



Gay, Lesbian, Bisexual, Transgender: Your quality of life matters.

401 Branard Street | 2nd Floor | Houston, Texas 77006-5015 | 713.529.0037 | Fax 713.526.4367

AUGUST 2008 NEWSLETTER

Counseling & Treatment

- [LIFE Counseling](#)
- [HIV/AIDS Counseling](#)
- [Chemical Dependency](#)
- [Anti-Violence](#)

Other Services

- [Case Management](#)
- [Education](#)
- [Risk Reduction/Outreach](#)
- [SPRY Program](#)
- [HATCH](#)
- [Switchboard](#)
- [About Us](#)
- [GLBT Cultural Center Calendar](#)



Green Matters to MCC!

If you've been to Montrose Counseling Center recently, you probably noticed an addition to our parking lot. MCC has expanded its recycling efforts by adopting a **paper recycling bin**. Bookkeeper Becky Wickman suggested the idea both as a fundraising effort and in a desire to help MCC reach out to the community with this convenience. "I believe it is a service for me personally, our office, and the community in general," she said. She believes this is one way "MCC can bring a friendly face to the community."



The recycling bin is one of many examples of Montrose Counseling Center's green mindedness. MCC is proud to have many long-established environmentally conscious policies that help us **Reduce, Reuse, and Recycle**.

We **reduce** paper use by storing policy manuals and notes electronically and by emailing our monthly newsletter and invitations to special events. We also reduce our use of paper and other office supplies by **reusing** files, folders, paper clips, rubber bands, file brackets, etc. Whenever possible, MCC prints on both sides of paper and re-purposes one-sided sheets for incoming faxes and printing in-house documents. We don't even buy sticky notes because it works just as well to use paper clips and cut-up sheets of used paper or old business cards!

In addition to utilizing our new paper recycling bin, we encourage staff and clients to **recycle** aluminum cans by providing bins near our vending machine and in our staff break room, and we take glass bottles to a recycling center after fundraising events. We even print our letterhead on recycled paper.

Of course, papers that include client information are never reused, as confidentiality is our top priority. Being environmentally conscious is a close second, though, so



What's New?

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Did you know?

Montrose Coun-
two-room offic
Thirty years late
47,254 square fe

**Clients past an
hear your story**
has touched you
Email us at
mcc@montrose

when MCC shreds old client records, the paper is then used for recycling.

Many people have long associated green with Montrose Counseling Center thanks to our annual St. Patrick's Day celebration, "Bringin' in the Green," but the color is dear to us even outside of March. We are proud to be green year-round in order to help keep our community and planet healthy!

HATCH Reaches Out in a Rainbow of Ways

HATCH As you may already know, HATCH has been serving Houston's gay, lesbian, bisexual, transgender, and questioning (GLBTQ) youth, ages 13 - 20, since 1987 by providing a safe, affirming place for participants to meet for socialization, education, and peer support. While its weekly meetings remain a cornerstone of its success, HATCH has hatched many new programs as well. These are the ways HATCH extends its hand to GLBTQ youth.

HATCH meets **Fridays from 7 - 10 p.m.** and **Sundays from 6 - 9 p.m.** at the **GLBT Cultural Center**, on the 1st floor of MCC, at 401 Branard. Meetings include social interaction, educational programs, and small-group support. HATCH now meets **Tuesdays from 5 - 9 p.m.** too! Meetings are designed to help participants express their authentic selves by developing a voice through writing, photography, videography, etc. Tutoring services are also available. And HATCH is proud to sponsor a new **Transgender Youth Support Group Tuesdays from 6 - 7 p.m.** Topics vary, to meet the interests and needs of participants.

In-school HATCH meets on local school campuses before school, after school, or during lunch. These meetings provide a safe space for GLBTQ students and provides them with positive GLBT role models whom they can ask questions and from whom they gain support.

HATCH runs a monthly segment on the radio show, "**After Hours.**" Catch them at 1 a.m. on the **first Sunday after the first Saturday** of every month on **KPFT, 90.1 FM.**

HATCH's website, www.hatchinfo.org, provides important information and resources to GLBTQ youth, their parents, and allies. You may also watch the powerful HATCH video, "[Walk in My Shoes](#)" and visit the [Virtual HATCH House](#), which was created by ExxonMobil Community Summer Intern Adrian Quirante, Insurance Specialist Becky Holmes, CIWA, and Youth Specialists Bill Alexander and Deb Murphy. The virtual HATCH House "is the first step in a virtual on-line community that will allow any youth, anywhere, with unfiltered access to the internet to find out about HATCH," said Murphy.

Socialize with SPRY

Are you 60 years or older and considering becoming more involved in your community? SPRY Socials are a great way to start. Stop by the **GLBT Cultural Center**, on the 1st floor of MCC, at 401 Branard, during one of the following events, or visit the **SPRY Drop-In Center** every **Thursdays from 1 - 3 p.m.**



Thursday, August 14, 4 - 6 p.m., Potluck Speaker Series

Bring a food item to share and prepare to enjoy the speaker, who will give educational information specific to GLBT elder needs.

Sunday, August 24, 2 - 4 p.m., Ice Cream Social

Join us for fun conversation and homemade ice cream. Bring your sweet tooth, and perhaps your favorite topping!

Wanted: Old Board Games & Playing Cards



Why let them collect dust when they can be played in the **SPRY Drop-In Center**? Contact Ben at 713.529.0037 x350. Please be sure all pieces are intact.

Continuing Education

Montrose Counseling Center's next **Continuing Education** training will be held at 401 Branard Street on Friday, August 15, 1 - 4 p.m., covering **Sexually Transmitted Infections (STIs), Hepatitis, & Tuberculosis.** There will be information about STIs: bacterial, viral, and protozoan – common symptoms,

safer-sex practices, treatment options and general facts; information about chemical and viral hepatitis – acute and chronic; risk, prevention, symptoms, treatment methods, and vaccination. Classes are open to everyone, and Continuing Education Units (CEUs) are available for LMSWs, LBSWs, LCDCs, and LPCs. The cost for the training is \$30 if prepaid, \$40 at the door. A registration form is available [here](#). Please call MCC's Education Department at 713.529.0037 for more information.

Building Community Leaders

HATCH is a sponsor of the first meeting of the "New Leaders' Network: Meeting the future of the GLBTQ community," to be held on **Saturday, October 4 from 2 - 5 p.m.** in Room 101 of the **GLBT Cultural Center**, on the 1st floor of MCC, at 401 Branard. Organizer Pamela Paige Palmer, who is a graduate of HATCH's youth leadership development program, hopes to bring together GLBTQ youth, ages 16 - 24, to share information about how to strengthen GLBT student groups and connect with community organizations. You do not need to Rsvp or be a member of HATCH to participate, and refreshments will be provided by the Houston Rainbow Pages and the Greater Houston GLBT Chamber of Commerce.

The Secret's Out Save the Date - Tuesday, October 7, 2008

SAVE THE DATE
TUESDAY
OCTOBER 7
THE SECRET'S OUT

Come find out why Montrose Counseling Center is the BEST KEPT SECRET in Houston's Gay, Lesbian, Bisexual & Transgender communities.

6:30 p.m. Light Dinner & Presentation
Arrive a half hour early for social time.
Stay a half hour after for dessert and tours.

Montrose Counseling Center
401 Branard St. • 1st Floor
Houston, Texas 77006

Rsvp to your Table Captain or to 713.529.0037 x372 or
communitydev@montrosecounselingcenter.org

Please add "The Secret's Out" to your social calendar. The dinner is free, but we do hope to inspire you to support Montrose Counseling Center. Tours also will be available. Rsvp to communitydev@montrosecounselingcenter.org or 713.529.0037 x372. Seating is limited.

What is the GLBT Cultural Center?



The **GLBT Cultural Center** is now open! Located on the 1st floor of MCC, at 401 Branard, this multi-use space is dedicated to GLBT nonprofit and community groups. Fully-accessible by elevator and stairs, a variety of rooms are available to rent or lease, from small meeting rooms to a large conference/event hall. Our largest room is perfect for a commitment ceremony or a movie screening. The smaller spaces are ideal for board meetings or workshops. Amenities include electrical outlets, nearby public and private restrooms, kitchenette, and optional beverage service (coming soon). If you would like to **schedule a room**, check [the floor plan](#) to determine which space best meets your needs and the [calendar](#) to determine its availability. Then, simply download [this file](#) and fax the first and last page to 713.526.4367. Someone from our staff will contact you to confirm your room's reservation. Email questions that are not answered in the attachment to mcc@montrosecounselingcenter.org.

Save the Date - New Year's Eve

We are very pleased that the **SPRY Program** has been selected as a beneficiary of this year's **Houston Black Tie Dinner**, one of the premiere fundraising events for Houston's GLBT communities. This is the first time the SPRY Program has been chosen. This year's event, **BLACK TIES** and **BIG HEARTS** Charity Ball will be held on **New Year's Eve**, December 31, 2008 at Houston's new luxury Hotel ZaZa in the Museum District.



Photo Gallery



HATCH is a proud participant in Houston's annual Pride Parade. The event provides our community's youth the opportunity to publicly announce and celebrate their authentic selves. Congratulations to HATCH for their parade entry award of Pride Parade Judge's Choice, Honorable Mention 2008!



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Approval™.
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