

# Greater Heights Clubhouse

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Issue No.20 | August 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.

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## Featured Article

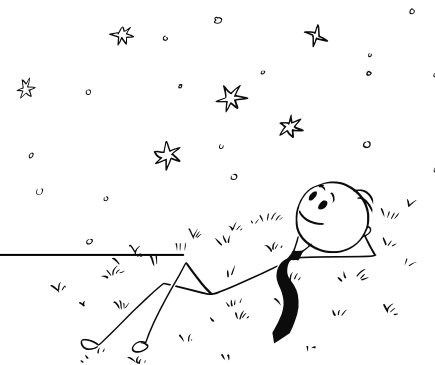
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### *My Discharge From KPC*

I have been a part of the system for almost twelve years. My first day in Rikers Island was October 2, 2013. Ironically, that's my brother's birthday. I am classified as a CPL (Criminal Procedure Law). Basically what that means is that I did a violent crime but suffered from psychosis. The process is a very lengthy struggle. We start off in jail, then go to a forensic hospital to get treated for a dangerous mental disorder. In most cases our final procedure would be to get transferred to a civil hospital to get reintegrated into the community. I remember those days when I suffered from major symptoms and delusions. I was seeing and hearing things and had my struggles with street drugs. I was first diagnosed with a mental illness at the age of twenty, but have been symptom free for the last ten years. I feel blessed. On September 20, I was officially discharged from KPC. My goals are to prevent others from making my mistakes and share insight on mental health. I lead by example not words. My passion is the field of psychology. I utilized my time in various ways during the time I was away from home and had a major impact on the Clubhouse. I am finally at peace and learned a lot about myself and ways to help others who struggle with addictions and mental health issues. Now that I'm discharged my second chance has started. I have been blessed with my family, friends and girlfriend that stayed by my side throughout my journey of recovery. It feels good to have this opportunity to live life the right way now. Hospital settings can be degrading, stressful, toxic and a trigger for many. I have learned from my mistakes and I will utilize this opportunity to be successful and impact my peers, family, and Clubhouse family in a positive way.



*A Article By:*  
*Leon S.*





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## Featured Article

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### *The WNBA Game*

We watched an amazing game as a few staff from the BCS Greater Club House Program on August 10, 2025! It was a wicked trip that ended a little down cause of the home team losing. Even though our team lost, we still had a thrill. Lynx and Liberty were the two teams that played. The home team was the Liberty; they are part of Brooklyn, New York. They represent the state of New York, and the team plays in the Barclays Center. The Lynx play in Minnesota inside the Target Center arena. This was a fun trip, something far from a regular day. Both teams were missing a key player, but Liberty was missing their 2018 & 23 Most Valuable Player. Sabrina Ionesco had an off game; she finished four for fifteen from the field, ten points total for the Liberty. Four made shots and a pair of free throws. She usually makes a couple of three-pointers, but she hadn't made one in that game we saw. Kayla McBride had eighteen points, and she led the Lynx in a winning effort. Overall, the experiences at the Barclays Center were electric. One of the staff, Sabrina, brought her daughter, and they shared food, boneless chicken, and French fries. They had a special sauce that I tried with the delicious food. They brought it from the food lobby at the game. Lynx won 83 to 71. I wore my New York Knicks jersey at the game, because I want to represent them at the Liberty's game. Also, after the game, Pam the leader of the staff at BCS searched for a Liberty hat for her brother's birthday inside the Gift store at the Barclays Center. I do hope this wasn't the last time we go to one of these female games. It's fun watching women play sports. I really enjoyed myself I hope to go to a few more WNBA games before the season ends. Go Females!!!





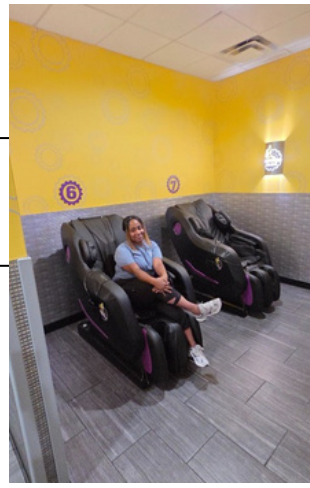
# The WNBA Game, Continuation...





## Featured Article

### *My Experience At The Gym*



I started a new gym membership at Planet fitness last month. My experience has been wonderfully. I used several equipments to target different parts of my body.

I'm usually under a lot of stress. This is because, I spend a lot of time taking care of my elderly mother. She suffers from dementia.

So, when I hit the gym. I feel a bit more determined and energized after exercising. The work outs help lower my stress and anxiety levels. It also helps boost my self- confidence.

My favorite machines are the Treadmill and Stationary Bike. I also love using the Massage Chair for 10 minutes while closing my eyes. This exercise calms me down after a long and exhausting day.

In short, I'm very proud of myself for joining the gym. My fitness goal is to remain in shape by exercising regularly and combat my daily stress. I plan on achieving this by staying an active member at the gym and going a few times a week.



*A Article By:  
Shrecc B*



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## Featured Article

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*To The Clubhouse And Beyond...*



The BCS Greater Heights Clubhouse is a supportive community dedicated to helping its members meet essential life needs while working toward recovery and stability. It offers valuable opportunities to develop key life skills such as maintaining sobriety, improving social interactions, managing finances, and building educational resilience. These services are thoughtfully designed to promote personal growth, independence, and overall wellness. As a member of BCS Greater Heights Clubhouse, I've come to appreciate the wide range of programs offered—from therapeutic support to practical life skill development—which have played a meaningful role in my journey. The Clubhouse provides a safe, structured environment where members are encouraged to participate actively, build confidence, and take steps toward leading healthier, more fulfilling lives. Additionally, members benefit from career readiness training, creative expression workshops, and peer mentoring, all of which help reduce isolation and foster a strong sense of belonging. The BCS Greater Heights Clubhouse is a vital support system for individuals on the path to mental health recovery. I've been a member of the BCS Greater Heights Clubhouse for several years, and during that time, I made the decision to enroll in college. Choosing a major was difficult because there were so many options, but I ultimately decided on Therapeutic Recreation. It felt like the right fit for maintaining a safe, healthy, and meaningful lifestyle.

Through my journey, I've gained a deeper understanding of mental illness and a new perspective on life. Attending LaGuardia Community College has been a rewarding experience. Not only have I worked on reintegrating into society, but I've also pursued my education—something that gives me a real sense of purpose. Knowing what I've overcome, earning an education is both a personal achievement and a reminder that my life has truly changed.

I now realize how fortunate I am to have had the opportunity to pursue a different path—one that's helped me leave behind a street life I once thought would lead somewhere. Instead, I've found something far more meaningful.

*A Article By: Thomas R.*



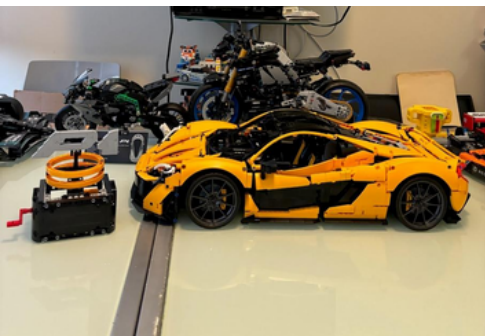
## Featured Article

### *Building Legos Is Not Just For Kids*



Building Legos is not just for kids. I'm 56 years old and I enjoy building them Especially when I feel depressed. It is constructive and each set comes with instructions how to build it. And assembly requires you to concentrate. I listen to music while I assemble them. There are 2 Lego stores in the city. One at 5th Avenue Herald Square and one at 23 Street. Here are pictures of some of the sets I assembled. I enjoy assembling cars. According to experts, LEGOs can be a valuable tool for promoting mental well-being, offering benefits like stress relief, mindfulness, and improved cognitive skills. Engaging with LEGOs can induce a state of "flow," where individuals are fully immersed in the building process, leading to a meditative and calming experience. This can be particularly helpful for managing stress, anxiety, and even some mental health conditions

*A Article By: Adam F.*



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## Featured Article

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### *Recovery Is Possible*

My name is Shanequa L. A., I have been a member of Brooklyn Greater Heights Club House for three years now. Being well and staying well is very important to me but it takes a lot of work. In 2022 I joined the club house and had Aubrey as a worker. She was nice calm and gentle with me and always told me how good of a person I was. Bill would also encourage me and tell me I had a nice smile and what good of a person I was. At the time I couldn't see that because I was in a dark place in my life, I had about my 4th relapse and was just going with the flow and riding the wave I call it. About 8 months later I was back to work, back on my medication and doing well. Two and a half years later in Jan 2025 I had another relapse, I was off my meds, I was riding the wave again and in a dark place I call it. Having a new worker Sabrina who was very encouraging as well and just sweet to be around, and staying connected back on my medication this time for good and just taking things one day at a time had brought me in to the space I am in now. With my weekly Sunday church attendance, my prayer life, knowing my triggers and having a safety plan, I am setting myself up for a longevity well being wellness plan. I am back at work as well as I was out for 6 months. Please if you take anything from me, make being well your priority. If you can't go to a certain place or being around certain people please don't do it. Another thing I have to stop is my alcohol intake no more drinking for me! I truly believe no drugs and being alcohol free is a big part of mental wellness.

Thank you!



*A Article By: Shanequa L. A.*





## Fallen

Lost the righteous factor  
This mourning doesn't make me an  
actor

Because sorrow is what I knew  
I am a righteous lacker

And I became at heart a slacker  
No more art stacker

Because the times that I worked  
I was a progress packer

I crossed the line in my wrongs  
Every morning singing my songs  
I wouldn't sin again

If it would mean restarting the fire  
with my friend

My light was gone, faint in my life  
Sin got me here, no longer a fan a  
strife  
Things just got hard, I am a hypocrite  
Of hypocrites, not one to talk about  
infinite

*By: Robinson L.*

# Poems



## I Hold My Silence

My silence, my weapon  
Gates of gold I hope I'm headed  
Brimstone and fire, plain attire  
Scruffy, and self-admired

Maybe I notice things that others don't  
Maybe I'll make sacrifices that others won't  
I don't advocate for equality really  
Because the gene pool is what I'm seeing

They think I am shy I guess they're right  
Maybe I'm giving them power over my mind  
Maybe their claims are not based on reality  
Maybe I've witnessed a few injustices akin  
to fatalities

I hold my silence, partially fearful  
Partially brave, it's an earful, but these are  
things I'd say  
I see conversations that don't make sense  
And I recall life in past tense

I hold my silence, fearful of explosions  
Because one smart remark will leave holes  
in  
Relationships, my words can cut deep  
Which is why I hold my silence like a hand  
of cards, read them and weep

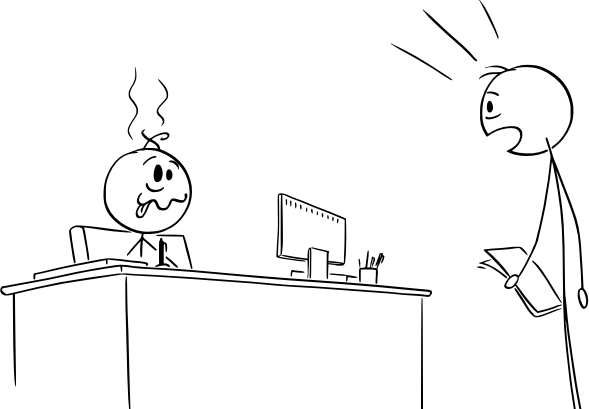
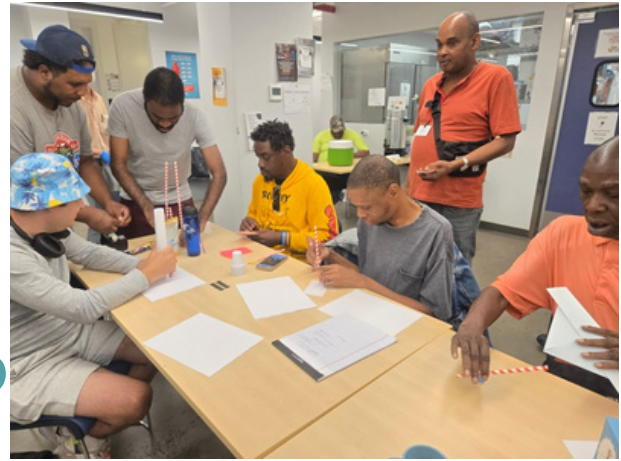
*By: Robinson L.*

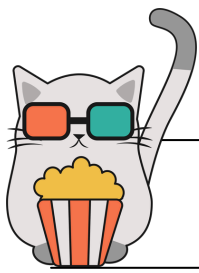


Teamwork Makes the Dream Work



team  
work





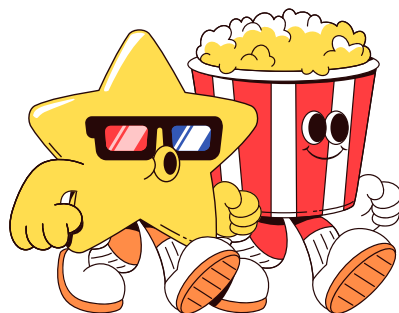
# A Movie Under The Stars



## *Freakier Friday Movie Review*

The movie Freakier Friday was good, fun, and funny. While watching the movie the feelings that came to mind were entertaining, sad, and impactful. This is because without the fun parts of the movie, as well as the captivating warmth between both of the main characters we wouldn't have had such captivating scenes that made an impact in the way I was able to perceive the movie.

However, If you compare the first movie ( Freaky Friday ) and this second one, I believe that the first one was better. I would rate this movie ( Freakier Friday ) a 3 out of 10.

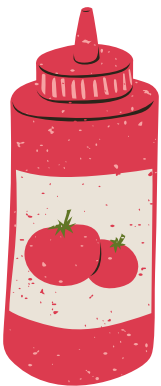


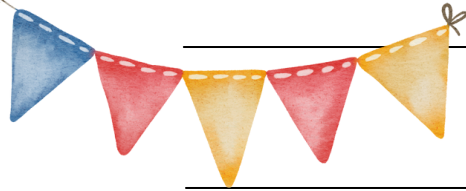
*A Review By: John C.*



# Featured Article

## BBQ & SoftBall

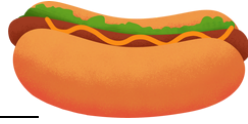




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## Featured Article

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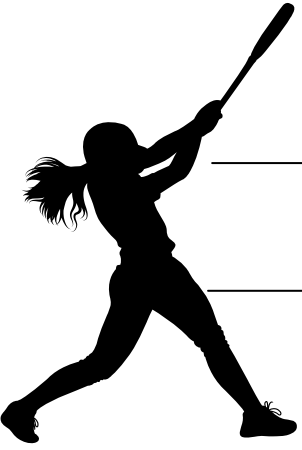


### *Labor Day weekend Barbecue at Upper Highland Park / Softball Event*

To kick off the start of the Labor Day weekend the Greater Heights Clubhouse had a spectacular barbecue at Upper Highland Park on Friday August 29th. The barbecue was really well attended and the food was delicious. Ice tea, watermelon, potato salad, pasta salad, hamburgers and hot dogs were served. Everyone enjoyed everything that was on the menu. People played Frisbee and tossed around a football during the day. Spirited music was played and everyone enjoyed each other's company. BCS kindly provided van service to and from the park.

After the cleanup, a group of us: Calvin F., Sabrina G, her daughter Sarai, Carl N., Timothy D., Ronnell L., Bill L., Barry B., Raenisha W., and Pam G. went to the Softball field and hit the ball around the park. We all had a great time and look forward to getting together and doing this again.



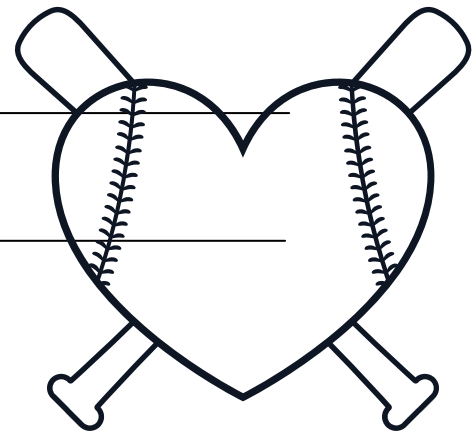


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# Featured Article

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## BBQ & SoftBall





# Featured Article

## BBQ & SoftBall



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# August Birthdays

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First Name	Last Name	Date
Anthony	S	8/8
Brianna	M	8/20
Christopher	G	8/4
Cindy	F	8/14
Cynthia	D	8/21
Damien	H	8/9
Donovan	N	8/13
Estelle	K	8/15
Gabriel	C	8/8
Gary	C	8/22
Gregory	P	8/5
Isabella	T	8/9
Jabarie	A	8/26
Janelle	S	8/6
John	C	8/25
Jonathan	G	8/3
Juan	V	8/27
Lavone	S	8/25
Michael	G	8/15
Miguel	C	8/22
Norma	M	8/20
Omar	J	8/17
Patricia	J	8/26
Paul	W	8/5
Shaun	H	8/25



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# Upcoming Month Birthdays

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First Name	Last Name	Date
Stephen	H	9/3
Gary	B	9/7
Yvette	J	9/7
Johan	L	9/9
Andre	S	9/11
Tahjee	G	9/11
Jodie kay	B	9/12
Yole	C	9/12
Jason	G	9/12
Cloe	B	9/18
Jamar	H	9/18
Claudene	H	9/18
Warren	H	9/19
Luke	B	9/19
Sydney	K	9/21
David	O	9/21
Ravon	G	9/23
Taharqa	T	9/24
Christopher	H	9/25
Doris	T	9/28
Mahkel	G	9/30





# Upcoming Events



Sand Sculpting @ Coney Island Beach - August 16<sup>th</sup> 12pm-4pm

Champs-Wellness Circle Workout Group @ Prospect Park - August 9th  
10am-1pm

Wicked Movie @ Irving Square Park - August 18th 7:45pm

Hudson Valley Club Trip - TBD

Regal Essex Crossing Movie Night - August 12th

Champs-BBQ @ PROS 1310 Rockaway Pkwy - August 23th 12pm-5pm

BBQ/Softball @ Highland Park - August 29th 2pm-7:30pm



## Ongoing Clubs/Workshops



Music Workshop - Saturdays at 11AM - 1PM

Basketball - Friday at 1:30PM - 2:30PM

Academy of Peer Services Study Group

Anger Management Group - Saturday at 1:30PM

Men's/Women's Group

Horticultural/Planting Group



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# Information Page

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## **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](mailto: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/>



### **BCS, Greater Heights Clubhouse**

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