

LGBTQ+ RESOURCE LIST

Support groups are geared towards individuals, families, friends and allies of gay, lesbian, bisexual, queer, transgender and questioning people.

GLAAD

[glaad.org/resourcelist](https://www.glaad.org/resourcelist)

The world's largest Lesbian, Gay, Bisexual, Transgender and Queer (LGBTQ) media advocacy organization

PLFAG CEDAR RAPIDS

pflagcr.com/resources

Advocate at the state, local and federal level for full legal equality for the LGBTQ and their families so that all people can work, study, play, pray and live safely and happily.

TREVOR PROJECT

thetrevorproject.org

The Trevor Project's mission is to end suicide among LGBTQ young people.

TANAGER PLACE

tanagerplace.org/prevention/lgbtq-center/

The Center provides a safe and confidential environment for LGBTQ+ youth, families, and allies. Programs at the Center are diverse and include support groups, special art offerings, mentoring programs, Pride Café, community service, health initiative classes, parent workshops, financial literacy, tutoring, and career exploration.