

# KALEIDOSCOPE

## Out and About Newsletter

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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, 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](mailto:kaleidoscope@centerffs.org)

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



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

*“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**



### THIS MONTH:

#### BE YOURSELF, BUILD YOURSELF

A free event for youth and young adults to invest in themselves in an affirming atmosphere!

**Saturday, September 13, 2025**

**11am-3pm**

**Center For Family Services’ PRIDE Center**

2205 Pennington Rd, Ewing, NJ 08638

Join the PRIDE Center for Be Yourself, Build Yourself, a FREE dynamic and affirming back-to-school event for 25 youth and young adults ages 13-21!

Attend workshops on resilience-building, self-empowerment, boundary-setting, reducing queer burnout, and more! Get professional headshots on-site and leave with a gift card for an affirming haircut and makeover and a free one-on-one appointment to create or strengthen your resume. Enjoy games, food, giveaways, and connecting with others in your community all at no cost to you!

Our goal is to create a space where queer youth and young adults feel seen, supported, and celebrated as they step into new chapters.



<https://forms.gle/j2AJqdVfbqhQTOh8>

For more information or to register, please scan the QR Code!

If you have any questions, feel free to email us at [pride-center@centerffs.org](mailto:pride-center@centerffs.org)

# September 2025



KALEIDOSCOPE

serving LGBTQIA+ teens and young adults

Sun	Mon	Tue	Wed	Thu	Fri	Sat
	1	2	3	4 Mercer County Youth Meeting 6-8pm	5	6
7	8	9	10	11	12 Camden County Young Adult Meeting 6-8pm	13 PRIDE Center Be Yourself, Build Yourself Event in Ewing, NJ
14	15	16 Bisexual+ Awareness Week	17	18 National HIV/AIDS & Aging Awareness Day	19 NEW! Rainbow Roots 6-8pm	20
21	22	23 Celebrate Bisexuality Day	24	25 Mercer County Young Adult Meeting 6-8pm	26 Camden County Youth Meeting 6-8pm	27 National Gay Men's HIV/AIDS Awareness Day
28	29	30				

- **September 4th: Mercer County Youth Meeting.** Meetings are open to youth ages 12-17 and will be from 6-8pm.
- **September 12th: Camden County Young Adult Meeting.** Meetings are open to young adults ages 18-24 and will be from 6-8pm in Voorhees.
- **September 13th: Be Yourself, Build Yourself Event.** Join the PRIDE Center for this FREE dynamic and affirming back-to-school event for 25 youth and young adults ages 13-21. Learn more and register at <https://www.facebook.com/share/p/1BPKcNHZJU/>
- **September 19th: Rainbow Roots.** This **NEW** group is for children with LGBTQIA2S+ caregivers. Meetings are open to school-aged children and their adults, and will be from 6-8pm in Camden County.
- **September 25th: Mercer County Young Adult Meeting.** Meetings are open to young adults ages 18-24 and will be from 6-8pm.
- **September 26th: Camden County Youth Meeting.** Meetings are open to youth ages 12-17 and will be from 6-8pm in Voorhees.
- **Virtual groups may be offered.** Please email **Kaleidoscope.Morris-Sussex@centerffs.org** for more information!



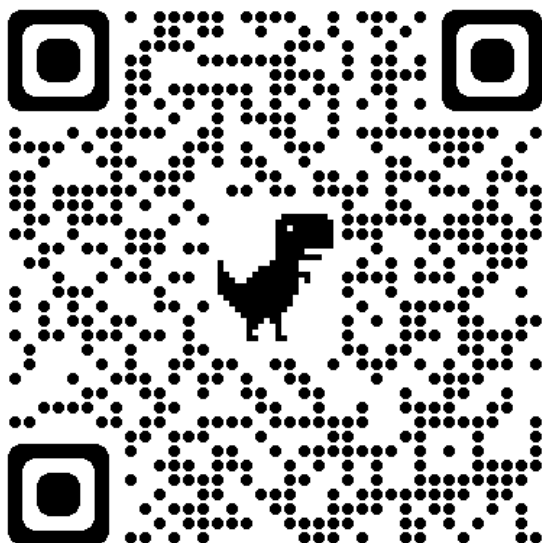
Click the link below to learn more about bi+ history!

<https://www.nsvrc.org/blogs/Bi-phobia-series/bi-history>

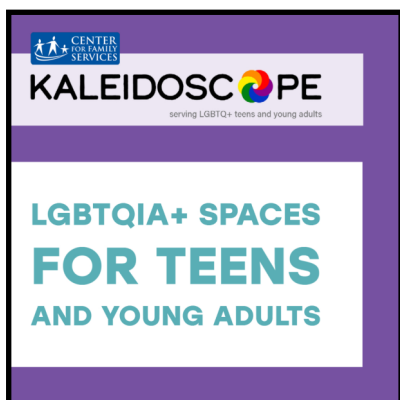
Visit the PRIDE Center's Linktree to explore more resources using the QR code or link below!

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

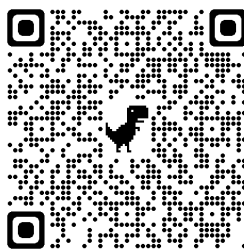
<https://linktr.ee/pridecentercfs>



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.*



BEING AN LGBTQ+ ALLY



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

## Community Events



### FREE Trans & Nonbinary Community Meetup and Spaghetti Dinner

Sunday, September 28th, 2-4pm

Maryville Integrated Care

526 S Burnt Mill Rd, Voorhees, NJ 08043



## CREATIVE KIDS

### SOCIAL GROUP

A monthly group, intended for children 8-12 who struggle with socialization, that provides a safe space to connect with peers and learn through social interactions while engaging in a hands-on craft/activity.

**Topics to include:**

- Social/Coping skills
- Emotional regulation
- How to handle awkward social situations
- Making new friends
- Setting boundaries
- And more!

**Upcoming Dates:**  
 August 19th @6pm  
 September 16th @6pm  
 October 14th @6pm  
 November 11th @6pm

For additional information, or to join the group, please contact the front office or email  
 Brittany & Morgan:  
 Bblair@lifebacknj.com  
 Murban@lifebacknj.com

Group is in person at our Lawrenceville Location

LifeBack NJ  
Groups



Lawrenceville  
Location

## Parenting Support Group

*How can this group be helpful to you?  
Well, ask yourself these questions*

- Do you want someone to talk to about your parenting experience?
- Have you ever thought that parenting is more difficult than you anticipated?
- Do you blame yourself for your child's behaviors or feel that others blame you for them?
- Would you benefit from learning new parenting strategies and finding new resources to support your child's needs?

LED BY A LICENSED THERAPIST

TUESDAY EVENINGS: 8/19, 9/16, 10/14, 11/11  
6:00PM - 7:00PM

**MORE INFO:**  
 SPEAK TO OUR FRONT DESK TODAY  
 CALL 609-482-3701  
 EMAIL KYLE AT KMONTEITH@LIFEBACKNJ.COM



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.**



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