

BSC 5 LGBTQ+ & Diverse SOGIE Resource Hub

FAMILY & CAREGIVER DIRECTORY

APRIL 2024

COMMUNITY SERVICES AVAILABLE IN ALL COUNTIES (most are virtual)

SERVICE/ORG	EMAIL	PHONE	NOTES	LINK
Primary & Gender Affirming Health Care @ Ruth Ellis Health & Wellness Center	info@ruthelliscenter.org	313-365-3338	Serves anyone in Michigan for medical care (which includes gender affirming care). In addition to the medical team, there is a clinical therapist who can provide BH services for this age range. Care is provided regardless of insurance status, immigration status, or ability to pay.	Ruth Ellis Center <i>Click the link "What We Do" at the top of the home page</i>
Support Group @ Stand with Trans	info@standwithtrans.org	248-907-4858	2nd Monday Parent Support Group - Zoom - 6 pm, and is for parents, grandparents, and caregivers. Must register with group leader email to receive Zoom link	Family Support Group
Support Group @ Stand with Trans	info@standwithtrans.org	248-907-4860	2nd & 4th Thursday Parent Support Group - Zoom - must select either 2nd OR 4th Thursday and register to get Zoom link	Family Support Group
Support Group @ Stand with Trans	info@standwithtrans.org	248-907-4861	ALLY Parents: group of parents with a transgender child. We live all across the United States. Our children are at different ages and at different stages along their journeys. Check SWT website to apply.	Ally Parents
Trans Lifeline Library @ Stand with Trans	info@standwithtrans.org	248-907-4857	Useful links to online resources and information that will benefit trans & nonbinary young people & their families.	Trans Lifeline Library

Parent Support Group @ Transcend the Binary	info@transcendthebinary.org slange@cvs.k12.mi.us	248-533-0799	3rd Monday of each month from 6 to 7 pm for teens aged 13-19 - VIRTUAL	Transcend the Binary
LGBTQ+ Family Support @ Family Equality	Email Family Equality	646-880-3005	National virtual peer support spaces, webinars, and events for LGBTQ+ parents and their families. Support spaces include: LGBTQ+ parents navigating school challenges; Trans and non-binary parents; fertility and paths to parenthood; and more...	LGBTQ+ Families - Virtual Peer Support

GENESEE COUNTY SERVICES

SERVICE/ORG	EMAIL	PHONE	NOTES	LINK
Support Group @ PFLAG: Parents, families, & Friends of Lesbians & Gays	pflagflint@yahoo.com	810-496-8302	LOCATION: 2474 South Ballenger Highway, Flint, Michigan 48507	PFLAG Flint Support Group

KENT COUNTY SERVICES

SERVICE/ORG	EMAIL	PHONE	NOTES	LINK
LGBTQ+ Family Support Group @ Grand Rapids Pride Center	info@grpride.org	616-458-3513	Monthly, date and time TBT; Check website or call; comprised of all LGBTQ+ parents, caregivers, allies of LGBTQ+ parents & caregivers and parents to be that want to have a safe place to be themselves. Parents can meet other parents and socialize while the children play and/or socialize themselves.	LGBTQ+ Family Group
Caregiver support group @ Grand Rapids Pride Center	info@grpride.org	616-458-3511	In person 7:15 to 8:45 pm 1st and 3rd Wednesday; peer facilitated by parents & caregiver's who have children that identify as LGBTQ+. The only requirement for joining is caring for a child who identifies as LGBTQ+. (Age 18 and up)	Caregiver Support Group

Parent Resource Guide @ Grand Rapids Pride Center		616-458-3511	This comprehensive, multi-sector resource guide was created to provide support and assistance for parents in finding and accessing appropriate resources that may be beneficial to them in raising a LGBTQ+ child in West Michigan. <i>(Published in 2019)</i>	West MI Parent Resource Guide
Kent County Resource Listing @ Grand Rapids Trans Foundation			Comprehensive listing of trans/non-binary community resources available in Kent County - updated 8/31/23	Trans & Nonbinary Resource Listing

MACOMB COUNTY SERVICES

SERVICE/ORG	EMAIL	PHONE	NOTES	LINK
In-person Support Group @ Dakota High School	slange@cvs.K12.mi.us	586-723-2872	Meets on the 2nd Monday at 6:30 P.M. (Enter through north doors facing the football stadium- then follow the signs) Gives families a place to learn, share, and better understand what it means to raise a transgender child. A teen group is available at the same time in a separate room.	Right Connection Support Group Page <i>Click on the LGBTQ link to see the support group options</i>
Virtual Support Group @ Dakota High School Student Assistance Program	slange@cvs.K12.mi.us	586-723-2873	Meets on the second Monday of each month. Parents from 6:00 P.M. - 7:00 P.M. and Teens from 7:15 P.M. - 8:15 P.M. Grandparent and caregivers are also welcome.	Right Connection Support Group Page <i>Click on the LGBTQ link to see the support group options</i>
Support Group @ PFLAG: Parents, families, & Friends of Lesbians & Gays	pflag.ct@gmail.com		LOCATION: 35127 Garfield Road Clinton Township, Michigan 48035 Facebook https://www.facebook.com/PFLAGCT	PFLAG Clinton Township
EXTENSIVE Resource Directory @ The Right Connection			Developed by the Macomb County Youth Council for use by service personnel in assisting families in locating free, low-cost, or unique human services in Macomb County	Right Connection Macomb Resource Directory

OAKLAND COUNTY SERVICES

SERVICE/ORG	EMAIL	PHONE	NOTES	LINK
Support Group @ Stand with Trans	info@standwithtrans.org	248-907-4859	1st Tuesday Parent Support Group for caregivers of trans/nonbinary teens from 6 to 7:30 pm - in person in the Lake Orion area . Check SWT website for contact to get meeting location	Family Support Group <i>Scroll down and open link for contact information</i>

WAYNE COUNTY SERVICES

SERVICE/ORG	EMAIL	PHONE	NOTES	LINK
Family Support Services @ Ruth Ellis Center	info@ruthelliscenter.org	313-252-1950	Year-long program for parents/caregivers of LGBTQ+ youth. Caregivers receive support, information, referrals to other services and resources, assistance with advocating for the youth at school and in the community, and space to discuss their relationship with their child. Includes a group for caregivers.	Online Referral Form
Support Group @ PFLAG: Parents, families, & Friends of Lesbians & Gays	board@pflagdetroit.org		LOCATION: Lutheran Church of the Master 3333 Coolidge Hwy, Troy, MI 48084	PFLAG Detroit
Support Group @ PFLAG: Parents, families, & Friends of Lesbians & Gays	pflaglivonia@gmail.com	734-776-0352	LOCATION: 9435 Henry Ruff, Livonia, MI 48150	PFLAG Livonia
Support Group @ PFLAG: Parents, families, & Friends of Lesbians & Gays	plymouthcantonpflag@gmail.com	734-358-8280	Call or email to get more information and the meeting location	PFLAG Plymouth-Canton

LOCAL & NATIONAL CRISIS HOTLINES

SERVICE/ORG	PHONE	NOTES	LINK
Michigan Crisis & Access Line (MiCAL)	Call or Text 988	Michigan's 24/7, free, confidential, statewide crisis, support, information, and referral line. It is for ALL Michiganders and is meant for people in crisis or distress who do not know where to turn. It is also a Warmline for people who need someone to listen to them.	988 Lifeline Website
Kent County Mental Health Services Crisis Line (online list)	Use link	Each of the Kent County Co-Sponsors provide unique resources. They are all non-profit organizations and do not charge for their services. Each sponsor has their own niche and is very good at what they do best. They are not competitors but rather provide complimentary services.	Kent County Crisis Line Options
Transgender Michigan Helpline	855-345-8464	Volunteer team led by psychotherapist Rachel Crandall Crocker, LMSW, ACSW	Transgender Helpline
THE TREVOR PROJECT	866-488-7386	YOUTH: If you are thinking about harming yourself — get immediate support. Connect to a crisis counselor 24/7, 365 days a year, from anywhere in the U.S. It is 100% confidential, and 100% free. CALL, TEXT, or CHAT	TREVOR PROJECT CHAT LINE
LGBT National Youth Hotline	800-246-7743	Available from 4:00 PM to midnight Monday through Friday and noon to 5:00 PM on Saturday. This talk line offers peer support and resources for lesbian, gay, bisexual, transgender, queer, and questioning youth 25 or younger.	LGBT National Help Center
Trans Lifeline	877-565-8860	24/7 Crisis line staffed by trans-identified volunteers for transitioning or gender questioning callers	Trans Lifeline

Online Resources for Families & Caregivers (*both straight & LGBTQ+*)

- NEW!** [Families Find Ways to Protect Their LGBTQ Kids](#) - March 2024, *Scientific American* - Discrimination against LGBTQ kids is also taking a toll on parents' mental health, and the added family stress can make things even worse for their children. Still, families are finding ways to cope. A grassroots movement is creating safe spaces for parents, such as online communities that enable parents and caregivers to support one another. They are crafting positive narratives, focused on their families, filled with strength and growth and hope.

- **NEW! [WEBSITE: Mama Bears](#)** - Supporting, Educating, Empowering Families with LGBTQ+ members & the LGBTQ Community. Although many of these women grew up as fundamentalist, evangelical Christians praying for the souls of LGBTQ+ people, these mothers are now willing to risk losing friends, family, and faith communities to champion their kids—even if it challenges their belief systems and rips apart their worlds. [Mama Bears Documentary \(125 minutes\)](#) and [Mama Bears Facebook Page](#)
- **NEW! [VIDEO: This Is What LGBTQ Youth Need from Their Parents - In their own words](#)** - *Fatherly* - This 20-minute episode features six LGBTQ+ teenagers who have an open and impactful discussion of how parents have shown up — and failed to show up — for them. Full of insightful, actionable steps and is a must-watch for all parents. There is also an [article](#).
- **[2023 LGBTQ+ Youth Report for Families & Caregivers](#)** - *Human Rights Campaign Foundation* - The results of HRC's 2022 Youth Survey reveal persistent, serious challenges for LGBTQ+ youth, continuing trends observed in the 2017 study.
- **[VIDEO: Support for LGBTQ Youth Starts at Home](#)** - *National SOGIE Center* - EXCELLENT 10-minute video for families and caregivers who are struggling with the diverse SOGIE identity of a child.
- **[Helping Families to Support their LGBT Children - Practitioner Guide](#)** - *Family Acceptance Project (FAP)* - Guidelines for engaging diverse families to decrease their LGBTQ children's risk for suicide, homelessness, HIV and other negative outcomes and to promote well-being, based on research and core principles from the Family Acceptance Project,
- **[FAP Resource Guide](#)** - *Family Acceptance Project (FAP)* - Comprehensive guide on using Family Acceptance Project Resources to help decrease family rejection & health risks and increase family support for LGBTQ children & youth.
- **[Supportive Families Healthy Children](#)** - *Family Acceptance Project (FAP)* - **Use this link to download the Family Education Booklets. This publication was written specifically to give to bio/foster/adoptive families that are struggling with the SOGIE identity of a child.**
- **[Building Healthy Futures Posters](#)** - *Family Acceptance Project (FAP)* - Evidence-based posters to educate family members, providers, religious leaders, LGBTQ youth and others about the critical role of family support to prevent suicide and other serious health risks and to build healthy futures for LGBTQ children and youth. The posters are available for diverse communities, including Spanish and American Indian versions.
 - **[FAP Poster Guidance](#)** - Gives suggestions for how to use the posters at home with your family and in education, counseling, support groups and assessing family reactions to LGBTQ young people to provide family support services.
 - **[FAP Accepting & Rejecting Behaviors Posters](#)** - **This link will take you to the Family Acceptance Project site to download the English posters. One poster highlights the most harmful rejecting behaviors families demonstrate when a child comes out and the other highlights the accepting behaviors that promote well-being. EXCELLENT resource to use with families, youth, and colleagues to underscore the harm LGBTQ+ youth too often experience in their bio/foster/adoptive families when they come out and how to support behaviors that promote well-being.**
- **[TIP SHEET on Identifying Rejecting, Accepting, & Affirming Behaviors in Families](#)** - *Kinnect* - tips on how to respond to the various ways families react to and treat LGBTQ+ children and youth.
- **[Tips for Raising an LGBTQ Foster or Adopted Child](#)** - *Creating a Family* - Excellent tips and other resources to support resource families raising diverse SOGIE children and youth in care.

- [Resources for Families & Caregivers](#) - *PFLAG* - Founded in 1973, PFLAG is the first and largest organization dedicated to supporting, educating, and advocating for LGBTQ+ people and their families.
- [Supporting your LGBTQ Youth - Guide for Foster Parents](#) - *Children's Bureau* - Excellent resource to print and give or email to families that want to deepen their understanding of diverse SOGIE children and youth.
- [Resources for Families of LGBTQ+ Youth](#) - *Children's Bureau* - Find resources in this section intended to help families support their LGBTQ+ youth, understand what to expect, and learn how to talk about issues that may be impacting their youth.
- [Supporting & Caring for Trans Children](#) - *Human Rights Campaign Foundation* - Provides background to support a gender-affirming approach, debunks myths about trans children, and makes recommendations for action.
- [All About Gender for Parents](#) - *University of Michigan FIERCE* - An easy-to-understand basic guide for bio-foster-adoptive parents on gender identity development and expression.
- [Working with Families of LGBTQ+ Youth - TIPSHEET](#) - *National SOGIE Center* - Basic considerations to improve connection & effective interactions.
- [Working Virtually with Families of LGBTQ+ Youth - TIPSHEET](#) - *National SOGIE Center* - Basic considerations to improve connection & effective interactions.
- [West Michigan Parent Resource Guide to Community Resources](#) - *Grand Rapids Pride Center* - For parents and caregivers of LGBTQ+ youth.
- [Grand Rapids Trans Resource List](#) - *GR Trans Foundation* - This resource list is updated regularly and includes a wide range of resources for trans and nonbinary people in western Michigan.

LGBTQ+ PARENTS AND FAMILIES

- [The Neighborhood: A Virtual Hub for LGBTQ+ Families](#) - *Family Equality Council* - Virtual Peer Support Spaces, Webinars, and Events for LGBTQ+ Families
- [Resources for Prospective Parents](#) - *Family Equality Council* - Family Equality's Path2Parenthood program is here to help members of the LGBTQ community who are interested in becoming parents or growing their families' find the resources they need!
- [Resource Library for LGBTQ+ Parents](#) - *Family Equality Council* - Discover a wide range of support resources for LGBTQ+ parents & families.
- [Understanding & Supporting LGBTQ Foster and Adoptive Parents](#) - *North American Council on Adoptable Children* - While this article outlines general challenges, strengths, and guidance when working with LGBTQ resource parents, the most important thing professionals can do is to learn each family's individual story and treat the family fairly.

- [Welcoming All Families: Discrimination Against LGBTQ Foster & Adoptive Parents Hurts Children](#) - *Center for American Progress* - Documents research showing the value and effectiveness of LGBTQ+ families and the challenges they face.
- [Families with LGBTQ Children or Parents: Countering Stigma with Knowledge & Support](#) - *The Constellation Project* - This 56-page report highlights the millions of American families in which there are LGBTQ children or LGBTQ parents. It documents the harm of stigma and rejection—from parents, extended family, or social institutions. It also focuses on remedies: changing patterns of stigma and rejection and improving the support networks that foster resilience.
- [Working with LGBTQ+ Families in Foster Care & Adoption](#) - *Children's Bureau* - A guide for licensing & placement staff to help them understand the unique challenges LGBTQ+ families face in the licensing process.
- [FAQs from LGBTQ+ Prospective Foster & Adoptive Parents](#) - *Children's Bureau* - A factsheet designed to answer initial questions LGBTQ+ prospective resource parents may have to better inform them on the first stage of their licensing journey.