

PACIFIC



CURRENTS

Spring 2006

Pacific Center – Berkeley, California – 510-548-8283

New Logo for Pacific Center

For the first time in Pacific Center history, we are designing an official Center logo to be used in all of our communications and promotional materials. The logo creation is part of our broader branding, marketing, and outreach efforts to better promote the Center in the community and let more people know about our programs and services.

Through the support of the County of Alameda Public Health Department, Office of AIDS, our plans to promote the Center include designing a new logo, creating a new website, producing a new brochure, creating give-away goodies, and more effectively using email and the internet. Additionally, we will regularly produce our print newsletter three times a year in order to stay in better touch with our LGBT community center members.

Pacific Center has several volunteers working on this project including a talented graphic designer and a highly skilled web designer. Additionally, we hired a marketing professional to design our branding, communications, and outreach plans.

Executive Director, Juan Barajas shared, “I’m really excited that we’re focusing on the way we talk with our members and promote our Center. We have a team of highly talented volunteers and professionals working on this project, which will benefit our community for years to come.”

During early April (see sidebox to the right) three different logo designs will be on display at the Center and on our website at www.pacificcenter.org for feedback and voting. We encourage you to let us know your thoughts on the proposed designs and vote for your favorite one. After tabulating the results of the voting, the Board will begin the process of officially adopting a new logo at the April 19th Board meeting.

Our plans for unveiling the new logo and website include hosting a free, open house event on Saturday,

Mark Your Calendars! Open House this June

Join Board and Staff on Saturday, June 17th from 2 – 5 p.m. for fun, drinks, and food at Pacific Center! Get all caught up on Pacific Center happenings and celebrate LGBT Pride Month with your favorite LGBT Center! You won’t want to miss this.

Donate Today and Double Your Money!

Through a generous gift of \$10,000 by two long-time supporters, we are able to double your gift to the Pacific Center this spring. Please donate today on our website at www.pacificcenter.org or by sending a check to: Pacific Center for Human Growth, 2712 Telegraph Avenue, Berkeley, CA 94705.

Vote on a Logo for Pacific Center When and How to Vote

The new logo is nearly ready for unveiling and *we want your feedback!* Please share your thoughts on our different options and vote via our website at www.pacificcenter.org or in person at the Center starting Monday, April 3rd. Voting finishes Friday, April 14th so be sure to let us know.

June 17th from 2 – 5 p.m. The event will be a celebration of the Center and a chance for you to enjoy our community during LGBT pride month.

For more information, please contact the Executive Director, Juan Barajas, at (510) 548-8283 ext. 213 or email him at juan@pacificcenter.org.

Supporters: The Pacific Center receives support from individual donations and the City of Berkeley, County of Alameda, State of California, Evelyn & Walter Haas Jr. Fund, and the San Francisco Foundation.

From Board President Katharine Gale

Many of us know about the Pacific Center because it was here for us when we had a specific need. Some of us come to the Center on a regular basis, while others of us only pass through from time to time. But few of us know about all of the things that actually go on at the Center. So, I'd like to share with you some of the remarkable things that happened at the Pacific Center just this past month.



Katharine Gale

On a Wednesday afternoon, one of our mental health interns took a call from a man threatening to hurt himself. After nearly an hour on the phone, our intern successfully got him to safety.

On a Friday evening, eight youth between 14 and 18 years old came to the Pacific Center for the first time as part of our youth outreach efforts and found a welcoming space and a program for them.

On a Wednesday night, 15 married and formerly married men met in a peer group to give and get support. That same evening, 15 bisexual women also met at the Center and found friendship, support, and caring.

On a Tuesday morning, our Clinic Director was called to a local school where a young person had just come out and needed help. She worked with the young person, other students, and staff to make the process a little bit easier.

On a Saturday afternoon, our Executive Director met with LGBT leaders from Lambda Legal, GLAAD, Gay Men's Health Crisis, Los Angeles Gay & Lesbian Community Center, and 26 other LGBT organizations from around the country to talk about the equality movement of our LGBT community.

On a Monday evening, one of our mental health interns helped a newly HIV-diagnosed man cope with the news and prepare to tell his partner.

On a Thursday night, 12 women met at the *Lesbians of Color* peer support group and created a safe space for support, connecting, and socializing. At the same time, nearly 40 guys met through a joint meeting of *Express 20's* and the San Francisco social group, *Out & About*.

All of these activities and many others find a home at the Pacific Center. There is no other organization that offers the same range of support and service to our community. I am proud of the meaningful, challenging, and sometimes life-saving work that the Pacific Center does. We do it because you care enough to support us. I know the East Bay is a better place to live because the Center is here. Thank you!

—Katharine Gale,
Board President

The Pacific Center for Human Growth

Serving the Community since 1973

510-548-8283

fax 510-548-2938

info@pacificcenter.org

www.pacificcenter.org

Board of Directors

Katharine Gale, President
Scott Vachon, Vice President
Amy Wooldridge, Secretary
Brian Johnson, Treasurer
John Boyce, Member
Alexandra Howells, Member

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Judith Weatherly, MFT,
Clinic Director
Bridgette Bissonnette,
Youth Program Director
Peter Carnini, HIV Program
Coordinator
Michael Drennan, Administrative
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Pacific Currents Staff

Juan Barajas, Editor
Bert Hendriksen, Layout Editor
The Pacific Center for
Human Growth
is a member of the National
Association of LGBT Community
Centers and the Gay/ Lesbian
Therapist Association
(GAYLESTA).

Pacific Currents

is a publication of the
Pacific Center for Human Growth

Spring 2006

About Our Mailing List

The Pacific Center does not lend, sell or give away its mailing list to any outside organization. However, the Pacific Center does allow organizations that are sponsored and operate under the Pacific Center umbrella to mail announcements to the Pacific Center mailing list. If you do not want to receive mailings from PC sponsored organizations please let us know. "Attention: Mailing List."

From the Executive Director

Every day, Pacific Center volunteers and staff work hard to create an East Bay LGBT community that is vibrant, healthy and strong. Whether we are saving lives in our mental health clinic, helping a young person who has just come out, challenging anti-gay bullying in our schools through speakers' panels, or connecting LGBT people to one another through our peer support groups, Pacific Center is making the community a better place. As a lifeline and critical link for so many LGBT people, the need for our Pacific Center is crystal clear and our possibilities are limitless.

As we move into the future, Pacific Center must be able to adapt to the changing ways we live our lives, communicate with one another, and see ourselves as LGBT people. With the influence of newer technologies like the internet, the cultural impact of multiple lesbian and gay characters on television, the advent of new LGBT equality laws, living and identifying as a LGBT person in 2006 looks a lot different than it did even just five years ago. Along with these new developments, we continue to see significant challenges with yearly cutbacks in government funding and increasing competition for foundation and individual donor dollars by other non-profit organizations.

In order to adapt to our changing world, Pacific Center must develop fresh, new approaches to meeting our community's needs and advancing our equality while staying true to our mission and history. We must adopt new social enterprising methods, which will help the Center be more self-sustaining and flex our economic power as a LGBT community. As I look towards a Pacific Center ten years into the future, I envision a place where you not only receive the same high quality services in mental health, youth support, and peer support groups, but also a place where you spend and invest your LGBT dollars in our LGBT community. Pacific Center of 2016 might offer you affordable medical and dental care, a café for socializing and eating, a small market for your household needs, child care, housing for our aging population, and opportunities for arts and cultural activities. I envision a Pacific Center as a hub, which brings together LGBT and straight-ally businesses, social services, government, and community groups in order to better meet the needs of our LGBT citizens and advance our efforts for equality.

Of course, this future can only be achieved if our present day is solid and prepared for growth. We must ensure that our Pacific Center is able to deliver the best services possible with adequate resources to do it. And, we can only do it with your help. Everyone interested in creating a vibrant, healthy, and strong LGBT community in the East Bay is invited to join me and the rest of our dedicated team of volunteers, donors, and staff to create an exciting reality of this imagined possibility.

Sincerely,

Juan Barajas
Executive Director

2005-06 Mental Health Interns & Supervisors Clinic Interns

Revi Airborne
Christopher Arrillaga
Howard Curtis
Nicole Donahue
Janet Elliott
Meg Hodges
Lilia Leshan
Scott Moresi
Sharon Perlman
Genette Reddin
Rainbow Schwartz
Shin Yi Tsai

Clinic Supervisors

Carol Ann Allen, LMFT
Steven Baum, PsyD
Mary Bradford, PhD
Clara Daniels, PhD
Laura Goldberger, LMFT
Claudia Hartley, LMFT
Rob Hopcke, LMFT
Denni Liebowitz, LCSW
Rhea Loudon, LMFT
Sybil Meyer, LMFT
Charlotte Parker, LMFT
Lisa Ruben, LMFT
Sheila Ryan, LMFT
Janelle Salah, LMFT
Jef Inslee, LMFT
Nina Rodrigues, LMFT

Tiny BART tickets make a difference

Thanks to those people who dropped off or mailed in their BART tickets with low values left on them, Pacific Center was able to receive over \$60 to help out with our costs!

So please remember that when you have leftover tickets, you can drop them off at the box in the reading room, or mail them in to us at the address below. Every donation can help keep your Pacific Center open and available to you.

Send your tickets to:
BART tickets Volunteer
c/o Pacific Center
2712 Telegraph Avenue
Berkeley, CA 94705

Youth Program

—by *Bridgette Bissonnette*,
Youth Program Director

Last week, four *Youth Advocates* and I walked into an East Oakland school to speak with thirty students and their teachers about being lesbian, gay, bisexual, transgender, queer, or intersexed (LGBTQI). To help educate the broader community about the lives and experiences of proud LGBTQI youth, our trained *Youth Advocates* tell their coming out stories and share personal anecdotes.

The first speaker starts by sharing that she's been working with the Pacific Center's *LOUD Youth Program* on and off for about four years. She's straightforward in her manner and speech. She ends by saying to the class very simply and unapologetically, "I am who I am."

The second speaker talks about how he has had a fairly easy time being himself in his gay identity, and knows that's not the case for many youth. He speaks candidly and with the passion that has fueled his personal dedication to LGBTQI youth equality for the past five years.

The third Youth Advocate starts with a bold confidence, which doesn't reveal the fact that this is only her third time speaking on a Pacific Center panel. She talks about growing up in Oakland and how coming out was not an option until she left home. She talks about how she always knew she was a lesbian, but couldn't admit it to herself or her family out of fear, and how much pain that had caused her. She says her culture nor her religion typically accept LGBTQI people, but now that she's out she knows she's healthier and happier than when she had to hide.

The final Youth Advocate steps up. This youth is the most seasoned speaker and tells her story seamlessly, with well crafted pauses, jokes and difficult memories. She always starts with, "I came out to myself when I was fifteen." She talks about the agony of coming out to a parent, the contrasting support she's found at the Pacific Center's *LOUD Youth Program*, and the need to support other LGBTQI youth by doing panels like this one.

The Youth Advocates then take on many of the audience's questions after the applause dies down. "How can someone be both LGBTQ and religious?" "Is being LGBTQ a choice?" "Why do some people call themselves Queer?" "How do you know?" It's in the question and answer period that each Youth Advoc-

'Youth Program' continued on page 7

Mental Health Clinic Update

—*Judith Weatherly*,
Clinic Director

The Mental Health Clinic at the Pacific Center continues to be a vital part of the Center and the services provided are vital to our community. Whether it's an LGBTQ individual needing support or a couple facing issues in their relationship, the intern staff in the Clinic are here to address the mental health needs of our community by providing individual, couple, group, or family therapy.

Being in the Bay Area, with such a large and visible LGBTQ community, we sometimes forget how frequently members of our community feel alone and isolated. Sometimes, just having someone to talk to can make such a difference in how we reach out to others or in the choices we make. It's very clear that having the Clinic here to address the needs of our community is such an important community resource.

Clients from all over the East Bay express appreciation for having a Mental Health Clinic specific to the needs of the LGBTQ community. The goal of the Pacific Center is to provide a safe and caring environment for all members of our community—a place where there is safety for and in our unique identities. The Clinic supports that goal. We offer mental health services that allow community members to explore whatever issues are important to them and with therapists who respect them and understand the effects of homophobia/heterosexism on their physical and emotional well-being.

Whether it's looking at issues with relationships, exploring ways to better manage feelings of depression or anxiety, or breaking through the isolation brought on by homophobia, HIV, or perhaps just being new to the area, the support from therapists and/or others in therapy groups can make such a difference in one's life. It is with that knowledge that the staff, interns, and the volunteer therapists providing supervision make their commitment to the Clinic. Our goal is to provide quality, accessible mental health services to our community while providing excellent training to therapists who will be serving our community for years to come.

Counseling Request Line: (510) 548-8283
extension 250

Volunteers Needed

Have you ever wanted something to be improved or put in place here at the Center?

Well, the best way to remedy this is to pitch in and make it happen by volunteering. If you are unsure where you could fit in, here's a list of places where we know we need help.

- Front desk (various days/hours)
- Gardening (various days/hours)
- Fundraising (various possible projects)
- Event Planner
- Building Maintenance
- Painters
- Printer
- Accountant (to provide financial oversight)
- Public Relations
- Attorney

Contact us at (510) 548-8283 to find out how to help!

PACIFIC CENTER GROUPS

The Attic Youth Drop-In Space

Mon., Tues., Thurs., Fri. – 4 - 6 p.m.; Wed. – 4 - 7 p.m.

MONDAY

- 8 – 9:30 Gay Men's Group
- 7 – 8:45 Men's Spirituality Work Group-Refuge of the Heart

TUESDAY

- 7:00 – 9:00 (2nd only) Equality California – Alameda County Chapter meeting

WEDNESDAY

- 8:00 – 10 Bi Women's Group
- 8:00 – 10 Married/Once Married Gay/Bi Men's Rap

THURSDAY

- 1:30 – 3:30 (2nd & 4th) Senior Men's Afternoon co-sponsored with the Lavender Seniors
- 8:00 – 10 Express 20's
- 7 – 8:30 Lesbians of Color (LOC) Support

FRIDAY

- 5:00 – 7:00 Queer Youth Group
- 8 – 9:30 Transgender Support

SATURDAY

- 8 – 9:00 Lesbian/Gay/Bi Alcoholics Anonymous

SUNDAY

- 7 – 8:30 Gay/Lesbian Narcotics Anonymous
- 7 – 8:30 United Genders of the Universe
- 7:30 – 8:30 G/L/B/T AA Step Study Meeting

\$5-10 sliding scale requested for peer groups. No one is turned away for lack of funds. The Pacific Center is a clean and sober, non-smoking, scent-free space.

Queer Talk:

Do you feel too close or too distant?

Do you find yourself repeating relationships again and again?

Do you find yourself wanting clearer expectations from those around you?

If so, Pacific Center is offering a group that may be a good place for you to explore and share those concerns.

Mondays 6:30 – 8:00 p.m.

Starting March 20, 2006

Pacific Center, 2712 Telegraph Avenue, Berkeley

Fees are sliding scale of \$10-\$45 per session.

Call (510) 548-8283 ext. 528 or ext. 515

Genette Reddin, MFT Trainee, and Howard Curtis, MFT Intern are supervised by LMFT Nina Rodrigues, MFT38288.

Pacific Center's New(er) Back Patio

Thanks to *Toby* and *Sheila Schwartzburg* of Oakland for their generous donation of the two picnic tables for our outdoor deck. The Center has long had the space for people to use, but always lacked the proper furniture for people to lunch or to congregate comfortably, until now.

When the days get longer, please bring your newspaper or your lunch to our back porch and enjoy the sunshine and our new seating.

New Board Members



**Alexandra Howells, LCSW,
Licensed Clinical Social Worker/
Psychotherapist**

Ms. Howells received her Master's degree in Social Work, youth emphasis from Boston University with concentration in advanced group work, and clinical practice. She has worked with adults, youth and families in outpatient, residential, and clinic settings providing group work, therapy, and case management. She has over 10 years of clinical experience and training. Currently, Ms. Howells is the Director of Adolescent Services at New Leaf Treatment Center. She has spent the past year working on integrating a Craving, Identification and Management treatment model with youth development theory and practice. She is also in private practice in Oakland, CA. Ms. Howells joined the Pacific Center Board of Directors in March 2006.

John Boyce Biography

John Boyce joined the Pacific Center Board of Directors in March 2006. John is currently a substitute teacher in the South Bay and was formerly employed in the high tech field. Since 2000, John has volunteered at Pacific Center with our front desk and as a peer group facilitator. He is eagerly looking forward to contributing to the positive leadership of our awarding winning LGBT community center.



Berkeley City Council Member Kriss Worthington (at right) attended the Town Hall Meeting and shared a photo-op moment with our Executive Director.



Clinic Director Judith Wheatley (at right) with a Town Hall attendee.



Development Consultant, Byron Johnson (left), and volunteer Ralph Thomas at the November 2005 Town Hall Meeting.



The Pacific Center is pleased to offer tickets to the San Francisco Opera on Wednesday 31 May, 2006 at 6:30 p.m. to see the dress rehearsal of *Joan of Arc* by Peter Ilyich Tchaikovsky. Among the planet's greatest composers, Tchaikovsky's music is familiar to many.

Have you heard the 1812 Overture, one of his Symphonies, The Nutcracker, or perhaps Swan Lake? The Metropolitan Community Foundation of San Francisco is arranging this event, and the Pacific Center is joining as a co-sponsor. Balcony seats are \$40.00 each, and the proceeds will be shared equally by the Center and the Foundation.

Donations above and beyond the ticket price will go entirely to the Center, and of course these would be greatly appreciated. Names and addresses of those who attend will be retained by the Opera for their own promotions. For tickets and information call

**MCF at (415) 863-4434
or visit
www.mcfsf.org**

Please specify that your are from the Pacific Center. For background on *Joan of Arc*, visit

**www.sfopera.com/
opera.asp?o=230**

Thank you for your support!

HIV Services at Pacific Center

The Pacific Center's HIV Program offers a number of helpful services for positive gay, bisexual and queer men who reside in both Alameda and Contra Costa counties. Individual psychotherapy, as well as the *Positive* psychotherapy group are offered on a weekly basis. Fees are based on a sliding scale, and Medical is accepted in most cases. *Positive Direction Workshops* are a collaboration between the PC and EBAC (East Bay AIDS Center). These workshops are free, and provide useful information on a variety of topics to those affected by HIV. Interns in the PC Mental Health Program also conduct free short-term counseling for EBAC patients at that facility. The *Mr. Sex Clinical Outreach* program at the Steamworks, which began in the September of 2003, continues to take place on Friday evenings. This program which is a joint effort between the Pacific Center, Steamworks, and The City of Berkeley Health Department, offers patrons of the bathhouse with opportunity to speak with a psychotherapist on a variety of issues including HIV/STD risk reduction, substance abuse, depression, anxiety, relationships, and of course, sex.

The dedicated staff at the Pacific Center are looking forward to exciting changes within the HIV Program that will take place throughout 2006. These changes will include a new name for the program that will more accurately reflect the times, a new Pacific Center website, and exciting social events that well help positive men in the East Bay to connect and support one another. To find out more about Pacific Center HIV services and events, check out the new San Francisco/Bay Area HIV Events Calendar on Yahoo at, SFBAHIV, or email peter@pacificcenter.org.

—Peter Carmini, HIV Program Coordinator

New LGBTQQ Youth Group

Join other LGBTQQ youth ages 23 and under every Friday evening from 5 – 7 p.m. for conversation, snacks, and fun. Bring a friend!

Contact Bridgette, our Youth Director, for more information.

(510) 548-8283 ext. 514 or Bridgette@pacificcenter.org

Youth Program

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cate can measure the deep impact of their brave stories and create an opportunity for understanding and support for the LGBTQI community.

Since 2003, the *Speaker's Bureau* has been youth led and run through the *LOUD Program* at the Pacific Center. Youth Advocates successfully reach out to schools and community based organizations to combat the homophobia and transphobia that plagues our communities. Last year alone, the Youth Advocates reached over 1000 people in the Bay Area. We are proud and honored to work with these strong and confident LGBTQI Youth Advocates at the Pacific Center.

Business Partners:

The Pacific Center is proud to receive support from the following local businesses.

Kroll Realty www.east-bay-homes.com

Steamworks – Berkeley www.steamworksonline.com

Starbucks www.starbucks.com

United Way Planned Giving

You can use the **code 3473** for your United Way payroll donations to **The Pacific Center**. If your employer participates in payroll deduction donations to the United Way, you may designate that your personal donations go to The Pacific Center. Your donation will help ensure that the Center is able to continue offering support, information and services to your community.

Your support is crucial to enable the *Pacific Center* to continue its role as a vital resource to our community. Please take a moment and send your donation today.

- | | |
|--|--|
| <input type="checkbox"/> Friend of the Pacific Center (up to \$99) | <input type="checkbox"/> Benefactor (\$500 – \$999) |
| <input type="checkbox"/> Contributor (\$100 – \$249) | <input type="checkbox"/> President's Circle (\$1000 and above) |
| <input type="checkbox"/> Associate (\$250 – \$499) | <input type="checkbox"/> Board Circle (\$2500 and above) |

Credit Card donations accepted at: www.pacificcenter.org

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Please make checks payable to
The **Pacific Center** and mail to:
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Berkeley, CA 94705

Thank you for your generosity!

This newsletter is available as a download for Adobe Acrobat Reader at our Website: www.pacificcenter.org

THE PACIFIC CENTER FOR HUMAN GROWTH

2712 Telegraph Avenue
Berkeley, CA 94705

PLEASE SHARE WITH A FRIEND!