



It really is about you.



# the Montrose Center

empowers our community,  
primarily lesbian, gay, bisexual and  
transgender (LGBT) individuals and their families,  
to enjoy healthier, more fulfilling lives.

401 Branard Street  
Houston, Texas 77006



713.529.0037 Main  
713.529.3211 LGBT Switchboard 24hr Helpline  
713.526.4367 Fax

## BUSINESS HOURS

Monday - Friday, 8am - 7pm except holidays

## BUILDING HOURS

Open 7 days / week during scheduled events

[info@montrosecenter.org](mailto:info@montrosecenter.org)

[www.montrosecenter.org](http://www.montrosecenter.org)

[www.facebook.com/montrosecenter](https://www.facebook.com/montrosecenter)

[@montrose\\_center](https://twitter.com/montrose_center)



Empowering LGBT Houston

[www.montrosecenter.org](http://www.montrosecenter.org)



**WORDS CAN'T DESCRIBE HOW THE CENTER HAS CHANGED MY PERSPECTIVE.**

## Cultural Center

Affordable meeting and event space with lots of elbow room for your entire group, plus free wi-fi and parking.

## Cyber Center

Don't have a computer, or need help using them? Surf the Internet and learn more about PCs at our Cyber Center.

## Wellness Programs

Free activities to nurture your mind and body. We're always adding new programs, so check out our online schedule.

**I FEEL EMPOWERED. MY SPIRIT HAS GROWN AND MATURED.**

## Youth

[www.hatchyouth.org](http://www.hatchyouth.org)

If you are LGBT or questioning and age 13-20, Hatch Youth is the place to be for socializing and building your circle of support! We also provide in-school programs and LGBTQ homeless youth outreach throughout the city.



## Seniors

Age 60 or older? SPRY is a vibrant and growing community of LGBT seniors. Talk to advocates and make new connections through our peer groups, educational and recreational activities, and the Montrose Diner lunch program.



## Life Counseling

Get the help you need from licensed therapists who understand what it means to be L, G, B or T! Couples therapy, too.

## Support Groups

Some challenges are best taken on together. One of our therapeutic or peer-led groups may be right for you!

## HIV Services

Whether you're newly diagnosed or a long-term survivor, you'll find our expert counseling and case management services to be unsurpassed.



**I NOW KNOW IT'S POSSIBLE TO BE GAY, GRAY, AND AMAZINGLY HAPPY!**

## Way Out Recovery

When you're ready, recover among friends through our community-dedicated intensive outpatient treatment program.

## Anti-Violence

You can regain power and control after sexual assault, intimate partner violence or hate crime. Crisis support, counseling and advocacy are available to you, plus emergency shelter for those who qualify.

## Integrated Care

For LGBT persons with serious mental illness and/or substance abuse issues, we offer behavioral health services that complement and help secure your primary care.

**AFTER MY HIV DIAGNOSIS, I LEARNED HOW TO TAKE CARE OF MYSELF HERE.**

The Montrose Center accepts most insurance including Medicare/Medicaid for counseling and professional services. Grant subsidies and discounted fees may be available and are based on eligibility.

- Crisis Support
- Information
- Online Directory



713-529-3211

**switchboard**

24 Hour Helpline

## Prevention

HIV and STI testing, information, and service linkage are always free for those at risk.

## Education

We offer on- and off-site classes covering LGBT issues, HIV/AIDS, TB, Hep C & STIs, suicide prevention and more.



**THIS IS THE PLACE MY ORGANIZATION PROUDLY CALLS HOME!**

## SUPPORT YOUR CENTER!

Your tax-deductible gift is an investment in healthier futures for LGBT Houstonians.

Looking for a way to connect with your community in a meaningful way? Consider joining our volunteer team!

Get started at  
**montrosecenter.org**

