



RESOURCES TO SUPPORT LGBTQ STUDENTS AND FAMILIES

PFLAG Sacramento (Parents, Families and Friends of Lesbians and Gays)

Founded in 1982, the Sacramento Chapter of PFLAG (Parents, Families and Friends of Lesbians and Gays) promotes the health and well-being of gay, lesbian, bisexual, transgender and intersex persons, their families and friends through:

- Support, to cope with an adverse society;
- Education, to enlighten an ill-informed public; and
- Advocacy, to end discrimination and to secure civil rights.

PFLAG provides an opportunity for dialogue about sexual orientation and gender identity and acts to create a society that is healthy and respectful of human diversity.

Sacramento meetings are held on the third Tuesday of each month, 7 - 9 p.m. at Saint Mark's United Methodist Church, 2391 Saint Mark's Way, 2nd floor. in the Education Building. This church is located at the corner of Saint Mark's Way and Lusk Drive, near Country Club Plaza. Free parking available.

Phone Number: (916) 978-0410

Website: www.pflagsacramento.org

Meetings The Sacramento PFLAG/Trans Families Sacramento support group meets the third Tuesday of each month from 7:30 - 9:30 P.M. at Saint Mark's United Methodist Church, 2391 Saint Mark's Way, Sacramento CA 95864 on the second floor of the Education Building.

Sacramento LGBT Community Center

The Sacramento LGBT Community Center works to create a region where LGBTQ people thrive. We support the health and wellness of the most marginalized, advocate for equality and justice, and work to build a culturally rich LGBTQ community.

- **Youth Drop In Center**
This unique haven serves as a drop-in center seven days a week offering youth a safe place to hang out, share with LGBT and ally youth peers, play video games, watch TV, have snacks, do homework and interact with mentors in a living-room environment with a computer lab, WiFi, cell charging stations, video games, and a television.

For homeless youth, the Center also has shower and laundry facilities, toiletries, and snacks to help these marginalized youth begin to feel human again.

Drop-in Center: Sunday – Saturday 12-6 p.m. 7 days a week for ages 13-24

E-mail Jesse | ☎ (916) 442-0185, ext. 110.

- **Support Groups**
Support groups are age-based and offer free workshops, computer lab, Wi-Fi, referrals, outlets for phone chargers, food, TV, video games, showers, survival supplies, emergency and transitional housing, laundry facilities, free legal services, free counseling, and case



management. They also welcome LGBTQ and questioning youth to gather for facilitated discussions, guest speakers, activities, game nights, and outside events. These groups cultivate positive mental health techniques that enable self-help, social networking, healthy activities, and positive messages about gender, sexual orientation, self-worth, and personal dignity.

Our current schedule is as follows:

Monday Q-Ability Group (1st Monday): 6-7:30 p.m.

Wednesday Youth Group: Ages 13-17, 6-7:30 p.m.

Youth QPOC (Queer Youth of Color) Group: Ages 13-23

Thursday 20-Somethings Youth Group: Ages 20-29, 8-9 p.m.

Friday Youth Group: Ages 18-23, 6-7:30 p.m.

The Gender Health Center

At Gender Health Center, we strive to provide excellent counseling/therapy services to anyone who expresses the need as well as anyone who self identifies or is perceived to be gender variant. Our services embrace the psychological well-being and self-fulfillment of individuals coming out and/or beginning or in the transition process in a safe, supportive and welcoming environment.

We are a not for profit agency so our fees are on a sliding scale to help make our services as easily accessible and available to everyone. We also offer resources and referrals to other LGBT friendly organizations.

- **Support Groups**

This social group is for LGBT youth and allies ages 14 to 23. It is a place to come and hang out with other like-minded young people. Discussion topics range from advocacy in schools to video games. Come organize social events for LGBT youth such as game nights, dancing, strategic planning, or just to hang out... whatever you like! This is YOUR group. Feel free to bring snacks or drinks to share.

Dates: Every Monday

Time: 6:00pm - 7:30pm

Location: Gender Health Center, 2020 29th Street, room 103, Sacramento, CA 95817; (916) 455-2391

Cost: FREE