

VENTURE VOICE

SUMMER RECAP

NEWSLETTER

2025



VENTURE
HOUSE

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Our Mission

Venture House is dedicated to supporting the wellness and recovery of individuals living with mental health challenges. We are a diverse, inclusive community that helps members access employment, education, housing, civic engagement, and the arts. We promote hope, self-determination, fellowship and purpose.



Venture House Locations

Queens
 150-10 Hillside Avenue
 Jamaica, NY 11432
 718-658-7201

Staten Island
 1442 Castleton Avenue
 Staten Island, NY 10302
 718-658-7821

Bronx
 2477 Webster Avenue
 Bronx, NY 10458
 646-214-8164

Brooklyn
 885 Rogers Avenue
 Brooklyn, NY 11226
 929-551-2130



ON YouTube

Venture House is proud to introduce our YouTube channel: youtube.com/@VHNYC

We feature Weekly News, Podcasts, Events, Public Service Announcements, Member Features and Community Outreach.

Like. Comment. Subscribe.

Venture House New York City
 @VHNYC 164 subscribers · 176 videos
 Venture House is a non-profit organization located in Brooklyn, Bronx, Queens and Staten Island. venturehouse.org

What is Venture House? Play all

Clubhouse News-Staten Island Play all

YouTube 



Scan to Visit Our Channel



BBQ Season

By Natellie Philip

On May 26, 2025; between 11am and 4pm, we had our Memorial Day BBQ at Venture House with our great staff and our loyal members. It was an extremely sunny day with a cool breeze with no rain. Dan Victor, Fabian Perez and Octaviano Medrano led the crew as Abdullah and other members cooked good hamburgers, hot dogs, corn on the cob, macaroni salad, chips, soda, etc. Tara, Brenda, Peter, Dan, Fabian, and our two OT (Occupational Therapist), Ms. Deanna and Ms. Vinola assisted with different

dishes and served the members. Our OT students are very helpful and courteous to all of us. We sat and ate. We all talked and socialized about good and bad times. The staff and members were very supportive of each other. They had their own space where they played games and enjoyed each other's company. They played spades and UNO, and the band played

music. We had our band back together again with the superstars but everyone at Venture House is great and talented superstars. The band consists of Rashaun, Lucien, Ely, Walter, etc. Even though we all had some challenges in our lives, we continue to stick it out and continue to communicate with each other, no matter what. We all had fun and enjoyed the weather and friends and family at our Venture House Clubhouse. ■





Juneteenth

By Natellie Philip

(June 19, 2025)

Juneteenth is a celebration of the end of slavery in America. In 2021, President Joe Biden signed the law to make Juneteenth a national holiday. On June 19, 2025, we celebrated with lots of music, good company, and lots of laughs with staff and members of our Venture House Family. The staff that assisted us were Patrick aka Pat, Larry Jones,



and David (Master P) Plotka. Mark T made a speech about the national holiday and what it really stands for. Slavery in America was one of the worst experiences in world history. People of color, most likely with little to no income, were discriminated against and considered low-class. We must continue to fight for our rights and be proactive in our society to stand up for our rights. We must also advocate for each other and people that possibly can't stand up or express themselves about what is going on in their everyday lives. People's experiences are different from time to time, or from day to day. Express your feelings and emotions about it. Everybody has rights and needs to know that you are equal and capable of doing anything and everything just like the next person. You can achieve anything if you try your best.

You can accomplish your goals and dreams if you stay consistent and grounded. You must stay focused, concentrate, and never give up. Sometimes, we may need a break, but we don't stay down for too long. We keep going and moving in an upward position. At Venture House Clubhouse, we work together as a team and as a (1) family. All staff and members are equal and can visit or work in any unit. You can explore the clubhouse as freely as you should. All people are greeted with respect and courteous in our community. Also, our (OT) Occupational Therapist students from York College, Ms. Deeana and Ms. Vinola were providing support and guidance for us in a positive way. We had over 160 members that showed up for the event like John, Ida, Zakareya, Jerry, Lucien, Rashaun, Walter, Megahan, Rose, Camile, Jessica, Cynthia, Mark, Diaglo, Taz,



Jayana, Steve Ho, Kenneth, Andrew, Hasib, King Solomon, Dexton, Melenda, Latoya, Kenny, Dineck, Eddie, Alex, Nijah, Joannie, Chris, Jose, Andre, Natellie, and etc. They also enjoyed playing cards. They were all singing, dancing, and rapping with the crew. We had a blast! ■

Why I Love Venture House

By Michelle Alam

I've been coming to Venture House for about a year. I come two days a week, on Wednesdays and Thursdays. I enjoy coming because it gives me structure, and allows me to break up my week from feeling bored. Not only do I help out by doing things like reception and data entry, but also if I need help with personal things staff is wonderful. Certain staff has helped me with a family member with some issues that I was having and now they are helping me with some issues that I'm currently going through. I use the clubhouse as I'm supposed to use it by utilizing my needs as well as for passing my time by doing tasks around the clubhouse to help my mind stay focused.

I can't just come here and sit around and do nothing, otherwise I will go out of mind and I can do that at home. Which I don't do anyway. I usually do not go on trips because it is late in the day and I like to be home in the evenings. If trips were during the daytime hours then I would have considered it. On the weekends I don't come either because I need to be home with my husband. Venture House is a place that I like to call one of the happy places where I can stay structured and have a place to come to feel safe. I get a good meal for lunch at least twice a week. I let others know about Venture House and how much I enjoy going. I was recently asked if I would like to do a presentation on Venture House by one of the staff and without hesitation I agreed I enjoy doing them very much. Another reason I enjoy coming to Venture House is because I don't have to spend money that I don't have, I'm with people and I can socialize for free. So many positives about this place is great and I highly recommend it to anyone

who would like to join. I also do tours when we have potential guests who are looking to join Venture House.

At the end of the tour I have nothing but great things to say about why they should consider becoming a member.

Here is an example of how staff can be so supportive. I'm going through some issues with SSI and feeling frustrated. I reached out to my unit staff for support. She assured me that so many people go through this type of situation and I should not worry. She gave me advice about talking with another staff person to get on the list for a Legal Aid lawyer. I found out that I can inquire about how to resume getting my SSI back with the help of Legal Aid. I started getting emotional because it is frustrating. I was explaining to the staff that every time things in my life are going well something like this throws me off, and makes the anxiety feel really uncomfortable. Other staff in VH have really helped me with this situation and are working with me and supporting me. Everyone is being so helpful right now. This is a great example of how a really fantastic Clubhouse works and I'm so blessed and appreciative to be part of it.

Here is just one more example of how wonderful and supportive Venture house can be. Another staff person took the time out to spend time with me and support me with some grueling paper work from SSI. She was available and on stand by in case I had any questions. That day it took me three solid hours and when I was done I got a double high five. It was such a relief to have the support so that the pressure was not too much.

It's places like Venture House that make life just a little bit easier at times when someone really needs that extra something. ■

My Experience... So Far

By Emtiaz Alam

Venture House has been a good experience for me I be doing a lot here. I like helping out in the Cocoa Bean and also with media.

We will be going on more trips like we went to Dorney Park, which was a good time. And on Sunday we are going to see the Yankees play in the Bronx. I'm really looking forward to it.

I really enjoy being here at Venture House and gives me a great peace of mind. I like the media unit mostly because I like music. Some of the things I've done in media have been doing newsletters, talent shows, folding papers and more. The Media Unit is great!

Cocoa Bean

I like helping out with the snacks and counting out the cash and helping make the smoothies.

I collected \$64 that day for the CW Unit and I was proud of myself.

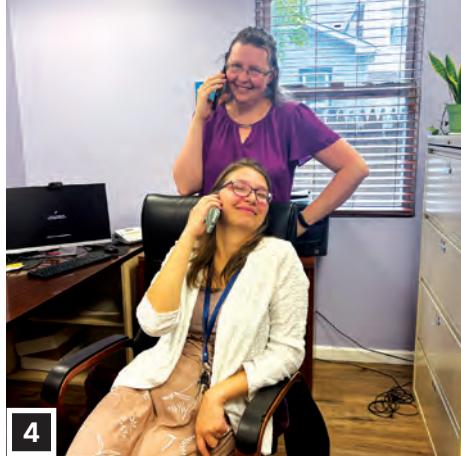
Dorney Park

Our Clubhouse went to Dorney Park on Saturday, July 26th. I went on roller coasters and on a couple of water rides. Long slide and it went upside down.

And me and my girl got lost we went the other way instead of the meeting place was by the Dibs Ice Cream. Me and my girl got back to the bus 20-30 minutes after everyone else.

We also had a voucher for lunch.

All in all, it was a fun trip, and we really enjoyed it. I hope that we can go there again. It was a really big park and we got lost going back on the bus. ■



Just Clubbing Around

1. York OT Intern Vision Boards
2. Men's Group
3. Thanks Pat! Good Luck in The Bronx
4. Twins ? (Maggie & Carissa)
5. Show Your Pride Art Project
6. Happy 37th VH Anniversary Anna
7. Delia (Host) Nothing Ventured Pod
8. Alex (Guest) Nothing Ventured Pod
9. Con-GRAD-ulations Tara!
10. Trip to FH w/ Saleem and Josue


1

4b

Community Outreach

1. National Night Out
(Rufus King Park)
2. ACL Presentation at Wave Hill
3. Summer Streets:
 - a. Tabling Tent
 - b. "Ventura" Band
 - c. Rockin' Out on Stage
 - d. Long Island City
4. Mayor Eric Adams
 - a. Hizzonor with
CEO Juliet Douglas
 - b. Welcome to the Club


2

4a
OFFICE OF MAYOR ERIC ADAMS

3a

3d

3b

3c

Camp Isabella

By Jehon Balidemaj

(June 9 - 12, 2025)

Venture House's four-day escape to Camp Isabella Freedman was nothing short of rejuvenating. The group soaked up the fresh air, scenic trails, and the simple joy of being outdoors together. From laughter around the campfire to peaceful moments by the lake, every experience was a reminder of how vital it is to unplug and reconnect—with nature and each other.

We were incredibly fortunate to share this opportunity, and it reaffirmed a powerful truth: everyone deserves a break, a breath, and a bit of adventure. As you can see from the pictures, we made the most of different activities; hiking, swimming, learning how to



make a fire, sitting around the firepit, and much much more. Members from all VH clubhouse locations got to know each other and bond while nestled in nature. We are all looking forward to our trip next year. ■



Take Us Out To The Ball Game!





Basketball Tournament

By Chaunce Hoppie

(August 24, 2025)

The 2nd annual basketball tournament took place at the Roy Wilkins Recreation Center. We ordered jerseys for the two teams, Orange and White. It was well attended by members from each of the Venture House sites. Stephen Obisanya (VHSI Media) took some amazing photos of the event.

*Our Clubhouse Director (VHQ),
David Plotka reflects...*

"Shout out to Matt for showing up and taking co-MVP (Twin Towers) honors with Daineek. Big ups to team *White* for taking it to team *Orange*. Personally, I'm 0-2 in this tournament averaging only 2 points per game. I may need to up my training regimen... or more likely consider hanging it up! Finally BIG shout out to Tiana Coleman & her family for helping to organize this (now) annual event!"



Listening to My Whole Self

By Dan Smith

Find a Break in the Pattern

For the longest time, I believed that working on myself meant thinking my way through my feelings. I could talk about my issues, analyze every tangible angle, and convince myself that if I just thought hard enough about things I'd feel better. I was only half right.

After years of marriage, raising three children, and leaving my body on autopilot to manage what I believed were my only priorities, I realized I had been living almost entirely in my head. My body was simply running in the background.

The first time anything really broke through that pattern came from a good friend's unexpected question. I was sharing an experience with them, and when I finally stopped talking and braced myself for advice, they simply asked, 'Where do you feel this story in your body?'

I honestly didn't know how to answer.

That was the moment something opened for me. The persistent tension in my shoulders, the shallow, passive breathing, the heaviness inside my chest... all of these were trying to communicate with me, and I was completely unaware.

Learning to Breathe Again

Not long after that, I was invited to join a 12-week workshop on mental wellness, specifically focused on exploring different coping mechanisms. As a class, we discussed some familiar and some entirely new approaches, often referring to

passages from *The Body Keeps the Score* by Bessel van der Kolk, MD.

I began to realize how closely the mind and body are actually connected. My emotions weren't just passing through my mind, they were lived experiences, energetic pulses moving throughout my body, and that more often than not I felt them there first.

The simplest practice I drew from those thoughtful discussions was mindful breathing. At first, it seemed insignificant, but within a short time, I noticed that changing how I breathed was affecting my general disposition.

Taking a few minutes in the morning to concentrate on something as simple as ten cycles of deep breathing, consciously filling my body from pelvic floor to collarbones, with a gentle pause between each cycle, softened the weight of the thoughts I carried.

Even a few conscious breaths throughout the day helped pull me out of autopilot and returned to a sense of independence I thought was beyond me. I know I can't control what happens around me, but with focused breathing, I realized I could at least control how I show up in my own body and mind.

Intention, Not Autopilot

Right now, I'm working on making Venture House part of this new practice, not as an instant solution to life, but as a space to continue exercising the agency that mindful breathing has helped me access.

Few good things in life happen passively, so engaging with things, even if just to improve my attention on how I breathe, has helped me in situations I once thought I had failed.

When I choose to engage with intention, helping in the kitchen, joining in on a project, or simply sharing a conversation with a fellow member, I can feel the difference. Focused breathing is teaching me that I have more control than I previously thought, and that this control is not impossible to access.

Movement and connection with others reinforces the same lesson: acting with intention helps me feel more present in my own life.

A Work in Progress

I won't pretend I've mastered any of this. Some days flow; others don't. But I've learned that a few mindful moments to check in with my body, a slow inhale, a gentle pause, a soft exhale, can shift the tone of my day.

It's said that struggle is inevitable, but suffering is a choice. Every time I return to my breath and to my body, I feel I've taken another step toward living more fully.

On the days I remember to practice focused breathing, to pause, and to meet life with renewed awareness, a quiet truth settles in: even in uncertainty, I still have the ability to respond with presence rather than panic, to offer myself acceptance instead of resistance.

I'm no longer reaching for some idea of a perfect life. **What I want instead is a life I'm awake to, where my mind and body are in quiet conversation, moving together rather than apart.**

Some days it's only a few intentional breaths, or a small act of movement, that remind me. But in those moments, I can feel the possibility of living with more awareness, and that feels like the beginning of something new. ■

Breathing Room

How I'm Learning to Use My Breath to Be More Present.
By Dan Smith

When I joined Venture House a few years ago, I wasn't especially aware of my breathing. I mean, why would I be? Breathing is something everyone does without thinking. But as I got more involved here, helping on projects, sharing meals with fellow members, joining conversations and participating in thoughtful discussion, I realized something: sometimes I felt physically present while my mind was miles away.

Maybe you know this feeling too. You're sitting in the dining room or focusing on a task, but your thoughts are racing about something you said last week, or worrying about something that might happen next month. That's when I stumbled into mindful breathing, not as some big 'spiritual' thing, but as a small, everyday skill to help me come back to the moment I'm in.

Why Breathing Works

Breathing is one of the few things we can do both automatically and on purpose. That makes it a kind of 'remote control' for the nervous system.

When we're stressed or distracted, our breathing often gets shallow and quick. This sends a signal to our body to stay in fight-or-flight mode: heart racing, muscles tense, mind on high alert. But when we breathe slowly and deeply, we activate the parasympathetic nervous system, sometimes called 'rest-and-digest' mode. This slows the heart rate, relaxes muscles, and helps the thinking part of the brain focus on what's right in front of us.

Most breathing exercises will include pauses between your inhale and exhale, and here's why: When you briefly pause after inhaling, you give your lungs more time to transfer oxygen into your blood. At the same time, carbon dioxide levels rise slightly, which signals blood vessels to widen. Wider blood vessels mean better circulation, which means more oxygen gets to your brain and muscles. That's part of why, after a few rounds of breathing with gentle pauses, you will also feel more awake, alert, and clear-headed.

Research has found that regular slow, intentional breathing can strengthen brain areas that manage emotions and decision-making. So it's not just about calming down, it's about showing up in the moment with more of yourself present.

Three Simple Breathing Exercises

I. Box Breathing

- Inhale through your nose for 4 seconds.
- Hold/suspend for 4 seconds.
- Exhale through your mouth for 4 seconds.
- Hold again for 4 seconds. Repeat for 3 - 5 rounds. Think of it like pressing the mental 'reset' button.

II. 4 - 7 -- 8 Breathing

- Inhale for 4 seconds.
- Hold for 7 seconds.
- Exhale slowly for 8 seconds. Repeat 3 - 4 cycles. The long exhale tells your body it's time to relax.

III. The 'Let Go' Breath

- Inhale slowly through your nose.
- As you exhale, think 'let go.'
- Imagine your thoughts floating away

on the breath. Even a single minute can help you return to the moment.

Try This Now

Set a timer for one minute. Sit comfortably. Close your eyes if you like.

- Breathe in for 4 seconds.
- Hold for 4 seconds.
- Breathe out for 4 seconds.
- Hold for 4 seconds. That's one round. Keep going until the minute is up. Notice: Do you feel any different? Even small shifts count.

Breathing Together as a Community

One thing I've noticed is that mindful breathing feels even better when done alongside others. Whether it's before starting a group project or while we're sitting in the garden, it can shift the whole atmosphere, you'll feel less rushed, more grounded.

At Venture House, we do so much that matters for our community: we prepare meals, we keep the building running, we plan activities, we welcome new members. **It's easy to get caught up in the next task. But taking a few mindful breaths is a way to honor the moment we're in, the people we're with, and the work we're doing right now.**

Being here with everyone has taught me that presence isn't just about showing up, it's about showing up with our full attention. Mindful breathing is helping me do that. And the best part? We already have everything you need to start. ■



New Staff Profile: Ariana Yoo

Ariana: Firstly, thank you for including me, I am happy to be a part of the newsletter!

- **How did you discover Venture House? What attracted you to apply to work here?**

Ariana: I actually came across Venture House through the job listing. After reading the job description, I was curious and looked more into Venture House and the Clubhouse model in general. I thought that it would be a position that I could excel in and decided to apply.

- **When did you start? What unit are you in?**

Ariana: I started on August 4th in the E & E unit.

- **What did you do before coming to VH?**

Ariana: Before joining VH, I worked at NYU School of Global Public Health as a Graduate Research Associate. I specifically was spearheading a paper that focused on the intersection of democracy and mental health.

- **What interests you about working in Mental Health?**

Ariana: I am very passionate about mental health and health equity, my personal experiences growing up showed me how broken, unfair, and unreliable our healthcare system here is and I want to be a part of the solution. I want more people to have access to reliable and effective care. Here at VH working in a setting that is specifically tailored to helping individuals with mental health challenges was the direct community focused work that I wanted to be a part of, supporting people directly, while championing for better equity and access.

- **What interests you about working in Mental Health?**

Ariana: I have really enjoyed all of the interactions and conversations that I have been able to have with members thus far. I feel like in just a few weeks I have been able to build the foundation for some great relationships and I am very grateful for all of the members and the staff for being so welcoming and inclusive to me, I am excited to be a part of the VH community and I look forward to what my future holds here at Venture House. ■

Interviews

By Brenda Wilson

Melissa Guy
Program Manager:
Queens Young Adult
Supportive Housing
(July 31, 2025)

Brenda: How did you find out about Venture House?

Melissa: Online - Indeed for Jobs

Brenda: What do you like about Venture House?

Melissa: Everything about the community involvement, and togetherness.

Brenda: What do you like about the staff and members?

Melissa: Everybody works side by side to get things done. There's no distinction between them.

She engages with members and make them comfortable.

She is a hard worker and helps out where ever its needed.



Michelle Alam
Venture House Receptionist
(July 31, 2025)

Brenda: How did you find out about Venture House?

Michelle: Word of Mouth

Brenda: What do you like about Venture House?

Michelle: Staff and Members are nice. They make me feel at home.

Brenda: Do you have family members at Venture House?

Michelle: My son Emtiaz Alam. He is also a member here.

She is pleasant to members and staff. Hard worker at the Reception Desk.



Been There Done That-Group Ages from 55 and Up

by Brenda Wilson

The Group was formed, so staff and members could have conversation together about growing older. Some topics for example are as follows:

What you feel about been older, health, traveling - bus/subway, planes, maintaining your apartment, houses, living conditions, finances, healthy Cooking, Relating to Person's younger than we are. Music Reading, Arts.

Meetings are every other Thursday from 3pm to 4pm. ■

New Member Profile: Justin Depeiza

- *How did you find out about Venture Houwse and what your impressions are so far?*

Justin: I found out about VH through my doctor and my impressions is that it is a cool and safe place. I like the media room that's my favorite spot because of the quiet environment.

- *Can you share a bit about your cultural and familial background, and do you feel this has influenced your perspective on mental health and seeking support?*

Justin: My cultural background is my mom is from Trinidad and my father is from Barbados, so I have a lot of Caribbean background. I'm from New York, but went to school in Barbados, and came back after graduating high school. My family has a lot of issues, but I know I am not the only one. That's why its good to talk about these things to people that's close to you or a professional.

- *Are there any challenges you've faced that have had a significant impact on your well-being?*

Justin: Yes, there are a lot of past traumas but I'm working thorough it talking to people close to me and my therapist to work out all my issues.

- *If you could have a superpower for a day, what would it be and how would you use it?*



Justin: If I had a superpower, it would be my favorite superhero Spiderman and I would use my powers like him to save the city and people in harm or I would have the power to cure illnesses.

- *If you could have a conversation with your younger self, what advice about mental health would you give? Is there a specific moment or insight that you wish you could share to make your younger self's journey easier?*

Justin: If I could talk to my younger self it would probably be when I was a teenager because that's when I think I started to go downhill and started using marijuana and alcohol also partying to cope with my problems and it has been a rough ride but now I'm clean and sober also talking to the right people so I don't go down that dark path again. ■

Rivers of Life

A Poem by Eric Byron

Take bittersweetness from the tongue
 to know a thirsty soul in a veil of precipitation
 leaving touches in the hot noon
 between the rocks of the past and the flux of his future
 His philosophy, a straying man without walking stick
 A work of art springing to life between those stones
 where moss has settled on mud

a canvas for the paint, a swallow for the faint,
 and in the night when those unseen stir in this desert
 seeking prey
 he may think of a new way; some unknowable blue
 in which the sun becomes his mind
 and its breath is its flesh impressed on dew
 that seeps into the land an oiled light
 and pulses in meaning as stars in flight
 (over rivers of life) ■



*988 - 24/7

By Peter C.

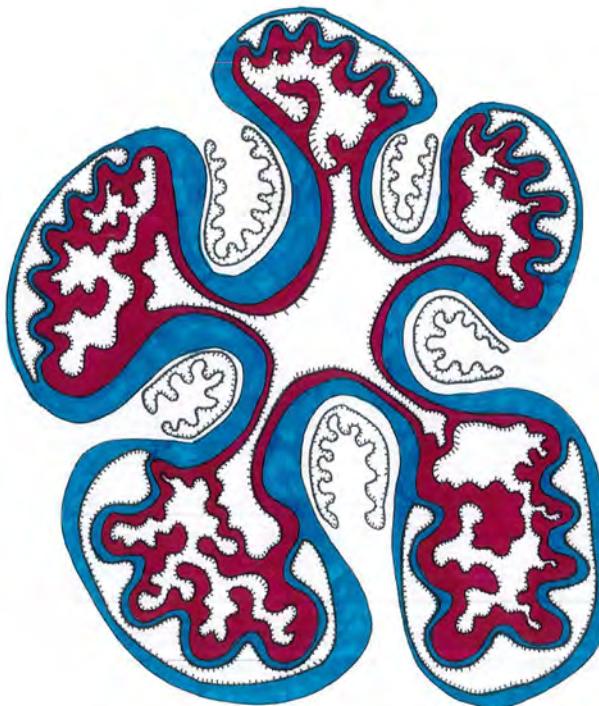
In the hours where you are alone.
 Venture House is closed. You
 don't know where to turn. It
 might be too late to call somebody,
 or maybe you feel they wouldn't
 understand!!! That is where 988 is
 the perfect number to remember.

If you call, the counselor will talk
 to you and help you. Believe you
 me, it's like someone threw you a
 life preserve.

Now they have peer staff you can
 talk to. People like us that might
 have experienced the same thing
 we are struggling with. Maybe
 they could just be there for us and
 listen. It works! ■

"Briarwood and Jamaica"

(Left) By Laurent Jacquinot. This image shows a bit of Briarwood and Jamaica, Queens, as seen from a spot on Parsons Boulevard. I've changed some things, however. Also, I used mixed media on canvas board to make it, and it's not yet finished.



D. Newstein

“LSD - 1” art by member D. Newstein



D. Newstein

“LSD - 2” art by member D. Newstein



Screenshots of AI generated illustrations from “Spirituality” video by Daniel C.

Words & Actions

by Eric Byron

More than anything, this is a memo to myself. My hope is that you'll find it useful as well. I've been thinking of words and actions. One supports the other. I don't feel like a hypocrite reckoning with himself. I mean, when I give my word, nine times out of ten I follow through. That's not the issue. What I've been thinking about though is the raw functions of words and actions. We need to be careful. Spoken words affect people and events with as much force as actions do. And our actions themselves are sometimes remarkably hasty, preceding words. On other occasions they may even be informed by words we never speak. Both "actions" can drive circumstances in any direction. Invariably, they conjure unique thoughts and behavior from other people. For better or worse. So, words should be used wisely. And actions require coaching by functional knowledge and understanding. So that we can pursue the most effective course of behavior. If the timing is improper though we should avoid any speech or activity that could only complicate matters. If we know that for some reason we are not capable of a thing, we should not use any language that suggests we are. For example, it would not be cool for me to chew a stranger's ear off about how loyal a friend I could be, then to ignore his calls or abandon the commitments I've made.

One hand washes the other. Both are clean when words are clear, measurable, and conform to focused intentions. Rounding that off, our actions in the final analysis must strike the targets we intend to strike as well. These precautions will leave no haze about our respective honesty and abilities.

Most human action does not occur in a vacuum. More often than not, somebody either benefits or is victimized by another's words or actions. Also, we share in the experiences of others through sympathy and imagination. So, while bad taste and haste can have a domino effect, foresight in speech and behavior draws forth rewards, opportunities, and optimism. All the more

reason for close attention to what we say and do.

Back to those thoughts we might keep to ourselves. Here's one problem with that. Secret ideas and sentiments can lead to actions that may justifiably fall under scrutiny. Especially if we're passionate. Sometimes we won't act on private ideas for years. Then one day, everything boils over. Naturally, we erupt in some fashion harmful to us or someone else. We might have been right in thinking our secrets were unsuitable for most audiences. So, we kept them in. But they might have best been employed as honest words committed to a close and honest friend or relative. Somebody who could listen, advise, and indirectly raise the proper behavior from us. In that respect opening our mouths when necessary can save us from ourselves.



From this observation we can glimpse two conversation cultures. One of these is a dialogue we carry on with those closest to us. The other we employ in interactions with the world beyond our comfort zone. It has to be that a man or woman with an ear bent toward understanding reaches their goals and desires through honesty in both domains. What do you think?

Having difficulty finding words for troubling thoughts? Do you feel like life is out of balance? Uncertain of which actions would be the best next steps? You have the option of speaking to someone at the Mental Health Hotline by calling 866-903-3787 anytime. Or if you are really on the edge you can call 988. Anytime. ■

Read more from Eric:
mentalhealthmint.com

Employment & Education

My Experience Working at 'Turn the Page'

By Tara Arnold
(August 20, 2025)

I would like to share with you all about my experience at the Turn the Page bookstore. This job was recommended by many members at Venture House who have worked there in the past and they told me how this would be a great first job for me. I was very nervous about working because I thought that I would not be able to work at a job. Staff and members at Venture House kept encouraging me to try it out to see how working is like, so after a lot of thinking I decided to give it a try.

I started this TE (Transitional Employment) position on May 20, 2025. I was very nervous at first because I had never worked before and I did not know what to expect. The staff at the bookstore were very nice and very patient with me. They helped me to get settled in on how to run the store, I had many different tasks to do while I was there, the tasks that I did were

- Cashier and counting the money at the end of my shift
- Organize the books in order by last name and putting them on the shelf.
- Cleaning shelves, bathrooms, sweeping the floor and tidying the counter.
- Welcoming people into the store and helping them find the books they were looking for.

I even made suggestions if we didn't have that book they were looking for. Let me explain the Wish List. If we don't have the book that the customer wanted, we put on a slip of paper the

customer's name, email and phone number with the name of the book and author. Then we would wait for the book to be donated. If the book comes, we would contact them. If the book did not come in after a couple weeks, we would call and suggest a similar book by the same author that we did have in stock.

While I was working there, I started to feel better about myself, and I was enjoying my time there at the bookstore and I also made a lot of new friends there too. It was also nice getting a paycheck too. The customers there were also very nice, most of them come every day just to see new books there or just to stop in and say hello to us.

I'm glad that I decided to try out the job at Turn the Page. I had a great time working there, while I am sad it had to end, it was great experience for me. Everyone at the book store was very nice and helpful and they gave me 10 books as a thank you gift. **I was very happy that I got a chance to do something that I never thought I would be able to do.** ■

Communication, Intake & Data

Membership to the Next Level

By Kelsey Lurie

We have had 32 new members join this summer! If you see a new face, please say hi. Welcome to the Clubhouse:

Abdul B., Al I., Albert C., Alex J., Andre R., Arien D., Bob F., Ceyfone J., Derrick S., Frederick N., Hamjua H., Jasmine J., Jerry R., Jonel F., Julien V., Khari J., Kiara K., Lucy T., Marbel M., Matthew A., Maya W., Nicholas D., Racquel F., Razia R., Shane M., Shelly H., Simone T., Steven G., Steven M., Taffanny E., Tereza R., Timothy B., Traci S., Tremayne K., Zaharyah B.

and Zenani K. !

Tour Guides! We are looking for people interested in being tour guides for prospective members. You may shadow a tour on weekdays at 11am and 2pm. Please see CID if you're interested. ■

Housing & Maintenance

New Housing Program

Information

By Melissa Guy

Venture House assists individuals who are living with mental illness gain access to affordable housing through our Scattered Site Supportive Housing Program. As of May 2025 Venture House launched its Queens Young Adult Supportive Housing program, taking pride in helping our members maintain stability in the community.

This program, run by Program Manager Melissa Guy, and Vocational Specialist/Case Manager Sean Sawyer, is geared towards youth ages 18-25 years old (living) with mental illness, willing to live in the borough of Queens. It focuses on the challenges that this group faces with housing insecurities, while living in NYC, adopted from the successful and flourishing Brooklyn Young Adult Supportive Housing model. The services are centered around individual needs to build self-confidence and skills essential for independent living.

The program increases independent living skills by offering a wide range of support, and continuing support to ensure housing stability. Conducting scheduled apartment visits, assisting tenants in goal setting, financial management, connection to educational services, resources for employment, social activities, and other community resources. ■

SEPTEMBER

Upcoming Activities & Events

Holidays

- 9/1 (Mon) -Labor Day BBQ

Meetings & Support

- 9/3 (Wed, 4pm) - Tenant Support Group
- 9/25 (Thur, 12:30 pm) - Chinese Speakers Gathering
- 9/19 (Fri, 11 am) - Education Brunch
- 9/24 (Wed, 5 pm) - Employment Support Dinner
- 9/26 (Fri, 11 am) - Employment Brunch

Activities

- 9/6 (Sat) - Bowling
- 9/12 (Fri, 10:30 am - 3:30pm) - VH Annual Picnic
- 9/14 (Sun) - Mets Game
- 9/20 (Sat) - Universal Circus
- 9/27 (Sat) - Circle Line Boat Trip

Wellness Programs

- 9/4, 9/11, (Thurs, 3pm) - Been There Done That
- 9/3 to 9/24 (Weds, 4:30pm) - Women's Group
- 9/4, to 9/25 (Thurs, 4:30pm) - Men's Groups

WELLNESS TOPIC OF THE MONTH : WRAP
 CLUB ED TOPICS :
 (09/11) CONFERENCE RECAP- E&E
 (09/25) RESPECTING BOUNDARIES- E&E
 09/01 LABOR DAY
 09/11 PATRIOT DAY
 09/17 CONSTITUTION DAY
 9/22 AUTUMNAL EQUINOX
 9/22-9/24 ROSH HASHANAH

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
Opening 9/1-9/5 HAM 9/8- 9/12 Admin 9/15- 9/19 CID 9/22- 9/26 CW/MEDIA 9/29 - 10/03 E&E	BBQ 1 JEHON JESUS MAGGIE Happy Labor Day WEST INDIAN PARADE DAVID	ORIENTATION 2 9AM-1PM 10:30AM COCOA BEAN TRAINING 11:00AM PLACEMENT MANAGERS MEETING ARIANA & DAN	3 10:30AM COMPUTER CLASS 2:30PM SOCIAL COMMITTEE 2:45PM COOKING WORKSHOP 4:00PM EXP. THROUGH MUSIC 4:00PM TENANT SUPPORT GROUP DAN & KELSEY	4 10:30AM COCOA BEAN TRAINING 2:00PM HOUSE MEETING- HAM 3:00PM BEEN THERE DONE THAT GROUP CHAUNCE & MATT	5 1:00PM BAND JAM 2:00PM GARDENING COMMITTEE	BOWLING 6 CHAUNCE & MATT
IN HOUSE 7 KELSEY & ARIANA	ORIENTATION 8 9AM-1PM 11:30AM COCOA BEAN PLANNING 1:00PM BAND JAM	9 ORIENTATION 9AM-1PM 10:30AM COCOA BEAN TRAINING 11:00AM PLACEMENT MANAGERS MEETING 2:30PM UNITS MEETING ROE & ARIANA	10 10:30AM COMPUTER CLASS 2:30PM FUNDRAISING COMMITTEE 2:45PM COOKING WORKSHOP 4:00PM EXP. THROUGH MUSIC FABIAN & JESUS	11 10:30AM COCOA BEAN TRAINING 2:00PM CLUB ED- E&E 3:00PM BEEN THERE DONE THAT GROUP BERET & CHAUNCE	12 VH ANNUAL PICNIC 10:30AM- 3:30PM	IN HOUSE 13 JEHON & ROE
METS GAME 14 JESUS	ORIENTATION 15 9AM-1PM 1:00PM BAND JAM	16 ORIENTATION 9AM-1PM 10:30AM COCOA BEAN TRAINING 11:00AM PLACEMENT MANAGERS MEETING 2:30PM UNITS MEETING KELSEY & JEHON	17 10:30AM COMPUTER CLASS 2:30PM FUNDRAISING COMMITTEE 2:45PM COOKING WORKSHOP 4:00PM EXP. THROUGH MUSIC SHEANN & MATT	18 10:00AM MENU PLANNING 10:30AM COCOA BEAN TRAINING 10:30AM RECEPTION MEETING 2:00PM HOUSE MEETING - HAM DAVID & LARRY	19 11:00AM EDUCATION BRUNCH 1:00PM BAND JAM 2:00PM GARDENING COMMITTEE 3:45PM PHOTO FRIDAY	UNIVERSAL CIRCUS 20 ROE & SHEANN
IN HOUSE 21 BERET & OCTAVIANO	ORIENTATION 22 9AM-1PM 11:30AM COCOA BEAN PLANNING 1:00PM BAND JAM	23 ORIENTATION 9AM-1PM 10:30AM COCOA BEAN TRAINING 11:00AM PLACEMENT MANAGERS MEETING 2:30PM UNITS MEETING MAGGIE & OCTAVIANO	24 10:30AM COMPUTER CLASS 2:30PM SOCIAL COMMITTEE 2:45PM COOKING WORKSHOP 3:00PM POST ACCREDITATION MEETING 4:00PM EXP. THROUGH MUSIC 5:00PM EMPLOYMENT DINNER BERET & JESUS	25 10:00AM MENU PLANNING 10:30AM COCOA BEAN TRAINING 10:30AM RECEPTION MEETING 12:30PM CHINESE SPEAKERS GATHERING 2:00PM CLUB ED - E&E SHEANN	26 10:00AM ORIENTATION COMMITTEE 11:00AM EMPLOYMENT BRUNCH 1:00PM BAND JAM 2:00PM GARDENING COMMITTEE 3:30PM SEPTEMBER BIRTHDAY'S 3:45PM FUNKY FRIDAY	CIRCLE LINE 27 FABIAN
IN HOUSE 28 DAVID & MAGGIE	ORIENTATION 29 9AM-1PM 1:00PM BAND JAM	30 ORIENTATION 9AM-1PM 10:30AM COCOA BEAN TRAINING 11:00AM PLACEMENT MANAGERS MEETING FABIAN & OCTAVIANO				MORNING MEETING: 995 9345 2690 HOUSE MEETING: 927 8042 1930 PASSCODE: 11432