

MARCH 2026



KALEIDOSCOPE

NEWSLETTER

What We Do

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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, young adults, and families to gather, socialize, organize, and help each other!

See the CALENDAR on the next page for meeting dates and times!

Interested in Joining? Email us at:

 kaleidoscope@centerffs.org

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



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



“Working for this program is about being someone I didn't have. I didn't know any queer adults growing up, so being able to show kids like me that we exist as adults is important.”

-Kaleidoscope Advocate



STOCKTON UNIVERSITY KALEIDOSCOPE GROUP

Learn about our new Kaleidoscope Group for teens ages 13-18!

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Meetings for our new Stockton Kaleidoscope Group are held every second Wednesday of the month from 6-7:30pm, and are open to teens ages 13-18.

The LGBTQ+ Youth Safe Space Initiative
Stockton University Atlantic City Campus



For more information or to register,
please scan the QR code above
or email stocktonkscope@gmail.com

Sun	Mon	Tue	Wed	Thu	Fri	Sat
1 Zero Discrimination Day	2	3	4	5 Mercer County Youth Meeting 3-5pm	6	7
8 International Women's Day	9	10 National Women & Girls HIV/AIDS Awareness Day	11 NEW! Stockton Group 6-7:30pm	12	13 Camden County Young Adult Meeting 6-8pm	14
15	16 National LGBTQ+ Health Awareness Week 16th-20th	17	18	19 NEW MEETING DAY! Rainbow Roots 6-8pm	20 Two-Spirit and Indigenous LGBTQIA+ Celebration and Awareness Day National Native HIV/AIDS Awareness Day	21
22	23	24	25	26 Mercer County Young Adult Meeting 1-2pm	27 Camden County Youth Meeting 6-8pm	28
29	30	31 International Trans Day of Visibility	Bisexual Health Awareness Month	Women's History Month		

- March 5th: Mercer County Youth Meeting.** Meetings are open to youth ages 12-17 and are held on the first Thursday of the month from 3-5pm.
- March 11th: Stockton University Atlantic County Kaleidoscope Group.** Meetings are open to teens ages 13-18 and are held on the second Wednesday of the month from 6-7:30pm. Email stocktonscope@gmail.com to register!
- March 13th: Camden County Young Adult Meeting.** Meetings are open to young adults ages 18-24 and are held on the second Friday of the month from 6-8pm.
- March 19th: Rainbow Roots.** This group is for children with LGBTQIA2S+ caregivers. Meetings are open to school-aged children and their adults, and are held on **the third Thursday of the month** from 6-8pm.
- March 26th: Mercer County Young Adult Meeting.** Meetings are open to young adults ages 18-24 and are held on the last Thursday of the month from 1-2pm.
- March 27th Camden County Youth Meeting.** Meetings are open to teens ages 12-17 and are held on the fourth Friday of the month from 6-8pm.



SOFT SPRING RESET



REALISTIC TIPS FOR A FRESH START THIS SEASON

Nature's New Year is the spring season, when the earth comes alive again with flowers blooming, birds chirping, and a warm breeze in the air!

Aligning our goals with the seasons can set ourselves up for success – we may be more likely to achieve our goals if the days are longer and we are more energized from all the vitamin D we've been missing over the winter months.

Huge shifts in routines and expectations are not always accessible. So, let's explore how we can get the fresh start we've been craving, in realistic and sustainable ways!

TIDY UP YOUR SPACE ONE AREA AT A TIME

This looks different for everyone! Maybe you take 15 minutes each evening to tidy up. If you need to declutter, stick to manageable chunks by committing to one box or drawer a day.



INVEST IN A HOBBY YOU ENJOY FOR 10 MINUTES A DAY

If you're looking for ideas, try journaling about your day, meditating with a guided video, or doodling. Brainstorm options that engage multiple senses. The only requirement is that it must bring you joy!

MAKE A LIST OF ODD JOBS AND TACKLE ONE EACH WEEK

Think about the random things you've been putting off: scheduling that doctor's appointment, fixing that house project, budgeting time for that self-care activity, checking in with that friend, you name it! Don't put too much on your plate at once.



DO A DIGITAL DETOX WHERE YOU CAN

Do your best to limit screen time! Spend more time outside, even if just for a short walk. Prioritize movement over intense exercise – anything counts. Meet yourself where you are!



Remember that it's the small, consistent things we do to prioritize our physical and mental well-being that go a long way. You got this!



COMMUNITY EVENTS

Have you heard of **NJ4S**? NJ4S stands for New Jersey Statewide Student Support Services. They offer a variety of **free events and resources** to the Camden County community to help students and their families thrive socially, emotionally, and academically.

Explore their **March calendar** below, and take special note of their **March Madness** event at the end of the month! Follow them on Facebook using the QR code.



<https://www.facebook.com/p/NJ4S-Camden-County-61550318678181/>

CENTER FOR FAMILY SERVICES **March 2026** **NJ4S**

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1	2	3 Anime Fan Club	4	5	6 The Power of Nutrition: Building Healthy Habits Newsletter	7
8	9	10 Celebration Social Workers' Compassion in Action Newsletter	11	12	13 Wellness Workshop	14
15	16 Quiet Minds, Powerful Impact: National Interovert Week Newsletter	17 NJ4S Movie Night	18 Caring for Tween's Emotional Wellbeing Workshop	19 NJ4S Youth Advisory Committee Meeting	20 Spring	21
22	23 Soft Spring Reset: Realistic Tips for a Fresh Start Newsletter	24	25 Secrets N' Pieces Workshop	26 Journey Through Journaling Workshop	27	28 3rd Annual March Madness
29	30	31 Beyond the Hurt: Resilience & Recovery Newsletter				

Take our community needs survey!

Follow us [NJ4SCamdenCounty](#) [NJ4SCamdenCounty](#)

CENTER FOR FAMILY SERVICES **NJ4S**

NJ4S 3RD ANNUAL MARCH MADNESS

MARCH 28TH, 2026
LOCATION: LAWNSIDE PUBLIC SCHOOL
 426 E CHARLESTON AVE, LAWNSIDE, NJ 08045

START TIME 9AM

3 VS 3 BASKETBALL TOURNAMENT & WORKSHOPS

THIS EVENT IS FREE

- FREE FOOD, DRINKS, AND PRIZES
- EDUCATIONAL WORKSHOPS
- TRANSPORTATION OPTIONS AVAILABLE - CONTACT US FOR MORE DETAILS!
- SEPARATE MIDDLE & HIGH SCHOOL DIVISION

THIS EVENT IS OPEN FOR MIDDLE AND HIGH SCHOOL STUDENTS. YOU MUST REGISTER TO ATTEND:

WORKSHOP TOPICS:

- STRESS MANAGEMENT FOR ATHLETES.
- HEALTHY COMPETITION.
- HEALTHY EATING FOR STUDENTS.
- LEADERSHIP QUALITIES FOR ATHLETES.

REGISTRATION ENDS ON MARCH 16, 2026.

(856) 651-7455 NJ4SVicinage4@centerffs.org

Help is just a call away. **NJ PRISM**, our 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.

NOTE: The hotline is only live answered from 8am-6pm, Monday-Friday. If you call during hours of non-operation, you can leave a message that will be returned the next business day.

Get connected by calling 844.NJPRISM (657.7476) today!



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. Thank you for considering!



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