

Parents & Family

When someone comes out...when you are thinking of coming out....there are many ways that impacts others in your family.

The LGBTQ Center recognizes that there are many different family structures and family is not limited to biological or legal definitions. We have provided here some helpful resources that address families of all sorts – whether you are born into them or you have chosen them.

Significant Others Friends, Family, and Allies (SOFFA)

<https://www.lgbtcenterofraleigh.com/programs/adult-programs/transgender-initiative/soffa-discussion-group.html> [1]

SoFFA is an off shoot of the LGBT Center of Raleigh's Transgender Initiative to create a peer support and social network for significant others, friends, family, and allies of people in transition or questioning whether transition is appropriate, as well as gender fluid or gender queer individuals. We extend our communal safe space to address the special needs, concerns, and questions those with gender non-conforming loved ones face.

SoFFA Support Group is an open and welcoming environment for significant others, friends, family and allies of gender non-conforming individuals.

Meetings are held in the LGBT center of Raleigh on 3rd Saturdays from 9:00am - 11:00am

Triangle PFLAG

www.pflagtriangle.org [2]

PFLAG promotes the health and well-being of gay, lesbian, bi-sexual and transgender persons, their families and friends, through Advocacy (to end discrimination and to secure equal civil rights); Support (to cope with an adverse society); and, Education (to enlighten an ill-informed public).

PFLAG meets twice monthly, in Durham and Raleigh.

The Know and Love Project

www.knowandlove.org [3]

The Know and Love Project aims to present stories of loving and committed North Carolina families with gay and lesbian members in order to raise awareness and increase public support for the equal rights of Lesbian, Gay, Bisexual and Transgender (LGBT) people in North Carolina and across the nation.

Gender Spectrum

<https://www.genderspectrum.org/> [4]

Gender Spectrum provides education, training and support to help create a gender sensitive and inclusive environment for all children and teens. Website provides a number of excellent resources and information.

iNSIDEOUT 180

www.insideout180.org [5]

iNSIDEoUT is a youth-founded, youth-led organization that provides leadership opportunities & a safe space for North Carolina's LGBTQISA-queer youth, both in & out of schools. By providing educational-, social-, & activism-oriented programs, iNSIDEoUT strives to form, strengthen, & network Gay-Straight Alliances while connecting & empowering youth, seeking to expand beyond the Triangle. iNSIDEoUT encourages you to become a part of our family & community. This includes a comprehensive listing of area High Schools' GSA (Gay Straight Alliances).

COLAGE

www.colage.org [6]

COLAGE unites people with lesbian, gay, bisexual, transgender, and/or queer parents into a network of peers and supports them as they nurture and empower each other to be skilled, self-confident, and just leaders in their communities.

Institute for Welcoming Resources

www.welcomingresources.org [7]

IWR's mission is to create resources that support the unconditional welcome of people of all sexual orientations and gender identities and their families in the church home of their choice.

Source URL: <https://lgbtq.unc.edu/resources/parents-family>

Links

- [1] <https://www.lgbtcenterofraleigh.com/programs/adult-programs/transgender-initiative/soffa-discussion-group.html>
- [2] <http://www.pflagtriangle.org/>
- [3] <http://knowandlove.org/>
- [4] <https://www.genderspectrum.org/>
- [5] <http://www.insideout180.org/>
- [6] <https://www.colage.org/>
- [7] <http://www.welcomingresources.org/>