

## The LGBTQ+ Program: Providing concrete support in times of need



The Coalition for Family Harmony works to understand how social barriers affect the life events that bring clients to us. We take an “intersectional” approach, which means we explore how aspects of identity intersect and impact stress or trauma. This includes, but is not limited to, sexuality, gender, religion, age, race/ethnicity, or socioeconomic status.

**Talk to your counselor about a client-centered approach targeting goals tailored for you.**

We offer an array of trauma-informed support services, including crisis counseling and safety planning, emergency shelter or transitional housing assistance, legal support, victim advocacy alongside clinically supervised counseling, support groups, and other violence intervention services. We collaborate with community partners and provide client-centered referrals to ensure you receive the support you need.

### [Coalition for Family Harmony](#)

#### **LGBTQ Program**

(805) 983-6014 ext. 106

- ✓ Individual and group counseling
- ✓ LGBTQ youth groups (activity based)
- ✓ Transgender support group
- ✓ Emergency shelter services
- ✓ Anger Management (adult & teens)
- ✓ Parenting & co-parenting classes
- ✓ Advocacy and 24 hour accompaniments

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#### [Rainbow Umbrella](#)

Call: (805) 836-0099

- ✓ Activity-based youth support groups

#### [One Step a la Vez](#)

Call: (805) 625-7067

- ✓ Activity-based youth support groups

#### [Diversity Collective Ventura County](#)

[www.diversitycollectivevc.org](http://www.diversitycollectivevc.org)

- ✓ LGBTQ community service organization

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#### [The Pride Clinic @ Santa Paula West](#)

Call: (805) 229-0220

- ✓ Support group for transgender and gender non-conforming people

#### [Parents and Friends of Lesbians and Gays \(PFLAG\)](#)

[www.pflag.org](http://www.pflag.org)

[Pflag.ventura.ca@gmail.com](mailto:Pflag.ventura.ca@gmail.com)

- ✓ National family & ally organization

#### [Trans Alliance Ventura](#)

Call: (805) 861-4793

- ✓ Support group for transgender and gender non-conforming people

#### [The Trevor Project](#)

[www.thetrevorproject.org](http://www.thetrevorproject.org)

- ✓ 24/7 LGBTQ youth crisis & suicide prevention helpline
- ✓ voice, text, instant messaging

The LGBTQ+ Program at the Coalition for Family Harmony is funded by CalOES VOCA '15 funds.

# LGBTQ+ Program

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1030 N. Ventura Road  
Oxnard, CA 93030

8:00 a.m. – 5:00 p.m., M-F  
(805) 983-6014

[www.thecoalition.org](http://www.thecoalition.org)

**24/7 Bilingual Crisis Hotline**  
(800) 300-2181

**You are not alone.**

**Help is available.**



**Coalition for Family Harmony**

*Building Stronger Families*

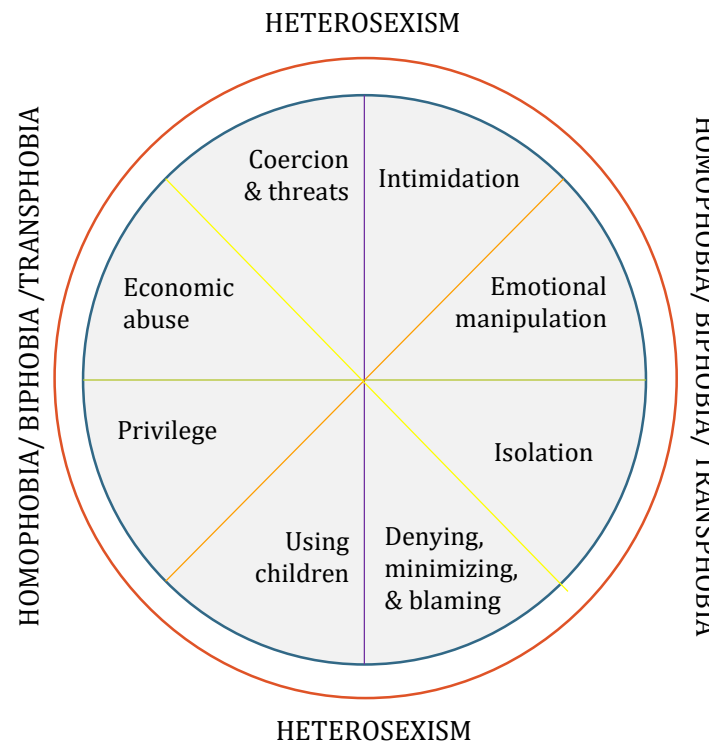
## The LGBTQ+ Program

The Coalition strives to provide nonjudgmental, affirming, survivor centered care. We recognize that LGBTQ+ people have been excluded from conversations about sexual assault and domestic or intimate partner violence. Issues like family rejection, homelessness, substance abuse, and depression may increase someone's vulnerability to violence. Our program coordinator designs LGBTQ+ centered resources and trainings providing community outreach and referrals to meet client needs. MFT interns provide counseling services to LGBTQ+ clients and those who support them.

### LGBTQ+ services:

- Bilingual walk-in crisis counseling
- 10 free counseling sessions for LGBTQ+ individuals
- Victim advocacy & referrals
- Emergency shelter & transitional housing program for survivors of domestic or intimate partner and sexual violence
- Teen Anger Management and Juvenile Probation services
- Child Abuse Intervention and Co-parenting Programs
- A transgender support group (18yrs and older) at the Pride Clinic in Santa Paula, CA
- Facilitator support for Rainbow Umbrella's youth support group (13-18 yrs) & One Step a la Vez's Pride Project youth support group (13-19 yrs)

## LGBTQ+ Power & Control Wheel



While violence looks different across communities, the abuse of power to control a vulnerable partner is the same. Violence against LGBTQ+ people can be shaped by biphobia, homophobia, and/or transphobia. Talk to a counselor at the Coalition if you think this might apply to your relationship. Ask about coping skills, safety planning, and other resources that will help to overcome patterns of abuse.

*(Roe & Jagodinsky, adopted from www.Duluth Model.org)*

Our 24-hour bilingual hotline is available 7 days a week for confidential communication

Don't forget to take time to care for yourself.



Self-care is an important part of recovery and self-regulation. Find what works for you in making yourself less stressed and anxious.

### Questions to ask yourself:

**Have I eaten today?** *Whenever possible, eat something nutritious like fruits and vegetables, a smoothie, or protein.*

**Have I gotten enough sleep?** *Schedule in a 20 minute nap, plan to go to sleep earlier tonight, or sleep in*

**Have I exercised recently?** *Take a 20 min walk or practice light stretching to give your body a break from sitting or work.*

**Have I done anything to relax recently?** *Try drinking a cup of tea, listening to your favorite music or taking five minutes to focus on your breathing.*

**Where can I go for social support?** *Friends, family, and religious members are some options for support.*

**Do something you enjoy.**  
**Explore what keeps you calm under stress.**