



KALEIDOSCOPE



Out and About Newsletter

In This Issue:

- •Program Information
- •Tips
- Meeting Schedule
- •Event Recaps
- •Community Events
- •Resources

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, 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!





"I enjoy helping to
create safe spaces for
the LGBTQ+
community. They
deserve an affirming
environment where
they can express every
part of who they are
and be celebrated for
it."

-Kaleidoscope Advocate





TIPS FROM YOUR ADVOCATES

The holiday season can be a joyful time, but it can also be difficult to get through, especially for the LGBTQ+ community. Below are some tips from your Kaleidoscope Advocates on how to get through a rough patch! (See page 4 for information about the Trevor Project as an additional resource.)



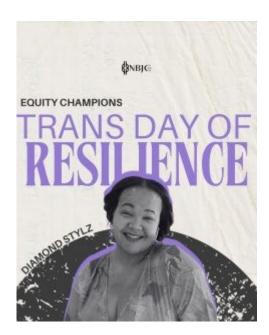
- *Treat yourself to comfort food. Digging into a yummy meal that brings you joy can make you feel better, even just a little.
- *Dive into your creativity as an outlet. Write songs, poetry, or anything that you love to do!
- *Bundle up and go for a walk. Take deep breaths and stay present in the world around you. You got this.
- *Cozy up with a hot drink and your favorite movie, or cross something new off your watchlist that you've been meaning to get around to!

	serving LGBTQIA+ teens and young add					
Sun	Mon	Tue	Wed	Thu	Fri	Sat 1
2 Transgender Parent Day	3	4	5	6	7	8 Intersex Day of Remembrance
9	10	11	12	13 Trans Awareness Week 13th-19th	14 Camden County Young Adult Meeting 6-8pm	15
16	17	18	19	20 Transgender Day of Remembrance and Resilience	Rainbow Roots 6-8pm	22
23	24	25	26	27	28 Camden County Youth Meeting 6-8pm	29
30						

•November 14th: Camden County Young Adult Meeting.

Meetings are open to young adults ages 18-24. They are held on the second Friday of the month from 6-8pm in Voorhees.

- •November 21st: 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 Friday of the month from 6-8pm in Voorhees.
- November 28th: Camden County Youth Meeting. Meetings are
 open to youth ages 12-17. They are held on the fourth Friday of
 the month from 6-8pm in Voorhees.
- Virtual groups may be offered. Please email Kaleidoscope.Morris
 -Sussex@centerffs.org for more information!



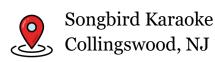
November 20th is Trans Day of Remembrance and Resilience.

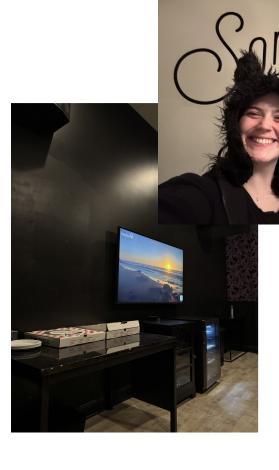
Take some time to learn about the holiday and explore the resources available to you through the National Black

Justice Collective. Scan or click the QR code below to get started!

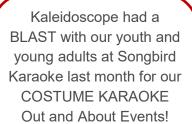


Out and About Event Recaps!





HARMONY
har · mo· ny / harmənē/
the combination of
simultaneously sounded
musical notes
which have a pleasing
effect.



We enjoyed some pizza, soda, and good songs.
The trifecta!

Thank you to everyone who came costumed and ready to have a great time!





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!

Visit the PRIDE Center's Linktree to explore more resources using the QR code or link below!

Feel free to share this with anyone you think would benefit from it!



https://linktr.ee/pridecentercffs









Have you heard of **The Trevor Project**?

The holiday season can be an especially difficult time of year for queer and trans youth. The Trevor Project offers 24/7 confidential crisis support for LGBTQ+ folks through texts, calls, or chats.

To learn more about this resource, visit their website <u>here</u>, or text 'START' to 678-678 to get connected to a counselor today.

Community Events



https://www.eventbrite.com/e/freetrans-nonbinary-communitymeetup-and-spaghetti-dinnertickets-676253661907

FREE Trans & Nonbinary Community Meetup and Spaghetti Dinner

Sunday, November 23rd, 2-4pm

NEW LOCATION: Holy Trinity Episcopal Church

839 Haddon Ave, Collingswood, NJ 08108





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.*

Help is just a call away.

NJ PRISM, a 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.



