About the OUTreach Center
The OUTreach Center proudly serves the interests of Lesbian, Gay, Bisexual, and Transgender LGBT+ people, their friends, and families living in the Antelope Valley. Our Center seeks to achieve equity, understanding, and respect for the diversity of the Antelope Valley LGBT+ community while providing quality support services, events, and professional resources for the development and well-being of individuals and groups.

In addition to our own programs and services, we collaborate with many organizations serving youth, the elderly, parents and marginalized communities by providing health, social, educational, and cultural services that benefit the entire lifespan and diversity of LGBT people. The OUTreach Center has provided a voice and has touched the lives of many individuals through equality advocacy, social events, educational programs, and support groups – making it the premier LGBT organization in the Antelope Valley.

Our Mission
The OUTreach Center demonstrates leadership in community education and outreach on LGBT issues by advocating for an Antelope Valley that values our humanity and diversity. We build the foundation of an enduring and thriving LGBT community through celebration, connection, and empowerment. We strive to embody dignity, integrity, and courage in our pursuit of social justice.

Leadership
- **President:** David Burton
  - David@OUTreachCenterAV.org
- **Vice-President & Trans Support Group Contact:** Allison Blaylock
  - Allison@OUTreachCenterAV.org
- **Treasurer:** Chihwen Chen
  - Chihwen@OUTreachCenterAV.org
- **Secretary:** Tere La Giusa
  - Tere@OUTreachCenterAV.org
- **Board Member:** Terrence Smith
  - Terrence@OUTreachCenterAV.org
- **Board Member:** Tyson Wright
  - Tyson@OUTreachCenterAV.org
- **Board Member:** Frank Macias
  - Frank@OUTreachCenterAV.org
- **Board Member:** Jim Trumps
  - Jim@OUTreachCenterAV.org

Tips for Coming Out
Be patient with yourself. It’s not necessary to tell everyone at once. Take your time. Don’t push yourself.
1. **Start small.** It can be easier to start by telling friends than by telling family.
2. **Find allies in your family.** If you think a brother or sister could be easier to tell, start there.
3. **Develop a support network of friends who are accepting and supportive.**
4. **Be positive.** When you come out to someone, you set the tone.
5. **Find resources or get a mentor to talk to.**
6. **Don’t come out in anger or retaliation.**
7. **Be patient with others.** Some people take longer to digest the information than others.
8. **Realize that others may need some time to adjust.**
9. **Be firm.** Identify as lesbian, gay, bisexual, or transgender (LGBT) or whatever word you use, if you’re sure.
10. **Assess the situation.** If you’re unsure of your own sexual orientation or gender identity, find someone who can help support you during this time. Be aware that different people will have very different reactions. Finding someone who will support you and also allow you to discover your own identity will be very helpful.
11. **Ask LGBT friends to share their coming out stories.**
12. **Refer parents and friends to PFLAG or other resources that might help.**
13. **Be prepared for different types of reactions.**

“Tips” are Adapted from UCLA LGBT Center Out on Campus

Leadership Coordinators
- **Volunteer Coordinator:** Position Open
  - Info@OUTreachCenterAV.org

Program Contacts Coordinators
- **Women’s Group:** Kimi Mayes
  - Kimi@OUTreachCenterAV.org
- **Men’s Group:** Jim Trumps
  - Jim@OUTreachCenterAV.org
- **Transgender Support Group (including Trans Youth):**
  - (Allison@OUTreachCenterAV.org)
- **GETOUT:** Terrence Smith
  - Terrence@OUTreachCenterAV.org
- **Retired/Senior Group:** Position Available
  - Info@OUTreachCenterAV.org

LGBT+ Friendly Business Directory
The OUTreach Center maintains an LGBT+ friendly business directory for the Antelope Valley. To look up a business or request a listing, visit www.OUTreachCenterAV.org/directory

www.OUTreachCenterAV.org/directory, visit Valley. friendly business directory for the Antelope...
National Association of Mental Illness (NAMI) is the nation’s largest grassroots mental health organization dedicated to building better lives for the millions of Americans affected by mental illness. NAMI is LGBT+ friendly and offers classes and support groups locally for individuals with mental health issues and their families. For local Chapter information, please contact Ms. Jean Harrison at 661-370-1224 or (661) 341-9041.

National Resources

The Trevor Project – The Trevor Project is the leading national organization providing crisis intervention and suicide prevention services to lesbian, gay, bisexual, transgender and questioning young people ages 13-24. 1-866-488-7386 www.thetrevorproject.org.

The Southern Poverty Law Center – The SPLC is dedicated to fighting hate and bigotry and to seeking justice for the most vulnerable members of our society. Using litigation, education, and other forms of advocacy, the SPLC works toward the day when the ideals of equal justice and equal opportunity will be a reality. https://www.spclcenter.org/

Lifeworks LA - LifeWorks is the youth development and mentoring program of the Los Angeles LGBT Center. We offer one on one, peer, and group mentoring opportunities for lesbian, gay, bisexual, transgender, queer and questioning youth ages 24 or younger. Our goal is to help LGBTQ youth to realize their goals and dreams with a safe space, positive and affirming role models, workshops, and activities that are fun and educational. www.lifeworksla.org.

Human Rights Campaign - The Human Rights Campaign represents a force of more than 1.5 million members and supporters nationwide. As the largest national lesbian, gay, bisexual, transgender and queer civil rights organization, HRC envisions a world where LGBTQ people are ensured of their basic equal rights, and can be open, honest and safe at home, at work and in the community. www.hrc.org

Lambda Legal - Lambda Legal is the oldest and largest national legal organization whose mission is to achieve full recognition of the civil rights of lesbians, gay men, bisexuals, transgender people and those with HIV through impact litigation, education and public policy work. www.lambdalegal.org

The Outreach Center Programs

Trans Support and Family Group - Meetings are the 2nd and 4th Saturday of each month from 6:00 to 8:00pm. Beverages are provided. For more information, email Allison@OUTreachCenterAV.org

Women’s Group – The Women’s Group meets Friday evenings from 6:00-8:00pm for an evening just for LBT women and their kids. For more information, text (no calls, please) Kimi @ 661-406-2899

Get OUT – Get OUT is a group of people who enjoy active, outdoor activities such as sort hikes. For more information, contact Terrence@OUTreachCenterAV.org

Men’s Coffee Club – The men’s coffee club is a social group for GBT men aged 18 and above that meets the second and fourth Sunday of each month at 9:00am. Newcomers are always welcome! For more information, contact Jim@OUTreachCenterAV.org

Rainbow AA Group – This LGBT focused Alcoholics Anonymous Group meets Sundays from 6pm to 9pm at The Outreach Center. For more information, contact info@OUTreachCenterAV.org

Special Events – Annually, the OUTreach Center sponsors or participates in a variety of special events in the Antelope Valley including the Poppy Festival, MLK Jr. Day of Service, Transgender Day of Remembrance, Halloqueen Variety Show, Holiday Parades, Home for the Holidays party, summer youth events, etc.

Phoenix Youth – Our Youth Program primarily supports local Gay Straight Alliances. We also have annual events such as a youth Prom, leadership academy, Models of Pride transportation, and a bi-monthly Youth Trans Support Group. For more information email Jim Trumps at jim@OUTreachCenterAV.org

Local Resources

Tarzana Treatment Centers has high quality, affordable behavioral healthcare and addiction treatment services in Los Angeles. Please find below information about Tarzana Treatment Center’s 2013 Community Health Needs Assessment and Implementation Plan, www.tarzananctc.org/ (888) 777-8565

NAACP - The mission of the National Association for the Advancement of Colored People is to ensure the political, educational, social, and economic equality of rights of all persons and to eliminate race-based discrimination. For more information, contact Shunnon Thomas at 661-222-8144 www.avnaacp.org

Penny Lane Centers is a 501 (c) (3) nonprofit organization that cares for over 3500 abused and neglected children, youth and families a month. [They] provide therapeutic residential services, foster family home placements, adoption services, transitional and affordable housing, family preservation, wraparound and mental health services for children youth and families throughout Los Angeles County. www.penlylane.org (661) 274-0770

Local school student groups – We work with several student groups such as local Gay Straight Alliances and the Queer Alliance of Antelope Valley College to provide support for youth and young adults.

Bartz-Altadonna Community Health Center is a 501(c) non-profit organization committed to provide patient centered, trauma informed care to all of its patients. No one will be denied access to services due to inability to pay. www.bartz-altadonna- chc.org (661) 874-4050

Valley Oasis is a community-based organization dedicated to eliminating social and domestic violence and homelessness through community awareness, intervention, prevention, safe shelter, and supportive services. http://www.valleyoasis.org (661)945-6736