

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 LGBTQIA+ and allied teens and young adults to gather, socialize, organize, and help each other!

Kaleidoscope March Calendar:

- March 8th: Young Adult In-Person Meeting. Open to South Jersey young adults ages 18-24.
- March 11th: Sussex Youth Meeting (In-person). Open to youth ages 13-18.
- March 14th & 28th: Essex County Youth Meetings. Open to youth ages 13-18. The first meeting is in-person, and the second one is virtual.
- March 18th: Morris and Sussex Youth Meeting (Virtual). Open to youth ages 13-18.
- March 22nd: Youth In-Person Meeting. Open to South Jersey youth ages 12-17.
- March 25th: Morris 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

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

“The Kaleidoscope meetings provide a fun space to connect and get along with other members of the community.”

-Kaleidoscope Attendee

Scan the QR code to take you to our profile, or use the URL below:

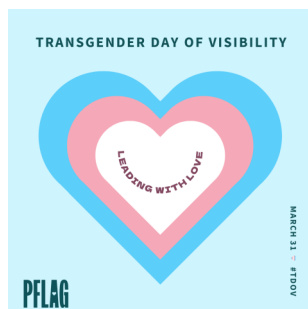


<https://www.facebook.com/KaleidoscopeNJ/>

<div><div><div>KALEIDOSCOPE</div><div>serving LGBTQIA+ teens and young adults</div></div></div>						
March 2024						
Sun	Mon	Tue	Wed	Thu	Fri	Sat
					1 Zero Discrimination Day	2
3	4	5	6	7	8 Young Adult Meeting 6pm-8pm	9
10 National Women & Girls HIV/AIDS Awareness Day	11 Sussex County Youth Meeting 5:30pm-7:00pm	12	13	14 Essex County Youth Meeting 5:30pm-7pm	15	16
17 National LGBTQ+ Health Awareness Week 18th-22nd	18 Morris-Sussex County Youth Meeting (Virtual) 5:30pm-7:00pm	19	20 National Native HIV/AIDS Awareness Day	21	22 Youth Meeting 6pm-8pm	23
24	25 Morris County Youth Meeting 5:30pm-7:00pm	26	27	28 Essex County Youth Meeting (Virtual) 5:30pm-7pm	29	30
31 International Trans Day of Visibility						

LGBTQ+ DAYS OF SIGNIFICANCE

- ◆ **Month of March:**
 - Bisexual Health Awareness Month**
- ◆ **March 1st:**
 - Zero Discrimination Day**
- ◆ **March 10th:**
 - National Women & Girls HIV/AIDS Awareness Day**
- ◆ **Week of March 18th-22nd:**
 - National LGBTQ+ Health Awareness Week**
- ◆ **March 20th:**
 - National Native HIV/AIDS Awareness Day**
- ◆ **March 31st:**
 - International Trans Day of Visibility**



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.

Have you heard of the umbrella term, **bi+**?

This word represents the majority of the LGBTQ+ community: those who identify as bisexual, pansexual, fluid, queer, or any other label that recognizes people who experience attraction to more than one gender.

You may have heard of the many harmful stereotypes that bi+ people have to endure. For example, because they experience feelings for more than one gender, lots of people think they are **disloyal partners** if they choose to be in a romantic or sexual monogamous relationship. But in reality, their sexual orientation doesn't make them more likely to cheat. Bi+ people are also often told that their identity is **just a phase**, something they will grow out of. Everyone has their own journey, but it doesn't negate the validity and fluidity of bi+ people. Additionally, people who identify both as bi+ and as a woman are often **hypersexualized** by men in our society. This is hurtful because it makes it seem like their identity is not their own, but instead for others to objectify.

It's so important to have conversations that bring to light the beauty in the way bi+ people challenge the binaries of gay and straight, man and woman, especially during **Bisexual Health Awareness Month**, which is celebrated in March!

Because of everything they're up against, bi+ people are more likely to suffer mentally, physically, and socially than their gay, lesbian, or heterosexual counterparts.

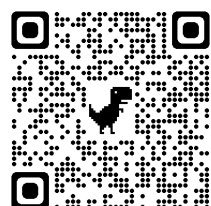
To learn more about why bi+ health matters and find more resources and community, visit bihealthmonth.org or scan the QR code to the right!

BEING AN LGBTQ+ ALLY



https://reports.hrc.org/being-an-lgbtq-ally?_ga=2.52062313.1341921333.1701987866.649665543.1697045446

BI+ HEALTH MONTH



March 20th, the first day of spring, is **National Native HIV/AIDS Awareness Day**, which aims to educate indigenous communities on HIV testing and resources. Historically, marginalized communities have disproportionately suffered from HIV/AIDS, like the indigenous, working class, and queer populations.



Do you have a trans loved one in your life? Give them an extra tight hug on March 31st, which is **International Trans Visibility Day!** Pride, community, and visibility are more important than ever in a time when our trans friends, families, and community members are experiencing a landslide of harm and invalidation.

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, RESOURCES, & OPPORTUNITIES

Trans Youth Forum

Uplifting the voices of trans youth couldn't be more important!

Register today for the 9th Annual HiTOPS Trans Youth Forum, taking place on Saturday, March 30th. This day-long celebration created *BY* and *FOR* trans and nonbinary youth will be held virtually and is FREE to all participants.

Feel free to share this with anyone you think would be interested. Use the link or the QR Code to the right to learn more and get registered!



[https://us02web.zoom.us/webinar/register/WN_LSBpqzRhRZOeVULla4pPaq#/registration](https://us02web.zoom.us/join/https://us02web.zoom.us/webinar/register/WN_LSBpqzRhRZOeVULla4pPaq#/registration)



Queer Film Festival



<https://outinjersey.net/newark-lgbtq-film-fest-seeks-local-film-directors-and-actors/>

Are you interested in film?

Submissions are *OPEN* for the second annual Newark LGBTQ Film Festival happening April 26-28, 2024!

This Queer film festival is the first of its kind in the city of Newark and the state of New Jersey to focus on LGBTQIA+ BIPOC films, film makers, directors, and actors. The Festival is specifically looking for those from Newark and the surrounding areas to submit their work.



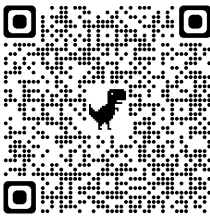
Learn more about this opportunity by navigating to the link or QR code to the left!

FSO Support Groups

Are you looking for a support group in Cumberland, Salem, or Gloucester County?

Navigate below for a calendar of support groups offered by the Family Support Organization, along with an egg hunt they are hosting at the end of the month!

For more information, call their office at 856-507-9400, or view our Facebook post via the link or QR code to the right.

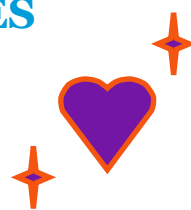


<https://www.facebook.com/KaleidoscopeNJ/posts/pfbid05DWcMVx3CnVzP1qk339zngcehftRDfv95NwXPEFUZYKT5PHMp4ZqYV7Nh9FvcmZrl>

CUMBERLAND GLOUCESTER SALEM						
Family Support Organization						
March 2024						
Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
				1 First Day of Women's History Month	2	3
4	5 Cumberland County Family Support Group 5pm-7pm	6 Salem County Youth Group 5pm-7pm	7 Gloucester County Family Support Group 6pm-8pm	8	9	10
11	12 Cumberland County Family Support Group 5pm-7pm	13 Salem County Youth Group 5pm-7pm	14 Gloucester County Family Support Group 6pm-8pm	15	16	17
18	19 Cumberland County Family Support Group 5pm-7pm	20 Salem County Youth Group 5pm-7pm	21 Gloucester County Family Support Group 6pm-8pm	22	23	24
25	26 Cumberland County Family Support Group 5pm-7pm	27 Salem County Youth Group 5pm-7pm	28 Gloucester County Family Support Group 6pm-8pm	29	30 CGSFSO HATCH & SEEK (Easter Egg Hunt) 11am - 2pm	31

TIPS FROM YOUR ADVOCATES

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



1. Feeling overwhelmed? Google “**alternate nostril breathing**,” and learn about this breathing technique proven to lower anxiety and strengthen overall health.
2. Sometimes, when we’re struggling, it’s hard to keep a clean space. Maybe, in the spirit of spring cleaning, it’s time to tackle this. For example, **try decluttering one drawer a day!**
3. “Don’t give up” is a quote we hear constantly. But sometimes, taking a beat and walking away from something is the right thing. **Next time you feel frustrated or hopeless, try pausing to pet an animal, make a snack, or take a shower.**

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!

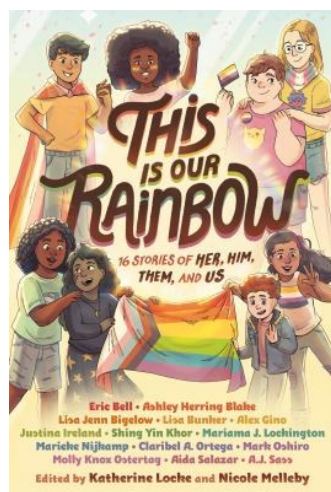
This Is Our Rainbow: 16 Stories of Her, Him, Them, and Us

Edited by Katherine Locke and Nicole Melleby
(Youth/Best for ages 8-12)

The first LGBTQIA+ anthology for middle-graders featuring stories for every letter of the acronym, including realistic, fantasy, and sci-fi stories by authors like Justina Ireland, Marieke Nijkamp, Alex Gino, and more!

A boyband fandom becomes a conduit to coming out. A former bully becomes a first-kiss prospect. One nonbinary kid searches for an inclusive athletic community after quitting gymnastics. Another nonbinary kid, who happens to be a pirate, makes a wish that comes true—but not how they thought it would. A tween girl navigates a crush on her friend’s mom. A young witch turns herself into a puppy to win over a new neighbor. A trans girl empowers her online bestie to come out.

From wind-breathing dragons to first crushes, *This Is Our Rainbow* features story after story of joyful, proud LGBTQIA+ representation. You will fall in love with this insightful, poignant anthology of queer fantasy, historical, and contemporary stories from authors including: Eric Bell, Lisa Jenn Bigelow, Ashley Herring Blake, Lisa Bunker, Alex Gino, Justina Ireland, Shing Yin Khor, Katherine Locke, Mariama J. Lockington, Nicole Melleby, Marieke Nijkamp, Claribel A. Ortega, Mark Oshiro, Molly Knox Ostertag, Aisa Salazar, and AJ Sass.



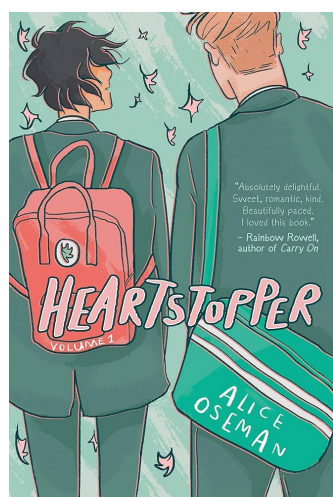
Heartstopper

By Alice Oseman
(Young Adult/Best for ages 12-17)

Boy meets boy. Boys become friends. Boys fall in love. A sweet and charming coming-of-age story that explores friendship, love, and coming out. This edition features beautiful two-color artwork.

Shy and softhearted Charlie Spring sits next to rugby player Nick Nelson in class one morning. A warm and intimate friendship follows, and that soon develops into something more for Charlie, who doesn't think he has a chance.

But Nick is struggling with feelings of his own, and as the two grow closer and take on the ups and downs of high school, they come to understand the surprising and delightful ways in which love works.



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>