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

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
✓ LGBTQ community service organization

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

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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.