



LGBTQ+ MONTHLY NEWSLETTER

May 2026

Pansexual & Panromantic Visibility Day May 24th, 2026

Pansexual & Panromantic Visibility Day is dedicated to recognizing and celebrating pansexual and panromantic identities. Pansexual refers to people who can experience sexual attraction to others regardless of gender or sex, while panromantic refers to people who can experience romantic attraction regardless of gender or sex. The day highlights visibility, affirms diverse experiences of love and attraction, and helps challenge misconceptions while uplifting pan voices within the LGBTQ+ community.



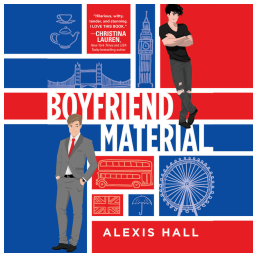
Other Awareness Days

- May 17th: International Day against Homophobia
- May 22nd: Harvey Milk Day

Literature and Film

“Boyfriend Material”

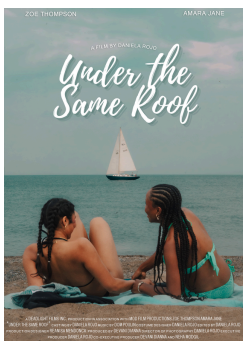
Luc, the scandal-prone son of a rock star, and Oliver, a buttoned-up lawyer, fake a relationship to clean up their reputations—only for their carefully staged romance to spark into something unexpectedly real.



Good Reads Review

“Under the Same Roof”

“21-year-old Kiara feels uninspired by her mundane suburban life, until she meets the captivating and mysterious Nazmin. As the two grow closer, Nazmin's attempt to set Kiara up with a man forces her to confront her sexuality and the nature of their relationship.”



[Click here to watch](#)

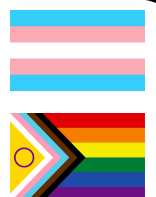
LGBTQ+ History

Lorraine Hansberry

Lorraine Hansberry (she/her) was a queer playwright, writer, and activist who reshaped American theater and redefined what Black stories could look like on stage. In 1959, she became the first Black woman to have a play produced on Broadway with “A Raisin in the Sun” a landmark work that confronted racism, segregation, and the limits placed on Black dreams in America.



LGBTQ+ Ventura County Resources



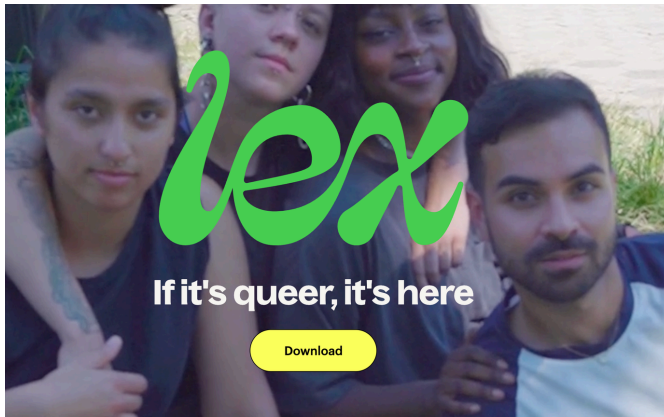


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LGBTQ+ Community Building

LEX



Lex is a LGBTQ+ social and community app designed to help queer people connect through words instead of images.

It offers a text-based feed where users post short "personal ads" describing who they are, what they're looking for (dating, friendship, events, or community), and connect through direct messages rather than swiping.

Unlike traditional dating apps, Lex focuses less on appearance and more on identity, personality, and intention, creating space for queer, trans, and nonbinary users to express themselves openly and find both romantic and platonic connections. It also includes local discovery features, group spaces, and event listings to help people build real-world LGBTQ+ community connections.

Explore what's happening  in your local LGBTQ+ community.

Mental Health Awareness Month

May is Mental Health Awareness Month, a time to recognize the importance of emotional wellbeing and ensure people have access to the support they deserve.

At the Coalition, we provide **ten free** counseling sessions to LGBTQ+ folks and their loved ones to navigate challenges, process experiences, and prioritize mental wellness.

CALL OUR 24-hr HOTLINE TO ENQUIRE ABOUT COUNSELING
[1.800.300.2181](tel:1.800.300.2181)

Keep Reading!

[36 LGBTQ-Owned Businesses Selling LGBT T-Shirts To Support This Pride Season](#)

[Trans Kansans Aren't Going Down Without a Fight](#)

[20 Podcasts With QTPOC Hosts You Can Listen To Right Now](#)

Coalition for Family Harmony
24-hr Bilingual Crisis Hotline

 [1.800.300.2181](tel:1.800.300.2181)

Trevor Project
24-hr LGBTQ+ Crisis Support

 [866.488.7386](tel:866.488.7386)

Trans Lifeline
Bilingual Crisis Hotline

 [877.565.8860](tel:877.565.8860)