

# CITY VOICES

Media & Community Building Project

▶ [cityvoicesonline.org](http://cityvoicesonline.org)

Dan Frey, Director

# What is City Voices?

City Voices is a peer-run project sponsored by Baltic Street AEH, Inc., a non-profit that employs over 100 people with mental health challenges. We have a quarterly **Newspaper**, a monthly **Peer Worker Support Group**, a monthly **Healthy Cooking Class**, and a **Peer Mentoring Project** that we are trying to get off the ground. We also have a website and a Facebook page.

# ▸ Aims Of City Voices

- **VISION:**

An organized community of peers in behavioral health who can partner with like-minded groups to improve our lives.

- **MISSION:**

To empower peers to live full and active lives by providing information, resources and a means to participate in the community.

# Why City Voices Matters

- CV has the only newspaper for peers, peer workers and our allies in New York State.
- CV provides the opportunity for peers to share their personal recovery stories, helping readers in feeling less isolated and more hopeful.
- CV keeps peers informed on events, activities and news within the behavioral health community.

# Why City Voices Matters



Love Among the Ruins by Issa Ibrahim

- CV values the opinions and creativity of contributors, allowing for op-ed articles, poetry and letters to the editor.
- CV has an up-to-date classifieds section with information on mental health resources in New York City, including crisis hotline numbers, respite centers, arts programs, clubhouses, support groups, legal aid & housing

# Key Articles in City Voices



- Personal Recovery Stories written by peers
- Stories and information for the Peer Support Workforce
- Family member stories about love and hardship
- Wellness articles on living as healthy a life as possible
- Benefits advice and advocacy
- Employment-issues

# Key Articles continued



Breaking Down Panel by Laurie Berenhaus

- Legal Issues
- Elder Issues
- Youth Issues coming soon
- Ask the Pharmacist
- Ask the Therapist coming soon
- Ask the Doctor coming soon
- The Arts such as painting, sculpture and poetry. Music coming soon

# City Voices' Current Activities

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Quarterly newspaper with  
~3,200 copies in print.

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Facebook page.

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Current & back issues available  
on [www.cityvoicesonline.org](http://www.cityvoicesonline.org)

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10-member Editorial Board  
advises and assists Director.





Pear to Pear Support

# City Voices Community Building Activities & Ideas

- Monthly **Peer Worker Support Group** helps workers to stay focused on peer support while maintaining their own health & well-being
- Organized outings for free and low-cost events.
- **Mentoring Project** that partners people in recovery with one another to enhance their lives and learn something valuable in the process.
- Promotion of rallies, legislative days, protests and conferences led by allied organizations.
- **Healthy Cooking Class**, shopping outings, potlucks, celebrations, volunteering opportunities and outreach to peers in respite and hospitals.

# Get Involved with Us



Superman on the Rocks by Issa Ibrahim

- We want more articles from the substance use Community. Do you like to write?
- What types of articles would you like to see in City Voices' newspaper?
- What are your ideas to help in battling isolation and apathy in our community?

➤ **WANT TO GET MORE INVOLVED?**

**TALK TO ME OR WRITE TO ME:**

➤ **CITYVOICES1995@GMAIL.COM**