

# OUR MISSION

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

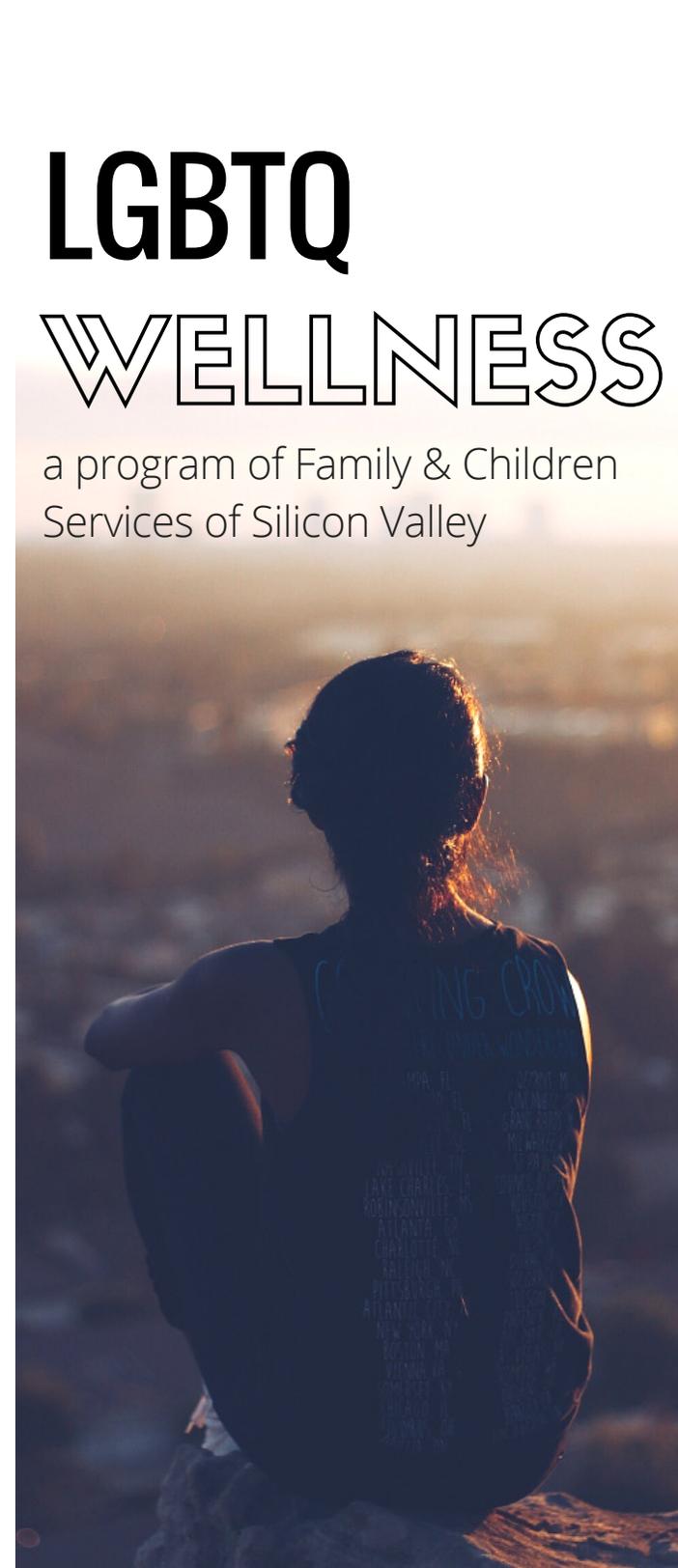
To achieve this, we support the mental health of LGBTQ community members and allies in Santa Clara County through services that encourage social support, holistic wellness, outreach, and education.

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



# LGBTQ WELLNESS

a program of 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  
at [www.fcservices.org/lgbtq-wellness](http://www.fcservices.org/lgbtq-wellness).

# SERVICES WE PROVIDE

## 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 Education

## Community Events

# FAMILY & CHILDREN SERVICES

Since 1948, Family & Children Services of Silicon Valley has been improving the lives of children, teens, and adults in our community through emotional and mental health services. We counsel teens at risk for suicide, prepare foster youth for success, assist veterans and their families, and help families heal from violence abuse and addiction.



Family & Children Services  
of Silicon Valley

# CONTACT US

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## LGBTQ Wellness Program

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