



THE LGBT CENTER OF GREATER READING

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4/1/20:

These are extremely challenging times for all of us! The LGBT Center of Greater Reading continues to work hard to support our community each day. We are adapting our programs and services and want to share an update on some of the things we're doing.

The LGBT Center of Greater Reading knows that the most important thing during this pandemic is to keep our community inside. We also know that there are LGBTQ+ youth currently experiencing disapproval, hatred and disassociation right now in their own homes. They are stymied with unsupportive family. We know there are elderly LGBTQ+ identified folks that are isolated during this crisis. We know there are many in the community that suffer anxiety and depression and social distancing is making that worse. COVID19's impact and effect are NOT discriminatory, and our work has become even more critical.

The LGBT Center of Greater Reading is **OPEN** and continues to provide support groups, training, referrals, advocacy and events/activities on virtual platforms.

KEEPING THE COMMUNITY CONNECTED:

We are offering all support/social groups via Zoom.

- ✚ **VOICES** – LGBTQ+ youth group; ages 14-18. Meets Tuesdays & Thursdays from 4:30 to 6:30pm. Also meets the 2nd & 4th Saturdays monthly from 11am to 1pm.
- ✚ **THE SPECTRUM** – LGBTQ+ youth ages 14-18. Meets the 2nd & 4th Wednesdays from 5pm to 7pm.
- ✚ **SHARE THE PRIDE** – LGBTQ+ group; ages 18-49. Meets the 4th Friday every month from 6pm to 7pm. ***May be adding secondary meeting per month – check FB.
- ✚ **"GAYMERS"** – gaming group; all ages welcome. Meets the 4th Friday every month from 7pm to 9pm. *** May be adding secondary meeting per month – check FB.
- ✚ **FRIENDS OF 50** – LGBTQ+ group; ages 50+. Meets the 2nd Wednesday of every month at 7pm.
- ✚ **BE-LOVED** - LGBTQ+ group; a spiritual journey. Open to all ages. Meets the 3rd Tuesday monthly at 7pm.
- ✚ **PARENTS** – parents/guardians of LGBTQ+ youth. Meets as requested.
- ✚ **GENDER EXPANSIVE POSSIBILITIES** – Transgender/nonbinary group. Open to all ages. Meets the 2nd & 4th Mondays every month from 7-8pm.

Here are a few additional resource links for your convenience:

- ✚ **YOUTH SUICIDE PREVENTION:** <https://www.thetrevorproject.org/>
- ✚ **The LGBT Center of Greater Reading:** www.lgbtcenterofreading.com
- ✚ **The Spectrum:** <https://www.plannedparenthood.org/planned-parenthood-keystone/education/lgbtq-youth-programs-copy>
- ✚ **THE TRANS CLINIC @ TOWER HEALTH:** patricia.smith@towerhealth.org
- ✚ **National Center for Transgender Equality:** <https://transequality.org>
- ✚ **Gender Spectrum:** <https://www.genderspectrum.org>
- ✚ **GLAAD (Gay & Lesbian Alliance Against Defamation):**
www.glaad.org/transgender/resources
- ✚ **Human Rights Campaign:**<https://www.hrc.org/resources/resources-for-people-with-transgender-family-members>
- ✚ **TransYouthEqualityFoundation (TYEF):**
<http://www.transyouthequality.org/for-parents>
- ✚ **"Family Support: Resources for Families of Transgender & Gender Diverse Children":** <http://www.lgbtmap.org/advancing-acceptance-for-parents>

ADVOCATING:

The LGBT Center of Greater Reading is partnering with the following LGBT Centers in to provide and exchange resources, information and engage in best practices.

- ✚ Bradbury-Sullivan LGBT Community Center.
- ✚ LGBT Center of Central Pennsylvania.
- ✚ William Way LGBT Center (Philadelphia).

We are also working with local and state officials, local hospital networks, legislators and congressional leaders to advocate for the LGBT community during this pandemic.

ASSISTANCE/SERVICES:

We have the following available FREE to anyone in need:

- ✚ Clothing closet
 - ✚ Toiletries (grab and go bags)
 - ✚ Food pantry (small)
 - ✚ Library of books and DVDS
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- ✚ Referrals
 - ✚ Professional Development Training – Virtual class

EVENTS:

We are currently developing several virtual events that will include:

- ✚ Poetry Workshop – scheduled for April 16th @ 7pm.
- ✚ Non-specific gender yoga workshop.
- ✚ Happy hour.
- ✚ Lunch & Learn.
- ✚ Online art crawl.

Will be adding more events and activities throughout the month.

WHAT CAN YOU DO?

- ✚ Complete your 2020 Census: www.2020Census.gov
- ✚ Register to vote by mail: www.votespa.com
- ✚ If you identify within the LGBTQ+ community, take the 2020 PA LGBT Health Needs Assessment: https://bit.ly/2020PANA_E (English) or https://bit.ly/2020_S (Spanish)
- ✚ **DONATE:**
 - We are trying very hard to ensure we are providing the much-needed services and programs to the LGBT community.
 - As more people lose their jobs, become ill and continue to be isolated, our services will become even more critical.
 - Like many nonprofits, we are experiencing lost revenue and increased expenses in meeting the needs of the community.
 - Consider a one-time donation.
 - Consider becoming a monthly donor. You can donate any amount that's comfortable for you, from \$5, \$10 or more.
 - Consider sponsoring an LGBTQ+ local youth.

These are unprecedented times and the challenges are many; however, the LGBT Center of Greater Reading will continue to strive in providing the every-changing needs of our community.

If you or anyone you know would like to participate in any of the support groups listed, please email mdech@lgbtcenterofreading.com for the link.

If you or anyone you know needs assistance, would like to schedule a virtual professional development training, needs a referral or would simply like to talk – please have them reach out to the above email, or call: 610-864-5800.

You can stay up to date on scheduled events by following our FB and Instagram pages.

We are all in this together – and together we will all get through it!

Michelle Dech, Executive Director