

GREATER CINCINNATI LGBTQ RESOURCE GUIDE



A Project of Lighthouse Youth & Family Services





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Lesbian, Gay, Bisexual, Transgender and Queer/Questioning youth are dramatically overrepresented in the homeless youth population, yet there are too few systems and services to meet their needs. Safe and Supported, a project of Lighthouse Youth & Family Services, is a community initiative with the goal of preventing and ending Lesbian, Gay, Bisexual, Transgender, Queer and Questioning (LGBTQ) youth homelessness. Safe and Supported works closely with a variety of community partners including child welfare agencies, faith leaders, law enforcement, LGBTQ groups, youth homelessness providers, juvenile justice agencies and education leaders.

Key Initiatives

Host Home Program

The Host Home Program is for LGBTQ young adults ages 18-24 that are currently or imminently experiencing homelessness. The program connects young adults with volunteer hosts that provide housing, food, and mentorship.

Safe and Supported Families

Families sometimes struggle when a young person comes out as LGBTQ. Safe and Supported Families is a program to support parents and other caregivers as they learn to navigate this new family dynamic. Training and support for pediatric and adolescent medicine clinicians is also available.

LGBTQ Cultural Competency Training

Safe and Supported offers free LGBTQ cultural competency training and technical assistance to youth-serving professionals in an effort to build their capacity to provide affirming services to LGBTQ youth.

Our training has been offered to over 1,200 professionals across the State of Ohio. To schedule a training at your organization, please contact us at the email address below or visit our website.

For additional information about any of these initiatives, contact safeandsupported@lys.org or visit www.safeandsupported.org

ABOUT THIS GUIDE

This Resource Guide is provided by Safe and Supported. It is designed to help youth-serving professionals and parents find appropriate resources for LGBTQ-identified youth. This resource guide will be updated periodically and can be downloaded as a PDF version at www.safeandsupported.org.

To add your organization or service, contact safeandsupported@lys.org.

Disclaimer

The resources in this guide have been compiled by Safe and Supported in furtherance of its goal of ending LGBTQ youth homelessness in Hamilton County. Safe and Supported does not endorse or guarantee these resources or services, or the currentness or quality of those individuals or organizations and any respective necessary certifications. Further, this document is not a contract and does not create any implied contractual relationship with the user.

Please note the information regarding medical and mental health resources are supplied only as a convenience, and Safe and Supported does not endorse any particular provider or guarantee the quality or nature of any services. Individuals should exercise due diligence in selecting a healthcare provider, considering among other things, the following:

- Talk to trusted friends, family, or clergy about professionals they have used.
- Ask another health care provider for a recommendation.
- Ask your health insurance company for a provider list.
- Use a referral service from a national professional organization for therapists or doctors.
- Call a local or national medical society or mental health organization.
- Look in the phone book under categories including social service organizations and counselors.
- Prior to scheduling a first appointment, think about the things one would like to know about a potential new doctor and/or therapist.

Consider asking about:

- The provider's education, licensure, and years in practice;
- Fees, lengths of sessions, insurance coverage, and office hours;
- The provider's treatment approach and philosophy;
- The provider's specialization by age group or particular disorder.

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Caracole

4318 Hamilton Avenue, Cincinnati, OH 45223

513-761-1480 | caracole.org

Works to reduce the impact of HIV/AIDS through housing, care and prevention. Services are available to anyone regardless of income.

- Free, anonymous and confidential HIV testing
- Counseling services
- Medical case management
- Housing resources and homelessness prevention for individuals/families living with HIV/AIDS

Cincinnati Children's Hospital Transgender Wellness Clinic

513-636-4681 | leeann.conard@cchmc.org | cincinnatichildrens.org

Provides transgender health services for patients 5-24 years old including:

- Puberty blockers
- Gender-affirming hormones
- Menstrual suppression
- Referrals for therapy, psychiatry, psychology, pediatric endocrinology, pediatric gynecology, nutrition, and other services as needed
- Collaboration with schools
- Patient and family support
- Consultation with the Ethics Committee, if needed
- Referral for legal services
- Referral for voice and communication training
- Fertility management

The Exchange Project

Hamilton County Public Health

513-316-7725 | ExchangeProject@hamilton-co.org | cincyep.org

The Exchange Project is an advocacy organization that promotes harm reduction in drug use. CEP provides the following services on a mobile van:

- HIV and Hep C testing
- 1:1 needle exchange
- Treatment referrals

Francis Collins, MD, FACP - TriHealth Anderson

7991 Beechmont Avenue, Cincinnati, OH 45255

513-528-5600

- Endocrinology

Sarah Corathers - Cincinnati Children's Hospital

3333 Burnett Avenue, Cincinnati, OH 45229
513-636-4744 | sarah.corathers@cchmc.org
- Adult and pediatric endocrinology

Katheryn Jadeed, MD - TriHealth

379 Dixmyth Avenue, Cincinnati, OH 45220
513-246-7000
- Internal Medicine & Pediatrics

David Leonard, MD

58 E Hollister Street, Cincinnati, OH 45219
513-721-1737
- Primary Care

Lori Philip, MD - Northeast Center

11135 Montgomery Road, Ste 100, Cincinnati, OH 45249
513-853-3460 |
- Gynecology/Obstetrics

Pediatric Associates NKY

Locations in Crestview Hills, Florence, and Cold Spring
859-341-5400 | pediatricassociatesnky.com
- Pediatrics

Lisa Rowley, MD – UC Health

222 Piedmont Avenue, Suite 6000, Cincinnati, OH 45219
513- 475-7880
- Primary Care

Shanna Stryker, MD - UC Health & Christ Hospital

260 Stetson Street, Suite 3200, Cincinnati, OH 45219
513-558-7700
- Non-binary affirming primary & psychiatric care

Sarah Pickle, MD - UC Health

175 West Galbraith Road, Cincinnati, OH 45216

513-821-0275

- Family Medicine/Primary Care
- Gynecology/Obstetrics
- Family Planning & Contraception
- Transgender Care

Planned Parenthood Southwest Ohio

2314 Auburn Avenue, Cincinnati, OH 45219

1-800-230-PLAN | info@ppsw.org | ppsw.org

Planned Parenthood Southwest Ohio's mission is to provide access to high quality health care and education that empower people to make informed private decisions about their reproductive lives and sexual health. Health centers provide a wide range of reproductive health care services including:

- Annual exam and Pap test
- Breast cancer screening
- Birth control services
- Emergency contraception
- HIV testing
- HPV vaccine (Gardasil®)
- Pregnancy testing
- STD testing and treatment (for women and men)
- UTI, vaginal and yeast infection testing and treatment
- Colposcopy*
- Abortion services*

**Denotes services provided at only some of our health centers.*

June Huelskamp, MSW, LISW-S, LCSW

Latitude Therapeutic Practices

7439 Montgomery Road, Suite 4, Cincinnati, OH 45236

513-607-5448 | latitudetherapy.com

J. Brett Offenberger, MD

820 Delta Avenue, Cincinnati, OH 45226

513-321-9902

Jennifer Phillips, PhD

3805 Edwards Rd, Suite 150, Cincinnati, OH 45209

513-793-6226 ext 2

Steven D. Nichols, PhD

3200 Linwood Avenue, Suite 2, , Cincinnati, OH 45226

513-312-2203 | steven@nicholsphd.com | nicholsphd.com

Heidi Nunemaker, LPCC

2300 Montana Avenue, Suite 207, Cincinnati, OH 45211

513-601-9882 | heidinunemakercounselor.com

Stacy Morrison, PsyD

800 Compton Road, Unit 32, Cincinnati, OH 45231

513-521-5088 | cincinnatipsychologycenter.com

Laura Obert, PhD

800 Compton Road, Unit 32, Cincinnati, OH 45231

513-449-2747 Extension: 3

Richard Sears, PsyD

9200 Montgomery Road, Suite 25B, Building H, Cincinnati, OH 45242

513-899-6463 | richard@psych-insights.com | psych-insights.com

Kayla Springer, PhD

130 Wellington Place, Cincinnati, OH 45219

513-381-6611 | kayla_springer@yahoo.com

Amanda Stein, PhD

260 Stetson Street, Suite 3200, Cincinnati, OH 45219

513- 558-7700

Hillary Wishnick, PhD

6400 Thornberry Court, Suite 620, Mason, OH 45040
513-237-2747 | drhillarywishnick@drhillarywishnick.com | drhillarywishnick.com

Transgender Wellness Program Central Clinic

311 Albert Sabin Way, Cincinnati, OH 45229
513-558-5801 | hefliner@ucmail.uc.edu | centralclinic.org
The Transgender Wellness Program (TWP) at Central Clinic is an innovative, culturally responsive program designed to provide mental health and supportive services to transgender community members ages 18+.

- Individual, group, and family counseling/therapy
- Psychiatric medication consultation and management services
- Psychological evaluation
- Case management services
- Connection to trans-competent medical providers
- Letters for legal, hormonal, and medical interventions
- Ohio Medicaid Enrollment Assistance

Viewpoint Psychological Services

1455 South Fort Thomas Avenue (Building 1475), Fort Thomas, KY 41075
859-442-8439 | viewpointpsych.com

Cori Yaeger, PhD

Conscious Choices
2895 Wilmington Road, Lebanon, OH 45036
(513) 232-0727 | lroc1949@icloud.com | dr-cori-yaeger.com

Waybridge Center for Gender Actualization

Caitlin Yilmazer, LPC – Director, Kristen Oldiges, LPC, Lorna Douglas, LPC
4030 Mt. Carmel-Tobasco Road, Suite 102, Cincinnati, OH 45255
10945 Reed Hartman Highway, Suite 302, Cincinnati, OH 45242
513-488-7161 | waybridgecounseling.com/gender-program
Services for individuals (youth and adults) and families working towards gender actualization. Individual, spousal, family, and group therapy available. Waybridge also offers trans specific training for clinicians.

The Community of the Good Shepherd: A Catholic Parish Parents of Gays and Lesbians

8815 E Kemper Rd, Cincinnati, OH 45249

513-489-8815 | good-shepherd.org

This group provides education, prayer, sharing, and support for parents, friends, and other relatives of gays and lesbians.

GLAST (Gays and Lesbians Achieving Sobriety Together)

PO Box 12915, Covington, KY 41012

513-334-6945 | martin@glast.org | glast.org

Assists LGBTQ individuals struggling with addiction through peer support groups in Greater Cincinnati and Northern Kentucky.

GLSEN Greater Cincinnati Chapter

PO Box 19856, Cincinnati, OH 45219

866-934-9119 | info@glsencincinnati.org | glsen.org/chapters/cincinnati

GLSEN Greater Cincinnati works for safe, respectful K-12 schools for all, regardless of sexual orientation, gender identity or gender expression.

- Youth Group - a weekly supportive social group for youth ages 11+
- Youth Summit: A free day-long event every fall with a resource fair, workshops, lunch, dinner and dance
- Support for Gender and Sexuality Alliances (GSAs) in schools
- Safe Space training for educators and community groups

Heartland Trans Wellness Group

103 William Howard Taft Road, Cincinnati, OH 45219

Inside Mt. Auburn Presbyterian Church

513-549-4447 | info@transwellness.org | transwellness.org

Heartland Trans Wellness Group is a project dedicated to creating accessible, affirming community resources for Midwestern trans, queer, and LGBTQ people through comprehensive educational programming, community building, creative cultural growth, and socially just activism.

Living with Change

655 Plum Street, Cincinnati, OH 45202

513-697-5890 | admin@livingwithchange.org | livingwithchange.org

Living with Change works to empower the transgender community in the Tri-state. As part of their work, they host a support group for the local transgender community in collaboration with Cincinnati Children's Hospital Medical Center, provide transgender-specific trainings in educational and corporate environments, and organize a yearly free symposium.

Love Must Win, Inc.

859-903-5428 | help@lovemustwin.org | lovemustwin.org

Love Must Win, Inc provides education and community support by raising awareness and eradicating violence, discrimination, bullying, and self-destructive behaviors. Programs include a monthly safe haven, life coaching, and community events.

Ohio River Valley Pride Coalition

ohiorivervalleypride.org

Ohio River Valley Pride Coalition supports LGBTQ+ individuals in and around Dearborn County and Lawrenceburg, Indiana. Coalition meetings the second Sunday of every month at the Dearborn Adult Center in Lawrenceburg and youth meetings are the third Thursday of every month for LGBTQ youth ages 10 - 17 at Trinity Episcopal Church in downtown Lawrenceburg.

PFLAG Cincinnati

PO Box 19634, Cincinnati, OH 45219

513-721-7900 | info@pflagcinci.org | pflagcinci.org

PFLAG Cincinnati is a non-profit organization of volunteers who offer support for LGBTQ+ individuals, families and friends in a safe and caring environment.

- Meetings are held on the second Tuesday of each month at Mt. Auburn Presbyterian Church, 103 Wm Howard Taft Rd, 45219, starting with a social period at 7 pm with the meeting from 7:30 to 9:30.
- PFLAG offers scholarships open to LGBTQ students and allies.

The Queen City Group - Alcoholics Anonymous

445 Herman St, Cincinnati, OH 45219

513-546-0435 | queencitygroup.org

The Queen City Group is a 12-step recovery group of Alcoholics Anonymous. We strive to provide a safe and sober environment for the lesbian or gay alcoholic where she or he can pursue a program of recovery in a supportive, friendly fellowship. Anyone can attend a Queen City Group meeting regardless of their sexual orientation.

Varieties of Gender Support Group

2710 Newtown Rd, Cincinnati, OH 45245

Lroc1949@icloud.com

A peer-led, professionally facilitated support group is open to all individuals who self-define as gender variant/fluid. The group is confidential and anonymous.

- Meets the 2nd and 4th Sundays of each month from 1-2:30p
- 5th Sunday is a "meal and movie" event open to family members and friends



A Project of Lighthouse Youth & Family Services

Safe and Supported Families

513-487-7115 | safeandsupported@lys.org | safeandsupported.org

This program is designed to provide support to families that experience conflict and stress when their young adult or child comes out as LGBTQ. Young people are especially vulnerable during this time, especially when parents or other adult caregivers are highly rejecting. Youth who have highly rejecting parents have significantly higher rates of depression, suicide, substance abuse and are more likely to run away or be kicked out.

Safe and Supported Families can assist families through this challenging time by providing education, support and mediation. By providing an opportunity to explore feelings in a safe and nonjudgmental manner, parents can improve their relationship with their child, helping to keep that young person safe at home.

You can make a referral to the program by contacting 513-487-7115 or emailing safeandsupported@lys.org.

Bravo Buckeye Region Anti-Violence Organization

PO Box 82068, Columbus, OH 43202

513-433-4001 | bravo-ohio.org

BRAVO works to eliminate violence perpetrated on the basis of sexual orientation and/or gender identification, domestic violence, and sexual assault through prevention, education, advocacy, and survivor services.

Josh Langdon

810 Sycamore Street, Floor 2, Cincinnati, OH 45202

josh@joshlangdon.com | joshlangdon.com

Represents LGBTQ clients throughout Ohio and Kentucky in a variety of areas including employment discrimination, family law and probate.

Lambda Legal

105 W. Adams, 26th Floor, Chicago, IL 60603

312-663-4413 (toll free: 1-866-542-8336) | lambdalegal.org

National organization committed to achieving full recognition of the civil rights of LGBTQ people and those with HIV through impact litigation, education, and public policy work. Information and resources regarding discrimination related to sexual orientation, gender identity and expression, and HIV status. Online Legal Help Desk (for inquiries and advice about specific situations).

LGBTQ Liason Officer

Lisa Johnson 310 Ezzard Charles Drive, Cincinnati, OH 45214

513-352-2998 or 513-235-7597 | Lisa.johnson@cincinnati-oh.gov

Works with LGBTQ organizations within the City of Cincinnati to develop strategies to improve trust, enhance police legitimacy, and to eliminate stereotypical communication gaps between the Police Department and the LGBTQ Community.

Newman & Meeks Co., L.P.A.

4014 Spring Grove Avenue, Suite 650, Cincinnati, OH 45202

513-952-9200 Ext 100 | newman-meeks.com

Lawyers representing clients in the tri-state area in legal matters that include a range of family law matters for the LGBTQ community.

Scott E. Knox Attorney At Law

13 East Court Street, Suite 300, Cincinnati, OH 45202

513-241-3800 | scott@scottknox.com | scottknox.com

Practice in Estate Planning, Probate, Family Law (step-parent adoption, shared custody agreements), Social Security Disability claims, LGBTQ legal issues, and HIV/AIDS discrimination cases.

TransOhio

PO Box 14481, Columbus, OH 43214

614-441-8167 | transohio@transohio.org | transohio.org

TransOhio serves the Ohio transgender and ally communities by providing services, education, support and advocacy which promotes and improves the health, safety and life experience of the Ohio transgender individual and community.

- Name and gender marker change information and legal clinics
- Statewide resources
- Links to medical and legal resources, as well as regional support groups

Women's Crisis Center

835 Madison Avenue, Covington, 41011

24-hour hotline (in Northern Kentucky): (859) 491-3335 OR (800) 928-3335

Serves people of all genders, and sexual orientations who have experienced domestic violence, rape, or sexual assault.

- Crisis intervention services and referrals
- Legal support and advocacy
- Advice, resources, and guidance for survivors

Women Helping Women

215 E. Ninth Street, 7th Floor, Cincinnati, OH 45202

513-381-5610* | TTY 513-977-5545) | whwinfo@womenhelpingwomen.org
| womenhelpingwomen.org

*Language Line interpretation available for no extra cost for non-English speaking callers

Women Helping Women empowers all survivors of sexual assault, domestic violence, and stalking by providing advocacy, support, and options for safety and educates the community to create social change. All direct services are confidential and free of charge.

- Crisis intervention services, referrals, and resources as needed
- Court, hospital, university, and law enforcement advocacy
- Safety planning
- Support groups, one-on-ones, 24-hour hotline, and trauma therapy
- LGBTQ advocate

Cincinnati Regional Coalition Against Hate

info@cincinnatiacoalition.org | cincinnatiacoalition.org

The Cincinnati Regional Coalition Against Hate (CRAH) is a nonpartisan alliance of organizations committed to being vigilant against hate activity by supporting impacted communities and fostering acceptance, compassion, and justice for all in the Cincinnati region.

LGBT National Youth Talkline

1-800-246-7743 | help@LGBThotline.org | LGBTQhotline.org

The LGBT National Youth Talkline provides telephone, online private one-to-one chat, and email peer-support, as well as information and resources.

National Suicide Prevention Lifeline

1-800-273-8255

Skilled, trained counselors available 24/7. Information about local mental health services

Trans Lifeline

1-877-565-8860 | contact@translifeline.org

Hotline staffed by transgender people for transgender people.

Trevor Lifeline & Trevor Text

866-488-7386 or text "Trevor" to 1-202-304-1200

National 24-hour free confidential suicide hotline for gay and trans youth.

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- Court, hospital, university, and law enforcement advocacy
- Safety planning
- Support groups, one-on-ones, 24-hour hotline, and trauma therapy
- LGBTQ advocate

CAP Line Strategies to End Homelessness

513-381-7233; or text CAP to 513-970-1515

strategiestoendhomelessness.org/get-help/

Central intake system for families and individuals who are currently experiencing homelessness or who are at risk of becoming homeless.

Caracole

4318 Hamilton Avenue, Cincinnati, OH 45223

513-761-1480 | caracole.org

Works to reduce the impact of HIV/AIDS through housing, care and prevention. Services are available to anyone regardless of income.

- Free, anonymous and confidential HIV testing
- Counseling services and medical case management
- Housing resources, and homelessness prevention for individuals/families living with HIV/AIDS

Homeward Bound

13 E 20th Street, Covington, KY 41014

859-581-1111 | brightoncenter.com

Homeward Bound Shelter is a 24-hour emergency shelter location in Covington, KY, that provides a safe environment and residential treatment services for runaway, homeless, abused, neglected, and dependent youth ages 11-17.

Lighthouse Youth Housing Opportunities

Lighthouse Youth Services, 2314 Iowa Avenue, Cincinnati, OH 45206

lys.org

The program provides housing and case management to youth in programs including shelter diversion and transitional housing.

Mecum House

Lighthouse Youth Services, 2522 Highland Ave, Cincinnati, OH 45220

513-961-4080 or 1-800-474-4129 | lys.org

Safe space for youth ages 10-17 who no longer feel safe remaining in their own homes. Free, confidential help and safe shelter. Open 24/7/365

Sheakley Center for Youth

Lighthouse Youth Services, 2314 Iowa Avenue, Cincinnati, OH 45206

513-569-9500 | lys.org

Offers emergency shelter to young adults ages 18-24. The Resource Center, located within Sheakley Center for Youth, provides a safe place for youth experiencing homelessness to come in off the streets and get basic needs such as food, toiletries, a shower, and laundry facilities.



A Project of Lighthouse Youth & Family Services

The Host Home Program

513-487-7160 | safeandsupported@lys.org | safeandsupported.org

This program provides housing to LGBTQ young adults, ages 18-24, who are experiencing homelessness through trained, **volunteer host homes**. Hosts act as roommates and mentors to the young adult while in the program.

Young adults receive free housing, food, and case management to help achieve their goals. Placements can last from one week up to six months with the objectives of the program being to help young adults pursue goals, find stable housing, and make permanent adult connections in the community.

Young adults interested in the program can contact safeandsupported@lys.org or 513-487-7160 for eligibility criteria and to learn more about program.

Our program is always looking for new hosts! Hosting is a great opportunity to get involved in the community. Hosts receive training as well as 24/7 support while active in the program. To learn more about hosting, please contact safeandsupported@lys.org.



Calvary Episcopal Church

3766 Clifton Avenue, Cincinnati, OH 45220
513-861-4437 | calvaryclifton@fuse.net | calvaryclifton.org

Carthage Christian

19 W 73rd Street, Carthage, OH 45216
513-821-4921 | cathagechristianchurch@yahoo.com | cathagechristian.weebly.com

Christ Church Cathedral

318 E. Fourth Street, Cincinnati, OH 45202
513-621-1817 | brohrer@ccath.org | christchurchcincinnati.org

Clifton United Methodist Church

3416 Clifton Avenue, Cincinnati, OH 45220
513-961-2998 | office@cliftonumc.com | cliftonumc.com

Episcopal Church of Our Saviour

65 E. Hollister Street, Cincinnati, OH 45219
513-241-1870 | info@churchofoursaviourcincinnati.org | churchofoursaviourcincinnati.org

First Unitarian Church of Cincinnati

536 Linton Street, Cincinnati, OH 45219
513-281-1564 | administrator@firstuu.com | firstuu.com

Florence Christian Church

300 Main Street, Florence, KY 41042
859-647-5000 | fccinfo@florencechristian.org | florencechristian.org

The Gathering At Northern Hills

460 Fleming Road, Cincinnati, OH 45231
513-931-6651 | contact@gnhuu.org | gnhuu.org

Gloria Dei Lutheran Church

5841 Werk Road, Cincinnati, OH 45248
513-922-5590 | gloriadeioffice@gmail.com | gloriadeielca.org

Heritage Universalist Unitarian Church

2710 Newtown Road, Cincinnati, OH 45244
513-231-8634 | office@huuc.net | huuc.net

Knox Presbyterian Church

3400 Michigan Avenue, Cincinnati, OH 45208
513-321-2573 | contact@knox.org | knox.org/index.php

Mt. Adams Pilgrim Chapel

1222 Ida Street, Cincinnati, OH 45202
513-381-7999 | rwccroskery@fuse.net | mtadamschurch.com

Mt. Auburn Presbyterian Church

103 William Howard Taft Road, Cincinnati, OH 45219
513-281-5945 | office@mtauburnpresby.org | mtauburnpresby.org

New Spirit MCC

4033 Hamilton Avenue, Cincinnati, OH 45223
513-661-6464 | pastorjoy@newspiritmcc.com | newspiritmcc.com/NEWSpirit.html

Philippus United Church Of Christ

106 W. McMicken Avenue, Cincinnati, OH 45202
513-241-5244 | rev.samwyatt@fuse.net | philippusucc.org

Rockdale Temple

8501 Ridge Road, Cincinnati, OH 45236
513-891-9900 | shalom@rockdaletemple.org | rockdaletemple.org

St. John's Unitarian Universalist Church

320 Resor Avenue, Cincinnati, OH 45220
513-961-1938 | office@stjohnsuu.org | stjohnsuu.org

St. John United Church Of Christ

520 Fairfield Avenue, Bellevue, KY 41073
859-261-2066 | pastor@stjohnchurch.net | stjohnchurch.net

St. Timothy's Episcopal

8101 Beechmont Avenue, Cincinnati, OH 45255
513-474-4445 | rogerg@sainttimothys.com | sainttimothys.com

Temple Sholom

10828 Kenwood Road, Blue Ash, OH 45242
513-791-1330 | office@templesholom.net | templesholom.net

Trinity Episcopal Church

16 E 4th Street, Covington, KY, 41011
859-431-1786 | info@trinitychurchcovky.com | trinitycovington.org

Cincinnati State Technical and Community College

In the Zone: Cincinnati State Rainbow Alliance

facebook.com/RainbowAllianceOfCincinnatiState

The mission of Rainbow Alliance is to provide a safe, supportive environment for gay, lesbian, bisexual, transgender, and questioning students and their straight allies.

Miami University

LGBTQ Services

3012 Armstrong Student Center

513-529-6510 | Hannah.thompson@MiamiOH.edu |

miamioh.edu/student-life/diversity-affairs/lgbtq-services

The mission of LGBTQ Services is to help realize Miami University's mission of being an engaged university. As a student-centered unit we share an unwavering commitment to creating a community of engaged scholars that is open, safe, affirming, and inclusive for people of all sexualities, gender identities and gender expressions.

Spectrum - LGBTQ-Straight Alliance Student Group

muhub.campuslabs.com/engage/organization/spectrum

Spectrum is a student led organization for students of all sexual and gender identities (GLBTQ+) devoted to raising awareness through education and activism.

Northern Kentucky University

LGBTQ Programs & Services

Student Union, Suite 309

859-572-6684 | meyerb5@nku.edu | inside.nku.edu/lgbtq.html

The goal of this office is to provide education, advocacy and support through programs and services at NKU for students, staff, faculty, and the greater community.

Common Ground

facebook.com/groups/2208252039/

NKU Common Ground is an LGBTQA+ student group that welcomes individuals of any identity.

The Gender Initiative

facebook.com/groups/108171846199580/

Organization that works to increase visibility of Trans and/or Gender Non-conforming students on Northern Kentucky University's campus and to provide a safe place for those individuals to network.

Xavier University

Office of Diversity & Inclusion

1507 Dana Avenue, Room 134, Cincinnati, OH 45207

513-745-3117 | xavier.edu/diversity

The Chief Diversity and Inclusion Officer provides university-wide leadership to support the development and success of institutional diversity initiatives that advance the broader objectives of Xavier University's Catholic, Jesuit mission and its long-range strategic plan.

Xavier LGBTQ Alliance

xavier.edu/alliance

The Xavier LGBTQ Alliance is a club for LGBTQ students and allies. Members of the LGBTQ Alliance engage in political advocacy, education, and social events in a collective effort to heighten awareness of LGBTQ issues and to advocate for a more inclusive and equitable environment on Xavier's campus.

University of Cincinnati

The LGBTQ Center

565 Steger Student Life Center

513-556-0009 | uc.edu/lgbtq

The Center is an inclusive campus community that welcomes people of all sexual orientations and gender identities and provides support, resources and advocacy. The Center facilitates LGBTQ visibility by promoting and enhancing understanding, acceptance, and awareness regarding LGBTQ issues.

Colors of Pride

facebook.com/ColorsOfPrideUC/

Student organization for LGBTQIA+ people of color and their allies who are interested in discussing the intersections of race, gender, and sexuality.

GenderBloc

facebook.com/groups/193014217436522/

A radical, queer activist, support, and social student group focusing on gender issues including transgender and genderqueer activism.

UC Alliance

facebook.com/groups/UCAllianceCincinnati/

Aims to develop interpersonal relationships in a social and educational atmosphere through activities and events for the LGBTQ community and its allies.

Cincinnati Frontrunners

info@cincinnati Frontrunners.org | cincinnati Frontrunners.org
Frontrunners/Frontwalkers of Cincinnati is a social club for LGBT people interested in running and walking, for pleasure or competition.

Cincinnati GLBT Flag Football League

CinGFFL@gmail.com | facebook.com/CinGFFL
CinGFFL is Cincinnati's first and official LGBT flag football league in the Cincinnati and local areas providing a safe and comfortable environment for LGBT and Allied athletes who aspire to play for our community.

Cincy Straddlers

cincystraddlersinfo@gmail.com | facebook.com/groups/cincystraddlers
Cincy Straddlers is a social meetup group geared towards queer women & trans folks but open to all.

Crossport

PO Box 19936, Cincinnati, OH 45219
513-344-0116 | crossportcincy@yahoo.com | crossport.org
Crossport is a social support organization serving transgender individuals in the Greater Cincinnati and surrounding area, including partners, families, friends, and other allies. You can also find them at
<https://www.facebook.com/crossportcincy>

Heartland Trans Wellness Group

103 William Howard Taft Road, Cincinnati, OH 45219
Inside Mt. Auburn Presbyterian Church
513-549-4447 | info@transwellness.org | transwellness.org
Heartland Trans Wellness Group is a project dedicated to creating accessible, affirming community resources for Midwestern trans, queer, and LGBTQ people through comprehensive educational programming, community building, creative cultural growth, and socially just activism.

Meetup.com

Meetup.com
Meetup.com offers several LGBTQ focused social groups for young adults at least aged 18+

River City Softball League

rivercitysoftball@gmail.com | myrivercitysoftball.com
Fun, competitive league for LGBTQ identified players regardless of skill level

Camp Lilac – Trans Action

3585 Ingleside Road, Shaker Heights, OH 44122

216-702-4207 | info@camplilac.org | camplilac.org

Ages 12-17

Transgender youth-specific summer overnight camp.

Camp Kaleidoscope – Camp Kern

5291 St Rt 350, Oregonia, OH 45054

513-932-3756 | caddison@daytonymca.org | campkern.org

Ages 12-16

Summer overnight camp coordinated in partnership with Cincinnati Children's Hospital Transgender Clinic but open to all youth.

Cincinnati Shakespeare Company

1195 Elm Street, Cincinnati, OH 45202

513-381-2288 | jeremy.dubin@cincyshakes.org | cincyshakes.org

Ages 10-18

Introductory day camp to learn theater skills.

Cheers to Art

1109 Vine Street, Cincinnati, OH 45202

7700 Camargo Road, Madeira, OH 45243

513-349-3516 | julie@cheerstoaart.com | cheerstoaart.com

Ages 6-14

Art-focused day camp.

Cincinnati Museum Center

1301 Western Avenue, Cincinnati, OH 45203

513-287-7000 x7242 | kenderle@cincymuseum.org | cincymuseum.org

Ages Kindergarten – 8th Grade

Week long day camps to help youth explore science, technology, history, and the arts.

Creativities Studio

7010 Miami Avenue, Madeira, OH 45243

513-272-1500 | info@artsandcreativities.com | artsandcreativities.com

Ages 8-18

Day camp located at 1860's farmhouse where students work on design, creativity, cooking, and gardening.

Coming out to your family can be a stressful process. It is important to come out when you are ready. Here are some tips to help you plan.

When you're ready to tell that first person — or those first few people — give yourself time to prepare. Think through your options and make a deliberate plan of who to approach, when and how.

Confidence: Make sure you've already come out to yourself. Are you comfortable with your own identity? Do you know why you'd like to come out?

Logistics: Consider all of the realistic consequences of coming out. Is there a chance for violence or even homelessness? Create a Safety Plan (you can find one in this guide!) just in case things don't turn out the way you hope.

Outcomes: Set reasonable expectations. Know that they may not react the way you want them to. It is key to keep in mind that their initial responses may have more to do with their own internal struggles than with you personally. Try to imagine their reactions, and plan your responses in advance. Give them time to process.

Set the Scene: This is your Who, What, When, and Where. Plan who will be there and exactly what you'd like to say. Plan where you'll be and when you'll be there.

Engage: Take a deep breath and follow through with your plan. You've got this!

Take Care of You: Practice all of the self-care! Do what you need to keep yourself happy and healthy during this time.

It's important to have a plan for what you will do if your coming out experience does not go according to plan. You may want to complete the following to prepare.

Who can you call for a place to cool off or stay after coming out?

Is there someone you can talk to before coming out to your family? Are they able to check how things went after you come out?

If you no longer feel safe at home after coming out, what things do you need to take with you when you leave?

1. **Don't Make Assumptions**
 - Do not assume that everyone around you or even those you know personally are straight (that's heterosexism!).
 - Ask about things you don't understand. Challenge stereotypes and encourage those around you to do the same.
2. **Be Respectful**
 - Respect others' identities, experiences, and privacy. Remember that the LGBTQ community is diverse. There is no single "gay experience."
 - Youth are the experts on their own experience.
3. **Listen More; Speak Less**
 - Avoid speaking for LGBTQ people, let them speak for themselves.
 - Ask your LGBTQ friends how you can best be an ally to them.
4. **Educate Yourself**
 - Ask questions! But do not expect community members to be your sole source of information – do some research on your own by attending community events and reading up.
5. **Get Involved**
 - There are so many ways to participate! Attend Pride Month events, invite LGBTQ organizations to speak at your events.
 - Ask your Congressperson to support LGBTQ affirming policies, sign a petition, participate in an AIDS walk, and vote.
6. **Provide A Safe Space**
 - Strive to use more inclusive, affirming, and gender-neutral language. Be sure to validate people's sexual orientation and gender expression.
7. **Be Self Aware**
 - Confront your own prejudices and bias, even if it is uncomfortable to do so. Understand your own feelings about LGBTQ issues.
8. **Allow Yourself to Make Mistakes**
 - Expect to make some mistakes but do not use it as an excuse for inaction. Acknowledge and apologize for those mistakes; learn from them, but do not retreat.
 - When criticized or called out, allies should listen, apologize, act accountably, and alter their behavior moving forward.
9. **Speak Out Against Harmful Language/ Discrimination**
 - Break the silence. Don't be afraid to say the words gay, lesbian, bisexual, transgender out loud.
 - Challenge anyone making homophobic jokes or using hate speech – this type of language is harmful to everyone.
10. **Be An Ally**
 - Understand that "ally" is not an identity you can claim. LGBTQ people will know you are an ally by your actions rather than your words.
 - Knowing marginalized people does not equal being inclusive; including those people does.

Ally | A person who is not LGBTQ but shows support for LGBTQ people and promotes equality in a variety of ways.

Androgynous | Identifying and/or presenting as neither distinguishably masculine nor feminine.

Asexual | The lack of a sexual attraction or desire for other people.

Biphobia | Prejudice, fear or hatred directed toward bisexual people.

Bisexual | A person emotionally, romantically or sexually attracted to more than one gender or gender identity though not necessarily simultaneously, in the same way or to the same degree.

Cisgender | A term used to describe a person whose gender identity aligns with their sex assigned at birth.

Closeted | Describes an LGBTQ person who has not disclosed their sexual orientation or gender identity.

Coming Out | The process in which a person first acknowledges, accepts and appreciates his or her sexual orientation or gender identity and begins to share that with others.

Gay | A person who is emotionally, romantically and/or sexually attracted to members of the same gender.

Gender Dysphoria | Clinically significant distress caused when a person's assigned birth gender is not the same as the one with which they identify. According to the American Psychiatric Association's Diagnostic and Statistical Manual of Mental Disorders (DSM), the term - which replaces Gender Identity Disorder - "is intended to better characterize the experiences of affected children, adolescents, and adults."

Gender-Expansive | Conveys a wider, more flexible range of gender identity and/or expression than typically associated with the binary gender system.

Gender Expression | External appearance of one's gender identity, usually expressed through behavior, clothing, haircut or voice, and which may or may not conform to socially defined behaviors and characteristics typically associated with being either masculine or feminine.

Gender Identity | One's innermost concept of self as male, female, a blend of both or neither – how individuals perceive themselves and what they call themselves. One's gender identity can be the same or different from their sex assigned at birth.

Gender Non-Conforming | A broad term referring to people who do not behave in a way that conforms to the traditional expectations of their gender, or whose gender expression does not fit neatly into a category.

Genderqueer | Genderqueer people typically reject notions of static categories of gender and embrace a fluidity of gender identity and often, though not always, sexual orientation. People who identify as “genderqueer” may see themselves as being both male and female, neither male nor female or as falling completely outside these categories.

Gender Transition | The process by which some people strive to more closely align their internal knowledge of gender with its outward appearance. Some people socially transition, whereby they might begin dressing, using names and pronouns and/or be socially recognized as another gender. Others undergo physical transitions in which they modify their bodies through medical interventions.

Homophobia | The fear and hatred of or discomfort with people who are attracted to members of the same sex.

Lesbian | A woman who is emotionally, romantically or sexually attracted to other women.

LGBTQ | An acronym for “lesbian, gay, bisexual, transgender and queer.”

Outing | Exposing someone's lesbian, gay, bisexual or transgender identity to others without their permission. Outing someone can have serious repercussions on employment, economic stability, personal safety or religious or family situations.

Queer | A term people often use to express fluid identities and orientations. Often used interchangeably with “LGBTQ.”

Questioning | A term used to describe people who are in the process of exploring their sexual orientation or gender identity.

Sexual Orientation | An inherent or immutable enduring emotional, romantic or sexual attraction to other people.

Transgender | An umbrella term for people whose gender identity and/or expression is different from cultural expectations based on the sex they were assigned at birth. Being transgender does not imply any specific sexual orientation. Therefore, transgender people may identify as straight, gay, lesbian, bisexual, etc.

Transphobia | The fear and hatred of, or discomfort with, transgender people.



A Project of Lighthouse Youth & Family Services

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