



Resources for parents/allies of LGBTQI+ Youth

Our kids present us with challenges and surprises on a daily basis. Maybe you've always suspected or maybe today really threw you for a loop, but your son/daughter just said these 3 words, "Mom/Dad, I'm gay/bisexual/lesbian/transgender". And you just blanked. That's ok! Parents are supposed to be the "experts" on our kids, but no one gave us a manual that **really** explained what in the world we're supposed to be doing. I can freely admit, sometimes I screw that up and sometimes I don't know the answer and **it's ok!** Below you'll find my go to resources on learning more about the LGBTQI+ community; from learning about what all those letters I just said even mean to understanding what it means to be an ally. But best of all, how to support your kiddo through this process. Kids change constantly and maybe tomorrow everything will go back to the way it was. But today, in this moment, your child is still the same endearing/annoying human being you loved and cared for 5 minutes before hearing those 3 words. And they came to you sharing big news that was important to them **right this minute**. Maybe you're not the expert yet, but the resources below will get you well on your way!

- PFLAG <https://pflag.org/>
 - PFLAG is great because they are the largest organization out there representing LGBTQI+ folx. You may feel alone or confused yourself about what to do now that you've heard the 3 little words. PFLAG can help because they have a good amount of support groups for parents/allies. Click [here](#) to find a group near you.

- RYA or Rainbow Youth Alliance <https://rainbowyouthalliancemd.org/index.php>
 - This group is cool because it's local to MD and it's specifically for your kiddo. They need a safe space with a safe adult outside of their situation to learn more about their identity. The group is peer-to-peer support and led by a licensed mental health clinician.

- SomosFamilia <https://www.somosfiliabay.org/>
 - This resource is for my Latinx parents. You can view the page in Spanish and they have a lot of great articles specific to the Hispanic community, as well as a [virtual support group](#) for Spanish speakers.

- My Kid Is Gay <https://www.mykidisgay.com/>
 - I think this might be my favorite. I love the articles before they're very relatable and quick, easy reads. I love their [ecare package](#) as it's chalk full of **tons** of resources covering a variety of topics, from [understanding trans identities](#) to a whole page dedicated to [religious views](#) as it relates the LGBTQI+ community.

This is by no means an exhaustive resource. Each one of these pages have **huge** resource lists in their own right. My list is just to get you started, but please feel free to reach out to me to chat further if you have more questions!



Forest Beach Counseling Services
 Annapolis, MD 21409
 410-849-9481