NAMI-NYC and raised our voices to help end stigma and expand access to mental health support.

One of the most meaningful moments for me was the opportunity to share my story on the main stage. I spoke about the loss of my beloved son Mosai, and how NAMI-NYC supported me before and through one of the most painful experiences of my life. Their community helped me find stability, purpose, and strength, and being able to honor Mosai's memory in front of a crowd united by compassion and advocacy was incredibly healing.

Our members were engaged, energized, and proud. There was music, mural painting, healthy snacks, and resource tables filled with tools and support for every aspect of mental wellness. It was a celebration of how far we've come, and a call to action for the work ahead.



Featured Article

Barry Brownstein, who usually enjoys riding his bike around the neighborhood, made a special decision to join the walk on foot this year—choosing to stand in solidarity with his peers and the larger mental health community. As Barry put it, "I enjoyed the walk and it was for a good cause." His presence and participation were a reminder of how deeply our members care about making a difference.

After the walk, our GHCH group gathered for a community pizza lunch, sharing stories, laughter, and reflections on what the day meant to each of us. It reminded me that healing and progress happen not only in big moments—but in simple, shared ones too.

Partnering with NAMI-NYC was a natural and powerful step. They've long been champions for our community and played a critical role in advocating for Clubhouse funding during last year's RFP process. Their support uplifts us all.

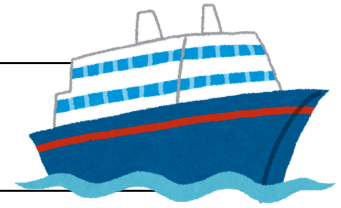
As we celebrate Clubhouse Week of Action, I carry with me the memory of this day and the strength of our community. I am proud to walk beside you all—today, and every day—in the name of recovery, resilience, and hope.

#Together4MH #ClubhouseStrong #MentalHealthMatters #GreaterHeightsClubhouse
#ClubhouseWeekofAction #ClubhouseWorks



*An Article By:
Sabrina Garcia*

Featured articles



NAMI-NYC Walk Experience

I enjoyed a nice time with my crew from the Greater Heights Clubhouse at the NAMI walk. When I found the NAMI place, I noticed a lot of different clubhouses came for the walk. On South Street Seaport, my clubhouse crew was wearing their clubhouse t-shirts. Everybody had a chance to hear Sabrina's wonderful speech. Sabrina is fabulous. Then all the clubhouses from the boroughs started to walk. I carried a sign showing "Mental Health is not a Failure to Success." Instead, I believe, you will succeed. We all walked from the Seaport to the South Ferry at Whitehall Street and back to the Seaport. I enjoyed the NAMI Walk and I was happy to see my crew being happy and enjoying time together. I am very interested for next year's NAMI-Walk and walking with my clubhouse crew.

*An Article By:
Phillip Johnson*



A Day on the Island

After the NAMI-NYC walk, Preston, Salma and I decided to take the ferry into Staten Island to explore. The day was beautiful and the ferry ride was a pleasure.

We hung out at the mall just sitting and talking and getting to know each other. We took a ton of pictures as we walked to the nearby deli for snacks and refreshments. We purchased a few snacks and took more pictures. We then returned to the ferry where I was able to capture some dynamic pictures of the Brooklyn Bridge.

The day was long, but I really enjoyed the time I had to spend with my Greater Heights Clubhouse Peers.



*An Article By:
Barry Brownstein*

Featured Article

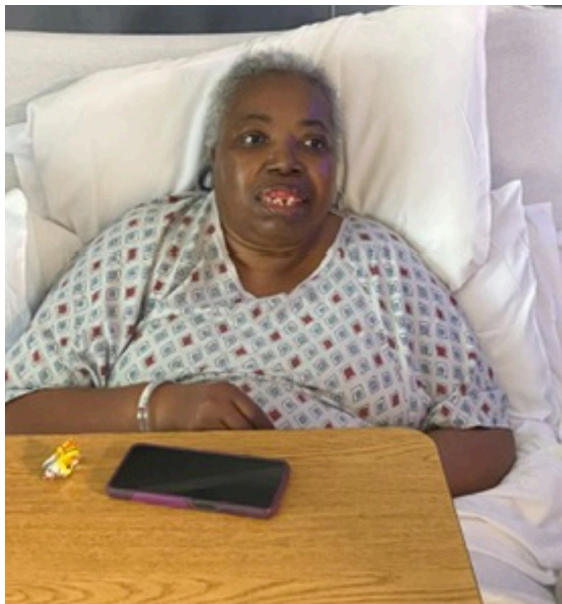
In Memory of My Mother: Faye Greene

Faye Greene was a wonderful woman. She raised two smart young men. Matthew Parris Age 34 and Mark Doumbia, Age 24. I'm celebrating the memorial of my mother starting now because my mother has been on my mind since my birthday.

My mother was born April 28th 1961 to Joseph Greene Sr. and Olga Lambert. She was born in Guyana, South America. She was the oldest child of eight children. Her middle name is Grace. My mom worked at Wall Street when first coming to this country. She also worked at the bank, the library as a tutor and as a daycare teacher.

She attended York college. My mother has also worked as a tax auditor, case worker with human resources for the city and a case worker for The Juvenile Justice Center. My mother is deeply missed.

As a child growing up, my mother used to take me and my brother to McDonalds a lot. Mommy loved me and my brother so much. She bought us nice things. For me she bought me Air Jordans during my high school years. When she was forty Mommy gave birth to me March 1 st 2001. She had my brother on August 17th 1990. We used to spend a lot of time with her two sisters and my cousins on Thanksgiving Day.



*An Article By:
Mark Doumbia*





Featured Article

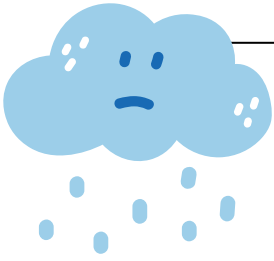
Comprehensive Colleague Training

Earlier this month, I had the privilege of attending Clubhouse Comprehensive Colleague Training with Greater Heights Clubhouse members Juanita Mills and Leon Simms. From April 28-May 9, Juanita, Leon and I joined colleagues from Copenhagen Denmark, Shelby North Carolina and Allentown Pennsylvania at Fountain House, Manhattan. Fountain House is the first and largest Clubhouse in the world and one of 12 international Clubhouse training centers. The training gave us an in-depth understanding of the history of the Clubhouse model and practical knowledge of how clubhouses operate incorporating the elements of social practice. We spent each morning in one of Fountain Houses 8 units and in the afternoon met with the Training Faculty to discuss Clubhouse philosophy and practice. My mornings were spent in the Education Unit where I worked side by side with unit members to assist FH members with their educational goals. Some of the tasks I helped with included registering members for GED classes, obtaining high school transcripts, helping members register for college classes and sitting in on scholarship interviews. One observation I made was that every task in the unit included a member and staff who worked together to assist other members. Here is where the social practice of relationship development comes to light as Clubhouse membership is both a benefit to the individual member as well as a responsibility to other members. The training also included field trips. We visited the New York Public Library where the first members of Fountain House met and formed the group "We Are Not Alone". One morning was spent at Fountain House Bronx which is a smaller clubhouse like ours. We stopped by the Recharge Station, a kiosk in Times Square where community members can go to grab a cup of coffee, charge their phone and meet with a Community Navigator to find resources. We also visited Fountain House and Body Café, a new store that will be run by Fountain House members and staff. Throughout the 2-week training we learned about the powerful nature of relationships in the Clubhouse to support members in their recovery. We look forward to sharing all that we learned with our GHCH community.

*An Article By:
Pam Guigli*



Featured articles



Depression

It's hits hard like a fist
Sometimes up sometimes down
Sometimes almost level to the ground
A heavy heart could hurt you
I go through sadness
I like to hide it
Some people might think I have
Nothing to be depressed for
I don't I guess

*A Poem By:
Geraldine Ray*



My Light

Amidst the shadows of society
I carry a light
Now I guess that makes me somewhat apart
from the world
But hear my fight

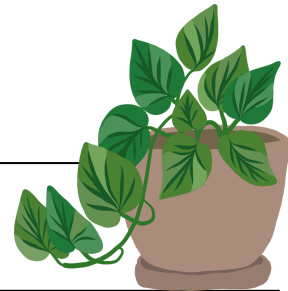
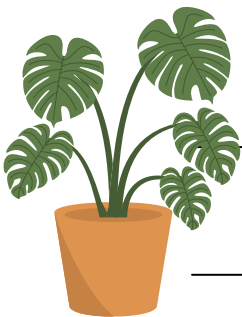
I'm supposed to be faithful
And not engage in behaviors that could add to
shame so,
I have to protect what I have
As I try to walk this righteous path

My life's not the same as it used to be
I have to suffer people being rude to me
Or else I'm not like a lamb
Who turns the other cheek
And pleases a father
For being a bit meek

I can't demonstrate that I'm right all the time
And its part of my job to overlook crimes
This believer that I've become
Until the day the life's done

Its rewarding though because at the end of
the journey I am convinced
That there's promise

*A Poem By:
Robinson Lortie*



Featured Article

Visit to Fountain House

I was trying to get people to come to the clubhouse to see what they could do for us and what they could bring. My visit to Fountain House changed me significantly because they had things that Greater Heights did not have, like their horticultural unit where I helped with planting. They also had a crochet class. It was a good experience and I want to go back, though not anytime soon. The people there were warm and welcoming. One lady was especially friendly, making me feel right at home. We went walking one Thursday, and I had fun.

Now that I'm back at my clubhouse, I realize how much I love it here and how much it has helped me. I come to the clubhouse on time so I can chat with all my friends and manage the snack bar, where I sell snacks and make good money for the house. Every day, I'm happy to see people I enjoy spending time with.

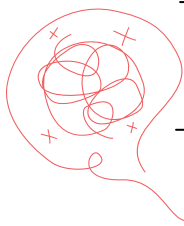
I know we don't have as much as Fountain House, but that's okay because our staff will find a way for us. When we visit different clubhouses, we have fun. For me, my personal experiences have taught me about the importance of helping people with mental illness get their lives back on track. *How do we know if our clubhouse has enough work to support members?*

We need to get more members to start doing more tasks so they can help their recovery too. We need to bring in more people to help us out so we can come together and build a stronger clubhouse. I am so thankful for my experience and happy to share everything I've learned with my clubhouse family.

Article By: Juanita Mills



Featured articles



Gibberish 2

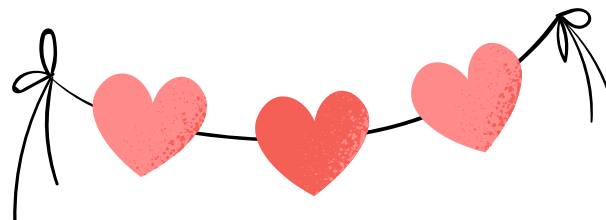
Every day is is the same stuff
I don't have a problem
Not 100% but that's luck that is tough
Coffee, You-tube, watching for last days prophecy
And I can't evangelize because I'm scared of people
mocking me

I love a lot of people. At least I think I do.
Maybe I've never entered from a porch, doorbells I
didn't ring a few
Personalities go deep
I know I have my own
And burnout recovery has me longing to return to
my zone

It makes me realize how much stock I've put into
creativity
A self-imposed identity, maybe with me originally
Or am I a shallow person
Man, I pray things get better and don't worsen

Deep down I know that I want to be liked
And admired
I wait til the right time to start a fire
Like I was a sniper
I should just focus on peace
Life is short they tell me
So I might as well live with ease

*A Poem By:
Robinson Laethe*



Clubhouse Love

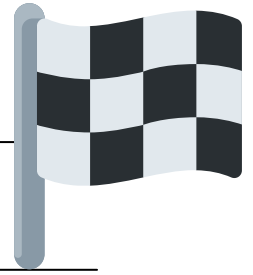
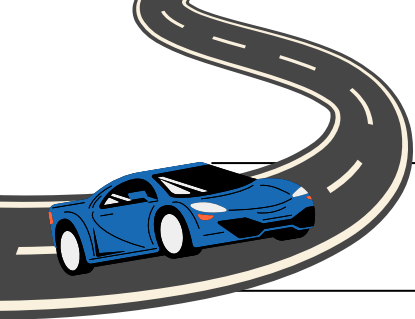
Clubhouse environment
never gets tiring
Got gratitude for members, staff I'm admiring
A place where dreams come true, is it true?
Well I've learned a whole lot...how about you?

Creativity inside of me it has to be shared
We have stories too, welcome, no need to be scared
We got events lined up and a whole lot more to date
But first let's have the morning meeting followed by
the work order day

Lunch time comin' excitement is the reason
Access-a-ride outside. Soon some of us will be leavin'
Backyard too, so if you want to take a smoke
As long as you're kind with me, I might crack a joke

Sweep the floor mop it too and wipe the doors
tomorrows a new day for sure
But is it really promised from above?
That's why I try to show clubhouse love

*A Poem By:
Robinson Laethe*



Featured articles

My Favorite Car: BMW X4

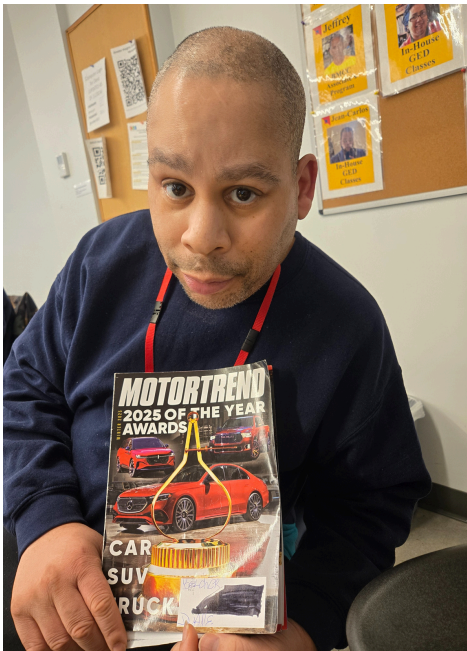
I really like cars. I have liked them for over 10 years. Cars make me feel like I'm going somewhere in life. They help people move forward, and that makes me happy.

My favorite car is the BMW X4. It is very nice and fun to ride in. It's smooth and comfortable. If I had the money, I would want to get one. I like the BMW more than the Acura. The BMW just feels better to me.

One time, I went to Plaza Auto Mall in Brooklyn, on Bergen Street. I sat in a green Scion and a Toyota Avalon. I touched the steering wheel, pushed some buttons, honked the horn, and turned on the lights. That was fun! I liked the Avalon more than the Scion.

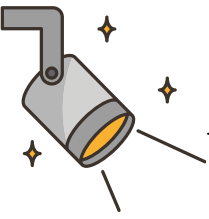
I also rode in a purple Nissan Maxima a long time ago. I really liked that car too. It had cool stuff inside. Another car I like is the Mercedes-Benz X3. I hope I can drive one someday.

Cars make me feel good. I love thinking about them, sitting in them, and one day I hope to drive one.



*An Article By:
Duane Belcher*

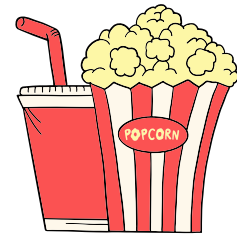
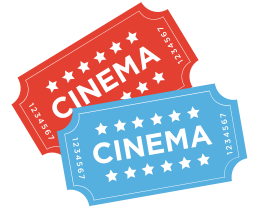




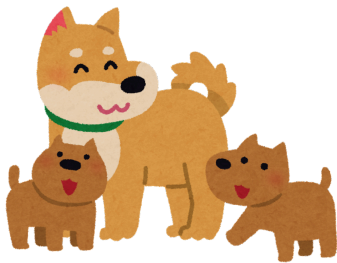
Introducing the New Staff

LET'S MEET CARL!

Carl is our new member of the Administrative Services unit and will be focusing on member outreach and engagement and making the clubhouse experience beneficial to all. As a film enthusiast, Carl enjoys viewing films of all genres (narrative/documentary, big-budget/indie, American, international, live-action/animated) in the *cinema*. He hopes to share this love of cinema with the Clubhouse community.



LET'S MEET CHRISTINE!



Christine is our newest member of the Administrative Services unit! Born and raised in Brooklyn she has a natural passion for helping others and brightens up the office with her friendly demeanor. When she's not at her desk (where you'll often spot her signature Dunkin' coffee), Christine enjoys spending time in nature and listening to music. She's also a devoted dog lover. We're delighted to have her join our team!

LET'S MEET YESENIA!

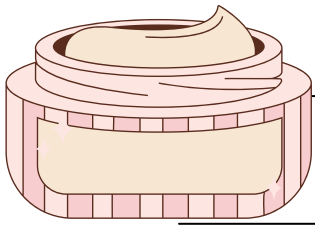


Yesenia is a new addition to our food service unit, bringing her vibrant personality to our kitchen team. During the workday, you'll typically find her crafting delicious, nutritious lunches for our clubhouse members. Otherwise you can find her at home, curled up on her sofa watching K-dramas. Yesenia is a proud mom of two dogs and a cat. We also can't forget about her love for Minions and Disney movies!



An Article By:
Mymuna Islam





Featured Article

Intern Led Workshop: DIY Sugar Scrub

This month our new interns, Mymuna and Selina, held a DIY sugar scrub workshop. A sugar scrub is an exfoliating skincare product that removes dead skin cells, leaving your skin soft and smooth. Made with simple ingredients like sugar, coconut oil, and optional essential oils, these scrubs are an easy DIY. After creating a base product, we added food coloring and layered the colors in a small glass container. Some members also added coffee grounds as an extra exfoliant. Selina painted beautiful tags with members' initials on them. Everyone had a great time and left with a useful and personalized product.

Recipe for Sugar Scrub

Equipment

- Large mixing bowl
- Small mixing bowl
- Spoon

Ingredients

- 3 cup white granulated sugar
- 1 cup coconut oil
- Gel food colors any color of your choice
- Essential oils optional for scenting

Intructions

- To make the base of your sugar scrub, evenly combine the sugar, coconut oil and essential oils (optional).
- To prep for the color mixing, seperate the sugar scrub base into small mixing bowls. (One for each color of your choice.)
- Spoon in the gel food coloring and mix in the color with your hands. For the light colors, use a very modest amount of a color. For vibrant colors, use a generous amount of food coloring. You can also mix and match colors to get a certain shade you're looking for.
- Once you've made all the colors, spoon each color into a glass container. Firmly press the sugar for each color into place before moving onto the next one



An Article By:
Mymuna Islam

Upcoming June Birthdays

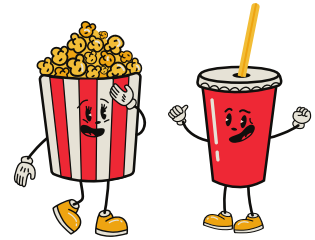


First Name	Last Name	Date
Peter	Anatole	06/02
Lila	Rivera	06/02
Donisha	Forbes	06/03
Luther	Waggoner	06/04
Janelle	Andall	06/05
Kamal	Walker	06/08
Robin	Heier	06/10
Claribel	Abreu	06/10
Clifton	Thomas	06/11
Margaret	Mitchell	06/12
Jessica	Pina	06/15
Geraldine	Ray	06/17
Barry	Brownstein	06/21
Tanya	McLaurin	06/24
Joseph	Williams	06/28
Christopher	Bass	06/29
Michael	McBean	06/30



Upcoming June Events

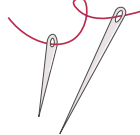
Movie Night (Rustin) - June 4th



Deloitte Day - June 6th



Fashion Show - June 27th



Juneteenth Clubhouse Holiday - June 19th

Ongoing Clubs/Workshops



Academy of Peer Services Study Group

Anger Management Group

Women's Group

Horticultural/Planting Group



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.

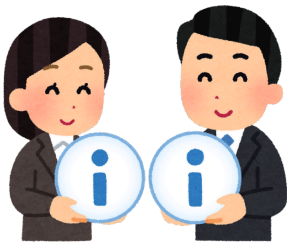
FYI: Checks must be made payable to **Brooklyn Community Services**. PLEASE identify that funds are dedicated to the BCS Greater Heights Clubhouse. Thank you!

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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