

WE DON'T LOOK A DAY OVER 38...

Happy Birthday to Us!

Thirty-eight years ago, there was *nothing* like the Pacific Center. There simply was no agency *anywhere* in the East Bay dedicated to providing affordable mental health services and support groups for LGBTQ people and their families.

In 1973, everything changed.

A group of visionaries - community leaders, activists, and people just like you and me - created an organization in response to an urgent need.

Today, our challenge is to sustain their vision into the future.

Thirty-eight years of service is a major milestone. To honor this achievement, another step is now being taken to ensure the long term sustainability of Pacific Center.

I am writing today to personally ask you to join me, along with our board and other stakeholders, as we launch the

Pacific Center Sustainers' Circle

I've decided to support this effort with an easy automatic monthly gift of \$50 a month - less than the monthly tab for my daily coffee (and the occasional scone!) on the way to work. I

know firsthand that this seemingly small gift will make a real difference in someone's life.

Annually, my gift will pay for 6 months of therapy for someone who would not otherwise seek the help they need. My gift, small as it is, will make a real difference in someone's life.

Nonprofits, like Pacific Center rely on all kinds of funding and support from individuals, foundations and government sources.

The bottom line is that Pacific Center belongs to us and it's success is in our hands.

No one will do it for us.

Very often, financial challenges are rooted more in cash flow challenges than in overall funding shortages. The rent has to be paid every month even though the government check might only come in every three months.

Donating monthly, rather than once or twice a year really helps Pacific Center beyond the sum total of your gift.

As a donor, I also want to honor loved ones who never stopped working to make life better for all people facing isolation and prejudice. The memory of their activism and determination inspires me to continue supporting Pacific Center and sustain the community they fought so hard to build.

Perhaps, years ago, you found the courage to simply be "you" because of a peer group you attended. Perhaps, years ago, you walked through these doors when all seemed lost and you were alone - and found a home. Experiences just like yours continue to happen literally every day.

As a donor, I know that I will always be able to *trust* Pacific Center to be fiscally responsible with my gift and make sure that the money goes directly to mental health and support services for all members of our community. Pacific Center is dedicated to helping people no matter what their income or insurance situation, with a minimum of overhead. Today, that's more important than ever.

In addition, I'd like you to join me as one of the "faces" of the organization by allowing Pacific Center to use your name on our roster of *Founding Sustainers*. Your public declaration of support will encourage others to join us in making sure that low-income people who are struggling with the transitions of life in the face of homophobia and bullying will face one less hurdle in their struggle - *for as long they need our help.*

Yours in community spirit,



Leslie Ewing
Executive Director

GROUPS AND MEETINGS

MONDAYS

5:30 - 7pm Board Meeting
Last Mondays Only
All Welcome
7 - 9:00 Butch/Stud Group

TUESDAYS

4 - 6pm Youth Group
7:30 - 9:30 Mz Express 20's
Young Women-1st /3rd Tues
8 - 10 Middle Men (30s-50s)
7:30-9:30 Wicked
Transcendent Folk-2nd & 4th

WEDNESDAYS

6 - 7:30pm FTM Group
7:30 - 9:30 Bi Women
1st & 3rd Wed only
8 - 10 Married/Once Married Men

THURSDAYS

1:30 - 3:30 Aging Queer Women
1st/3rd Thursdays
1:30 - 3:30 Senior Men
2nd/4th Thursdays
4 - 6 Youth Group
7 - 9 Lesbians of Color
8 - 10 Express 20's
Group for men in their 20's and 30's

FRIDAYS

4 - 6pm Youth Film Night
6:15 - 7:30 TS discussion
1st Fridays only
8 - 9:30 Transgender Support Group

Peer groups are drop-in

\$5 - 20 donation per mtg

Pacific Center is a clean and sober, scent-free space

WHAT'S NEW AT PACIFIC CENTER



*Our Clinical Training Director
Louise Monsour, LMFT*



Our current 2010-11 interns: Front Row, left to right: Liz Cleves, Ryan Halquist, Macy Minor, Chav Doherty, Frank Buckley, Dorothy Kaufmann 2nd Row L-R: Stephanie Kuehn, Heidi Nakamura, Leah Ottersbach, Felcia Ortiz, Alan Camardo. 3rd Row L-R: Soll Hutchings, Elena Fabbri, Jesse Whittle-Utter. Also pictured at top: Aaron Testard, Clinical Programs Manager

Therapy at Pacific Center

Our competence in providing LGBTQ sensitive mental health services and training is our key strength as an organization and the primary reason we have thrived for 38 years.

Currently, 15 interns are providing therapy services for low-income and uninsured people who might otherwise have to go without help. Each intern is supported and supervised by a fully licensed provider who *volunteers* their time. Interns receive weekly didactic training from licensed therapists who also volunteer their time. Because of them, we expect to help over 450 people by the end of the year.

We are in the planning stages of an exciting new training program for licensed mental health providers who want to learn more about LGBTQ mental health issues and culturally competent practices. **If you'd like to learn more, contact Louise Monsour: lmonsour@pacificcenter.org**

Our mission:

Pacific Center for Human Growth's mission is to foster and enhance the well-being and self respect of LGBTQ youth, seniors and adults through the delivery of LGBTQ competent mental health services, and to increase access to LGBTQ competent mental health services through the cultivation of a strong community of LGBTQ proficient mental health providers.

Can you give 3 hours a week to Pacific Center?

All kinds of people volunteer at Pacific Center

Especially, people just like YOU!

To learn more about how you can volunteer at our front desk, or with our youth group, please contact Leo Brown:

lbrown@pacificcenter.org

www.pacificcenter.org



Our volunteer coordinator, Leo Brown

MEET OUR NEW BOARD MEMBERS!

Brandon Gan and Winston Win recently joined the board of directors at the Pacific Center. **Welcome Brandon and Winston!**

Brandon graduated from UC Berkeley with a BS in Chemical Engineering, and he's currently a certified Engineer-In-Training in California. Brandon has volunteered with various LGBT organizations such as the San Francisco LGBT

Center, GLAAD and the Human Rights Campaign.



Brandon Gan

He is also the organizer of the *SF Single Gays Meetup Group*.

Winston has a long history with the *Pacific Center's* peer groups— he was a facilitator of Express 20s from 2005 to 2010, and is a current facilitator and co-founder of Middle Men.

In his other life, Winston is a licensed Architect specializing in multi-family affordable housing and projects for non-profit community organizations.



Winston Win

Our board meets on the 4th Monday of every month at 5:30 PM here at *Pacific Center*.

Join Us!

OUR NEW COMMUNITY SPACE IS NOW AVAILABLE FOR WORKSHOPS AND MEETINGS
If you need a place to meet, contact Leo Brown: lbrown@pacificcenter.org

NEW FACILITATED THERAPY GROUP STARTING...

**FOR QUEER-IDENTIFIED PEOPLE
WITH PHYSICAL DISABILITIES**

MONDAYS, 6 TO 7:30 PM

PER SESSION FEE ; \$10-45 SLIDING SCALE

**CALL 510.548.8283 EXT 520
OR EMAIL: RHALQUIST@PACIFICCENTER.ORG**



**FRIDAY FILMS FOR
YOUTH13-21
EVERY FRIDAY @ 4 PM
JOIN US AND MEET NEW
FRIENDS**

For a complete listing of youth events and programs at
Pacific Center, go to our website, or contact
Mark Wilson: mwilson@pacificcenter.org

FREE HIV TESTING!

**The City of Berkeley
Public Health Division**
in collaboration with **Pacific Center**

Free and **Confidential** Rapid HIV testing

Pacific Center, 2712 Telegraph Ave.

6:00PM-8:00PM on the following
Tuesday evenings:

**April 26, 2011
May 24, 2011
June 28, 2011**

Come to the Pacific Center's parking lot
and look for the mobile testing van

Free condoms available



For more information call the Pacific Center
at 510-548-8283



SAVE THE DATE!

MAY 13, 2011

***"Addressing the Behavioral Health
needs of the LGBTQI2S Community"***

Keynote Speaker

Greg Louganis

Olympic Champion – Community Leader

Alameda County Behavioral Health Care Services
Cultural Responsiveness Committee

ACBHCS PRIDE COALITION

Friday, May 13, 2011

8:30 AM (registration) – 4:30PM

First Unitarian Church

685 -14th St. Oakland, CA 94612



Co-sponsored by these and many other
Community Based Organizations

Thank you to these
organizations and businesses
that have recently supported
Pacific Center





2712 Telegraph Ave. Berkeley, CA 94705



Pacific Center Staff

Executive Director: Leslie Ewing
Clinical Training Director: Louise Monsour LMFT
Clinical Programs Mgr: Aaron Testard LMFT
Operations Mgr: eddie gesso
Youth Program Mgr: D. Mark Wilson PhD
Admin Asst/Volunteers: Leo Brown

THESE ARE THE VOLUNTEERS WHO CARRY ON OUR TRADITION OF SERVICE

2010 Board of Directors

President: Antonio Salas
Vice President: Shannon Brueckner MFT
Secretary: Phil Evans MFT
Treasurer: James Hodgkin Esq
Members at Large: Dennis Darrow, Brendon Gan, Winston Win

**Our board meets at 5:30 PM
on the last Monday of every month**

Current 2010-11 Clinical Interns

Frank Buckley, Alan Camardo, Elizabeth Cleves, Chav Doherty, Elena Fabbri, Ryan Halquist, Solomon Hutchings, Dorothy Kaufmann, Stephanie Kuehn, Macy Minor, Heidi Nakamura, Felicia Ortiz, Leah Ottersbach, Jesse Whittle-Utter

Clinical Volunteer Supervisors

Tera Beber PhD, David Brodzinsky PhD, Jan Carlson, LMFT, Marla Cass LMFT, Ann Coyle LMFT, David Dao LMFT, Franca DePaoli LMFT, Shawn Giamattei PhD, Robert Holum LMFT, Judith Izzo LCSW, Audrey Martin LMFT, Chaya Rivka Mayerson PhD, Marla McFadin LMFT, Michael Nold LMFT, Diana Shapiro LMFT, Deena Solwren LCSW, Gail Splaver LMFT, Maria Sutter LMFT, Merle Yost LMFT

Clinical Volunteer Trainers

Naomi Azriel LMFT, Astraea Bella MSW, Lisa Bertizoff LMFT, Christy Calame LMFT, Reba Connell LCSW, Franca DePaoli LMFT, Robert Hopcke LMFT, Kim Hraca MFT, Claire Jeanette LMFT, Marla McFadden LMFT

Frontdesk Volunteer Staff

Raymond Brickhouse, Bob Compton, Robert Deady, Steve DiCuicci, Rina Herring, Janell Jayes, Bridget King, LaTricia King, Allen Lazaroff, Katie Lind, Rolfe Selig, Peter Small, Ixta Vasquez, Henry Van Der Voort, Sarah Wendorf; and our Pre-Practicum volunteers Darlene Townes and Glenda Ramos

To:

Our Families Matter...



If you are interested in therapy for your family, call our counseling request line, 510.548.8283 ext 250 and leave a message that you would like to be seen on *Saturdays for Family Therapy*. We will return your call and connect you with a therapist who can best accommodate your needs! We look forward to providing your family with non-judgmental, caring support.