

KALEIDOSCOPE

Out and About Newsletter

In This Issue:

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What We Do:

Kaleidoscope is a community-based LGBTQIA+ program that offers monthly meetings and ongoing virtual platforms in a welcoming atmosphere where teens and young adults like you can find support, guidance, and a sense of community.

Kaleidoscope provides a safe, supportive environment for queer and allied teens and young adults to gather, socialize, organize, and help each other!

Kaleidoscope May Calendar:

May 9th & May 23rd: Essex County Youth Meetings. Open to youth ages 13-18. The first meeting is in-person, and the second one is virtual.

May 10th: Camden County Young Adult In-Person Meeting. Open to South Jersey young adults ages 18-24.

May 13th: Sussex County Youth Meeting (In-person). Open to youth ages 13-18.

May 20th: Morris and Sussex County Youth Meeting (Virtual). Open to youth ages 13-18.

May 24th: Camden County Youth In-Person Meeting. Open to South Jersey youth ages 12-17.

May 27th: Morris County Youth Meeting (In-person). Open to youth ages 13-18.

See the calendar below for meeting times.

Interested in Joining?

Email us at: Kaleidoscope@Centerffs.org

“It’s really nice not having to worry about how other people think of you in regards to your identity.”

-Kaleidoscope Attendee

To stay up to date on upcoming events and community resources, follow Kaleidoscope on [Facebook!](#)

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<https://www.facebook.com/KaleidoscopeNJ/>

May 2024



KALEIDOSCOPE

servicing LGBTQIA+ teens and young adults

Sun	Mon	Tue	Wed	Thu	Fri	Sat
			1	2	3	4
5 International Family Equality Day	6	7	8	9 Essex County Youth Meeting 5:30pm-7pm	10 Camden County Young Adult Meeting 6pm-8pm	11
12	13 Sussex County Youth Meeting 5:30pm-7pm	14	15	16	17 International Day Against Homophobia, Transphobia, & Biphobia	18
19 Agender Pride Day National Asian & Pacific Islander HIV/AIDS Awareness Day	20 Morris-Sussex County Youth Meeting (Virtual) 5:30pm-7pm	21	22 Harvey Milk Day	23 Essex County Youth Meeting (Virtual) 5:30pm-7pm	24 Camden County Youth Meeting 6pm-8pm International Pansexual & Panromantic Awareness & Visibility Day	25
26	27 Morris County Youth Meeting 5:30pm-7pm	28	29	30	31	

LGBTQ+ DAYS OF SIGNIFICANCE

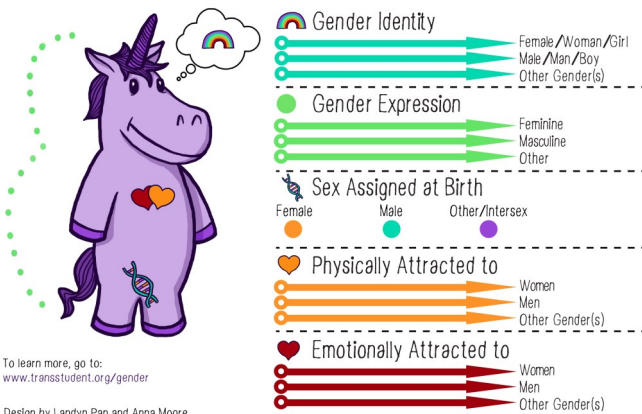
- ◆ **May 5th: International Family Equality Day**
- ◆ **May 17th: International Day Against Homophobia, Transphobia, & Biphobia**
- ◆ **May 19th: Agender Pride Day**
- ◆ **May 19th: National Asian & Pacific Islander HIV/AIDS Awareness Day**
- ◆ **May 22nd: Harvey Milk Day**
- ◆ **May 24th: International Pansexual & Panromantic Awareness & Visibility Day**

Do you know the difference between gender, sexuality, and sex? How about gender identity and gender expression? Even romantic and sexual attraction? Although all of these human attributes inform each other, they exist on separate spectrums of their own. Learn more about this from the Gender Unicorn below!

Looking for ways to support Kaleidoscope and the queer community? Consider donating to our program, or visiting the resource below to learn more about what it means to be an ally! *More information on how to donate can be found at the end of this newsletter.*

The Gender Unicorn

Graphic by:
TSER
Trans Student Educational Resources



BEING AN LGBTQ+ ALLY



<https://reports.hrc.org/being-an-lgbtq-ally?ga=2.52062313.1341921333.1701987866.649665543.1697045446>

Learn more about about...



What it means to be AGENDER



What it means to be PANSEXUAL



HARVEY MILK



“No one left behind: Equality, freedom and justice for all.”

This is the theme for the 2024 edition of the **International Day against Homophobia, Transphobia and Biphobia (IDAHOBIT)**. It originates from a global call to action to recognize the violence and discrimination widely experienced by the LGBTQ+ community. It’s an annual opportunity to show solidarity, to educate ourselves, and to celebrate diversity. May 17th was originally chosen as the date for this holiday “to commemorate the World Health Organization’s decision in 1990 to declassify homosexuality as a mental disorder.” Learn more about IDAHOBIT by clicking [here!](#)

Your support enables us to provide safe spaces for youth and young adults in need of affirmation of their identity! Follow our Facebook, @KaleidoscopeNJ, to stay up to date on resources, information, and events. DM us or email us at kaleidoscope@centerffs.org with any questions about our program or how we can best support you!

EVENTS, OPPORTUNITIES, & RECAP

Pride Month is right around the corner! Stay tuned via our newsletters and our [Facebook](#) to get connected with pride events in your community.

Click on any image below to be directed to our Facebook post with more information!



Build Community • Explore Creativity

OASIS

Open and Safe Inclusive Space

Weekend Arts Retreat

at Appel Farm

August 9 - 11, 2024

Open to youth ages 12-17

Join us for a weekend of cultivating connection and community through the arts, centering youth from the queer community and welcoming their allies.

Appel Farm
Arts & Music Center

AppelFarm.org
457 Shirley Rd. • Elmer, NJ 08318
info@appelfarm.org



Kaleidoscope had so much fun tabling at the Arts Fest at Appel Farm on April 27th! See the above flyer to learn more about Appel Farm and their Weekend Arts Retreat this summer for youth ages 12-17.

Thank you to everyone who came to our table to learn more about our program and what we have to offer.

Feel free to email Kaleidoscope@Centerffs.org with any questions!

COLLINGSWOOD PRIDE POP-UP
ON 2ND SATURDAY

When: Saturday, June 8th, 5-8pm

Where: Irvin Ave, from Haddon to Atlantic

MUSIC - ENTERTAINMENT - FOOD - LOCAL BUSINESS - HEALTHCARE

Stay Tuned for More Info!

Save The Date :)

Collingswood **PRIDE**

MODELS WANTED!

The **PRIDE at peak** *Fashion Show*

MERCHANTVILLE, NJ
SATURDAY, JUNE 1ST
ALL AGES, NO EXPERIENCE NECESSARY

SCAN TO SIGN UP OR EMAIL
peaksecondhand@gmail.com

CUMBERLAND | GLOUCESTER | SALEM

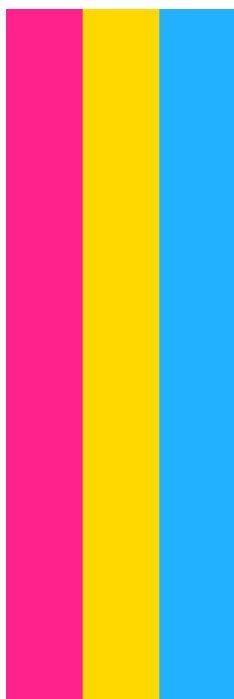
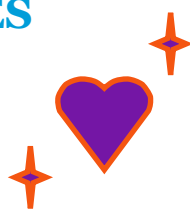
Family Support Organization

2024 April

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	1	2 Cumberland Family Support Group 5:00-7:00pm	3 Salem Family Support Group 5:00pm-7:00pm	4 Gloucester Family Support Group 5:00pm - 8:00pm	5	6
7	8	9 Cumberland Family Support Group 5:00-7:00pm	10 Salem Family Support Group 5:00pm-7:00pm	11 Gloucester Family Support Group 6:00pm - 8:00pm	12	13
14	15	16 Cumberland Family Support Group 5:00-7:00pm	17 Salem Family Support Group 5:00pm-7:00pm	18 Gloucester Family Support Group 6:00pm - 8:00pm	19	20
21	22	23 Cumberland Family Support Group 5:00-7:00pm	24 Salem Family Support Group 5:00pm-7:00pm	25 Gloucester Family Support Group 6:00pm - 8:00pm	26	27
28	29	30 Cumberland Family Support Group 5:00-7:00pm				

TIPS FROM YOUR ADVOCATES

Peruse these tips from your
Kaleidoscope Advocates
centered on self-care!



1. As the weather gets warmer, **spend a little more intentional time outside** if you can, enjoying how the grass feels under your toes, how the birds sound, or how the sun feels on your face. This is so good for our mental health!
2. Next month is **Pride Month!** In **celebration of your identity, plan to do something** with friends, family, or yourself, whatever is safest for you. This can be anything from attending a pride parade, to making a homemade dinner, to journaling about what you love about yourself.
3. **Do something small every day that makes life feel a little more special.** You can cut up some fresh fruit to add to your water, listen to music while you complete a task, or anything else that brings you joy.

It can be hard to love yourself in a world that tells you that you shouldn't exist. But know that your Kaleidoscope Advocates have your back and are here to remind you how special and worthy you are!



BOOK RECOMMENDATIONS



Note for parents: Chapter books are great choices for youth. Usually aimed for ages 7-10, kids younger than or older than this range can still enjoy them, so it depends if that individual book is right for you or your child. Young adult (YA) books are usually aimed for ages 12-18, but again, due to the various amount of subject matter, it shifts by book, some being more mature than others. Adults can also enjoy YA books!

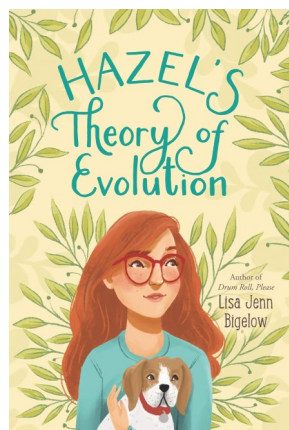
Hazel's Theory of Evolution

By **Lisa Jenn Bigelow**
(Youth/Best for ages 8-12)

Hazel knows a lot about the world. That's because when she's not hanging with her best friend, taking care of her dog, or helping care for the goats on her family's farm, she loves reading through dusty encyclopedias.

But even Hazel doesn't have answers for the questions awaiting her as she enters eighth grade. What if no one at her new school gets her, and she doesn't make any friends? What's going to happen to one of her moms, who's pregnant again after having two miscarriages? Why does everything have to change when life was already perfectly fine?

As Hazel struggles to cope, she'll come to realize that sometimes you have to look within yourself--instead of the pages of a book--to find the answer to life's most important questions.



Flamer

By **Mike Curato**
(Young Adult/Best for ages 14-18)

Award-winning author and artist Mike Curato draws on his own experiences in *Flamer*, his debut graphic novel, telling a difficult story with humor, compassion, and love.

"This book will save lives." —Jarrett J. Krosoczka, author of National Book Award Finalist *Hey, Kiddo*

I know I'm not gay. Gay boys like other boys. I hate boys. They're mean, and scary, and they're always destroying something or saying something dumb or both.

I hate that word. Gay. It makes me feel . . . unsafe.

It's the summer between middle school and high school, and Aiden Navarro is away at camp. Everyone's going through changes—but for Aiden, the stakes feel higher. As he navigates friendships, deals with bullies, and spends time with Elias (a boy he can't stop thinking about), he finds himself on a path of self-discovery and acceptance.



Bonus points if you check these out at your local library!

Help is just a call away.

NJ PRISM, a 24/7 statewide hotline providing information and referrals to New Jersey's LGBTQIA+ Community, offers resources including prevention and support services, medical care access needs, community safe space groups, advocacy and legal resources.

Get connected by calling 844.NJPRISM (657.7476).



Help is just a call away.

844.NJPRISM

24/7 statewide information and referral hotline for NJ's LGBTQIA+ community



You can make a difference in the lives of LGBTQIA+ youth and young adults.

Your gift in any amount will create a supportive, affirming environment for a young person seeking community with other members of the LGBTQIA+ community.

If you are interested in donating, scan the QR Code to access the Center for Family Services donation page. At the bottom of the page there is an option to select "Donate to a Specific Program" and you can note that you'd like your donation to be for Kaleidoscope.



<https://centerffs.org/get-involved/donate>