**Q-East Alliance LGBTIQA+ Parent/Carer** 

**Resources & Support**

**A Resource for parents/carers of young LGBTIQA+ people**

**aged 12 – 25 years**

***\*Current July 2022 - ongoing adjustments to be made.***

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| **Name** | **Local** **Government** **Area** | **Age** | **Contact Person** | **Email - Website Link** | **Frequency and location** | **General Information** |
| **Rainbow** **Network Victoria** | Victoria  |  |  | rainbownetwork@latrobe.edu.au(03) 9479 8870website: <https://www.rainbownetwork.com.au/> |  | ABOUT THE RAINBOW NETWORKEstablished in 1998, Rainbow Network began as an intimate peer support group of workers who would meet to discuss the shared challenges they faced when working towards meeting the needs of LGBTIQ+ young people.Rainbow Network Victoria provide resources for parents/carers/friends to better support and understand the young LGBTIAQ+ people they are supporting. |
| **Raising Children** | Australia  |  |  | <https://raisingchildren.net.au/grown-ups/family-diversity/LGBTIQ-families/LGBTIQ-families-services> |  | The Australian Parenting website |
| **Youth ConneXions**  | Whitehorse  | 12-25 | Whitehorse Youth Services | youth.worker@whitehorse.vic.gov.au98989340Website: <https://www.whitehorse.vic.gov.au/living-working/people-and-families/young-people/services-activities/youth-connexions> | Monday to Friday 2-5pm.1-2pm bookings also taken on these days**.** **Box Hill Central. Suite 2 level 1, Main Street. Box Hill.** | Youth ConneXions is Whitehorse City Council's youth information, support and referral centre based at Centro Box Hill Shopping Centre. The centre offers a comfortable and supportive environment for young people aged 12-25, to find information and seek assistance on a range of issues. |
| **QHeadspace**  | Knox | 12-25 | Headspace Knox  | Website: [https://headspace.org.au/eheadspace/spaces/community/372936](https://urldefense.com/v3/__https%3A/headspace.org.au/eheadspace/spaces/community/372936__;!!M3P2Ca3Qotsy!L2QxYNaQPqjM1p2iZ2yTD0LiqYKaXvfHakf8-FsvYggtReZ4p5Csz4L2wajkSube-4zKLGoR-Fviwegqcw$) | Online Resource | Qheadspace is a new digital platform where young people who are gender and sexuality diverse can connect with others and seek support, all within a safe, support and peer-moderated online community! If you identify as, are questioning or are interested in learning about trans and gender diversity and/or sexuality join the community to discuss all things LGBTQIA+.                                     By accessing Qheadspace, you will be able to interact within this space and upload and share mental health resources. You can participate in chats with young people all around Australia and share your experience with others who may be going through a similar experience. |
| **Knox - Parents & carers of LGBTIQ+ young people** | Knox  | 12 - 25 |  | <https://www.knox.vic.gov.au/our-services/children-family-and-community-services/youth-and-teenagers/youth-services/lgbtiq-young-people> |  | City of Knox provides a range of groups and resources specifically designed to support LGBTIQ+ young people and their families. |
| **EV’s Hangout** | Maroondah  | 12-25 | Maroondah Youth Services  | Maroondahyouth.com.au92945704Website:[http://www.maroondahyouth.com.au/Programs-for-Young-People/Hangout](https://urldefense.com/v3/__http%3A/www.maroondahyouth.com.au/Programs-for-Young-People/Hangout__;!!M3P2Ca3Qotsy!L0pC9UouFBG_2suQ5r3z18stvpwScfHpZJUBRUnfqDrepBsajORc9YfsK1RJu-ZXMcJZP93Y3_p-P9dz-w$) | Weekly on Thursday’s 3-6pm (including school holidays) EV's Hangout runs out of EV's Youth Centre at 212 Mt Dandenong Rd, Croydon, 3136.  | EV’s Hangout is just that, a hangout. A safe & inclusive place where young people (ages 12-25) can:* Feel safe & included
* Socialise & meet new people
* Get free snacks
* Speak to a Youth Worker to get support
* Enjoy fortnightly activities
* Access an Xbox One, pool table/table tennis, board games, etc
* Come and go as you please

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| **Manningham Youth Services LGBTQIA+ Groups** | Manningham | 12-25 | Manningham Youth Services | ManninghamYouthServices@each.com.au1300 00 EACH (1300 00 3224)Website: <https://www.each.com.au/manninghamyouth/about/> | **20 Melbourne St, Ringwood VIC 3134** | Offers a community-inclusive youth service that aims to improve the health & wellbeing of all young people who live, work, study or are otherwise connected to the Manningham community. |
| **Minus 18**  | Australia  | 12-25  |  | Website:[https://www.minus18.org.au/articles/love:-how-to-support-and-celebrate-your-lgbtqia+-child](https://www.minus18.org.au/articles/love%3A-how-to-support-and-celebrate-your-lgbtqia%2B-child) |  | CHANGING THE LIVES OF LGBTQIA+ YOUTH IN AUSTRALIAWe’re leading change, building social inclusion, and advocating for an Australia where all young people are safe, empowered, and surrounded by people that support them. |
| **Yarra Ranges Youth Services** | Yarra Ranges | 12-25 | Yarra Ranges Youth Services  | Email: youth@yarraranges.vic.gov.auWebsite:<https://www.yarraranges.vic.gov.au/Community/Youth/LGBTQIA-young-people>  |  | Yarra Ranges Council is committed to creating an inclusive community, valuing the strength of our diversity, and addressing and preventing any discriminatory or exclusionary practices.We know that representation matters and Council is proud to have a diverse workforce dedicated to helping all young people feel safe, welcome, and proud to be who they are. Our youth-led program, [Defrosted Events (FReeZA)](https://www.yarraranges.vic.gov.au/Community/Youth/Youth-opportunities/Defrosted-Events-%E2%80%93-Music-Arts-and-Cultural-Events)recently filmed the Queer Conversations Series, where young queer people interviewed LGBTQIA+ Council staff, asking questions about life, careers, coming out, and other experiences as a queer person. View the episodes below on our website: |
| **Monash** **Youth** **Support**  | Monash  | 12-25 | Monash Youth Services | YRCR@monash.vic.gov.au 9518 3900Website: <https://www.monashyouth.org.au/Home> | Monday - Friday 9am to 5pmLevel 1, 2 Euneva Avenue, Glen Waverley | Individual Support is available for young people aged 10 - 25 in the City of Monash. The service is free and confidential offering support, information and referral. MYS prioritises individual support for young people exploring their sexuality or for those who identify as LGBTIQA+. |
| **Different Journeys**  | All of Victoria. Currently LGA’s covered: Maroondah, Knox, Banyule, Nillumbik and Essendon  | 12-25 | B Otley  | B.proudandpawsome@gmail.com0480 371 844Website: <https://www.differentjourneysautism.com/> | Contact at any time ongoing. Events: monthly based for our teen peer support events and generally about 6 events per location per year. | We provide peer support and social connections for autistic individuals and their families in a safe and supported environment with access to LGBTQIA support with our liaisons and further staff training to be inclusive.To provide social platforms that connect Autistic youth and autistic adults and their families in inclusive safe and supportive environments for the LGBTQIA+ community too.This enables us to provide individualised wraparound supports to decrease the prevalence of mental illness and social isolation in the autism community where there is a growing amount of LGBTQI kids and adults. Further we enhance their employment and education opportunities, it also creates a place for the broader community to embrace, learn from and empower the autism community. |
| **Parents of Gender Diverse Children** | Victoria  | 0 -12+ |  | Website: <https://www.pgdc.org.au/>Resources for Victoria: <https://www.pgdc.org.au/victoria#:~:text=Rainbow%20Door%20is%20a%20free,COVID%2D19%20crisis%20and%20beyond> |  | Parents of Gender Diverse Children is here to provide peer support to parents and those parenting trans and gender diverse children. We know that parents who are well supported are better able to support their children. We believe that no matter your age – you will always be someone’s child – so we do not impose any age restrictions on the families that we support.Gender is a spectrum and the number of school aged young people who identify as trans and gender diverse is currently cited as 1.2% and 2.5% respectively by the Telethon Kids Institute at the Princess Margaret Hospital in WA and The Royal Children's Hospital Gender Service in Melbourne. This translates into a very large number of school aged children across Australia. |
| **PFlag** | Australia & Victoria  | All ages | PFLAG NATIONALEmail: info@pflagaustralia.org.au | Website[www.pflagaustralia.org.au](http://www.pflagaustralia.org.au) *Note, the Melbourne chapter of PFLAG is no longer actively operating,*however*their website contains a range of useful resources. An active PFLAG chapter is operating in*[*Shepparton*](https://www.gvpride.org/resources/pflag-greater-shepparton/)*:*https://web.archive.org/web/20180313162545/http://www.pflagvictoria.org.au/about.php |  | PFLAG started with families. For more than 40 years, we have been providing peer-to-peer support, publications, toolkits, and other resources to make sure that the family members of people who are LGBTQ get the support they need in the way that best serves their needs. This allows families to then further support, affirm, and advocate on behalf of their LGBTQ loved ones. |
|  | Melbourne based  |  |  | Website: <https://aleph.org.au/parents-family/> |  | * ALEPH is a social, support and advocacy group for people who identify as Jewish or who have a Jewish heritage, living in, around, or have a connection to Melbourne, Australia
* welcomes people who identify as same-sex attracted, trans and gender diverse, and intersex (LGBTIQ+)
* welcomes families and allies of LGBTIQ+ people
* -is for people who are questioning or confused about their sexuality or gender
* -is for people of all ages
* offers confidential and anonymous support
* -is guided by secular humanitarian principles
* -is nonpartisan on religious, political and nationalistic ideologies
* -unconditionally supports equal rights for all people
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| **Switchboard** | Victoria  | All Ages |  | Website:<https://www.switchboard.org.au/> (VIC) |  | Switchboard provides peer-driven support services for lesbian, gay, bisexual, transgender and gender diverse, intersex, queer and asexual (LGBTIQA+) people, their families, allies and communities. We have a range of different programs offering peer-to-peer support in areas including gender and sexuality, diverse relationships, suicide prevention, family violence support, anti-racism advocacy, and social inclusion for older LGBTI community. |
| **Rainbow Families** |  |  |  | Website:<https://www.rainbowfamilies.com.au/about> (National) |  | Rainbow Families have a vision of a community of lesbian, gay, bisexual, transgender, and queer (LGBTQ+) families across Australia, where each family is included, respected and has value! Rainbow Families Inc is the peak organisation supporting LGBTQ+ parents and their children. |
| **Transgender Victoria**  |  |  |  | Website: <https://tgv.org.au/> |  | TGV is Victoria’s leading body for trans and gender diverse people. We work to achieve justice, equity and inclusion for our communities, and our partners, families, friends, and allies. We aim to achieve better social, economic, health, wellbeing and mental health outcomes for our communities. |