



Positive Space Network of Halton “abOUT us” Learning Groups for LGBTQ+ Youth and Their Families

Thank you for your interest in the “abOUT us” learning groups for LGBTQ+ youth and their families. This is a 5 week learning group open to youth from 12-17 years of age, their families and caregivers. It is an opportunity to learn how to support each other around sexual orientation and/or gender identity, gender expression issues. As well as an opportunity to meet other families with LGBTQ+ children, LGBTQ+ lead families and develop friendships and support networks for LGBTQ+ youth.

Our main goal is to provide information and support to families and youth to better understand and support LGBTQ+ identities in the home and to develop skills to better navigate a positive and healthy relationship within families. As well we hope to create stronger connections for parents and youth in the Halton region.

“Family acceptance of LGBTQ+ youth predicts greater self-esteem, social support and general health status; it also protects against depression, substance use and suicidal ideation and behaviours.”

Family Acceptance in Adolescence and the Health of LGBTQ Young Adults – 2010 Journal of Child and Adolescent Psychiatric Nursing

Each night parents and youth will discuss topics such as coming out, gender identity, supporting your LGBTQ+ child, supporting your parents through your sexual orientation, gender identity disclosure, healthy relationships, dealing with discrimination and bullying. Each night we will create two learning groups, one for parents/guardians and one for youth. Groups may come together for the last 10 minutes to debrief and share what we have learned together.

The learning sessions will run Thursday evenings from 7:00 pm to 9:00 pm

**Reach Out Centre for Kids (ROCK) Milton location at 400 Bronte Street South.
Each group will be facilitated by a group leader and a guest speaker on the topic.**

**You don't have to be a parent/child group to attend.
Youth may attend the youth sessions even if parents/guardians are not attending. This program is open to families, caregivers, LGBTQ+ lead families and individual youth seeking peer connections and a safe place to speak about LGBTQ+ issues.**

This initiative is a joint project between the Positive Space Network of Halton, PFLAG Halton and ROCK and is funded by the Community One Foundation. If you have any questions about the program please contact me directly. **Transportation support is available.**

Participants must register at www.rockfoundation.ca or marcusl@rockonline.ca

Sincerely,

Marcus Logan

Coordinator, Positive Space Network