



Child & Family Center is committed to being a welcoming place for members of the LGBTQ+ community (lesbian, gay, bisexual, transgender, queer/questioning, +) and its allies.

We offer programs that provide members of these communities the opportunity for social support, education, and discussion.

### Just coming out?

Need help with friends and family?

Need help educating others or need more information for yourself?

There is a safe place for you!

Whether you are coming to terms with your sexual orientation, gender identity, or supporting someone who is, we are here for you!

Youth Pride Project  
Meets Thursdays 4:00-5:00pm  
Begins September 20

Parenting with Pride  
Meets Mondays 6:00-7:00pm  
Begins September 17

For information, please contact:  
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Child & Family Center Group Coordinator  
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## Youth Pride Project

For youth to thrive in schools and communities, they need to feel socially, emotionally, and physically safe and supported.

Child & Family Center offers a 6-week, open-ended process, support, and educational group aimed at helping LGBTQ+ youth (13-17 ) navigate through the many feelings associated with their sexual orientation.

Topics discussed include:

- Historical accounts of the evolution of concepts of sexuality and sexual orientation
- The stigma of being LGBTQ+
- Discrimination
- Psychological ramifications of being LGBTQ+, including depression or feeling suicidal

Additional issues include,

- The coming-out process,
- Ingredients for a healthy relationship
- Empowerment and self-nurturing



Parents matter! Statistics show that people in the LGBTQ+ community are at a significantly higher risk for depression, suicide, homelessness, substance use and risky behaviors due to rejection, bullying, and homophobia. They often endure this treatment from their community, schools, peers, and even their families.

Research shows that one of the key factors in reducing suicide and other mental health concerns in the LGBTQ+ community is an increase in parental support and understanding.

Parenting with Pride is an open 6-week educational and support group designed for parents who have children in the LGBTQ+ community.

Parents will learn

- How their role as a supportive parent is integral to their LGBTQ+ child's mental health
- How their backgrounds impact their thoughts and feelings and how that plays a role in their parenting.

Parents are provided with information including terms, myths and facts, videos, resources, and supportive discussions.

## CENTER OVERVIEW

Since 1976, Child & Family Center has helped thousands of children and their families by providing comprehensive prevention, early intervention, diagnostic evaluation and therapeutic services for children, teens, adults and families.

Programs include

- Individual, family and group counseling
- Substance Use education and treatment
- School Based Counseling
- Crisis Intervention
- Intensive in-home care
- Domestic Violence Services

Our staff of professionals includes child psychiatrists, licensed psychologists, licensed clinical social workers, marriage family and child therapists, case managers, and therapists who work in collaboration to provide the best possible care.

We collaborate with school districts, social service agencies, LA County Department of Mental Health, L.A. Substance Abuse Prevention Control, among others to provide the best possible care for our clients.

The basic philosophy underlying all of the Center's programs is that early intervention and guidance in an individual's life can prevent more serious problems from developing.

Child & Family Center is a 501c3 non-profit and certified Medi-Cal Community Mental Health Center. Services are funded through federal, state and county contracts, grants and private donations.



*Changing lives and healing relationships  
by helping people thrive through  
education, treatment, prevention & advocacy.*



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