



Helpful LGBTQIA+ Resources

At Home For balance we want YOU and YOUR family to feel SAFE and to be yourselves and work on the things that are concerning you. We stand in support of dignity, equality, and increased visibility of the LGBTQIA+ community as we celebrate Pride Month. We also recognize that there is still much work to be done to guarantee that everyone in this community is able to express their gender and sexuality with freedom and safety and dream with a world where there are no limitations to who you are and who you love!

For those who might be unfamiliar with the LGBTQIA+ meaning of the acronym, it signifies Gay, Lesbian, Bisexual, Transgender, Queer, Intersex, and Asexual people collectively. You can be an ally by learning more about LGBTQIA+ to increase your understating, awareness, and comfort. To show your support, you can take a look at the list of resource below and take the pieces that are relevant to you. It's okay to not know everything and it's okay to ask questions in a respectful manner. The list compiles some of the resources that we believe can help individuals in the LGBTQIA+ community and their loved ones better understand the joys and challenges of the process of coming out. We hope that this enriches your journey and helps you see that there are many people who support YOU and care about YOU! We are here to help you navigate the waves of feelings associated with identifying as part of this community and offer a safe physical and virtual space that supports growth and acceptance.

For more information about our services, please contact us at [561.600.1424](tel:561.600.1424) for a FREE 30-minute phone consultation. We are here to help!

Resources:

SunServe recognizes that the entire LGBTQ community has the right to quality care and their mission is to provide critical life assistance and professional mental health services with an emphasis on economically disadvantaged, marginalized youth, adults and seniors in the greater South Florida metropolitan area.

[\(954\) 764-5150](tel:954.764.5150)

2312 Wilton Dr, Wilton Manors, FL 33305

<https://www.sunserve.org/>

Sunserve Support groups:

- **Safe T Transgender/Gender Non-Conforming Support Group | Wednesdays at 6:30 PM**
- **SOFFA (Significant Others, Family, Friends and Allies of Transgender People) | Saturdays at 10:00 AM**
- **Transmasculine Support Group | Mondays at 6:30 PM**

The Compass Community Center is a located in Downtown Lake Worth, Florida. It serves as a meeting place for the community and provides a safe place for LGBTQ people and their allies.

<https://compassglcc.com/>

5300 W. Hillsboro Blvd, Suite 210, Coconut Creek, FL 33073
email: info@homeforbalance.com ~ (561) 600.14247 ~ Fax: (561) 544.7147

[Home | Mysite \(homeforbalance.com\)](http://homeforbalance.com)

@2023 ALL RIGHTS RESERVED



The Trevor Project's - U.S. National Survey on the Mental Health of LGBTQ Young People highlights the experiences of over 28,000 LGBTQ youth aged 13 to 24 across the United States. Read and see how we can do better to build a future where every LGBTQ young person can thrive. They offer resources, support groups and community.

<https://www.thetrevorproject.org/>

The Faulk Center for Counseling provides various support groups for adults and teens in the LGBTQ+

<https://faulkcenterforcounseling.org/support-groups/>

YES Institute Miami is community in which all youth develop as healthy individuals free of suicide, violence and discrimination. Their mission is to prevent suicide and ensure the healthy development of all youth through powerful communication and education on gender and orientation.

<https://yesinstitute.org/resource/gender-resource-guide/>

The GENDER Book is a fun, colorful, community-based resource, which illustrates the beautiful diversity of gender - a gender 101 for anyone and everyone.

<http://www.thegenderbook.com/>

Rainbow Railroad is a global not-for-profit organization that helps LGBTQ+ people facing persecution based on their sexual orientation, gender identity and sex characteristics.

<https://www.rainbowrailroad.org/>

The National Alliance for Eating Disorders offers an LGBTQ+ Pro-Recovery: Virtual Support for Adults 18+ Online: Zoom registration required

<https://www.allianceforeatingdisorders.com/eating-disorder-support-groups-and-programs/>

U.S. Department of Health and Human Services offers a list of resources for families of LGBTQ+ Youth stating that all youth require a safe home and social supports to mature and develop the skills needed to transition to adulthood. Among lesbian, gay, bisexual, transgender, questioning, or other diverse identities (LGBTQ+) youth, having affirming families and friends is associated with improved mental health and better child welfare outcomes. Find resources in the link below. Their list is intended to help families support their LGBTQ+ youth, understand what to expect, and learn how to talk about issues that may be impacting their youth.

<https://www.childwelfare.gov/topics/systemwide/diverse-populations/lgbtq/lgbt-families/>

PFLAG is the nation's largest organization dedicated to supporting, educating, and advocating for LGBTQ+ people and those who love them. The PFLAG Chapter Network--with over 400 chapters across the country--provides confidential peer support, education, and advocacy to LGBTQ+ people, their parents and families, and allies.

<https://pflag.org/>

ConnectSafely is a Silicon Valley, Calif.-based nonprofit organization dedicated to educating people about online safety, privacy, security and digital wellness. Their resources include research-based safety

5300 W. Hillsboro Blvd, Suite 210, Coconut Creek, FL 33073
email: info@homeforbalance.com ~ (561) 600.14247 ~ Fax: (561) 544.7147

[Home | Mysite \(homeforbalance.com\)](http://homeforbalance.com)

@2023 ALL RIGHTS RESERVED



tips, parents' guidebooks, advice, news and commentary on all aspects of tech use and policy.
<https://connectsafely.org/lgbtq-resources/>

The SafeSpace Trans-Parent Support Group

Call Ellen Cohen

[\(561\) 448-6522](tel:(561)448-6522)

Ellen@LGBTQ+TherapySafeSpace

Ruth & Norman Rales Jewish Family Services

LGBTQ+ Community Outreach Program

Ruth & Norman Rales Jewish Family Services: LGBTQ+ Community Outreach Program

<https://ralesjfs.org/>

The GSA Network engages in advocacy work and provides volunteer opportunities

<https://gsanetwork.org/resources/>

Pridelines plans regular youth activities in a supportive environment:

<https://pridelines.org/youth-activities>

The Pride Center at Equality Park: This organization provides a welcoming, safe space — an inclusive home that celebrates, nurtures and empowers the LGBTQ communities, friends and neighbors in South Florida.

2040 N. Dixie Hwy. Wilton Manors, FL 33305

954-463-9005 954-764-6522 fax

<https://www.pridecenterflorida.org/>

SAGE: Advocacy and services for LGBTQ+ Elders stands proudly with the LGBTQ+ pioneers across the country who've been fighting for decades for their right to live with dignity and respect.

<https://www.sageusa.org/>

<https://sageserves.org/>

It Gets Better Project's mission is to uplift, empower, and connect lesbian, gay, bisexual, transgender, and queer (LGBTQ+) youth around the globe.

<https://itgetsbetter.org/>



Please contact us directly and we will be happy to provide you with more information about our services, hours of operation and fees.

▶ 5300 W. Hillsboro Blvd, Suite 210

Coconut Creek FL 33073

▶ Phone Number: 561. 600. 1424 -

▶ FAX Number: 561-544-7147

▶ [Email: info@homeforbalance.com](mailto:info@homeforbalance.com)

▶ [Home | Mysite \(homeforbalance.com\)](http://homeforbalance.com)



5300 W. Hillsboro Blvd, Suite 210, Coconut Creek, FL 33073
email: info@homeforbalance.com ~ (561) 600.14247 ~ Fax: (561) 544.7147

[Home | Mysite \(homeforbalance.com\)](http://homeforbalance.com)

@2023 ALL RIGHTS RESERVED