

OUR MISSION

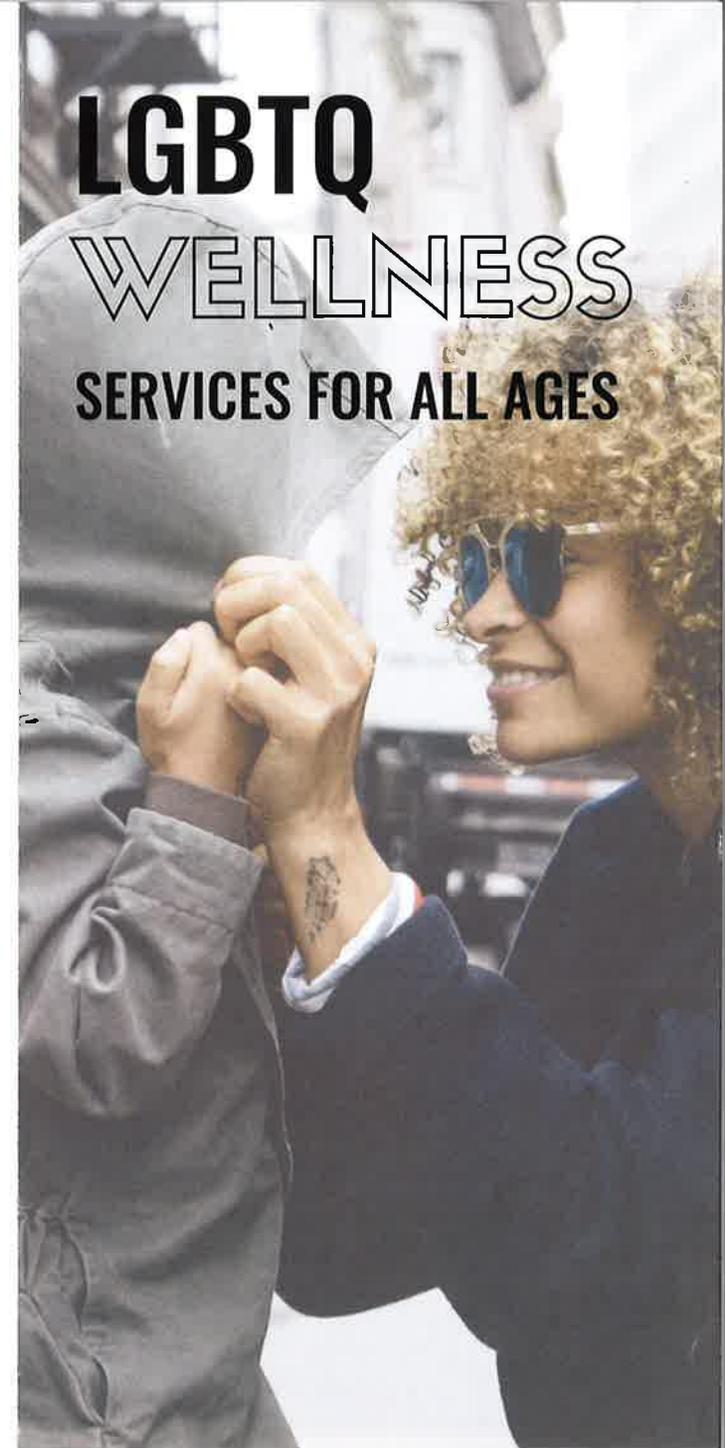
The LGBTQ Wellness Program aims to promote an affirmative culture of wellness in a diverse multi-generational LGBTQ community.

To achieve this, we support the mental health of LGBTQ (lesbian, gay, bisexual, transgender, queer, questioning) community members and allies in Santa Clara County through services that encourage social support, holistic wellness, outreach, and education.

**WHEN
I
IS REPLACED
WITH
WE
EVEN
ILLNESS
BECOMES
WELLNESS**



www.fcservices.org



**LGBTQ
WELLNESS
SERVICES FOR ALL AGES**



**Family & Children Services
of Silicon Valley**

WHAT WE DO

LGBTQ Wellness provides mental health and culturally relevant education to residents of all ages in Santa Clara County.

We serve individuals who identify as **lesbian, gay, bisexual, trans, queer**, and other gender and sexual identities.

We partner with community agencies and external organizations throughout the county to provide **free trainings** and workshops for community members of all ages.

We also host **free community events** and workshops throughout the year in order to promote and celebrate LGBTQ identities.

If you are interested in learning more about the LGBTQ community or about ways to get involved in wellness programs, LGBTQ Wellness can help.



Learn more about us:

[www.fcservices.org/
lgbtq-wellness](http://www.fcservices.org/lgbtq-wellness)

OUR SERVICES

One-on-One Support

Resources and Referrals

Peer Support Groups

- Healthy Environments in Action and Leadership (HEAL) Program

Empowering Educational Programs

- Mental Health First Aid Training (MHFA)
- Wellness Recovery Action Plan (WRAP)
- Question, Persuade, Refer (QPR) Training

Mental Health Workshops

Cultural Competency Trainings

- "LGBTQ Culture, Barriers, & Community" and other topics

Community Events

Outreach & Education Activities



Family & Children Services of Silicon Valley

LGBTQ Wellness is a program of FCS, a nonprofit organization that has been strengthening families and changing lives in this community since 1948.

Find out about our counseling, substance use treatment, and family violence and abuse prevention services at www.fcservices.org.

CONTACT US

LGBTQ Wellness

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