



HEALTH CENTERED



**FREE!
TAKE ONE**

THE QUARTERLY NEWSLETTER OF HOWARD BROWN HEALTH
Spring 2019

SexuWellness celebrates one year of success!

In March of 2018, SexuWellness, a program of Women's Health Services, will celebrate its one year anniversary of programming! SexuWellness is a sexual health drop-in night where lesbian, bi, queer, and straight women and transgender and gender nonconforming (TGNC) folks can come for a wide variety of sexual and reproductive health services and discussions on sexual health topics. SexuWellness is an intentional space for people to gather and learn from sexual health educators and community members.

Throughout the year, SexuWellness covered a wide variety of topics including hookup culture, sex toys, self-love and care, and healing after trauma. In addition to educational dialogue, staff are trained and trauma-informed to provide pelvic exams, chest/breast exams, mammogram referrals, pap tests including HPV screening, STI screening, birth control prescriptions, as well as IUD placements (long acting reversible contraception), and more—all on a sliding scale or with most insurance.

Upcoming Events

Howard Brown Health developed SexuWellness in response to patient feedback and the need for more affirming spaces where TGNC people and lesbian, bi, queer, and straight women can gather and access services. Programming starts after the Rogers Park location has closed to the public in order to create a sense of privacy and community among attendees.

SexuWellness takes place the fourth Friday of every month from 5 – 8 p.m. at Howard Brown Health Clark, 6500 N. Clark. We can't wait to see you there!



03/21

Howard Brown Health Annual Meeting

Macy's on State Street
111 N. State Street
6 - 8 p.m.

RSVP to events@howardbrown.org

05/04

ChiQ

South Shore Cultural Center
7059 S. South Shore Drive
7 - 11 p.m.

Tickets: howardbrown.org/chiq-2019

5/23-27

International Mr. Leather

Howard Brown Health Outreach will be back at IML again this year with safer sex kits and fun surprises! Stay tuned for more details.

For details and a complete list of upcoming events, visit
howardbrown.org/events





Howard Brown Health Announces New Manager of Policy and Advocacy

Howard Brown Health is proud to announce that Aisha Davis has been named the Manager of Policy and Advocacy for the Center for Education, Research and Advocacy (ERA). ERA's advocacy team focuses on initiatives that improve the health and lives of people within the LGBTQ community in Chicago and beyond.

As Manager of Policy and Advocacy, Aisha works to advance patient access to affirming healthcare and address social determinants of health through public policy, grassroots efforts, and community-led education initiatives.



Clinic Spotlight: Thresholds South

After opening in November 2017, Howard Brown Health at Thresholds South has become known for specializing in physical and behavioral health services. This location provides services to the community and Thresholds clients who are living with chronic/persistent mental illnesses and substance use disorders.

We teamed up with Thresholds to meet the need for quality, affordable, and affirming healthcare in the Back of the Yards neighborhood. This location is also open to non-Thresholds patients.

Make an appointment today by calling 773.388.1600 and let us help with any of your wellness needs.



Site Information

Howard Brown Health Clark

6500 N. Clark St.
Chicago, IL 60626

Howard Brown Health 55th St.

1525 E. 55th St.
Chicago, IL 60615

Howard Brown Health Counseling Center

3948 N. Sheridan Rd.
Chicago, IL 60613

Broadway Youth Center Broadway

4009 N. Broadway
Chicago, IL 60613

Howard Brown Health Halsted

3245 N. Halsted St.
Chicago, IL 60657

Howard Brown Health 63rd St.

641 W. 63rd St.
Chicago, IL 60621

Howard Brown Health at Thresholds South

734 W. 47th St.
Chicago, IL 60609

Howard Brown Health Diversey

2800 N. Sheridan Rd.
Suite 211
Chicago, IL 60657

Howard Brown Health Sheridan

4025 N. Sheridan Rd.
Chicago, IL 60613

Howard Brown Health at La Casa Norte

3257 W. North Avenue
Chicago, IL 60647

Howard Brown Health at TPAN

5537 N. Broadway
Chicago, IL 60640

For more information, visit howardbrown.org/health-centers or call us at 773.388.1600

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No pronouns? No problem!

Some people prefer to not be referred to by pronouns. This might be confusing if you aren't familiar with the concept, but it's easy once you get down the basics. Depending on the context, there are many ways to refer to someone without using any pronouns.

Here's an example: Kai doesn't have pronouns. This person feels that no pronouns really fit. So when someone refers to Kai, they might use "this individual," "the client," "my friend," "that person," or just simply "Kai." If you aren't sure how to refer to a person, it's always best to ask them directly!



Drop-in at Broadway Youth Center

Broadway Youth Center (BYC) offers a wide variety of services and support for 1,500 teens and young adults every year aged 12 to 24. BYC offers both clinic services and drop-in services for LGBTQ youth and young adults experiencing homelessness.

Clinic services are offered 4 days a week and include gender-affirming hormone therapy, PrEP, pregnancy tests, birth control options, HIV and STI screening, vaccines, and basic needs medical care. You can access clinic services on Monday, Tuesday, Thursday, and Friday, Noon – 8 p.m., with last appointments taken at 7 p.m.

The drop-in space at BYC is where you can hang out with your friends, dance and listen to music, make a phone call, pick up supplies, and get something to eat. Some of our drop-in services include free laundry services, showers and hygiene products, clothing vouchers, leadership programming led by other young people, and physical and data storage services. Drop-in hours are on Monday, Tuesday, Thursday, Friday from 9 a.m. to 5 p.m.

If you're between the ages of 13 and 19, check out BYC's Teen Day, every Saturday from 12 to 5 p.m. You can relax, recharge, make friends, and connect to community. While there you can also meet privately to talk to with someone about anything that's on your mind.

All BYC services are provided to anyone, regardless of ability to pay. To learn more about BYC clinic services, drop-in, or Teen Day, contact 773.935.3151 or visit us today at 4009 N. Broadway.

Things are getting juicy at ChiQ

Howard Brown Health invites the LGBTQ community and allies to support services for lesbians, bisexual women, and transgender and gender nonconforming people with an evening of dancing, entertainment, full open bar, light bites, and community.

Join us as we continue the tradition of the Lesbian Community Care Project by hosting this night of celebration at the South Shore Cultural Center. All proceeds will go towards eliminating disparities in healthcare experienced by lesbian, bisexual, and transgender people through research, education and the provision of services that promote health and wellness.

Get your tickets at howardbrown.org/chiq-2019/





Donor Spotlight

June is Pride Month and you will see the multitude of ways in which people support Chicago's LGBTQ community all over the city.

Businesses support Howard Brown with Pride promotions – last year as well as this year, Howard Brown will receive the proceeds from Cards Against Humanity's Pride Pack. We also will work with retailers, restaurants, and businesses citywide to raise money to support healthcare for LGBTQ Chicagoans. From corner lemonade stands to *Fortune 500* companies, there is a way for everyone to support their favorite LGBTQ organization during Pride Month!

Last year, our partners ranged from Second City, which donated proceeds from their show "Let Me Be Perfectly Queer," to Delicious Design League, which created a custom poster to benefit Broadway Youth Center. We are very thankful for the kind support from all our donors.

Pride month is one of the most exciting months of the year, and this year will be no exception. In addition to multiple celebratory events and partnerships, Howard Brown will be marching in the Pride Parade again this year. All who wish to join us are welcome – but sign up early because space is limited!



To learn more about how you can partner with Howard Brown or Broadway Youth Center, contact us at mindyn@howardbrown.org or 773.572.5117.

To join us at the Pride Parade, contact Serettek@howardbrown.org.



"Let's Talk About _____"

In 2019, Howard Brown Health will begin fostering dialog about issues that affect your health, life, and well-being. We believe that real talk has real impact. Honest conversations about race, privilege, sex, gender, and healthcare enable us to fight stigma and transform the world around us. Open dialog is good for your health, too. At Howard Brown, our staff and medical providers are here to start non-judgmental, affirming conversations about your health and wellness.

Let's talk about sex. Let's talk about mental wellness. Let's talk about your health. Let's talk about it. Learn more about *Let's Talk About _____* at howardbrown.org/LetsTalkAbout

Start a conversation with your healthcare provider today. Call 773.388.1600 to make an appointment at one of our 11 clinics across Chicago.