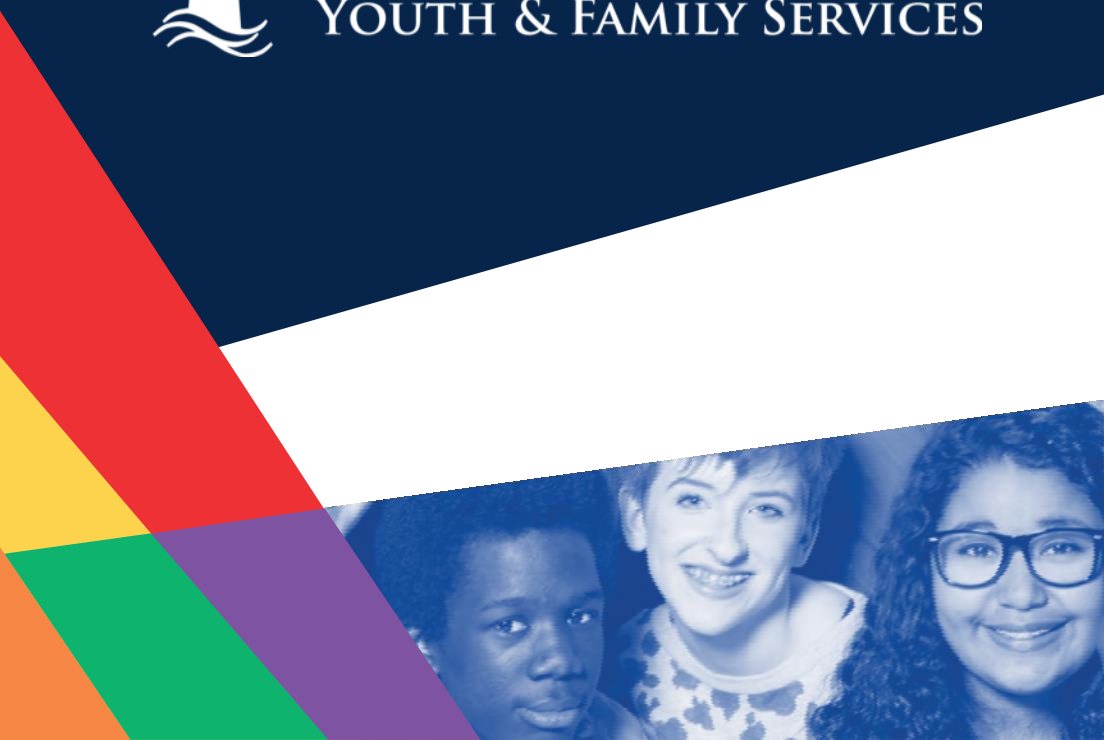


GREATER CINCINNATI  
**LGBTQ**  
RESOURCE GUIDE



LIGHTHOUSE  
YOUTH & FAMILY SERVICES



# SAFE & SUPPORTED



## LIGHTHOUSE SAFE AND SUPPORTED

Lesbian, Gay, Bisexual, Transgender and Queer/Questioning (LGBTQ) youth are dramatically overrepresented in the homeless youth population, yet there are too few systems and services to meet their needs. Lighthouse Youth & Family Services created Safe and Supported as a result of Hamilton County being chosen as one of two communities in the nation to lead the U.S. Department of Housing and Urban Development's first-of-its-kind LGBTQ Youth Homelessness Prevention Initiative. Lighthouse 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 who are currently experiencing homelessness or are at imminent risk of homelessness. The program connects young adults with volunteer hosts that provide housing, food and mentorship.

#### Faith in Families

Families sometimes struggle when a young person comes out as LGBTQ. Faith in 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

Lighthouse 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](mailto:safeandsupported@lys.org) or visit [www.lys.org/safeandsupported](http://www.lys.org/safeandsupported).

# ABOUT THIS GUIDE

This Resource Guide is provided by Lighthouse 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.lys.org/safeandsupported](http://www.lys.org/safeandsupported).

To add your organization or service, contact [safeandsupported@lys.org](mailto:safeandsupported@lys.org).

## Disclaimer

The resources in this guide have been compiled by Lighthouse Safe and Supported in furtherance of its goal of ending LGBTQ youth homeless 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 Lighthouse 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 or other service, considering among other strategies, the following:

- Talk to trusted friends, family or clergy about professionals they have used.
- Ask another healthcare 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.
- 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 other categories.

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## **Caracole**

4318 Hamilton Ave, Cincinnati, OH 45223

513-761-1480 | [caracole.org](http://caracole.org)

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

## **Equitas Health Cincinnati Medical Center & Pharmacy**

2805 Gilbert Ave, Cincinnati, OH 45206

513-815-4475 | [equitashealth.com/cincinnati](http://equitashealth.com/cincinnati)

The Equitas Health Cincinnati Medical Center & Pharmacy, located in Walnut Hills, offers primary care, trans health, specialty HIV care, HIV/STI testing and treatment, psychiatry, counseling, and community pharmacy services all under one roof.

## **The Exchange Project**

Hamilton County Public Health

513-377-7114 | [cincyep.org](http://cincyep.org)

The Exchange Project is an advocacy organization that promotes harm reduction in drug use.

## **Family Medicine Center of the Christ Hospital**

2123 Auburn Ave, Suite 235, Cincinnati, OH 45219

513-585-3238

## **LGBT Veteran Care Coordinator—Cincinnati VA Medical Center**

3200 Vine St, Cincinnati, OH 45220

513-861-3100, x5412 | [cincinnati.va.gov/services/lgbt/index.asp](http://cincinnati.va.gov/services/lgbt/index.asp) For veterans only

## **Living With Change Center for Transgender Health at Cincinnati Children's Hospital**

**Providers: Lee Ann E. Conard, RPh, DO, MPH**

**Sarah D. Corathers, MD**

**Molly McHenry, FNP, AAHIV**

513-636-4681 | [gender.team@cchmc.org](mailto:gender.team@cchmc.org) | [cincinnatichildrens.org](http://cincinnatichildrens.org)

Provides transgender health services for patients 5-24 years old.

## **Planned Parenthood Southwest Ohio**

2314 Auburn Ave, Cincinnati, OH 45219

1-800-230-PLAN | [info@ppsw.org](mailto:info@ppsw.org) | [ppsw.org](http://ppsw.org)

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

## **Mark Andolina, MD**

8420 Northcreek Dr, Suite 1100, Cincinnati, OH 45236  
513-853-1300  
Oncology

## **Garrett Bell-Gresham, MD**

8240 Northcreek Dr, Suite 3000, Cincinnati, OH 45236  
513-246-7000  
Pediatrics

## **Christopher Bernheisel, MD**

2123 Auburn Ave, Suite 340, Cincinnati, OH 45219  
513-721-2221  
Family and community medicine

## **Ruchi Bhabhra, MD**

222 Piedmont Ave, Suite 6300, Cincinnati, OH 45219  
513-475-7400  
Endocrinology and internal medicine

## **Aaron Block, MD, MPH, CPH**

8401 Claude Thomas Way, Suite 21D, Franklin, OH 45005 937-  
743-5965  
Family medicine

## **Marcia Bowling, MD**

71 E Hollister St, Cincinnati, OH 45219 513-  
751-2273  
Obstetrics/gynecology

## **Amy Brenner, MD**

6413 Thornberry Ct, Mason, OH 45040  
513-770-0787 | [contact@dramybrenner.com](mailto:contact@dramybrenner.com) | [dramybrenner.com](http://dramybrenner.com)  
Obstetrics/gynecology

## **Diana E. Brinker, MD**

2001 Anderson Ferry Rd, Cincinnati, OH 45238 513-  
246-7000  
Pediatric and adolescent medicine

## **Colin Carracher, MD**

222 Piedmont Ave, Suite 6300, Cincinnati, OH 45219  
513-475-7400  
Endocrinology

## **Elise Chambers, MD**

6949 Good Samaritan Dr, #210, Green Township, OH 45247  
513-931-2400  
Internal medicine and pediatrics

## **Danielle Connor, MD**

8240 Northcreek Dr, Suite 3000, Cincinnati, OH 45236  
513-246-7000  
Pediatrics

## **Toni Cottongim, MD**

6350 Glenway Ave, #205, Cincinnati, OH 45211  
513-481-0900  
Family medicine

## **Nancy DeBlasis, MD**

8240 Northcreek Dr, Suite 3000, Cincinnati, OH 45236  
513-246-7000  
Pediatrics

## **James Donovan, MD**

222 Piedmont Ave, Suite 7000, Cincinnati, OH 45219  
513-475-8787  
Urology (also West Chester location)

## **Arnold Drummond, MD**

8020 Liberty Way, Liberty Township, OH 45069 513-  
777-8300  
Internal medicine

## **Jon R. Fackler, MD**

10550 Montgomery Rd, Suite 22, Cincinnati, OH 45242  
513-793-2229  
Obstetrics/gynecology

## **Tasha Faruqi, DO**

8240 Northcreek Dr, Suite 3000 Cincinnati, OH 45236  
513-246-7000  
Pediatrics

## **Scott Firestein, MD**

2001 Anderson Ferry Rd, Cincinnati, OH 45238 513-  
246-7000  
Obstetrics/gynecology (also Anderson location)

## **John Fredeking, MS, CCC-SLP**

3333 Burnett Ave, Cincinnati, OH 45229  
513-636-4341 | john.fredeking@cchmc.org  
Speech-language pathology

## **Naila Goldenberg, MD**

969 Reading Road, Suite N, Mason, OH 45040 513-604-1004  
Endocrinology (also Bellevue, KY location)

## **Robyn Gorman, MD**

7829 Laurel Ave, Cincinnati, OH 45243  
513-936-2150  
Pediatrics

## **Renee Gustin, CCC-SLP**

3113 Bellevue Ave, Suite 4400 Cincinnati, OH 45219  
513-475-8400  
Speech-language pathology

## **Katheryn Jadeed, MD**

379 Dixmyth Ave, Cincinnati, OH 45220  
513-246-7000  
Internal medicine and pediatrics

## **Kay Johnson, MD**

9275 Montgomery Rd, #200, Cincinnati, OH 45242  
513-936-4510  
Internal medicine

## **Rula Kanj, MD**

3333 Burnet Ave, Cincinnati, OH 45229  
513-636-9400  
Pediatric and adolescent gynecology

## **Siddarth Khosla, MD**

3113 Bellevue Ave, Suite 4400, Cincinnati, OH 45219  
513-475-8400  
Ear, Nose, and Throat

## **H. Joseph Kiesler, MD**

2123 Auburn Ave, Suite 340, Cincinnati, OH 45219  
513-721-2221  
Family medicine



## **John Kitzmiller, MD**

222 Piedmont Ave, Suite 7000, Cincinnati, OH 45219  
513-721-2221  
Plastic surgery

## **Tara Knipper, MD**

379 Dixmyth Ave, Cincinnati, OH 45220  
513-246-7000  
Obstetrics/gynecology (also Anderson location)

## **Leanna Lane, MD**

379 Dixmyth Ave, Cincinnati, OH 45215  
513-246-7000  
Dermatology

## **Wojciech Mazur, MD**

2123 Auburn Ave, Suite 138, Cincinnati, OH 45219  
513-206-1120  
Cardiology

## **Brian Miller, MD**

234 Goodman St, Cincinnati, OH 45219  
513-584-1000  
Obstetrics/gynecology (also Florence and Midtown locations)

## **Lori Philip, MD**

11135 Montgomery Rd, Suite 100, Cincinnati, OH 45249  
513-793-2220  
Obstetrics/gynecology

## **Sarah Pickle, MD**

175 West Galbraith Rd, Cincinnati, OH 45216 513-821-0275 | sarahpicklemd.com  
Family medicine, reproductive health, transgender health (also UC location)

## **Rodney Roof, DPM**

8240 Northcreek Dr, Cincinnati, OH 45236  
513-246-7014  
Podiatry

## **Lisa Rowley, MD**

222 Piedmont Ave, Suite 8000, Cincinnati, OH 45219  
513-475-7880  
Primary care

## **Elizabeth A. Ruchholf, MD**

11140 Montgomery Rd, Suite 2100, Cincinnati, OH 45249  
513-936-5294  
Obstetrics/gynecology

## **Stan Scheidler, DO**

543 Park Ave, Hamilton, OH 45103  
513-737-0257  
Primary care

## **Greg Sherman, DDS**

5050 East Galbraith Rd, Suite C, Cincinnati, OH 45236 513-531-5050 | info@kenwoodcomplete.com Dentistry

## **Rick Singel, DDS**

2752 Erie Ave, Suite 8, Cincinnati, OH 45208  
513-871-4200 | drsingel.net  
Dentistry

## **Michael Spivak, CNP**

969 Reading Rd, Suite N, Mason, OH 45040 513-604-1004  
Endocrinology (also Bellevue, KY location)

## **Terri Stewart-Dehner, MD**

2123 Auburn Ave, Suite 138, Cincinnati, OH 45219  
513-206-1120  
Cardiology

## **Shanna Stryker, MD**

2136 West 8th St, Cincinnati, OH 45204 513-357-2700  
Family medicine (non-binary affirming)

## **Laura Taylor, MD**

175 West Galbraith Rd, Cincinnati, OH 45216 513-821-0275  
Internal medicine, family medicine

## **William Don Tobler, Jr., MD**

379 Dixmyth Ave, Floor 8, Cincinnati, OH 45220  
513-246-7000  
Plastic surgery (also Kenwood location)

## **Cynthia Villacis, MD**

527 Centre View Blvd, Crestview Hills, KY 41017  
859-905-0707 | cvillacismd@healthconnectionsdpcc.com  
Family practice

## **Dain Wahl, DO**

2345 Kemper Ln, Cincinnati, OH 45206  
513-440-5093 | drdainwahl@aol.com | drdainwahl.com  
Internal medicine

## **Nita Walker, MD**

9275 Montgomery Rd, #200, Cincinnati, OH 45242  
513-936-4510  
Internal medicine

## **Warren R. Webster, MD**

2727 Madison Rd, Cincinnati, OH 45209  
513-351-1200  
Internal medicine

## **Michael West, MD, PhD**

35 East 7th St, Suite 312, Cincinnati, OH 45202  
513-898-9448  
Endocrinology

## **Nadia Yaqub, MD**

2960 Mack Rd, Suite 203, Fairfield, OH 45014  
513-603-8352  
Endocrinology, internal medicine

## **Jeffrey W. Zipkin, MD**

10220 Alliance Rd, Cincinnati, OH 45242  
513-841-7800  
Urology (also Norwood location)

## **Cincy Pride Counseling**

312 Walnut St, Suite 1600, Cincinnati, OH 45202  
(513) 468-6454 | [drew@cincypridecounseling.com](mailto:drew@cincypridecounseling.com)  
Counseling/therapy

## **Equitas Health Cincinnati Medical Center & Pharmacy**

(See page for full entry)

## **Transgender Wellness Program Central Clinic**

311 Albert Sabin Way, Cincinnati, OH 45229  
513-558-5801 | [lgbtq@centralclinic.org](mailto:lgbtq@centralclinic.org) | [centralclinic.org](http://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\*.

## **Viewpoint Psychological Services**

859-442-VIEW (8439) | [viewpointpsych.com](http://viewpointpsych.com)  
1455 South Fort Thomas Ave, Fort Thomas, KY, 41075 (also locations in Florence, KY and Crestview Hills, KY)  
Counseling/therapy, learning disability assessments

## **Waybridge Center for Gender Actualization**

10945 Reed Hartman Hwy, Suite 302, Cincinnati, OH 45242  
513-488-7161 | [waybridgecounseling.com](http://waybridgecounseling.com)  
Services for individuals and families working toward gender actualization.

## **Meghan Anderson, MSM, LSW**

1329 East Kemper Rd, Suite 4212B, Cincinnati, OH 45246 513-283-0004  
Counseling/therapy

## **Judy Buka, M.Ed., LSW**

10921 Reed Hartman Hwy, Suite 104F, Cincinnati, OH 45242 513-214-2567  
Counseling/therapy

## **Sheri McCullah Casbeer, LPCC-S, LICDC-C**

11440 Hamilton Ave, Suite 206, Cincinnati, OH 45231  
513-648-9596 | [sheri@embracecoveryandwellness.com](mailto:sheri@embracecoveryandwellness.com)  
Counseling/therapy

## **Jacqueline Collins, MD**

260 Stetson St, Suite 3200, Cincinnati, OH 45219  
513-558-7700  
Psychiatry

## **Heather Lynn Coulson, MS**

4226 Montgomery Rd, Cincinnati, OH 45212  
435-580-8103  
Counseling/therapy

## **Laura Edwards, MA, LPCC-S**

7439 Montgomery Rd, Suite 4, Cincinnati, OH 45236  
513-549-0160  
Counseling/therapy

## **Whayne Herriford, MS, LPCC**

125 Court St, Cincinnati, OH 45202  
859-951-6162 | [whayneherriford.com/home.html](http://whayneherriford.com/home.html)  
Counseling/therapy (also Newport, KY location)

## **Suzanne Hoskin, LPCC, LICDC**

8806 Cincinnati Dayton Rd, West Chester, OH 45069 833-212-9788  
Counseling/therapy

## **June Huelskamp, MSW, LISW-S, LCSW**

7439 Montgomery Rd, Suite 4, Cincinnati, OH 45236  
513-607-5448 | [latitudetherapy.com](http://latitudetherapy.com)  
Counseling/therapy

## **Casey Frazee Katz, MA, LPCC**

7504 Perry St, Cincinnati, OH 45231  
513-392-4984  
Counseling/therapy

## **David Leonard, MD**

3001 Highland Ave, Cincinnati, OH 45219  
513-961-8861  
Psychiatry

## **Martha McLeod, MA, LISW, LCSW**

221 Woolper Ave, Cincinnati, OH 45220  
513-221-8623 | [martha@mcleodcounseling.com](mailto:martha@mcleodcounseling.com) | [mcleodcounseling.com](http://mcleodcounseling.com)  
Counseling/therapy

## **Christina Mayhaus, MA, LPCC, NCC**

4226 Montgomery Rd, Cincinnati, OH 45212  
513-280-8747  
Counseling/therapy

## **Stacy Morrison, PsyD**

800 Compton Rd, Unit 32, Cincinnati, OH 45231  
513-521-5088 | [cincinnatipsychologycenter.com](http://cincinnatipsychologycenter.com)  
Counseling/therapy

## **Jill Marie Mysonhimer, MSW, LISW-S**

10979 Reed Hartman Hwy, Suite 331D, Cincinnati, OH 45242 513-802-9239  
Counseling/therapy

## **Yvette Nepper, MA, LPCC**

463 Ohio Pike, Suite 102-B, Cincinnati, OH 45255 513-939-0300  
Counseling/therapy

## **Steven D. Nichols, PhD**

3200 Linwood Ave, Suite 2, Cincinnati, OH 45226  
513-312-2203 | [steven@nicholsphd.com](mailto:steven@nicholsphd.com) | [nicholsphd.com](http://nicholsphd.com)  
Counseling/therapy

## **Heidi Nunemaker, LPCC**

2300 Montana Ave, Suite 207, Cincinnati, OH 45211  
513-601-9882 | [heidinunemakercounselor.com/](http://heidinunemakercounselor.com/)  
Counseling/therapy

## **Laura Obert, PhD**

800 Compton Rd, Unit 32, Cincinnati, OH 45231  
513-449-2747x3  
Counseling/therapy

## **J. Brett Offenberger, MD**

820 Delta Ave, Cincinnati, OH 45226  
513-321-9902  
Counseling/therapy

## **Sophia Paparodis, LPCC**

10979 Reed Hartman Hwy, Suite 129, Blue Ash, OH 45242 513-936-8444 | [awarewithin@mac.com](mailto:awarewithin@mac.com) Counseling/therapy

## **Jennifer Phillips, PhD**

2049 Sherman Ave, Norwood, OH 45212  
513-793-6226 x2 | [jphillipspsy@gmail.com](mailto:jphillipspsy@gmail.com) | [drjenniferphillips.com](http://drjenniferphillips.com)  
Counseling/therapy

## **Jennifer L. Price, PCC-S, LCDCIII**

7439 Montgomery Rd, Suite 4, Cincinnati, OH 45236  
513-827-8122  
Counseling/therapy

## **Emma Schmidt, MA**

3665 Erie Ave, Cincinnati, OH 45208  
513-438-0448 | [contact@emma-schmidt.com](mailto:contact@emma-schmidt.com)  
Relationship counseling and sex therapy

## **Charlene Kamin Schneider, PhD**

6771 Prairie View Dr, Maineville, OH 45093 513-  
823-4210  
Counseling/therapy

## **Richard Sears, PsyD**

9200 Montgomery Rd, Suite 25B, Building H, Cincinnati, OH 45242 513-  
899-6463 | [richard@psych-insights.com](mailto:richard@psych-insights.com) | [psych-insights.com](http://psych-insights.com)  
Counseling/therapy

## **Mary Signorelli, MSW, LISW-S, LICDC**

778 Cincinnati-Batavia Pike Rd, Cincinnati, OH 45245 513-  
327-7838  
Clinical social work/therapy

## **Kayla Springer, PhD**

130 Wellington Place, Cincinnati, OH 45219  
513-381-6611  
Counseling/therapy

## **Amanda Stein, PhD**

260 Stetson St, Suite 3200, Cincinnati, OH 45219  
513-558-7700  
Counseling/therapy

## **Laurie L. Stober, MA**

114 Main St, Milford, OH 45242  
513-370-2595  
Counseling/therapy

**Amy Stenger-Sullivan, LPC**

11438 Lebanon Rd, Suite H, Cincinnati, OH 45241 513-318-4574  
Counseling/therapy

**Terri L. Telesz, LISW-S**

10945 Reed Hartman Hwy, Suite 313, Blue Ash, OH 45242 513-392-8089 | findyourwayllc.com  
Counseling/therapy

**Lorraine Ward, LPCC, LCDC-II**

550 North Main St, Suite B, Springboro, OH 45066 937-748-8201  
Counseling/therapy

**Hillary Wishnick, PhD**

6400 Thornberry Ct, Suite 620, Mason, OH 45040  
513-237-2747 | drhillarywishnick@drhillarywishnick.com | drhillarywishnick.com  
Counseling/therapy

**Brian Wright, LPCC, LICDC**

2117 Beechmont Ave, Cincinnati, OH 45230  
513-327-7438  
Counseling/therapy

**Cori Yaeger, PhD**

6557 Rainbow Ln, Cincinnati, OH 45230  
513-706-9323  
Counseling/therapy



## Faith in Families

Lighthouse Youth & Family Services 513-487-7160 | [faithinfamilies@lys.org](mailto:faithinfamilies@lys.org)



Faith in Families is a four hour program for parents and other adult caregivers to receive support and information when their child comes out as lesbian, gay, bisexual or transgender. The program offers an opportunity to address worries and concerns and have questions answered by professional staff. Family members can expect a confidential and respectful experience, where religious and personal beliefs are respected. The program is free and lunch is provided.

## GLAST (Gays and Lesbians Achieving Sobriety Together)

513-334-6945 | [hope@glast.org](mailto:hope@glast.org) | [glast.org](http://glast.org)  
 Assists LGBTQ individuals struggling with addiction through peer support groups in Greater Cincinnati and Northern Kentucky.

## GLSEN Greater Cincinnati Chapter

866-934-9119 | [info@glsencincinnati.org](mailto:info@glsencincinnati.org) | [glsen.org/chapters/cincinnati](http://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.

## Heartland Trans Wellness Group

513-549-4447 | [info@transwellness.org](mailto:info@transwellness.org) | [facebook.com/heartland.transwellness](https://facebook.com/heartland.transwellness)  
 Heartland Trans Wellness is dedicated to creating accessible, affirming community resources for Midwestern trans, queer, and LGBTQ people.

## Living with Change

655 Plum St, Cincinnati, OH 45202  
 513-697-5890 | [admin@livingwithchange.org](mailto:admin@livingwithchange.org) | [livingwithchange.org](http://livingwithchange.org)  
 Works to empower the transgender community in the Tri-state area.

## LOVEboldly, Inc.

[loveboldly.net](http://loveboldly.net) | [loveboldlynow@gmail.com](mailto:loveboldlynow@gmail.com)  
 LOVEboldly honors the dignity and humanity of all people while empowering churches and people of faith to provide better care and support for LGBTQ+.

## Love Must Win, Inc.

859-903-5428 | [help@lovemustwin.org](mailto:help@lovemustwin.org) | [lovemustwin.org](http://lovemustwin.org)  
 Provides education and community support by raising awareness and

eradicating violence, discrimination, bullying, and self-destructive behaviors.

## **Ohio River Valley Pride Coalition**

[ohiorivervalleypride.org](http://ohiorivervalleypride.org)

Supports LGBTQ individuals in and around Dearborn County and Lawrenceburg, Indiana.

## **PFLAG Cincinnati**

513-721-7900 | [info@pflagcinci.org](mailto:info@pflagcinci.org) | [pflagcinci.org](http://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.

## **Q Chat Space**

[qchatspace.org](http://qchatspace.org)

Online discussion groups for LGBTQ+ teens ages 13 to 19 facilitated by staff from LGBTQ groups across the country. Also list excellent resources.

## **The Queen City Group - Alcoholics Anonymous**

3416 Clifton Ave, Cincinnati, OH 45220

513-255-5104 | [aacincinnati.org/meetings/queen-city-group-lgbt-2](http://aacincinnati.org/meetings/queen-city-group-lgbt-2)

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.

## **TransOhio**

[transohio@transohio.org](mailto:transohio@transohio.org) | [transohio.org](http://transohio.org)

TransOhio serves the Ohio transgender and ally communities by providing services, education, support and advocacy which promote and improve the health, safety and life experiences of the Ohio transgender individual and community.

## **Trevor Space**

[trevorspace.org](http://trevorspace.org)

Online support group through The Trevor Project for youth ages 13-24.

## **Varieties of Gender Support Group**

2710 Newtown Rd, Cincinnati, OH 45245

[Cori@fuse.net](mailto:Cori@fuse.net)

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

## **Bravo Buckeye Region Anti-Violence Organization**

PO Box 82068, Columbus, OH 43202

513-433-4001 | [bravo-ohio.org](http://bravo-ohio.org)

Provides individual and community programs for LGBTQ survivors of hate and bias violence, intimate partner violence, stalking, and/or sexual assault.

## **Brinkman & Associates**

119 E Court St, Cincinnati, OH 45202 513-

632-5310 | [brinkmanfamilylaw.com](http://brinkmanfamilylaw.com) Family law

## **Cincinnati Regional Coalition Against Hate**

[info@cincinnaticoalition.org](mailto:info@cincinnaticoalition.org) | [facebook.com/cincinnatiacoalition](https://facebook.com/cincinnatiacoalition)

Nonpartisan alliance of organizations committed to being vigilant against hate activity.

## **Equality Ohio Legal Clinic**

855-LGBT-LAW | [equalityohio.org/legal-clinic](http://equalityohio.org/legal-clinic)

Free civil legal services to Ohio LGBTQ people with income up to 300% of the federal poverty level. Also offers referrals to other LGBTQ-friendly attorneys.

## **Gerhardstein & Branch Co., LPA**

441 Vine St, Suite 3400, Cincinnati, OH 45202

513-621-9100 | [gbfirm.com](http://gbfirm.com)

Civil rights law

## **Robert A. Klingler Co., LPA**

525 Vine St, Suite 2320, Cincinnati, OH 45202

513-434-8015 | [klinglerlaw.com](http://klinglerlaw.com)

Employment law/discrimination

## **Scott E. Knox, Attorney At Law**

13 E Court St, Suite 300, Cincinnati, OH 45202

513-241-3800 | [scott@scottknox.com](mailto:scott@scottknox.com) | [scottknox.com](http://scottknox.com)

Provides legal help in a variety of fields of law, including LGBTQ legal issues and HIV/AIDS discrimination cases.

## **Lambda Legal**

105 W Adams St, 26th Floor, Chicago, IL 60603 1-

866-542-8336 | [lambdalegal.org](http://lambdalegal.org)

National organization committed to achieving full recognition of the civil rights of LGBTQ people and those with HIV.

## **LGBTQ Liason Officer**

310 Ezzard Charles Dr, Cincinnati, OH 45214  
513-352-2998 or 513-235-7597 | [Lisa.johnson@cincinnati-oh.gov](mailto:Lisa.johnson@cincinnati-oh.gov) The Cincinnati Police Department LGBTQ Liaison works with LGBTQ organizations within the City of Cincinnati.

## **Josh Langdon**

810 Sycamore St, Floor 2, Cincinnati, OH 45202  
513-246-1400 | [josh@joshlangdon.com](mailto:josh@joshlangdon.com) | [joshlangdon.com](http://joshlangdon.com) Represents LGBTQ clients in Ohio and Kentucky in various fields of law.

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

4014 Spring Grove Ave, Suite 650, Cincinnati, OH 45202  
513-952-9200 Ext 100 | [newman-meeks.com](http://newman-meeks.com)  
Represents clients in the tri-state area in a range of family law matters.

## **Beth Silverman & Associates**

30 Garfield Pl, Suite 750, Cincinnati, OH 45202  
513-241-9844 | [bethsilverman.com](http://bethsilverman.com)  
Family law

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## **Women Helping Women – LGBTQ Advocate**

215 E. Ninth St, 7th Floor, Cincinnati, OH 45202 513-381-5610\* (TTY 513-977-5545)  
[whwinfo@womenhelpingwomen.org](mailto:whwinfo@womenhelpingwomen.org) | [womenhelpingwomen.org](http://womenhelpingwomen.org)  
\*Language Line interpretation available for no extra cost for non- English speaking callers.

Women Helping Women empowers survivors of sexual assault, domestic violence, and stalking by providing advocacy and support. Lighthouse Safe and Supported partners with Women Helping Women around their LGBTQ Advocate position, who is co-located at the Lighthouse Sheakley Center and at other community sites. The LGBTQ Advocate is especially knowledgeable about the nuances of working with LGBTQ survivors. Call the number listed above and ask to be put in touch with the LGBTQ Advocate.

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## **The Zimmer Law Firm, LLC**

9825 Kenwood Rd, Suite 201, Cincinnati, OH 45242  
513-721-1513 | [zimmerlawfirm.com/services/lgbt-community](http://zimmerlawfirm.com/services/lgbt-community) Estate planning and elder law

## LGBT National Youth Talkline

1-800-246-7743 | [help@LGBThotline.org](mailto:help@LGBThotline.org) | [LGBThotline.org](http://LGBThotline.org)

The LGBT Youth Talkline provides telephone, online private one-to-one chat, and email peer support, as well as factual information and local resources. Available Monday-Friday 4pm-midnight and Saturday noon-5pm EST. Visit their website for more information about services for LGBTQ adults and seniors.

## National Suicide Prevention Lifeline

1-800-273-8255 | [suicidepreventionlifeline.org](http://suicidepreventionlifeline.org)

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

## Trans Lifeline

1-877-565-8860 | [contact@translifeline.org](mailto:contact@translifeline.org) | [translifeline.org](http://translifeline.org)

Peer support hotline staffed by transgender people for transgender and questioning callers. Guaranteed availability from 10am-4am EST (operators also frequently available off-hours). Also has limited support for transgender people who need help updating identification documents.

## The Trevor Project

1-866-488-7386 or text "START" to 678678 | [thetrevorproject.org](http://thetrevorproject.org)

National 24-hour free confidential suicide and crisis hotline for LGBTQ youth under 25. The Trevor Project offers a safe and judgment-free place to talk. Online instant messaging service available through the website.

## Women's Crisis Center

835 Madison Ave, Covington, KY 41011

800-928-3335

24-hour crisis hotline in Northern Kentucky serving people of all genders and sexual orientations who have experienced domestic violence, rape, or sexual assault.

## Women Helping Women

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

513-381-5610\* (TTY 513-977-5545) | [whwinfo@womenhelpingwomen.org](mailto:whwinfo@womenhelpingwomen.org)

[womenhelpingwomen.org](http://womenhelpingwomen.org)

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

24-hour crisis hotline for all survivors of dating violence, sexual violence, domestic violence and stalking. Other services available, including an LGBTQ Advocate (see Legal & Advocacy).

## **CAP Line—Strategies to End Homelessness**

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

[strategiestoendhomelessness.org/get-help](http://strategiestoendhomelessness.org/get-help)

Central intake system for families and individuals who are currently experiencing homelessness or who are at risk of becoming homeless. Available Monday-Friday 9am-8pm and Saturday-Sunday 10am-2pm. Callers are screened based on immediacy of need and will be referred accordingly.

## **Caracole**

4318 Hamilton Ave, Cincinnati, OH 45223

513-761-1480 | [caracole.org](http://caracole.org)

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

## **Homeward Bound**

13 E 20th St, Covington, KY 41014 859-

581-1111 | [brightoncenter.com](http://brightoncenter.com)

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.

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## **KEYS to a Future Without Youth Homelessness**

513-569-9500 and request KEYS staff member

Lighthouse Youth & Family Services participates in KEYS, which is a community plan to end youth homelessness by

offering support in finding housing with friends or family, case management, flexible and client-driven rental assistance, and legal assistance with barriers to housing. Available for young adults 18-24 in Hamilton County, Ohio experiencing homelessness or losing housing within 14 days.



## **Lighthouse Youth Housing Opportunities**

2314 Iowa Ave, Cincinnati, OH 45206

513-861-1111 | [lys.org](http://lys.org)

Program provides housing and case management to eligible young adults, including shelter diversion and transitional housing.

## **Mecum House**

2522 Highland Ave, Cincinnati, OH 45220

513-961-4080 | [lys.org](http://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.

## Host Home Program

Lighthouse Youth & Family Services

513-487-7160 | [safeandsupported@lys.org](mailto:safeandsupported@lys.org)

[lys.org/safeandsupported](https://lys.org/safeandsupported)

A homelessness prevention program for eligible LGBTQ youth ages 18-24 who are currently experiencing housing instability such as couch surfing. The program is focused on meeting basic needs while concurrently fostering connections.

- Youth are housed by trained volunteer host families for up to six months
- Housing and food are provided at no cost to youth during the program
- Youth receive support services including coaching/case management

Our program is always looking for hosts to help make home happen. Hosts receive training as well as 24/7 support while active in the program. To learn more about hosting, please contact [safeandsupported@lys.org](mailto:safeandsupported@lys.org).

## Lighthouse Sheakley Center for Youth

2314 Iowa Avenue, Cincinnati, OH 45206

513-569-9500 | [lys.org](https://lys.org)

Offers 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. The Resource Center is open every day from 9am-5pm.

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## Welcome House

205 East Pike Street, Covington, KY 41011 859-

431-8717

Women-identified and children's shelter

## All Saints Episcopal Church

6301 Parkman Pl, Cincinnati, OH 45213  
513-531-6333 | [allsaintscincinnati.org](http://allsaintscincinnati.org)

## Bound by Truth and Love Ministries Fellowship UCC

6301 Parkman Pl, Cincinnati, OH 45213  
513-417-7758 | [boundbytruthandlove.org](http://boundbytruthandlove.org)

## Calvary Episcopal Church

3766 Clifton Ave, Cincinnati, OH 45220  
513-861-4437 | [calvaryclifton@fuse.net](mailto:calvaryclifton@fuse.net) | [calvaryclifton.org](http://calvaryclifton.org)

## Carthage Christian

19 W 73rd St, Carthage, OH 45216  
513-821-4921 | [carthagechristianchurch@yahoo.com](mailto:carthagechristianchurch@yahoo.com)  
[carthagechristian.weebly.com](http://carthagechristian.weebly.com)

## Center for Spiritual Living Greater Cincinnati

5701 Murray Ave, Cincinnati, OH 45227  
513-218-2128 | [cslgc.org](http://cslgc.org)

## Christ Church Cathedral

318 E Fourth St, Cincinnati, OH 45202  
513-621-1817 | [webcontact@ccath.org](mailto:webcontact@ccath.org) | [christchurchcincinnati.org](http://christchurchcincinnati.org)

## Church of Our Saviour/La Iglesia Nuestro Salvador

65 E Hollister St, Cincinnati, OH 45219 [info@churchofoursaviourcincinnati.org](mailto:info@churchofoursaviourcincinnati.org) | [churchofoursaviourcincinnati.org](http://churchofoursaviourcincinnati.org)

## Cincinnati Friends Meeting

8075 Keller Rd, Cincinnati, OH 45243  
[office@cincinnati-friends.org](mailto:office@cincinnati-friends.org) | [cincinnati-friends.org](http://cincinnati-friends.org)

## Cincinnati Mennonite Fellowship

4229 Brownway, Cincinnati, OH 45209  
513-871-0035 | [office@cincinnati-mennonite.org](mailto:office@cincinnati-mennonite.org) | [cincinnati-mennonite.org](http://cincinnati-mennonite.org)

## Clifton United Methodist Church

3416 Clifton Ave, Cincinnati, OH 45220  
513-961-2998 | [office@cliftonumc.com](mailto:office@cliftonumc.com) | [cliftonumc.com](http://cliftonumc.com)

## The Community of the Good Shepherd Parents of Gays and Lesbians

8815 E Kemper Rd, Cincinnati, OH 45249



513-489-8815 | [good-shepherd.org](http://good-shepherd.org)

The purpose of this group is to provide education, prayer, sharing, and support for parents, friends, and other relatives of gays and lesbians.

## **Congregation Beth Adam**

10001 Loveland-Madeira Rd, Loveland, OH 45140  
513-985-0400 | [bethadam.org](http://bethadam.org)

## **First Christian Church**

14 W 5th St, Covington, KY 41011  
859-431-3904 | [firstchristianchurch.org](http://firstchristianchurch.org)

## **First Lutheran Church**

1208 Race St, Cincinnati, OH 45202  
513-421-0065 | [firstlutherancincy.org](http://firstlutherancincy.org)

## **First Unitarian Church of Cincinnati**

536 Linton St, Cincinnati, OH 45219  
513-281-1564 | [firstuu.com](http://firstuu.com)

## **First United Church of Christ**

5808 Glenway Ave, Cincinnati, OH 45224  
513-541-7302 | [firstunitedchurchofchrist.org](http://firstunitedchurchofchrist.org)

## **The Gathering At Northern Hills**

460 Fleming Rd, Cincinnati, OH 45231  
513-931-6651 | [contact@gnhuu.org](mailto:contact@gnhuu.org) | [gnhuu.org](http://gnhuu.org)

## **Gloria Dei Lutheran Church**

5841 Werk Rd, Cincinnati, OH 45248  
513-922-5590 | [gloriadeioffice@gmail.com](mailto:gloriadeioffice@gmail.com) | [gloriadeielca.org](http://gloriadeielca.org)

## **Grace Episcopal Church**

5501 Hamilton Ave at Belmont, Cincinnati, OH 45224 513-541-2415 | [facebook.com/gracecollegehill](https://facebook.com/gracecollegehill)

## **Heritage Universalist Unitarian Church**

2710 Newtown Rd, Cincinnati, OH 45244  
513-231-8634 | [huuc.net](http://huuc.net)

## **Knox Presbyterian Church**

3400 Michigan Ave, Cincinnati, OH 45208  
513-321-2573 | [contact@knox.org](mailto:contact@knox.org) | [knox.org](http://knox.org)

## Lakeview United Church of Christ

8639 Columbia Rd, Maineville, OH 45039  
513-683-2073 | lakeviewucc.com

## Legend Community Church

3836 Mt Vernon Ave, Cincinnati, OH 45209  
legendchurch@gmail.com | legendchurch.com

## Lord of Life Lutheran Church

6329 Tylersville Rd, West Chester, OH 45069 513-777-8449 | lol-lutheran.com

## Mt. Adams Pilgrim Chapel

1222 Ida St, Cincinnati, OH 45202  
513-381-7999 | pastorsmtadamschurch@gmail.com | mtadamschurch.com

## Mt. Auburn Presbyterian Church

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

## New Church of Montgomery

845 Congress Ave, Glendale, OH 45246  
513-515-4542 | swedenborg.wordpress.com

## New Spirit Metropolitan Community Church

4033 Hamilton Ave, Cincinnati, OH 45223  
513-661-6464 | facebook.com/newspiritoasismcc

## New Thought Unity Center

1401 E McMillan St, Cincinnati, OH 45206 513-961-2527 | ntunity.org

## Nexus United Church of Christ

6645 Morris Rd, Hamilton, OH 45011  
nexusucc.org

## Philippus United Church Of Christ

106 W McMicken Ave, Cincinnati, OH 45202 513-241-5244 | philippusucc.org

## Pilgrim United Church of Christ

4418 Bridgetown Rd, Cincinnati, OH 45211  
513-574-4208 | pilgrim-ucc.org

## Rockdale Temple

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

## St. John's Unitarian Universalist Church

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

## St. John United Church of Christ

520 Fairfield Ave, Bellevue, KY 41073  
859-261-2066 | stjohchurch.net

## St. Paul's Episcopal Church

7 Court Pl, Newport, KY 41071  
859-581-7640 | stpaulsnewport.org

## St. Paul's United Church of Christ

114 South Broad St, Middletown, OH 45044 513-422-4519 | stpaulsuccmidd.org

## St. Peter's United Church of Christ

6120 Ridge Rd, Cincinnati, OH 45213  
513-621-8549 | stpetersucc.net

## St. Timothy's Episcopal Church

8101 Beechmont Ave, Cincinnati, OH 45255  
513-474-4445 | administrator@sainttimothys.com | sainttimothys.com

## Temple Sholom

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

## Trinity Episcopal Church

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

## Truth and Destiny Church

2645 W North Bend Rd, Cincinnati, OH 45239  
513-952-2298 | facebook.com/truthdestinychurch.org

## Unity of Garden Park

3581 W Galbraith Rd, Cincinnati, OH 45239  
513-385-8889 | info@unityofgardenpark.org | unityofgardenpark.org

## **Cincinnati State Technical and Community College In the Zone: Cincinnati State Rainbow Alliance**

[facebook.com/RainbowAllianceofCincinnatiState](https://facebook.com/RainbowAllianceofCincinnatiState)

Rainbow Alliance provides a safe, supportive environment for Gay, Lesbian, Bisexual, Transgender and questioning students and their straight allies.

## **Miami University**

### **LGBTQ Services, 3012 Armstrong Student Center, Suite 3012**

513-529-6510 | [miamioh.edu/student-life/diversity-affairs/lgbtq-services](http://miamioh.edu/student-life/diversity-affairs/lgbtq-services)

Miami University LGBTQ Services strives to create a community of engaged scholars that is open, safe, affirming, and inclusive for people of all sexualities, gender identities and gender expressions.

## **Spectrum**

[muhub.campuslabs.com/engage/organization/spectrum](http://muhub.campuslabs.com/engage/organization/spectrum)

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

## **Northern Kentucky University**

LGBTQ Programs & Services, Student Union, Suite 309

859-572-5835 | [meyerb5@nku.edu](mailto:meyerb5@nku.edu) | [inside.nku.edu/lgbtq.html](http://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.

## **Rainbow Underground**

Facebook (email [nkurainbowunderground@gmail.com](mailto:nkurainbowunderground@gmail.com) to join)

The group is aimed at education and advocacy on campus and for the surrounding communities, as well as providing a fun, friendly, and safe place for LGBTQ students to meet and gather.

## **University of Cincinnati**

### **The LGBTQ Center**

565 Steger Student Life Center

513-556-0009 | [uc.edu/lgbtq](http://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.

## University of Cincinnati (continued)

### Colors of Pride

[facebook.com/ColorsOfPrideUC](https://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.

### UC Alliance

[facebook.com/groups/UCAllianceCincinnati](https://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.

## Xavier University

### Center for Diversity & Inclusion

Gallagher Student Center

513-745-3117 | [xavier.edu/diversity](http://xavier.edu/diversity)

Provides university-wide leadership to support the development 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](http://xavier.edu/alliance)

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

## **Cincinnati Frontrunners**

[facebook.com/groups/131439685434](https://facebook.com/groups/131439685434)

A social club for LGBTQ people interested in running and walking, for pleasure or competition.

## **Cincinnati GLBT Flag Football League**

[CinGFFL@gmail.com](mailto:CinGFFL@gmail.com)

Cincinnati's first and official LGBTQ flag football league in the Cincinnati area providing a safe environment for LGBTQ athletes and allies.

## **Cincinnati Men's Chorus**

513-542-2626 | [info@cincinnatiomenschorus.org](mailto:info@cincinnatiomenschorus.org)

Provides the opportunity for individuals identifying as male, whether gay, bisexual, transgender or straight allies, to sing together.

## **Cincinnati Rollergirls**

[info@cincinnatirollergirls.com](mailto:info@cincinnatirollergirls.com) | [cincinnatirollergirls.com](http://cincinnatirollergirls.com)

Cincinnati's first women's amateur flat track roller derby team. Its skaters represent a wide range of ages, backgrounds and occupations.

## **Cincy Straddlers**

[cincystraddlersinfo@gmail.com](mailto:cincystraddlersinfo@gmail.com) | [facebook.com/groups/cincystraddlers](https://facebook.com/groups/cincystraddlers) A social meetup group geared towards queer women & trans folks but open to all.

## **Crossport**

513-344-0116 | [crossportcincy@yahoo.com](mailto:crossportcincy@yahoo.com) | [crossport.org](http://crossport.org)

A social support organization serving transgender individuals and families in Greater Cincinnati and the surrounding area.

## **Meetup.com**

[Meetup.com](http://Meetup.com)

Offers several LGBTQ focused groups for young adults ages 18+.

## **MUSE: Cincinnati's Women's Choir**

513-221-1118 | [muse@musechoir.org](mailto:muse@musechoir.org)

Singing members are a sisterhood of women-identified bisexual, heterosexual and lesbian artists. Non-singing members and volunteer positions are open to all people who share in the mission, values and beliefs.

## **River City Softball League**

[rivercitysoftball@gmail.com](mailto:rivercitysoftball@gmail.com) | [myrivercitysoftball.com](http://myrivercitysoftball.com)

Fun, competitive league for LGBTQ identified players regardless of skill level.

## Camp Kaleidoscope — Camp Kern

5291 State Route 350, Oregonia, OH 45054  
 513-932-3756 | [caddison@daytonymca.org](mailto:caddison@daytonymca.org) | [campkern.org](http://campkern.org)  
 Summer overnight camp coordinated in partnership with Cincinnati Children's Hospital Transgender Clinic, but open to all youth ages 12-16.

## Camp Lilac—Trans Action

3585 Ingleside Rd, Shaker Heights, OH 44122  
 216-702-4207 | [info@camplilac.org](mailto:info@camplilac.org) | [camplilac.org](http://camplilac.org)  
 Transgender, youth-specific (ages 12-17) summer overnight camp.

## Cheers to Art

7700 Camargo Rd, Madeira, OH 45243  
 513-271-2793 | [info@cheerstoaart.com](mailto:info@cheerstoaart.com) | [cheerstoaart.com](http://cheerstoaart.com)  
 Art-focused day camp for youth 6-14.

## Cincinnati Museum Center

1301 Western Ave, Cincinnati, OH 45203  
 513-287-7000 x7242 | [information@cincymuseum.org](mailto:information@cincymuseum.org) | [cincymuseum.org](http://cincymuseum.org)  
 Week long day camps to help youth explore science, technology, history and the arts.

## Cincinnati Shakespeare Company

1195 Elm St, Cincinnati, OH 45202  
 513-381-2273 | [jeremy.dubin@cincyshakes.org](mailto:jeremy.dubin@cincyshakes.org) | [cincyshakes.org](http://cincyshakes.org)  
 Introductory day camp for children 10-18 to learn theater skills.

## Creativities Studio

7010 Miami Ave, Madeira, OH 45243  
 513-272-1500 | [info@artsandcreativities.com](mailto:info@artsandcreativities.com) | [artsandcreativities.com](http://artsandcreativities.com)  
 Day camp located at 1860s farmhouse where students age 8-18 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 (see below) 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.

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**Safety is key. It's important to have a plan for what you will do if your coming out experience doesn't go as you hoped. Here are some things to consider.**

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?



## Top 10 Ways to Support LGBTQ Youth

### 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 experiences.

### 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 don't expect community members to be your sole source of information – do some research on your own by attending community events and reading.

### 5. Get Involved

- There are so many ways to participate! Attend Pride Month events, invite LGBTQ organizations to speak at your events, ask your elected officials 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. Validate people's sexual orientation and gender expression.

### 7. Be Self Aware

- Confront your own prejudices and bias. 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 words like gay, lesbian, bisexual, and 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.

# LGBTQ TERMINOLOGY

**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/Aromantic** | A person who to some extent does not experience sexual attraction and/or romantic attraction.

**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.

**Cisgender** | A person whose gender identity aligns with their sex assigned at birth.

**Closeted** | The state of being in which an LGBTQ person has not disclosed their sexual orientation or gender identity.

**Coming Out** | The process of acknowledging and sharing one's sexual orientation or gender identity with others.

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

**Gender Binary** | A socio-cultural system of constructing gender according to two discrete and opposite identities (male/female, boy/girl).

**Gender Dysphoria** | Emotional and psychological distress felt by an individual whose gender identity does not match their sex assigned at birth.

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

**Gender Expression** | The communication of one's gender identity through ways such as behaviors, clothing, haircut or voice. It is usually associated with ideas of masculinity, femininity or androgyny.

**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.

**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** | An umbrella term to describe someone who doesn't conform to the traditional conventions of binary gender identities and expressions.

**Gender Transition** | The process by which some people strive to more closely align their internal understanding of their gender with its outward appearance. This may involve various forms of legal, social and/or medical actions.

**Heterosexism** | The presumption that everyone is heterosexual or that male/female attractions and relationships are the norm and therefore superior.

**Homophobia** | Prejudice, fear or hatred directed toward people who are attracted to members of the same sex.

**Intersex** | A person whose biology varies from the characteristics typically associated with male or female bodies.

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

**LGBTQ** | An acronym for "lesbian, gay, bisexual, transgender and queer/questioning."

**Nonbinary** | An umbrella term for individuals who identify outside of the gender binary, sometimes co-identifying with a transgender identity.

**Outing** | Exposing someone's LGBTQ identity to others without their permission. Outing someone can have serious repercussions on employment, personal safety, or religious or family situations.

**Pansexual** | A person who is sexually and/or emotionally attracted to people regardless of their gender identity.

**Queer** | A term used to express fluid genders and sexualities, sometimes used interchangeably with "LGBTQ." This term should be used cautiously, as it is considered offensive to some LGBTQ people.

**Questioning** | Describes people who are in the process of exploring their sexual orientation or gender identity.

**Sexual Orientation** | An inherent 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.

**Transphobia** | Prejudice, fear or hatred directed toward transgender people.



# LIGHTHOUSE SAFE AND SUPPORTED

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