Find a moment to reflect
Practice self-care on a regular basis by reviewing what you have in your life instead of what you do not have. Try making a list of 2-3 things that bring you joy.

Make new traditions
Whether you decide to be with family for the holidays or not, it’s also a great time to bring your chosen family together. Chosen families are a group of close friends who support each other in the way a traditional family would. Making time to be with people who fully accept you can help alleviate some of the stress of being around less accepting traditional family members.

Volunteer
This self-help guide was made by the help of our amazing volunteers! - contact stephen@loftgaycenter.org for more info on how you can volunteer -

BE STRONG, BECAUSE YOU BELONG
Many LGBTQ+ folk have to continually defend their identity through constant educational conversations, which often leave us with feelings of isolation, fear, sadness and regret.

TAKE CARE OF YOURSELF
- Make new traditions with loved ones
- Join a club or volunteer
- Help yourself by helping others
- Find a new hobby, like baking!
- Honor those you miss
- Cultivate an attitude of gratitude
- Celebrate YOUR life!

24/7 Hotlines
The Trevor Project
1 (866) 488-7386 | thetrevorproject.org
TransLifeine
1 (877) 565-8860 | translifeline.org
LGBTQ+ National Hotline
1 (888) 843-4564 | glnh.org
National Suicide Prevention Lifeline
1 (800) 273-8255 | suicideprevention.org

The LGBT+ Community Center
LGBTQ+ Holiday Survival Guide 2021-22
Self-help guide on addressing mental health and how to battle loneliness during the holiday season

Let's build new traditions together!
MENTAL HEALTH DURING THE HOLIDAYS

Building confidence and knowledge around your LGBTQ+ identity isn't always sunshine and rainbows. LGBTQ+ people face unique stressors navigating the holiday season, especially during family gatherings. Some community members may not face such strong criticism, but even well-meaning family members can make hurtful comments that are difficult to deal with.

"Very few people like to ask others for support. Yet, many people understand what it's like to feel lonely during the holidays"
- Jason Drake LCSW-S

You are not alone this holiday season. Join a LOFT group for connection and support!

LGBTQ+ Mental Health
Peer Support Group
For those living with a mental health condition either diagnosed or undiagnosed.

Rebuilding Rainbows:
Advocacy for LGBTQ+ Survivors
Providing advocacy, connection, and support for LGBTQ+ survivors of Intimate Partner Violence (IPV)

Grief and Loss
Discussion & Support Group
A safe space to grieve and discuss the feelings of loss they are experiencing

C.A.L.M. Queer Zen Meditation
Guided meditations, breathing & mindfulness exercises

The LOFT Helpline operates
Mon-Fri from 10am-6pm
(914) 948-2932 x13
info@loftgaycenter.org

(NEW!) LGBTQ+ Survivor Support Group
This free, 8 week support group is facilitated by a LMHC and LGBTQ+ survivor advocate. The group will be held on Saturday's from 10:30AM-12PM starting January 15, 2022.

Contact shepard@loftgaycenter.org
for more information on the LGBTQ+ Survivors Support Group

Explore more at loftgaycenter.org/programs_services