

PACIFIC CURRENTS



FALL, 2008

SERVING THE EAST BAY LGBT COMMUNITY SINCE 1973

GETTING TO KNOW US

Almost every day, someone tells me a story about how she or he met a longtime partner at a meeting, or found the courage to come out because of the support found at Pacific Center.

My story isn't as dramatic, but I too have one. In 1986, I came to Pacific Center to what I thought was a meeting about transportation and free housing for the 1993 *March on Washington*.

Once there, I suddenly realized that the meeting really was a civil disobedience training for the big demonstration at the Supreme Court. Free housing indeed!

Too embarrassed to leave, I stayed and left three hours later as a proud member of the *Queer and Present Danger* affinity group, ready for the next arrest opportunity that might come my way! For me, that was the beginning of over 20 years of community activism in the Bay Area.

I **never** would have taken that step without Pacific Center.

And, I can personally attest that those kinds of scenarios are still happening every day at Pacific Center.

Recently, many of us shared the sad privilege of honoring the life of Del Martin at her memorial.

It truly was, in many ways, a family reunion as we gathered later at the reception to say our hellos, catch up on the latest gossip...and pay our deepest respects to Phyllis and Del's daughter, Kendra.

It was there that I was asked (over and over and over) "SO, what ARE your plans for Pacific Center?"

When I got home, I decided that I'd better get going on the "vision thing." Or else!

And, although I'm not taking the bait of declaring myself a "visionary," I have figured out a few things:

Pacific Center is committed to fighting the isolation that exists in all subsets of our community by supporting individuals throughout the course of their lives.

Pacific Center will always emphasize direct services because in addition to being the **only** low-cost LGBT mental health agency in the East Bay, we are also the **only** organization offering LGBT specific training for graduate level therapists.



Leslie Ewing, Executive Director

Each and every day here is an investment in the future wellness of our community.

Pacific Center is committed to further developing our youth and seniors' programs with the goal of creating a model for intergenerational activism and mentorship.

We are actively developing off-site opportunities for working individuals and couples to meet and support one another in a way that makes sense in today's world.

Pacific Center will always support people with HIV.

We value our peer support groups.

What are my plans? Let's just say I believe a center's mission is to "build community," an **action** that propels our civil rights movement forward by converging seemingly unconnected groups and individuals.

Pacific Center is not a community building.

We are a community, building.

So far this year,

- Over 4,000 people have called, walked through the door, attended a group or presentation led or sponsored by Pacific Center....
- 350 people accessed low-cost mental health services
- 170 HIV+ men received counseling and support
- 800 youth participated in our youth development program and speakers bureau
- 200 people attended peer support groups
- 13 graduate level intern therapists participated in our one year training program

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LOUD AND

Our youth empowerment team has been growing by leaps and bounds lately!

Under the leadership of our Youth Services Manager, Rachel Kadner and Interns Anthony Lucas and Cola Hess, the group now meets three times a week after school. Sometimes meetings are educational, providing up-to-date information about HIV prevention. Sometimes, meetings are just about sharing life



Our youth with Rachel Kadner the Youth Services Manger

together like on Fridays when it's "Movie Day" (the favorite film, so far, is Vito Russo's *Celluloid Closet*).

One thing is certain, however: Pacific Center is a safe place to find support and friends while discovering the power of working together to

PROUD! YOUTH SPEAK UP

fight homophobia and live freely, without fear.

Twice a year, the group conducts a LGBTQ Youth Speakers' Bureau Training at Pacific Center.

With financial support from the City of Berkeley, our team goes into schools and organizations to speak out and educate others to help fight homophobia, transphobia and LGBTQ violence throughout the East Bay.

The next training is
NOVEMBER 8 and 9th
11 AM-4 PM

Pacific Center
2712 Telegraph Ave.
(@ Derby), Berkeley

For more information
contact Rachel Kadner:
510.548.8283 ext514
Rachel@pacificcenter.org

Anyone, between the ages
of 15-20 is welcome to
join our youth group:
Tues, Thurs and Fri @4

**PACIFIC
CENTER**
IS THE
ONLY
ORGANIZATION
PROVIDING
AFFORDABLE
MENTAL HEALTH
SERVICES
SPECIFICALLY FOR
LGBT PEOPLE
IN THE
EAST BAY!
CALL 510.548.8283
EXT 250

CALLING ALL PACIFIC CENTER ALUMNI!!

The Pacific Center is launching a new effort to stay in touch with its intern, faculty, and supervisor alumni, and to keep you all in touch with each other.

To that end, a new *Facebook* group has been created by board member Antonio Salas. If you haven't already received an invitation to join, please email Antonio: routyjet@earthlink.net

Help us spread the word to other alumni you know. The Pacific Center also plans to launch one or two peer consultation groups (depending on interest). The currently suggested times for a group to meet at the Pacific Center are the 1st and 3rd



Our Clinic Director, Judy Weatherly

Thursdays from 11:30 to 1 and/or Fridays from 10:30 to noon.

Please contact intern alumni Shawna Sodersten: southstone7@yahoo.com to express your interest in being part of such a group, and whether or not the suggested times work for you.

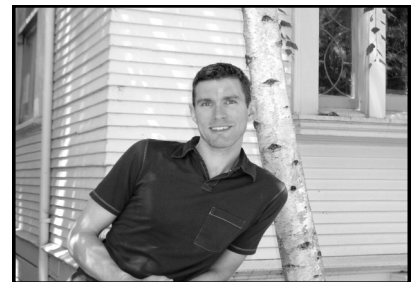
POSITIVELY POSSIBLE...

For many years, Pacific Center has provided non-judgmental mental health services for men living with HIV. Over time, as the needs of our clients have evolved, so has our program. We currently offer a facilitated group that meets weekly (sign-up required) and we also provide one-on-one therapy for clients.

On November 4th, a **new group** will be starting that will be free, but limited in the number of participants who can be enrolled.

This new group, for HIV+ gay, bisexual and queer men will be held on Tuesday evenings. There will be 10 sessions from Nov 4-Jan 20 at 7-8:15 PM.

This group, *Positively Possible*, will focus on forming new relationships. Topics include relationship patterns and how to change them, family relationships, HIV status disclosure, negotiating safer sex, and skill building for healthier relationships. The group will be facilitated by JL Zbacnik. For more information about this group please call JL at 510.548.8283, ext 537.



Our HIV Program Manager, Aaron Testard

Groups and Meetings

MONDAYS

5:30-7:00 Board of Directors Meeting @ Pacific Center
*Last Mondays Only
All Welcome*

6:30-8:00 HIV Positive Men's Therapy Group
(Sign up required)

TUESDAYS

4 - 6:00 LOUD Youth Group
(drop in - FREE)

WEDNESDAYS

8 - 10pm Bi Women's Group
(drop in peer group)

8 - 10pm Married/Once Married Gay/Bi Men's Group
(drop in peer group)

THURSDAYS

1:30-3:30 Senior Men
2nd/4th Thurs of Month
(drop in peer group)

1:30-3:30 Older Women
1st/3rd Thurs of month
(drop in peer group)

4 - 6pm LOUD Youth Group
(drop in - FREE)

7-9 pm Lesbians of Color
(drop in peer group)

8 - 10pm Express 20's Group for 20-something men
(drop in peer group)

FRIDAYS

4 - 6:00 LGBT Youth Movies
(drop in -FREE)

8 - 9:30 Transgender Support Group
(drop in peer group)

\$5-20 sliding scale for peer groups.

\$10-45 sliding scale for therapy groups.

For more information email us!
info@pacificcenter.org

HERE COME THE LESBIANS!!!

Almost every week we get a call about starting a new peer support (non-therapy) group at Pacific Center. Most of the ideas presented to us are good.

Our biggest challenge revolves around scheduling. Most of our evening time slots and meeting rooms are currently being filled with therapy appointments. Any new peer support groups are limited to daytime meetings or the **rare** open evening slot.

We do have two new groups in the planning stages. We hope to start an **Older Women's Group** very soon. If you are an "older woman" and interested in being a co-facilitator, please contact Leslie Ewing: lewing@pacificcenter.org

The **Lesbians of Color Group** is slated to meet on Thursday evenings from 7 - 9 PM within the next month. If you are interested in joining the group, please contact us and we'll let you know the exact start date.

FOURTH FRIDAYS...



New to the East Bay? Lived here all your life?

Want to meet new people or reconnect with your community?

We all know how hard it is to meet people on just a casual basis. Starting in November, Pacific Center will begin hosting a casual after-work social hour every fourth Friday of the month.

GOT TIME? GOT STUFF? GOT IDEAS?

WE NEED:

Volunteers who can transport youth to speaking engagements and events during the afternoon. You must have a valid driver's license, insurance and clean DMV record. For more info contact Rachel: rkadner@pacificcenter.org

Evening front-desk volunteers. Hold down the fort! File, flirt and do data entry! Contact Clarice: csevegney@pacificcenter.org

A Back-up hard drive for our computer system. An eight foot (sturdy) ladder. A close-to-new sofa! Contact eddie: egresso@pacificcenter.org

Do you work for Wells Fargo or AT&T? You can help us just by being you! Company foundations support organizations suggested by employees. Contact lewing@pacificcenter.org

Names and addresses (email too) of people you think should be supporting Pacific Center.

Help us grow!

PACIFIC CENTER
ALSO OFFERS
LOW-COST PROFESSIONAL THERAPY
FOR INDIVIDUALS, COUPLES AND FAMILIES

CALL US
FOR MORE INFORMATION
510.548.8283
EXT 250

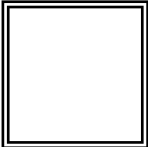
No Host, No Agenda!
Just come meet other members of our community.

5:30-7:30 pm, every Fourth Friday of each month

Le Bateau Ivre
2629 Telegraph Ave
Berkeley



2712 Telegraph Ave. Berkeley, CA 94705



Pacific Center Staff

Executive Director: Leslie Ewing
Clinic Director: Judith Weatherly
Operations & Clinical Adm: eddie gesso
HIV Services Manager: Aaron Testard
Youth Services Mgr: Rachel Kadner
Youth Interns: Anthony Lucas/Cola Hess
Volunteer Coordinator: Clarice Sevegney

2008-9 Volunteer Interns

Howard Curtis, Sara Durbin, Buddy Farrell,
Kyra Grosman, Stephan Kappler, Rose-
anne Pikul, Chris Powers, Jason Sheperd,
Suzie Sherman, Ali Sideroff, Robin
Sweeney, JL Zbacnik

2008-9 Volunteer Supervisors

Laura Goldberger, Samatha Clemens,
Sarah Caroll, Frank DiPelesi, Cindie
Moyer, James Wagner, Debra Lyman,
Ellen Case, Deena Solwren, Cindy Blackett,
Jennifer Sterling

To:

2008-2009 Budget

REVENUE

Earned Income

\$84,000 - Sliding scale fees

Individual Donations

\$86,000

Foundations/Corp Grants

\$199,481

Govt. Contracts

\$108,193

Misc Income

\$1,100

Total Income \$478,774

EXPENSES

Personnel

\$289,223-including benefits,
taxes and workers' comp

Facilities

\$66,528-including maintenance,
phones/communications

Operations

\$53,840

Programs

\$55,250

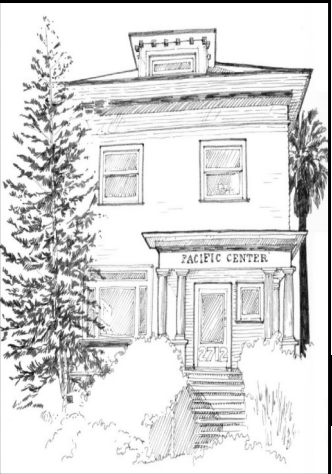
Total Expenses \$464,841

2008-9 Board of Directors

President: Robert Hopcke, MFT
Vice President: Rowena Gargalicana, Esq.
Secretary: Phil Evans, MFT
Treasurer: Shannon Brueckner, MFT
Members-at-Large: Sue Kramer
Antonio Salas
Christopher Ruetz

Interested in joining our board?

Contact: Rowena@gandgllp.com



WWW.PACIFICCENTER.ORG

Our funding is diverse and secure

The City of Berkeley and Alameda County have supported Pacific Center for over twenty years. This year, we've received funding from the Hass Jr. Foundation, San Francisco Foundation, Gaylesta, Horizons Foundation, SFAIDSWalk, Macy's Passport, Partnership Foundation, Live Oak Fund, Berkeley Fellowship of Unitarian Universalists, Newman Hall Holy Spirit Parish, van Lobels Sels Foundation, Steamworks, The White Horse and the Edith Davidson Trust. We are also grateful to our steadfast individual donors including Ralph Thomas, Scott Vachon, David Husch, Katharine Gale, Ariana Milman, Robert Hopcke, Raul Guzman, Richard Meiss, Walt Odets, Stanley Deller, Walter Gorski, Rowena Gargalicana, Wayne Bender, Karl and Barbara Brueckner, Brian Johnson and Frank Lindh, among many others. We also are especially appreciative of longtime Pacific Center volunteer, Burt Gerrits who generously supported Pacific Center in his bequest.