

# Q-East Alliance LGBTIQ+ Support Groups & Safe Spaces



A Resource for young LGBTIQ+ people aged 12 – 25 years

*\*Current June 2021*

Name	Local Government Area	Age	Contact Person	Email	Frequency and location	General Information
Free to B Me	Knox	11-14 years	Madeleine Power	<a href="mailto:madeleine.power@knox.vic.gov.au">madeleine.power@knox.vic.gov.au</a> 9298 8000	Fortnightly Knox Youth  Youth Information Centre (YIC) Ground Level 2 Capital City Blvd, Westfield Knox	A fun and safe space for young people who identify as LGBTIQ+ or are questioning. Young people can join at any time. <a href="https://www.knox.vic.gov.au/news-and-events/free-to-be-me-youth-lgbtqi-group-2020-02-27">Free to Be Me Youth LGBTIQI Group - 2020-02-27 (knox.vic.gov.au)</a>
'4 Me' Group	Knox	14 –18	Madeleine Power	<a href="mailto:madeleine.power@knox.vic.gov.au">madeleine.power@knox.vic.gov.au</a> 9298 8000	Youth Information Centre (YIC) Ground Level 2 Capital City Blvd,	A support program for rainbow young people who live, work, study or hang out in the City of Knox. In a safe environment, young people who identify as LGBTIQ+ or are questioning will be able to explore their relationships with themselves, others

					Westfield Knox	and their community. <a href="https://www.knox.vic.gov.au/files/Youth/Flyer - 4 Me Youth LGBTQI Group.PDF">https://www.knox.vic.gov.au/files/Youth/Flyer - 4 Me Youth LGBTQI Group.PDF</a>
<b>Emerge Group</b>	Knox Youth Services	18 - 25	Madeleine Power	<a href="mailto:madeleine.power@knox.vic.gov.au">madeleine.power@knox.vic.gov.au</a> 9298 8000	Fortnightly  <b>Youth Information Centre (YIC)</b> Ground Level 2 Capital City Blvd, Westfield Knox	Emerge is a fortnightly support group for people who may identify as gay, lesbian, bisexual, trans, gender diverse or questioning  In a safe and supportive environment, you'll have the opportunity to connect with others in the LGBTIQ+ community and discuss things like coming out, transitioning, sexual health as well as friends, family and relationships. Best of all, you'll build your confidence and have fun!  <a href="https://www.knox.vic.gov.au">Emerge Youth LGBTQI Group Jan 2020 (knox.vic.gov.au)</a>
<b>Knox Rainbow Youth Action Group</b>	Knox Youth Services	16–25	Madeleine Power	<a href="mailto:madeleine.power@knox.vic.gov.au">madeleine.power@knox.vic.gov.au</a> 9298 8000	Fortnightly meetings +  <b>Youth Information Centre (YIC)</b> Ground Level 2 Capital City Blvd, Westfield Knox	Are a group of young people helping to increase rainbow visibility in the City of Knox!  The Rainbow Youth Action Group is for LGBTIQ+ people who are keen to develop new skills and are passionate about advocacy. You'll participate in fortnightly meetings, undertake training, organise events and get involved in community education activities, such as public speaking at functions and schools.

<p><b>Eastern Diversity Group (EDG)</b></p>	<p>Whitehorse <i>Family Access Network</i></p>	<p>15 - 25</p>	<p>Miles Milton</p>	<p><a href="mailto:mmilton@fan.org.au">mmilton@fan.org.au</a> 9890 2673</p>	<p>Every Thursday from 3pm to 5pm  <b>1/2-10 Harrow St, Box Hill VIC 3128</b></p>	<p>A social support group for young people who identify as part of the LGBTIQ+ community. EDG facilitates a variety of exciting and fun activities every term.  To have some fun and participate in activities such as bowling, laser tag, mini-golf, escape rooms, arcades in addition to creative sessions such as painting, planting, jewellery making and much more.</p>
<p><b>Talking with Pride</b></p>	<p>Whitehorse <i>Family Access Network</i></p>	<p>15 - 25</p>	<p>Miles Milton</p>	<p><a href="mailto:mmilton@fan.org.au">mmilton@fan.org.au</a> 9890 2673</p>	<p><b>1/2-10 Harrow St, Box Hill VIC 3128</b></p>	<p>FAN as part of the 'Pathways to Resilience' program, offers a therapeutic support group for LGBTIQ+ young people who have experienced family violence. Young people who are of diverse gender identities and expressions, sexualities, and/or sex characteristics will have the opportunity to create peer connections, build individual wellbeing, and better understand the dynamics of family violence and how they can intersect with homophobia, biphobia, transphobia, and/or intersexphobia.  Therapeutic work with members includes psychoeducation and therapeutic activities such as art therapy and mindfulness.</p>

<p><b>Youth ConneXions</b></p>	<p>Whitehorse</p>	<p>12-25</p>	<p>Whitehorse Youth Services</p>	<p><a href="mailto:youth.worker@whitehorse.vic.gov.au">youth.worker@whitehorse.vic.gov.au</a> 98989340</p>	<p>Monday to Friday 2- 5pm. 1-2pm bookings also taken on these days.</p> <p><b>Box Hill Central. Suite 2 level 1, Main Street. Box Hill.</b></p>	<p>Youth ConneXions is Whitehorse City Council's youth information, support and referral centre based at Centro Box Hill Shopping Centre. The centre offers a comfortable and supportive environment for young people aged 12-25, to find information and seek assistance on a range of issues.</p> <p><a href="https://www.whitehorse.vic.gov.au/living-working/people-and-families/young-people/services-activities/youth-connexions">https://www.whitehorse.vic.gov.au/living-working/people-and-families/young-people/services-activities/youth-connexions</a></p>
<p><b>Skittles</b></p>	<p>Boroondara</p>	<p>13 –18</p>	<p>Boroondara Youth Services</p>	<p><a href="mailto:youth@boroondara.vic.gov.au">youth@boroondara.vic.gov.au</a> 9278 4608.</p>	<p>Thursday Afternoons 4.30 – 5.30pm. <b>Boroondara Youth Hub, Level 1, 360 Burwood Road Hawthorn.</b></p>	<p>LGBTIQA+ social support program for young people! Young people aged 13-18 who identify as LGBTIQA+ or questioning will have the opportunity to join us every Thursday afternoon at our youth hub in a fun relaxed safe place. Young people will get the opportunity to be part of fun activities and workshops!</p> <p><a href="https://www.boroondara.vic.gov.au/community-support/young-people">https://www.boroondara.vic.gov.au/community-support/young-people</a></p>

<p><b>Youth Support Service</b></p>	<p>Maroondah</p>	<p>10 - 25</p>	<p>Maroondah Youth Services</p>	<p>Maroondahyouth.com.au 92945704</p>	<p>Monday - Friday 9am to 5pm</p>	<p>Maroondah City Council Youth Services can help young people one on one (10-25 years old in the Maroondah area) with a wide range of things, like becoming employment ready, family issues, getting involved in the community, engaging with education, connecting with mental health services, life skills or if you're just having a hard time. If we can't help, we'll find another service who can and support you to access that service.</p> <p><a href="http://www.maroondahyouth.com.au/Support-for-Young-People">http://www.maroondahyouth.com.au/Support-for-Young-People</a></p>
<p><b>EV's Hangout</b></p>	<p>Maroondah</p>	<p>12-25</p>	<p>Maroondah Youth Services</p>	<p>Maroondahyouth.com.au 92945704</p>	<p>Weekly on Thursday's 3-6pm (including school holidays)</p> <p>EV's Hangout runs out of EV's Youth Centre at 212 Mt Dandenong Rd,</p>	<p>EV's Hangout is just that, a hangout. A safe &amp; inclusive place where young people (ages 12-25) can:</p> <ul style="list-style-type: none"> <li>• Feel safe &amp; included</li> <li>• Socialise &amp; meet new people</li> <li>• Get free snacks</li> <li>• Speak to a Youth Worker to get support</li> <li>• Enjoy fortnightly activities</li> </ul>

					Croydon, 3136.	<ul style="list-style-type: none"> <li>• Access an Xbox One, pool table/table tennis, board games, etc</li> <li>• Come and go as you please</li> </ul> <p><a href="http://www.maroondahyouth.com.au/Programs-for-Young-People/Hangout">http://www.maroondahyouth.com.au/Programs-for-Young-People/Hangout</a></p>
<b>Manningham Youth Services LGBTQIA+ Groups</b>	Manningham	12-25	Manningham Youth Services	ManninghamYouthServices@each.com.au 1300 00 EACH (1300 00 3224)	<b>20 Melbourne St, Ringwood VIC 3134</b>	<p>Offers a community-inclusive youth service that aims to improve the health &amp; wellbeing of all young people who live, work, study or are otherwise connected to the Manningham community.</p> <p><a href="https://www.each.com.au/manninghamyouth/about/">https://www.each.com.au/manninghamyouth/about/</a></p>
<b>MY Rainbow Connection</b>	Manningham	12-18	Manningham Youth Services	For more information please email our LGBTQIA+ Project Officer, Zee Munro at <a href="mailto:Zee.Munro@each.com.au">Zee.Munro@each.com.au</a>		<p>MY Rainbow Connection is a LGBTQIA+ social group for young people between the ages of 12-18 who live work or play in the Manningham area. MY Rainbow Connection meets monthly to hang out and in a fun, inclusive and safe space. Think Movie nights, Karaoke and education about things that matter.</p>
<b>MY Pride</b>	Manningham	12-18	Manningham Youth Services	For more information please email our LGBTQIA+ Project Officer, Zee Munro at <a href="mailto:Zee.Munro@each.com.au">Zee.Munro@each.com.au</a>		<p>MY Pride is a fortnightly peer support group for Transgender, Gender diverse and questioning young people between the ages of 12-18 who live, work, or play in the Manningham area.</p>

						MY Pride is a small group of like-minded folks who meet in a safe and inclusive space to talk about Trans and Gender diverse topics that matter.
<b>Yarra Ranges Youth Services</b>	Yarra Ranges	12-25	Yarra Ranges Youth Services	youth@yarraranges.vic.gov.au		<p>Yarra Ranges Council is committed to creating an inclusive community, valuing the strength of our diversity, and addressing and preventing any discriminatory or exclusionary practices.</p> <p>We know that representation matters and Council is proud to have a diverse workforce dedicated to helping all young people feel safe, welcome, and proud to be who they are. Our youth-led program, <a href="#">Defrosted Events (FReeZA)</a> recently filmed the Queer Conversations Series, where young queer people interviewed LGBTQIA+ Council staff, asking questions about life, careers, coming out, and other experiences as a queer person. View the episodes below on our website:</p> <p><a href="https://www.yarraranges.vic.gov.au/Community/Youth/LGBTQIA-young-people">https://www.yarraranges.vic.gov.au/Community/Youth/LGBTQIA-young-people</a></p>
<b>QHeadspace</b>	Knox	12-25	Headspace Knox	<a href="https://headspace.org.au/eheadspace/spaces/community/372936">https://headspace.org.au/eheadspace/spaces/community/372936</a>	Online Resource	Qheadspace is a new digital platform where young people who are gender and sexuality diverse can connect with

						<p>others and seek support, all within a safe, support and peer-moderated online community! If you identify as, are questioning or are interested in learning about trans and gender diversity and/or sexuality join the community to discuss all things LGBTQIA+.</p> <p>By accessing Qheadspace, you will be able to interact within this space and upload and share mental health resources. You can participate in chats with young people all around Australia and share your experience with others who may be going through a similar experience.</p>
<b>Monash Youth Support</b>	Monash	12-25	Monash Youth Services	<a href="mailto:YRCR@monash.vic.gov.au">YRCR@monash.vic.gov.au</a> 9518 3900	Monday - Friday 9am to 5pm  Level 1, 2 Euneva Avenue, Glen Waverley	Individual Support is available for young people aged 10 - 25 in the City of Monash. The service is free and confidential offering support, information and referral. MYS prioritises individual support for young people exploring their sexuality or for those who identify as LGBTQIA+.
<b>Different Journeys</b>	All of Victoria. Currently LGA's covered: Maroondah, Knox, Banyule,	12-25	B Otley	<a href="mailto:B.proudandpawsome@gmail.com">B.proudandpawsome@gmail.com</a>  0480 371 844	Contact at any time ongoing.	We provide peer support and social connections for autistic individuals and their families in a safe and supported environment with access to LGBTQIA

	Nillumbik and Essendon				<p>Events: monthly based for our teen peer support events and generally about 6 events per location per year.</p>	<p>support with our liaisons and further staff training to be inclusive.</p> <p>To provide social platforms that connect Autistic youth and autistic adults and their families in inclusive safe and supportive environments for the LGBTQIA+ community too.</p> <p>This enables us to provide individualised wraparound supports to decrease the prevalence of mental illness and social isolation in the autism community where there is a growing amount of LGBTQI kids and adults. Further we enhance their employment and education opportunities, it also creates a place for the broader community to embrace, learn from and empower the autism community.</p>
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