

## 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. The Center seeks to achieve equality, understanding, and respect for the diversity of the Antelope Valley LGBT community while also 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 premiere 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.

## 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](http://www.OUTreachCenterAV.org/directory)

## Leadership

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

## Leadership Coordinators

- Volunteer Coordinator: Position Open  
[Info@OUTreachCenterAV.org](mailto:Info@OUTreachCenterAV.org)

## Program Contacts Coordinators

- Women's Group: Kimi Mayes  
[Kimi@OUTreachCenterAV.org](mailto:Kimi@OUTreachCenterAV.org)
- Men's Group: Jim Trumps  
[Jim@OUTreachCenterAV.org](mailto:Jim@OUTreachCenterAV.org)
- Transgender Support Group (including Trans Youth):  
[Allison@OUTreachCenterAV.org](mailto:Allison@OUTreachCenterAV.org)
- GetOUT: Terrence Smith  
[Terrence@OUTreachCenterAV.org](mailto:Terrence@OUTreachCenterAV.org)
- Retired/Senior Group: Position Available  
[Info@OUTreachCenterAV.org](mailto:Info@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 or cousin will 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 responses. 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*

# THE OUTREACH CENTER



Serving the LGBT community of the  
Antelope Valley

[www.outreachcenterav.org](http://www.outreachcenterav.org)



44845 Cedar Avenue  
Lancaster, CA 9353

[info@outreachcenterav.org](mailto:info@outreachcenterav.org)

Phone: (661) 92-PRIDE

## The OUTreach Center Programs

**Trans Support and Family Group** - Meetings are the 2<sup>nd</sup> and 4<sup>th</sup> Saturday of each month from 6:00 to 8:00pm. Beverages are provided. For more information, email

[Allison@OUTreachCenterAV.org](mailto: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](mailto: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](mailto: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](mailto: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](mailto:Jim@OUTreachCenterAV.org)

## Local Resources

**Tarzana Treatment Centers** has provided 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.tarzanatc.org/](http://www.tarzanatc.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](http://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.pennylane.org](http://www.pennylane.org) (661) 274-0770

**Local school student groups** – We work with several student groups such as local Gay Straight Alliances and the Queer Alliance at 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](http://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

**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 661-370-1234 or (661) 341-8041.

## 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](http://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.splcenter.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](http://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](http://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](http://www.lambdalegal.org)