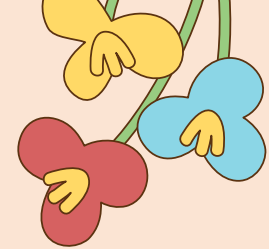
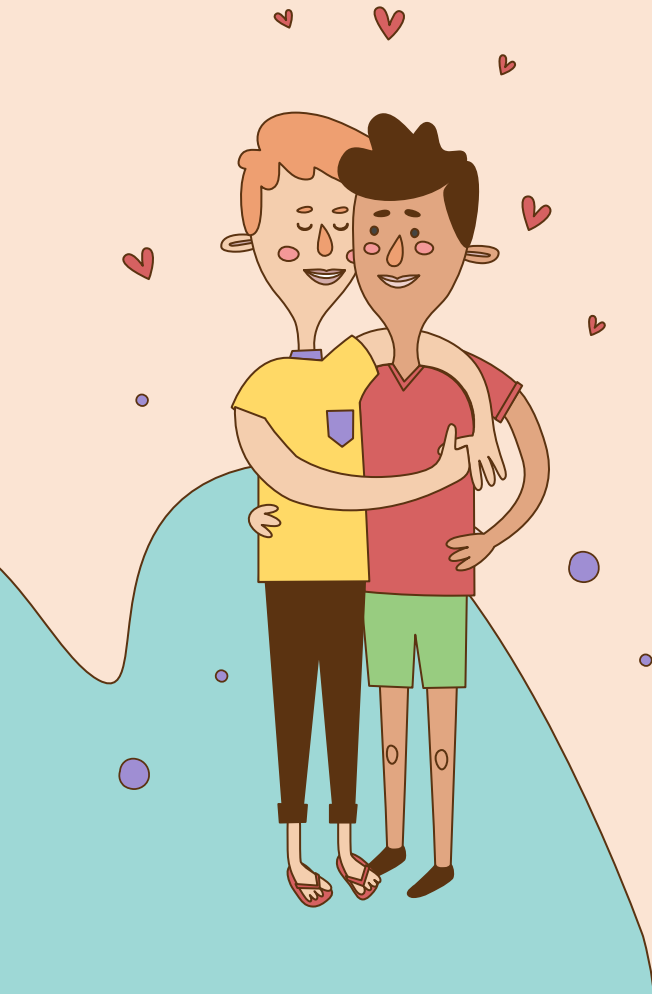




# The LGBTQ Center OC



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01.

## Introduction

Just a little info on the  
LGBTQ Center OC

# The LGBTQ Center OC

The LGBTQ Center OC's mission is to advocate on behalf of the Orange County lesbian, gay, bisexual, transgender, queer, and questioning (LGBTQ) community and provide services that ensure its well-being and positive identity.

- Youth Programs
- Community Programs and Events
- Mental Health and Emotional Wellness
- Trans\* Health and Wellness
- HIV Prevention and Awareness
- Immigration Services
- Advocacy and Education
- Volunteering Opportunities



02.

## Youth Programs

You can enter a subtitle here if  
you need it



# GROUP SCHEDULE - SPRING 2022

For more information about our hybrid youth program, please visit: [bit.ly/youthcalendar22](https://bit.ly/youthcalendar22)



## Monday

### Q Chat

Social Support  
2-3:30 PM

### Q Chat en Espanol

Social Support  
4-5:30 PM

### Gender Flood

Social / Educational  
5-7 PM

### Break Out Youth Mental Health Process Group

Mental Health  
6-7:30 PM

### Prism

Social / Educational  
7-8:30 PM

## Tuesday

### "Be You" Youth Collective

Youth Leadership  
4-5:30 PM

### Youth Empowered to Act

Youth Leadership  
5:30-7 PM

## Wednesday

### Cisn't Trans'and Non-Binary Youth Process Group

Social / Mental Health  
4-5:30 PM

### Study With Pride

Educational  
3-6 PM

### Rainbow Group

Social / Educational  
6:30-8 PM

## Thursday

### Mental Health Process Group

Mental Health  
4-5:30 PM

### Elevate Youth - Youth Empowered to Act

Youth Leadership  
5:30-7 PM

## Friday

### Inbetweeners

First Friday  
Social Support  
5-6:30 PM

### South County Rainbow Group

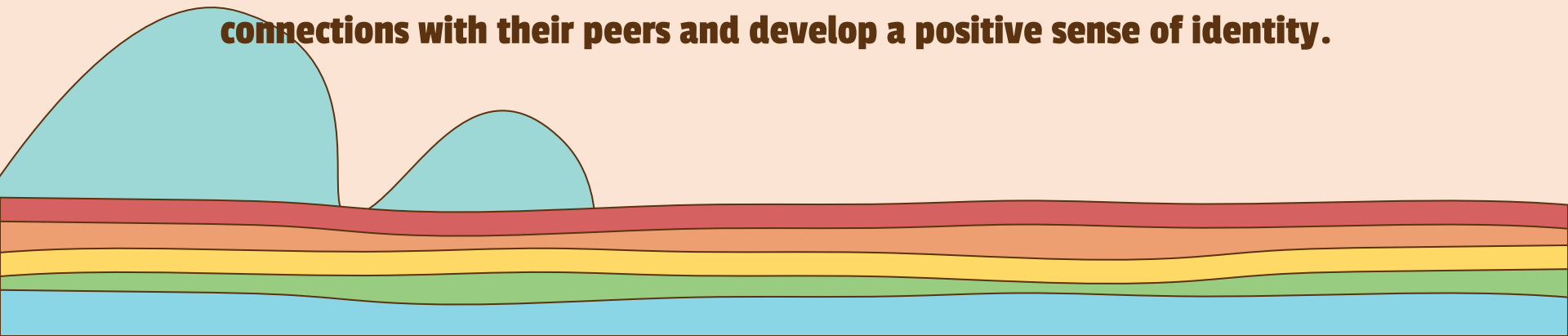
Social / Educational  
5-6:30 PM





# Rainbow Group

**Rainbow Group is a social drop-in group for lesbian, gay, bisexual, transgender, queer, questioning and allied youth ages 13-18. Three adult mentors facilitate group activities and discussions to provide a safe and supportive environment, where youth can make lifelong connections with their peers and develop a positive sense of identity.**



# RAINBOW GROUP

Every Wednesday

6:30-8:00 pm on Zoom

**Rainbow Group** is a social support and educational drop-in group for LGBTQIA and allied youth ages 13-18. We facilitate group activities and discussions, providing a safe and supportive environment, where queer youth can make lifelong connections with their peers and develop a positive sense of identity.

For group registration and inquiries:  
Stephanie Camacho-Van Dyke, M.A.  
Director of Advocacy and Education  
[stephanie.vandyke@lgbtqcenteroc.org](mailto:stephanie.vandyke@lgbtqcenteroc.org)





# Breaking Binaries

*Breaking Binaries is a social drop-in group for transgender, gender non-conforming, non-binary, and gender-questioning youth ages 13-18. The purpose of this group is to create a supportive and inclusive environment in which one's gender may be freely expressed and respected. We invite youth to connect with peers and participate in engaging activities and community events!*



**SECOND AND FOURTH FRIDAYS  
5:00-6:30 PM  
AT SHANTI OC IN LAGUNA HILL**



For group registration and inquiries, contact:  
Stephanie Camacho-Van Dyke, M.A.  
Director of Advocacy and Education  
[stephanie.vandyke@lgbtqcenteroc.org](mailto:stephanie.vandyke@lgbtqcenteroc.org)



## Rainbow Group

*In collaboration with Shanti OC, Rainbow Group is a social support drop-in group for lesbian, gay, bisexual, transgender, queer, questioning (LGBTQ) and allied youth ages 13-18. We facilitate group activities and discussions, providing a safe and supportive environment, where queer youth can make lifelong connections with their peers and develop a positive sense of identity.*

**First Friday of the month  
5:00-6:30 pm  
At Shanti OC in Laguna Hills**

For group registration and inquiries, please contact:  
Stephanie Camacho-Van Dyke, M.A.  
Director of Advocacy and Education  
[stephanie.vandyke@lgbtqcenteroc.org](mailto:stephanie.vandyke@lgbtqcenteroc.org)






# Inbetweeners

**provides a safe and supportive environment for LGBTQIA and allied youth (or “tweens”) ages 10-13. It offers a social space for middle school youth who are exploring their identity and provides an inclusive environment for them to meet other peers and engage in fun activities and discussions suitable for their age group.**

**Activities include arts and crafts, creative writing, discussions, movie nights, and group-building activities.**





# INBETWEENERS

FIRST FRIDAYS ON ZOOM

5:00-6:30 PM

FOR LGBTQIA+ YOUTH  
AND ALLIES AGES 10-13

QUESTIONS? PLEASE CONTACT:  
STEPHANIE CAMACHO-VAN DYKE, MA  
DIRECTOR OF ADVOCACY & EDUCATION  
[STEPHANIE.VANDYKE@LGBTQCENTEROC.ORG](mailto:STEPHANIE.VANDYKE@LGBTQCENTEROC.ORG)






# Support for Trans & Non-binary Youth

## **Breaking Binaries**


**Meets 2nd/4th Fridays**

## **New! Cisn't Process Group**

**Meets weekly on Wednesdays**



**Both these groups provide safe and affirming social space for transgender, non-binary, gender non-conforming, gender fluid, intersex, and questioning youth ages 13-18 to freely express their gender and discuss topics related to navigating society in their body.**



# CISN'T PROCESS GROUP FOR TRANS\* AND NON-BINARY YOUTH



**Every  
Wednesday**

**4:00-5:30 P.M.  
on zoom!**

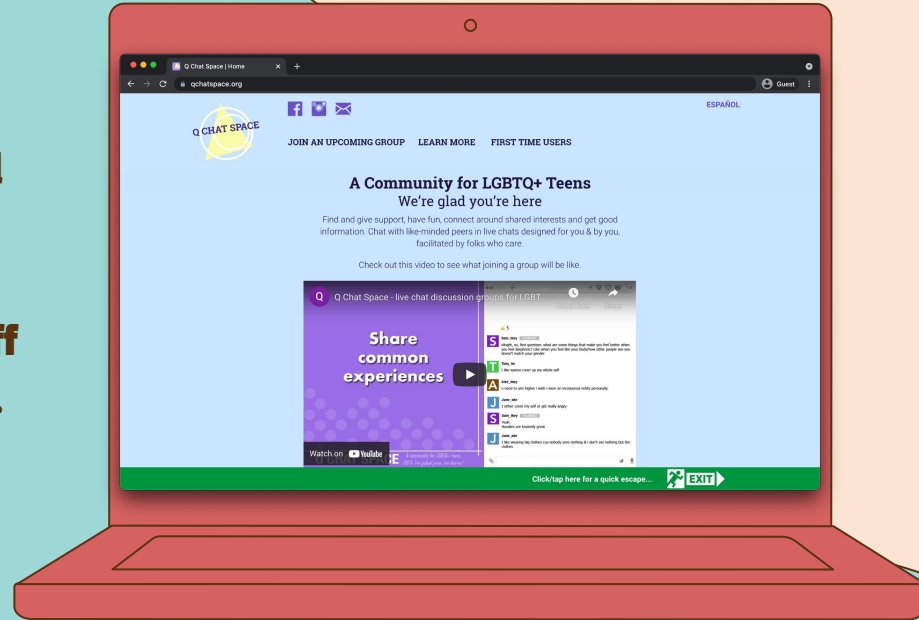
A safe and affirming social space for transgender, non-binary, gender non-conforming, gender fluid, intersex, and questioning youth ages 13-18 to freely express their gender and discuss topics related to navigating society in their body.

**To register contact:  
[yanel.bueno@lgbtqcenteroc.org](mailto:yanel.bueno@lgbtqcenteroc.org)**



# Q Chat Space

**provides online discussion groups for LGBTQIA teens ages 13 - 19. It is not a forum. It is live and chat based; there is no video or audio. Everyone is chatting during the same pre-scheduled time. Conversations are facilitated by experienced staff who work at LGBTQ+ centers around the country.**





# Education Programs

**Join us for different educational programs and activities throughout the week!**

**Study With Pride is an academic support space for LGBTQIA youth ages 13-18. Youth are invited to stop by for homework help and tutoring on topics, such as math, science, and writing, in a safe and supportive environment. The group is currently meeting on Discord.**

- **Queer College Prep Series - Now!**
- **Literacy Education in collaboration CSU Fullerton and UC Irvine**
- **Financial Literacy Empowerment Series**
- **Healthy Relationship Series**



# STUDY WITH PRIDE

Registration: [bit.ly/studywithpride](https://bit.ly/studywithpride)

Contact: Pieter D.  
[pderdeyn1@gmail.com](mailto:pderdeyn1@gmail.com)

Join us over Discord for our tutoring group, Study with Pride. This group welcomes LGBTQIA youth ages 13-18! If you need homework help and tutoring on topics such as: math, science, and writing - this group offers a safe and supportive environment to do just that!




# Be You: Youth Collective

**We invite Orange County LGBTQ teens and allies ages 13-18 to join us and develop a message/call to action to educate local teens about mental health, substance abuse, sexual/reproductive health, dating violence, and where to get help in Orange County.**

**This group meets every 2nd and 4th Tuesday of the month on a Hybrid schedule**

**Register here: [bit.ly/beyou\\_collective](https://bit.ly/beyou_collective)**


  
JOIN US IN-PERSON





## BE YOU: Youth Collective



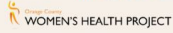
A Teen Advocacy Group (Ages 13-18)

2nd & 4th Tuesday of the Month  
Hybrid Meetings // 4-5:30 pm  
Register: [bit.ly/beyou\\_collective](https://bit.ly/beyou_collective)

Questions? Contact Jocelyn Gomez:  
[jocelyn.gomez@lgbtqcenteroc.org](mailto:jocelyn.gomez@lgbtqcenteroc.org)



# Youth Empowered to Act

**What:** Coalition of LGBTQ+ & Allies involved in GSA/QSA & other LGBTQ+ related student clubs

**Ages:** 14-24

**When:** Tuesdays from 5:30pm-7:00pm

**Where:** Zoom

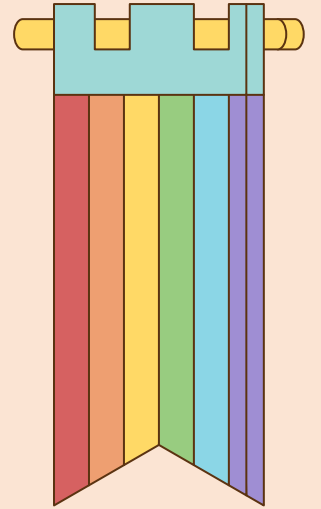
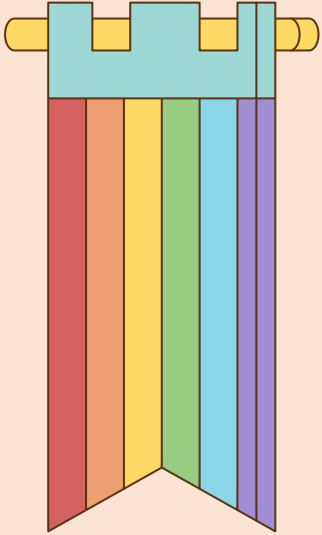
**Activities Include:** GSA Youth Leadership Summits; attending local and national conferences; Color Me Equal Leadership Series; LGBTQ Youth Convening



# Elevate Program

## Goals:

- **Reframe substance abuse as a public health issue**
- **Combat the detrimental impacts from the War on Drugs on BIPOC/LGBTQ**
- **Provide trauma-informed counseling and process groups at no cost**
- **Raise awareness through social media campaigns, activities, and events**





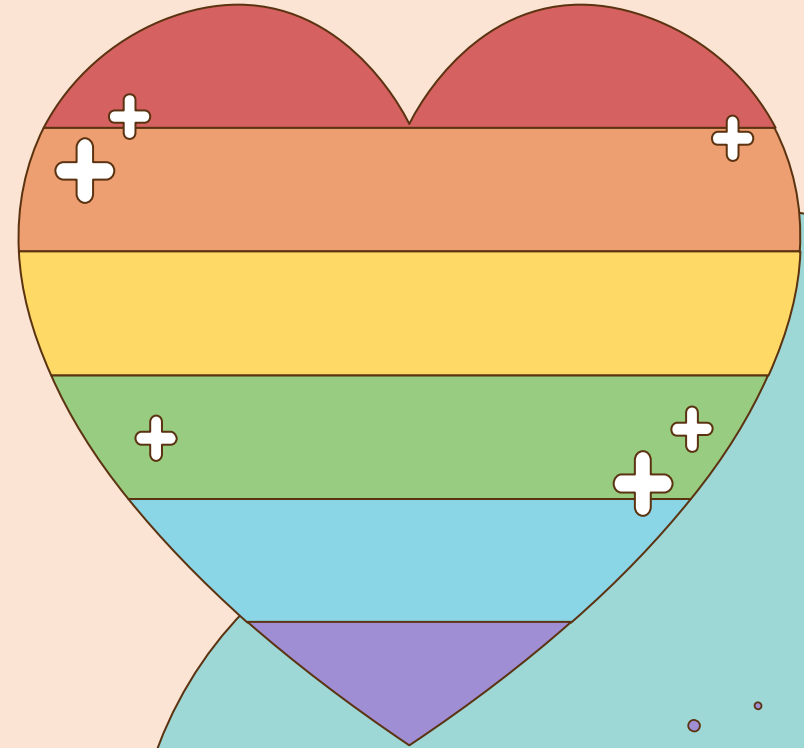
# Elevate's Youth Empowered To Act

**What:** LGBTQ+ & ally students build upon their leadership skills and gain experience in Restorative Justice and Substance Use Prevention and Advocacy

**Ages:** 14-24

**When:** Thursdays from 5:30pm-7:00pm

**Where:** Zoom



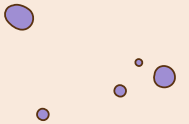


# Mental Health

Services provided by our Elevate  
Program



# 03.

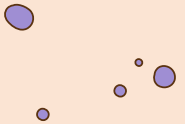
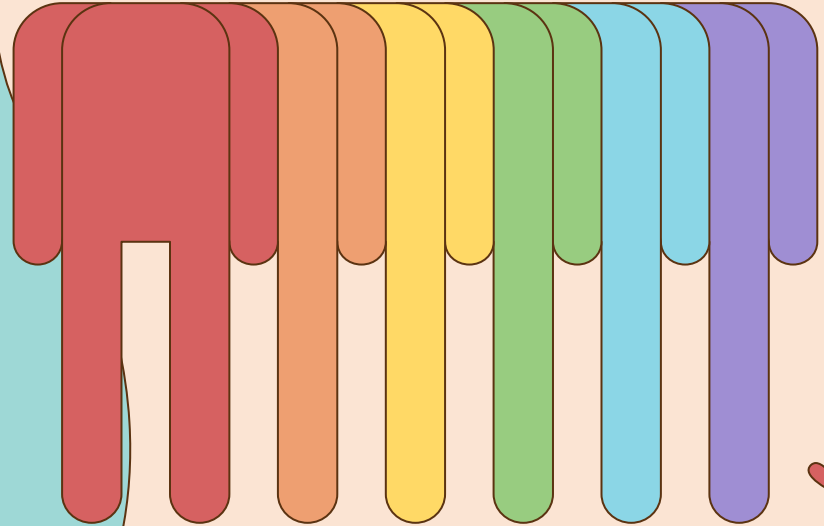
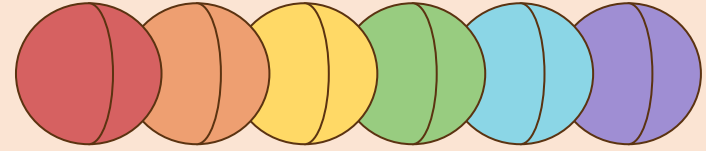




# Mental Health Process Group

**The group is intended to create a safe space for youth to talk about mental health issues, create healthy relationships with others; learn tools to understand, manage, and decrease symptoms of mental health.**

**[bit.ly/elevatecounseling](https://bit.ly/elevatecounseling)**





# Elevate Program Mental Health Counseling

**THE ELEVATE PROGRAM OFFERS  
FREE TRAUMA-INFORMED MENTAL  
HEALTH COUNSELING SERVICES FOR  
LGBTQIA+ YOUTH AND YOUNG  
ADULTS AGES 12-26**

**Register at [bit.ly/elevate\\_mh](https://bit.ly/elevate_mh)**

QTBIPOC LGBTQ+ YOUTH

# MENTAL HEALTH PROCESS GROUP

EVERY THURSDAY,  
FROM 4:00-5:00 PM  
VIA ZOOM | FREE GROUP

This group is intended to create a safe space for youth to talk about mental health issues, create healthy relationships with others, and learn tools to understand, manage, and decrease symptoms of mental health. This group will teach youth how to build insight into their thoughts, emotions, and behaviors, and learn how to communicate their needs and wants in a healthy assertive manner. Lastly, with an emphasis on maladaptive coping skills including self-medicating with substances, isolating, or engaging in risky behaviors, youth will learn to develop coping skills needed to manage symptoms on a long-term basis.

Register: [bit.ly/elevatecounseling](https://bit.ly/elevatecounseling)

Questions?



# ELEVATE PROGRAM MENTAL HEALTH COUNSELING

THE ELEVATE PROGRAM OFFERS  
FREE TRAUMA-INFORMED MENTAL  
HEALTH COUNSELING SERVICES FOR  
LGBTQIA+ YOUTH AND YOUNG  
ADULTS AGES 12-26

For more information about receiving free  
mental health counseling or to register, please  
visit: [bit.ly/elevate\\_mh](https://bit.ly/elevate_mh)

Contact:  
Yanel Bueno, ACSW, Mental Health Counselor  
[yanel.bueno@lgbtqcenteroc.org](mailto:yanel.bueno@lgbtqcenteroc.org)





# BREAKOUT GROUP

**Every Monday 6:00-7:30 PM**  
**Via Zoom | Free Group**  
**Starts February 7th!**

BreakOut, part of the LGBTQ Center OC's Elevate Program, provides LGBTQ+ youth ages 12-17 with a safe and affirming space to discuss mental health. This group is intended to assist youth in learning to understand, manage, and decrease symptoms of mental health, build community, raise confidence, and learn new and effective coping skills.

**Registration: [bit.ly/elevatecounseling](https://bit.ly/elevatecounseling)**

For any queries contact:

[alisha.sehgal@lgbtqcenteroc.org](mailto:alisha.sehgal@lgbtqcenteroc.org) or

[hannah.gibson@lgbtqcenteroc.org](mailto:hannah.gibson@lgbtqcenteroc.org)

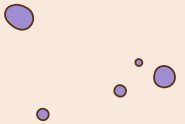


YOUTH CALIFORNIA

For more information about the Elevate Program and Counseling, contact Yanel Bueno @ [yanel.bueno@lgbtqcenteroc.org](mailto:yanel.bueno@lgbtqcenteroc.org)

# GSA Support

04.





# **GSA Support**



**The LGBTQ Center OC provides advocacy and education support to at least 50 Gender and Sexualities Alliances, Gay-Straight Alliances (GSA), and other LGBTQ-related clubs and their students, teacher advisors, and school campus.**

## **Some activities include:**

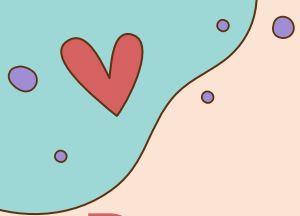
**LGBTQ-focused education on topics relevant to the community**

**Advocacy support at district school board meetings in order to raise visibility for their club and to advocate for the inclusion and visibility on issues**

**Support implementation of inclusive district-wide policies; comprehensive curricula and lesson planning; anti-bullying policies; and trans-inclusive policies.**



# Parent Support Groups



# Parent Process Group

- **A Safe space allowing parents to process emotions and experiences surrounding their children coming out**
- **Parents learn from one another**
- **Email: [bailey.smith@lgbtqcenteroc.org](mailto:bailey.smith@lgbtqcenteroc.org) or [rosie.rodriguez@lgbtqcenteroc.org](mailto:rosie.rodriguez@lgbtqcenteroc.org)**
- **Group meets every first & third Sunday of the month 6-7:30pm**

The LGBTQ Center OC  
invites you to

# Parent's Processing Therapy Group

An intimate and safe space allowing parents to process emotions and experiences surrounding their children coming out.

Contact the facilitators for more information and Zoom registration:

[bailey.smith@lgbtqcenteroc.org](mailto:bailey.smith@lgbtqcenteroc.org)  
[rosie.rodriguez@lgbtqcenteroc.org](mailto:rosie.rodriguez@lgbtqcenteroc.org)

Starting October 3, 2021  
First and Third Sunday 6:00-7:30 PM



# Grupo La Familia

- **This is a group in Spanish that can help parents navigate their experiences as family members of LGBTQ folks**
- **Parents learn from one another**
- **To register for Grupo La Familia:**  
**<https://bit.ly/grupolafamilialgbtq>**



**GRUPO DE APOYO PARA MADRES, PADRES,  
Y FAMILIA DE JOVENES Y GENTE LGBTQ+  
Segundo Domingo del mes  
POR ZOOM @ 1-2:30 PM PST**

EL OBJETIVO DE **GRUPO LA FAMILIA** ES CREAR APOYO Y AL MISMO TIEMPO  
EDUCAR A NUESTROS MIEMBROS PARA QUE COMPENDAN MEJOR A LA  
COMUNIDAD LGBTQ+ EN ESPAÑOL

VISITE

[bit.ly/grupolafamilialgbtq](https://bit.ly/grupolafamilialgbtq)

((el enlace distingue entre mayúsculas y minúsculas)

PARA REGISTRARSE

O CONTACTE A

JONATAN.GUTIERREZ@LGBTQCENTEROC.ORG

714-953-5428 ext 504



**Questions?**

# Thanks!

Keep in touch!

**Manuel Antunez-Youth Program Coordinator**

**[Manuel.Antunez@lgbtqcenteroc.org](mailto:Manuel.Antunez@lgbtqcenteroc.org)**

**Yanel Bueno - Mental Health Counselor**

**[Yanel.Bueno@lgbtqcenteroc.org](mailto:Yanel.Bueno@lgbtqcenteroc.org)**

**Kalei Lehua - Tobacco Health Project Health Navigator**

**[Kalei.Lehua@lgbtqcenteroc.org](mailto:Kalei.Lehua@lgbtqcenteroc.org)**



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**@lgbtqcenteroc\_youth**

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