

Greater Heights Clubhouse

Issue No.21 | September 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.

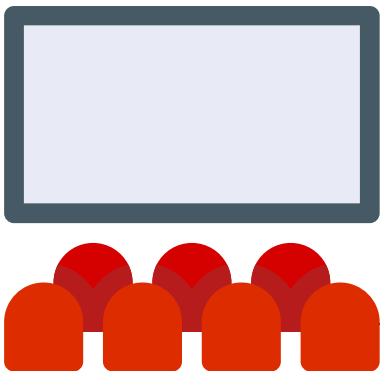


Movie Night

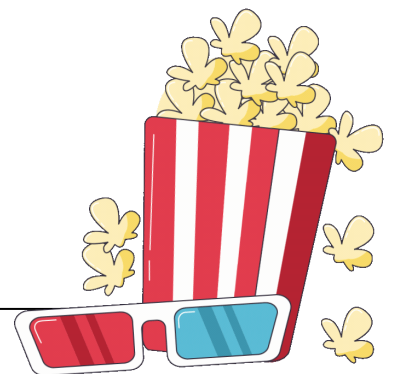


The long walk review

The long walk is a recent entry in Stephen King's list of book to big screen movie adaptations. The movie centers around a group of young men daring to prove themselves in a dystopia American yearly tradition, the long walk. Where the group are made to walk an endless journey till only one is left. Being a character driven movie it plays to its strength and gives the audience engaging characters with equally engaging dialogue. Throughout the quite literal long walk our casts of characters are put through hardships as they are made to trek hundreds of miles through America's countryside. If you like drama with a heavy amount of engaging dialogue then this is for you. Me personally, I found this film to be a deeply emotional watch and was thoroughly entertained from beginning to end. This is a 9/10. I will probably watch again.



*An Article By:
Preston J.*





Featured Article



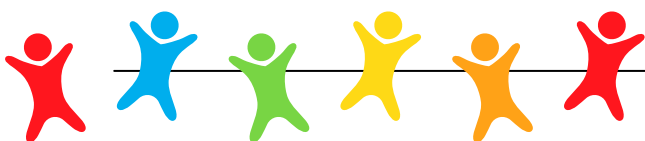
Understanding Disability Reflective Writing

It is surprising that people with disabilities aren't treated fairly. It is also surprising that everyone will encounter someone with a disability or acquire a disability at some point in life. The percentage of people with different disabilities in the U.S is overwhelming. It isn't so surprising since people need to value and take care of their lives. If help is needed it should be available and people also should acknowledge the fact that people with disabilities should be treated equally and fairly.

The 5 most important choices for a harmonious understanding of how people with disabilities should be treated would be having:

- Ethical identity, where understanding and being able to have the knowledge to is necessary
- communicate with racial factors
- Leadership, insight, advocacy
- Communication, helping people and their families
- Empathy with trust and emotional issue
- Adaptability, modify, and calibrate

The important thing to continue to uphold in the professions that assist the individuals experiencing disabilities is Communication, Ethical, and Empathy. I think all three are natural but can be learnt and improved with growth and understanding. Experience and knowledge is essential to all three.



An Article By: Thomas R.



Featured Article

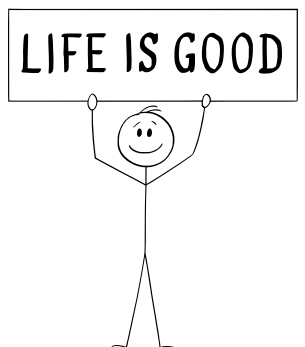
Meeting A New Member...

My name is Justin B. I am 24 years old and I am a new Member of the Greater Heights Clubhouse. On my very first day at the Clubhouse I felt welcomed here and it made me feel like I was included and wanted. The Members and Staff here, made me want to keep coming. I feel cared for here and the Staff are very engaging and involved.

It is a good thing for me to feel that I am in a safe place when I am here. I feel like I am in a place where I can express myself and have an opportunity for growth.

Some of my goals that I am hoping to achieve in the future is to land my first job and also go to college to study, business, philosophy and strengthen my overall educational profile. I also have interest in working as a Peer and would like to possibly follow that as a career path. Since I have been here I have made some good friends and feel that I have really grown.

I look forward to continuing on my Clubhouse journey and feel that being here has made me a happier person.



An Article By: Justin B.

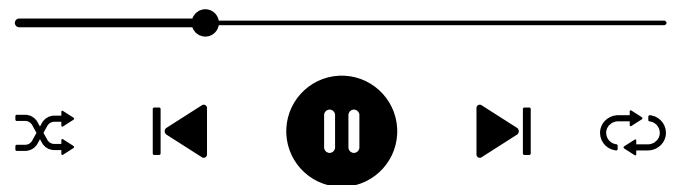


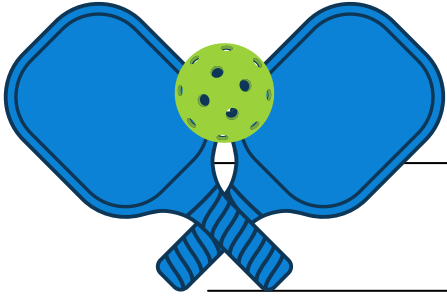
Featured Article

Meeting A New Member...



My name is Calvin H. Some of my songs have been played in Europe two years ago. I love the fact that I have fans across the world. I went to school in Long Island Strip, and had a blast. Afterwards, I have buffed, mopped floors, as well as cleaned bathrooms. I love all the experiences I've had in my life. I love being in the kitchen baking cakes. Another fact about me would be that I went to high school to study cabinet making for four years. I am a man of many trades. I am still trying to see what next thing in life can fulfill this curiosity. Thanks for getting to know me.

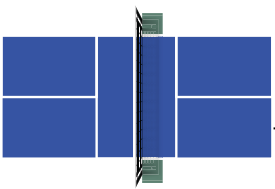




Featured Article

My Experience Playing Pickleball

I have heard of pickleball but never knew how to play it. I saw some people in the park playing tennis and I asked if I could play next in their tennis game, but they told me it wasn't tennis it was pickleball. So I asked them to show me how to play and I must admit that it was very joyful and I had a lot of fun. In my opinion its just like tennis if I may admit. I had a good time on my little vacation that I took from the Greater Heights Clubhouse.



*An Article By:
Diane W.*





Featured Article

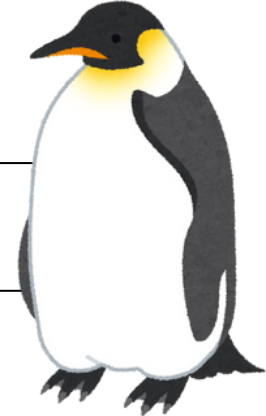


Lets Slay Them All...

This week I saw Demon Slayer: Infinity Castle by myself at the Regal movie theater in Essex Crossing in the Lower East Side. The group of 17 went to see Toy Story, The Conjuring: Last Rites, and The Long Walk. I didn't want to see any of them, so I told Carl that I wanted to see Demon Slayer: Infinity Castle instead of the 3 movies that most members choose on a Tuesday. When I went inside for the 7pm show, I was shocked by how many people wanted to see the movie of my preference. The movie had a lot of people showed up to watch it. Surprisingly, I was double shocked on how much they made in the North American market aside from the Asian market at the box office. The movie made \$70 million USD on the first day in the North American market with a budget of \$20 million USD. However, this week they raked in almost half a billion USD worldwide. I was very glad that I choose Demon Slayer: Infinity Castle because of the hype from social media and showing up in person with huge audience who happen to like Japanese Anime such as myself. As of this month, I would highly recommend other Clubhouse members to watch Demon Slayer on their spare time and hopefully they enjoy watching the movie in person.



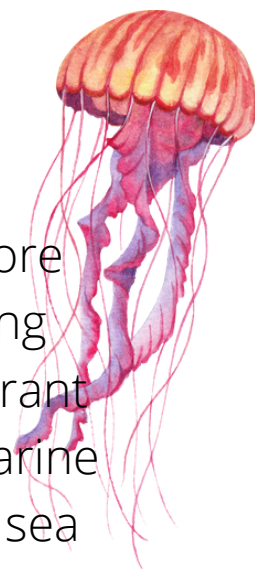
An Article By: Rush M.



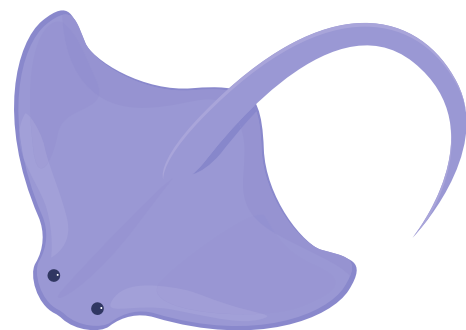
Featured Article

Our Visit to the Coney Island Aquarium

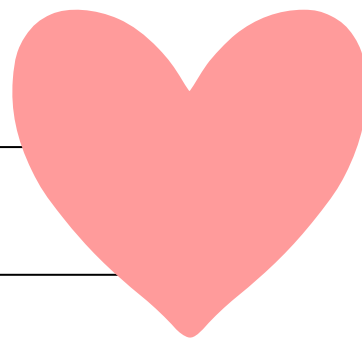
One of the most special things about the Greater Heights Clubhouse is their commitment to creating memorable experiences through group outings. Our recent trip to the Coney Island Aquarium was no exception—it was both educational and inspiring. We had the opportunity to explore the fascinating world of aquatic life, encountering a stunning array of exotic creatures that inhabit our oceans. From vibrant fish to mesmerizing jellyfish, the beauty and diversity of marine life left us in awe. A highlight of the visit was the incredible sea lion show. The sea lions dazzled us with their playful energy and impressive skills, putting on a lively performance that showcased their intelligence and charm. It was truly a spectacular display that added excitement to an already wonderful day. Thanks to the BCS Greater Heights Clubhouse, I was fortunate to be part of this enriching experience. It was a day filled with learning, laughter, and unforgettable moments.



An Article By: Thomas R.



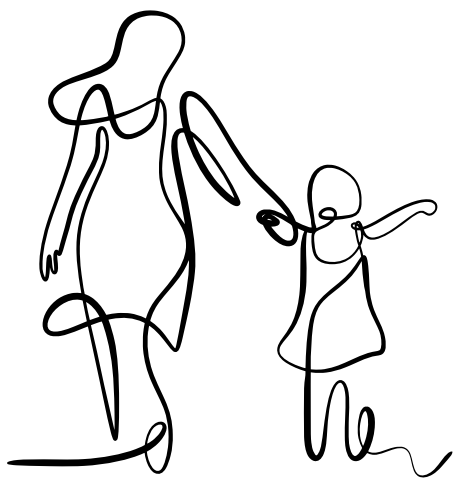
MOM



Featured Article

Looking at The Sun Through Your Eyes

When I was home I felt sad, however, when my baby girl came with me to the Clubhouse I suddenly felt happier. We went out to eat, connected with everyone, this brought tears to my eyes. They got to know my daughter whose name is Desire through this get together. We both felt this strong bond that had to end by the time the sun set, both with tears in our eyes waiting for the next time we get to see each other smile. I know tomorrow will bring another day, but if the tomorrow that has you with me forever can come quicker, that will make my heart explode with contentment. I will hold this day in my heart and keep the memories close to my soul, until the next sun rise.



An Article By: Juanita M.

love



Featured Article



September 11th, 2025 a day of Remembrance

The annual memorial of the 9/11/2001 attacks happened again this year. Twenty-four years ago the terrorist group al Qaeda hijacked four commercial passenger airplanes and carried out suicide attacks against targets in the United States. Two of the planes were flown into the World Trade Center in New York City. Within a few hours, both of the twin towers collapsed into rubble, demolishing a large section of lower Manhattan. A third plane hit the Pentagon in Arlington, Virginia, just outside Washington, D.C. The passengers and crew of the fourth plane fought back, and the plane was downed in a field near Shanksville, Pennsylvania. Almost 3,000 people were killed in the 9/11 terrorist attacks, including the 19 al Qaeda terrorists. A large number of first responders perished attempting to rescue people from the Twin Towers attack. Many more rescue-workers have experienced long-term health problems as a result of their rescue work. The shocking events of September 11th were televised globally and left much of the world reeling in horror. Every year on the Anniversary of these attacks there are memorials held. Down by where the Twin Towers once stood, there is an annual reading of the names ceremony memorializing those who perished in the attack. What struck me, this year, is how many of the name readers were family members, of people that died in the attack, who were not even born when the attacks that killed their family members actually happened. I am starting to realize that to many younger people now, this is just something that they only know about because of history lessons. However, for those, like myself, who were alive on that day it seems extremely recent, very vital and is still a real presence in our everyday existence.

On September 11th 2026 it will be a quarter of a century since that terrible day happened. A whole new generation will have been born since the tragic events of that day. Hopefully the meaning of that day, and those who died because of the attacks will continue to be remembered and honored.



An Article By: Clubhouse Staff.



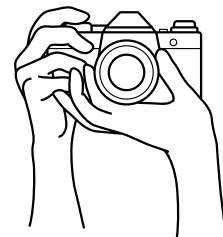
Featured Article



Greater Heights Clubhouse Member Leora M's Art Show at Brooklyn Open Spaces

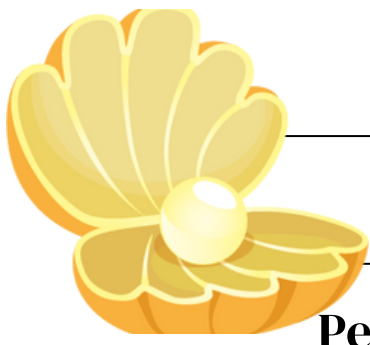
Our wonderful Member Leora Miller was a featured artist in a group art show that was displayed at Brooklyn Open Spaces on Melrose Street from September 26th through September 28th. Leora displayed four wonderful photographs that were handpicked by the show's Curator Yupin Pramotepipop. The photos, two in color and two in black and white, showed what an incredible eye Leora has and how diverse and creative her work is.

I was able to attend the opening on September 26th and it was great to see Leora's terrific work and to see her as well. Leora is a gifted painter also, but has spent her recent years focusing on her photography. Hopefully, Leora will continue to show her work because her talent is undeniable.

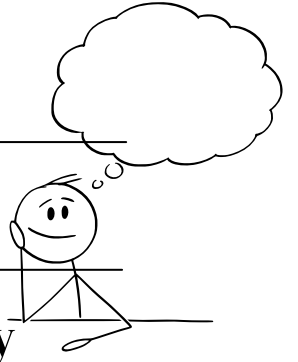


An Article By: Clubhouse Staff





Poems



Pearls

I pray for redemption because things
were looking bad
Road to recovery? I suppose I'm glad
Trembling I noticed the past few days
And maybe less sensitive to unhappy
sun rays

I made a bad mistake to take for granted
Something great, hard to understand it
But the Lord is my joy
Can't treat eternal destinations like a toy

I've been battered by the enemy
nonstop
And even though I like my underground
hip hop
Things changed, as I fell ill
And I'm not just talking about the mental
kind, I feel

Spiritual loss. More important than any
mortal
Felt kinda dead, no longer setting more
goals
Because what's the point, then that I am
braver
And I still tremble because I need the
Savior

By: Robinson L.

Testimony

My Lord is my shepherd
I was acting like a leper
Rare by design
So how could I be forgotten

The son only begotten
Blood shed it was a lot, and
I think received it
A righteous spirit breathed it

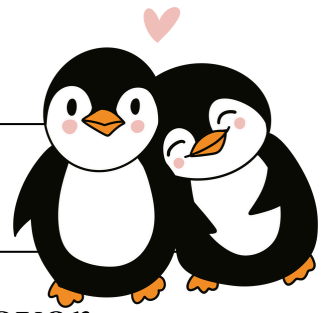
Street preacher on the trains
Novice knowledge in the brain
Great enthusiasm
At the Lord's name they received
spasms

Correction started because of my
wrongs
And even if I sing hymns and songs
Perfection in a way is
commandment
The wicked's way, I cannot stand it

By: Robinson L.



Poems



Recovery

I fell and am trying to stand on two
Peace is far between and few
How many times I've cried out I can't count
I want to take off like a horse that I can
mount

Modern day society doesn't want to hear
certain things
Maybe I've grown to neglect the king of
kings
But my faith comes first and my god is only
I'm trying to be a saint with an element
that's holy

My heart grew stony
So how could I know compassion
I had it once and the memories are
amassing
Things of the past, and
My recovery is slow barely noticeable
movement like molasses

I don't even know if my Lord avenges me
When transgressors turn me into
mincemeat
I drink, speak, clear water still
My lamp needs something of an oil fill

By: Robinson L.

Your Lover

Sometimes it's the little things that really
gonna count,
Imma show you what true love is all about,
Got a lot on your mind I can bring you
peace,
And do things special that fulfill your
needs,
Just the simple things sometimes get
overlooked,
Like thanking you, listening, and even
when u cook,
I know you do a lot so I'm here to ease
your mind,
And I notice all the things u do to look fine,
Hair done nails done everything did,
Me and you together we could really do it
big,
Do things for yourself and you deserve the
best,
As your soul mate Imma ease that stress,
Imma be your rider cause you're
appreciated,
others took advantage, you felt so
degraded,
The way I love you is like no other,
So I promise I will be your strength and
your lover

By: Leon S.



Featured Article



The San Gennaro Festival 2025

Every year, I make it a point to attend the San Gennaro Festival in Little Italy—something I've done for a long time and something I look forward to. This year, on September 13th, I kept the tradition going. Instead of riding my bike like I usually do, I took the train. I'll admit, navigating without my bike made it a bit trickier to find the festival area. But I followed the crowd and made my way to the heart of the action.

Even though I didn't feel like spending money this year on sausage and peppers or zeppoles, I still enjoyed just being there. The feast was packed—shoulder to shoulder at times—and the viewing areas filled up quickly. The atmosphere was lively with music, dancing, and special announcements throughout the evening.

The night I went, Joe Causi from CBS FM was the emcee, and there was also an AM radio station present. Their energy kept the crowd moving. That said, this year the festival felt a little smaller than in the past. Fewer blocks were decorated, and the overall setup seemed more compact than previous years. Still, the music made up for it. There was a fun mix of popular tunes and classic Italian songs that brought back memories. I stayed for about an hour to an hour and a half, soaking it all in.

And speaking of memories—one of my favorite past moments at the San Gennaro Festival was when I entered a lighthearted contest for “the hairiest back.” That's right! I entered, competed, and guess what? I won! My prize? A KTU T-shirt. It was all in good fun and one of those unexpected things that makes the festival so memorable. When I had companionship in the past, I actually attended the festival less often. But now that I go alone, it's become something that's just mine—a ritual I've created for myself. It's something I do and enjoy. Even if the festival changes year to year, the joy I get from going hasn't faded.



A Review By: Barry B.

Featured Article



The Beauty Of Crocheting

I love coming to the resource and wellness center for crochet class. I attend every Thursday in order to work on my project. These projects consist of creating hearts, granny squares, headbands, hats, flowers, scarfs & etc.

I am currently working on making a pink sweater. It's my second piece of clothing. I'm so excited about finishing it soon.



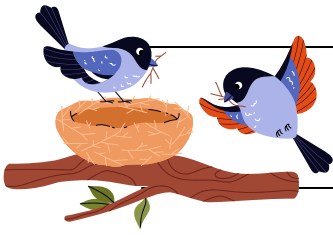
My crochet instructor, Ms. Lorna is amazing. She's so patient in dealing with me during our group sessions. Whenever I am learning something new in crochet, she takes her time to explain steps slowly & patiently so that I can understand.

I am so proud of the dedication I currently have to this while working hard on various projects. I was able to do this for the past three years at the center. When I first started to crochet I struggled with gripping on to the needle, it was so frustrating that I wanted to quit classes. As a result, I became proficient at crocheting faster with my hands. Crocheting has helped me put my mind at ease and reduce my anxiety.



An Article By: Shreese B.





Featured Article



Signs of Fall Bird Walk at Shirley Chisholm State Park

On September 27, 2025 GHCH Members and Staff visited Shirley Chisholm State Park for a fall bird walk. Shirley Chisholm State Park is a migratory bird hotspot and a crucial stopover along the Atlantic Flyway for both spring and fall migrations. It attracts notable species including shorebirds, waterfowl, raptors, and various songbirds in its grassland habitat and shorelines. We learned about why migratory birds are visiting the park and some of the seasonal changes associated with autumn. Some of the birds we observed were black headed seagulls, northern mockingbirds, double crested cormorant, salt marsh sparrow, northern harrier grassland hawk, red tail hawk, a heron, and a very cute flock of sandpipers! We enjoyed a beautiful fall day with Members and nature!



An Article By: Clubhouse Staff

Featured Article

Clubhouse International Visit

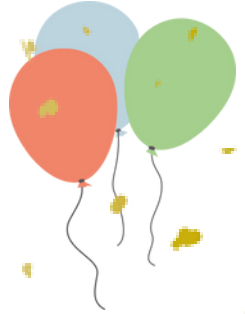
Lee Kellogg, Program Officer at Clubhouse International (CI) visited the Greater Heights Clubhouse on September 16th. During his visit, Lee shared the work of Clubhouse International, which was established in 1994 to serve as a global resource for the international Clubhouse community. Today that community includes 380 Clubhouses in 23 countries and 250 Clubhouses in 36 states. CI is responsible for Clubhouse accreditation and employs 115 faculty including Clubhouse members. It oversees 12 training centers which coordinate training for new and existing Clubhouses. CI also supports 28 Coalitions including the New York Clubhouse Coalition which GHCH is a member. Lee manages the CI website which is a resource for data including a document library of best practices for Clubhouses. CI also puts together conferences for the Clubhouse community. This past year, GHCH Member Joy Daniel and staff Sabrina Garcia and Leiba Bobb-Mitchell attended the CI World Seminar in St. Pete Florida. Next year's conference will be in Washington, D.C. and we will be sure to have our Community attend. We enjoyed hosting Lee's first visit to GHCH!



An Article By: Clubhouse Staff

September Birthdays

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
Jodiekey	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



NY Aquarium Trip- September 3rd

Stargazing Evergreens Cemetery - September 5th 7pm-10pm

Regal Movie Night - September 16th

Tea Arts and Culture @ Decatur Community Garden - September 19th

Thunderbolts Screening @ Irving Square Park Sundown - September 19th

World Rhythm Festival @Amboy street Community Garden - September 20th

Shirley Chisholm Park Bird walk - September 27th 10am-12pm

Employment Dinner - September 30th



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



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:
Clubhouse@wearebcs.org.

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

980 Halsey Street
Brooklyn, New York
11207

(718) 235-5780

Clubhouse@wearebcs.org

