



### **Kaleidoscope Youth of Heartland Equality**

Social factors such as bullying, violence, and discrimination heighten health risks for anyone. However, lesbian, gay, bisexual, transgender, and questioning youth experience elevated risk and associated negative health and mental health outcomes. Heartland Equality strives to provide a safe(r), inclusive and affirming place for the LGBTQ youth ages 9-19 to foster relationships, personal and professional. Heartland Equality organizes group meetings and activities as well as community events that strengthen our youth and their sense of wellbeing and identity, as well their involvement in their schools and communities. Our youth group meets every Tuesday from 6pm to 8 pm at the center.

### **Heartland Equality Transgender Alliance**

Heartland Equality strives to provide a confidential, respectful and safe (r) physical location so participants can be who they are as they feel best doing. The facilitator led peer group is designed to provide support and resources as well as an opportunity for peers to share experiences. A clothing closet is also available. The Transgender Alliance meets every second Thursday at 6:30 pm at the center.

### **Heartland Interfaith Networking**

For those who keep one, religion is an important part of our identity. It is a lens through which we see the world and attempt to better understand our place within it. It can be a teaching tool, a learning experience, and a way to better ourselves daily. Sometimes, however, we can feel as though religion is at odds with other parts of our identity. It isn't uncommon, especially in areas such as ours, to feel that it's impossible to reconcile our beliefs with our personal truths. Heartland Interfaith is an opportunity to gather with other members of the LGBTQ community and discuss matters of faith with one another. Whether you're an adherent to one of the many culturally rich religions of the world or are trying to figure out what you think is out there, Heartland Interfaith has a place for you. Heartland Interfaith Networking meets the second Wednesday of every month at 7pm at the center.