Supportive Families

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.

Local Resources

Raleigh Allies [1]

Hosted by LGBT Center of Raleigh

Raleigh Allies is a resource for our friends and family (and those of LGBT individuals) to help better educate and foster dialogue that helps to further educate others. More so, we hope to be an entry point for people who may not necessarily consider themselves a part of the LGBT community and help encourage a transition from passive support to active engagement in furthering the cause of Equality. The program is not just limited to heterosexual individuals however, and anyone who considers themselves an ally to a sexual or gender minority are welcome!

Significant Others, Friends, Family, and Allies (SOFFA) [2]

Hosted by LGBT Center of Raleigh

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.
Transforming Families Support Group [3]

Hosted by LGBTQ Center of Durham

Meet fellow parents and caregivers raising transgender, non-binary and gender diverse youth in a safe, affirming space. We’ll share knowledge, experiences & encouragement. Confidentiality is very important, as we are all at different stages of our journey.

Triangle PFLAG [4]

Meets twice monthly, in Durham and Raleigh.

If you are a parent or friend struggling to understand and accept a lesbian, gay, bisexual, transgender* or queer loved one, we can help. If you are an LGBTQ individual seeking an affirming community within which to explore and grow, PFLAG Triangle is here to support you. If you are a friend or ally seeking to advocate on behalf of equal rights, we welcome you.

Whatever your position or wherever you are in your stage of discovery, PFLAG Triangle is here to support you in your journey.

State and National Resources

COLAGE [5]

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.

Gender Spectrum [6]

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 [7]

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).

**Institute for Welcoming Resources [8]**

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.

**The Know and Love Project [9]**

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.

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**Source URL:** https://lgbtq.unc.edu/resources/supportive-families

**Links**

[3] https://www.lgbtqcenterofdurham.org/program/another-program-name/  