



LGBTQ+ Community Resources in CT

Crisis Services, Hotlines, and Suicide Prevention

Suicide & Crisis Lifeline

Call: 988 / Visit: <https://988lifeline.org>

Note: As of July 17, 2025, 988 will no longer have specialized suicide prevention services for LGBTQ+ youth. For youth in need, contact The Trevor Project's 24/7 Hotline at (866) 488-7386 or text START to 678-678 or visit www.thetrevorproject.org/get-help for more information.

24/7 Crisis Support

Call: (775) 784-8090 / Text: "ANSWER" to 839863

Crisis Text Line

Text "HOME" to 741741

Action Line: For adults in distress who are 18 years of age or older. Available 24/7, 365 days a year. (800) 467-3135 or 2-1-1 / For children under age 18, call 2-1-1

Lesbian, Gay, Bisexual and Transgender National Hotline

(888)-843-4564 / Visit: <https://lgbthotline.org>

LGBT National Coming Out Support Hotline

(888) 688-5428

LGBT National Youth Talk line

(800) 246-7743

LGBT National Senior Hotline

(888) 234-7243

Pride Institute: Chemical dependency/mental health referral and information hotline for the LGBTQ community. (800) 547-7433 / <https://pride-institute.com>

Trans Lifeline

(877) 565-8860 / <https://translifeline.org>

The Trevor Project Lifeline

(866) 488-7386 / Text "START" to 678-678 / Chat online at www.thetrevorproject.org

SAGE's National LGBT Elder hotline

(877) 360-LGBT (5428)



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Community Centers and Groups in CT

The Health Collective

Main Office: 643 Maple Avenue, Hartford, CT 06114 / (860) 278-4163

64 Church Street (HC East), Manchester, CT 06040 / (860) 512-8661

110 Court St. #2B, Cromwell, CT 06416 (by appointment only)

info@healthcollective.org / <https://www.healthcollective.org>

The Hartford Gay & Lesbian Health Collective empowers individuals of diverse sexual orientations, gender identities and gender expressions to lead healthy lives through the provision of health and support services, education and advocacy.

New Haven Pride Center

50 Orange Street, New Haven, CT 06511 / (203) 387-2252

info@newhavenpridecenter.org / www.newhavenpridecenter.org

The purpose of New Haven Pride Center, formerly the New Haven Gay and Lesbian Community Center, is to provide educational, cultural and social enrichment for the LGBTQ+ community, its allies, and members, to make a positive contribution to the entire community of Greater New Haven.

Peer Pride

info@peerpride.com / <https://peerpride.com>

PeerPride is a partnership between diverse peer support and equity experts delivering consulting and direct service programming across the US. We are a 100% trans-run, majority-BIPOC organization that believes in setting bold, brave goals and helping you achieve them. PeerPride runs Trans Haven in Connecticut. Trans Haven is a Connecticut resource run 100% by and for trans people. We offer a combination of virtual and in-person community events and programs.

Q Plus (Q+)

Q.Plus.CT@gmail.com / <https://www.qplusct.org>

Q Plus started as a grassroots, community based, youth led, volunteer run organization with the goal of filling gaps we saw in queer youth programming across Connecticut. Today, Q+ is a group of teens, young adults, and older adult supporters working to create more youth accessible spaces, uplift youth voices, and empower young people.

Queer Unity Empowerment Support Team (QUEST)

80 Phoenix Avenue, Waterbury, CT 06702 / (203) 756.8021, Ext 3981

The Queer Unity Empowerment Support Team (QUEST), established in 2015, is a community-based collaborative formed to create healthy, inclusive and safe spaces for members of the LGBT+ community, and their allies, in the Greater Waterbury area, fostering meaningful relationships, learning and joy.



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SAGEConnect

(914) 650-2548 / <https://www.sageusa.org/sageconnect>

SAGEConnect is a phone-buddy program that matches LGBT elders with volunteers for weekly phone calls. Whether you are feeling isolated, living in an area without a large LGBT community, or simply looking for a new friend, SAGEConnect is a safe and easy way to stay connected. SAGEConnect is free and open to all self-identified LGBT elders.

Triangle Community Center (TCC)

650 West Avenue, Norwalk, CT 06850 / (203) 853-0600 / tcc@ctpridecenter.org

<https://ctpridecenter.org>

Triangle Community Center (TCC) is Fairfield County's leading provider of programming and resources to nurture growth and connection within the LGBTQ community.

Health Services

Anchor Health Initiative

30 Myano Lane, Suite 16., Stamford, CT 06902

2200 Whitney Ave Ste 290, Hamden, CT 06518

(203) 903-8308 / <https://anchorhealthct.org/>

Anchor Health Initiative is a health care provider offering medical and behavioral health care services to everyone in the community, with particular expertise in the areas of sexuality, HIV/AIDS, hepatitis C, and transgender medicine. Patients also have access to a mail-order pharmacy through Anchor Health Initiative.



Apex Community Care

Locations in Danbury, Torrington, New Milford, and Waterbury

Admin Offices: 16 Hospital Ave 3rd Floor, Danbury, CT 06810

(203) 778-2437 / <https://apexcommunitycarect.org>

The mission of Apex Community Care is to advocate for and provide services to people living with HIV/AIDS, mental health and substance use disorders, their families, and loved ones and to actively promote education and prevention in the community.

Circle Care Center

618 West Avenue, Norwalk, CT 06850 / (203) 852-9525

300 Hebron Ave STE 113, Glastonbury, CT 06033 / (860) 657-0764

www.circlecarecenter.org

Circle Care Center is a primary care practice specializing in LGBTQ health and sexual health with a convenient on-site pharmacy. In addition to primary care, Circle Care Center provides stigma-free STI/infectious disease testing, treatment, and prevention.



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Griffin Hospital

130 Division Street, Derby, CT 06418

<https://www.griffinhealth.org/centers-departments/lgbtq-services>

For assistance with navigating LGBTQ resources within Griffin Health and the broader community, please contact LGBTQ Patient Navigator Courtney at 203-490-4568, LGBTQnavigation@griffinhealth.org or Transgender Patient Advocate Liz at 203-735-4389 or Transhealth@griffinhealth.org.

Growth Therapy

887 Main St. Ste 1B, Monroe, CT 06468 / (203) 990-1215

<https://growththerapyllc.com>

Growth Therapy provides child, teen, and adult individual, couple, and family therapy in Monroe, CT and telehealth anywhere in Connecticut to help awesome people who feel stuck to be more relaxed, have more control over their lives, and improve their relationships. Offers LGBTQIA+ affirming therapy including individual counseling, couples counseling, family therapy, and/or gender transitions.

Health Care Advocates International

2595 Main St., 2nd Floor, Stratford, CT 06615 / (203) 345/0404

<https://www.hcaillc.com/>

If you're a member of the LGBTQ community and looking for a doctor, look no further. At Health Care Advocates International in Stratford, Connecticut, we are focused on providing the type of medical care our patients need – and deserve.

Middlesex Center for Gender Medicine and Wellness

103 South Main Street, Middletown CT 06457 / (860) 358-8847

<https://middlesexhealth.org/center-for-gender-medicine-and-wellness>

Middlesex Health's Center for Gender Medicine and Wellness is committed to providing equitable and inclusive care to individuals who are transgender, gender non-conforming, or gender expansive, as well as excellence in access, services, and outcomes. As a community hospital, we believe that we are in a unique position to provide nearly a full spectrum of medical care in a safe, personal, and convenient setting. We understand the challenges that individuals who identify as transgender, or somewhere along the gender non-conforming spectrum, have in finding appropriate medical care to meet their individual needs. We have a dedicated Transgender Services Navigator, who can help you connect with providers and services, including:

- specially-trained primary care providers
- gender affirming hormone therapy
- gender affirming surgery



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Planned Parenthood of Southern New England

35 Sixth Street, Stamford, CT 06902 / (203) 327-2722

<https://www.plannedparenthood.org/planned-parenthood-southern-new-england/patient-resources/our-services/gender-affirming-care>

Planned Parenthood is a leading provider of clinical services nationally, providing resources and care for women, LGBTQ people, and other minority populations. With a new location in Stamford, Planned Parenthood is prioritizing accessibility for its Fairfield County clients.

Southwest Community Health Center

968 Fairfield Avenue, Bridgeport, CT 06605 / (203) 332-3518 / (203) 330-6000

www.swchc.org

The Southwest Community Health Center offers a broad array of health services, including dental, mental health, elder care, and HIV/AIDS testing.

Start Your Recovery

[Startyourrecovery.org/treatment/rehab-centers/Connecticut](http://startyourrecovery.org/treatment/rehab-centers/Connecticut)

StartYourRecovery.org is a free, confidential tool that helps individuals take steps toward a healthy relationship with drugs and alcohol. It was developed with the input of leading clinicians, experts from leading organizations like SAMHSA, and people in recovery themselves. Here, individuals can hear stories from people with similar life experiences, discover the answers they need for recognizing and dealing with substance use issues, and locate support. Family and friends can learn about addiction and how to encourage treatment and support sober living on the website.

Transitions Therapy, LLC

<http://transitionstherapyllc.com>

Transitions Therapy LLC is a virtual therapy practice serving trans and gender-questioning teens, adults, and the people who love them throughout CT.

UConn Health

263 Farmington Avenue, Farmington, CT 06030 / 1-84-GET-UConn

Additional locations in Avon, Canton, East Hartford, Farmington, Putnam, Simsbury, Southington, Storrs, Torrington, West Hartford, and Willimantic

<https://health.uconn.edu/patient-services/lgbtq-services>

UConn Health believes in health care for all and is proud to be recognized as an LGBTQ Healthcare Equality Top Performer by the Human Rights Campaign Foundation. We provide equitable and inclusive care to lesbian, gay, bisexual, transgender, and queer/questioning+ members of our community.



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Wheeler LGBTQIA-Responsive Services

Outpatient locations in Bristol, Hartford, New Britain, Plainville, and Waterbury

(888) 793-3500 / www.wheelerclinic.org/services/lgbtqia-responsive-services-at-wheeler

Wheeler understands the unique health care needs of the LGBTQIA+ community, and we offer a full continuum of affirming, integrated primary and behavioral health care services. Every day, we acknowledge, affirm, and celebrate our LGBTQ+ clients, patients, students, and staff.

Women's Health Connecticut

92 locations across the state

<https://womenshealthct.com/services/lgbtq-care>

All Women's Health Connecticut providers strive to provide compassionate, individualized care to their patients. We're here to listen, with the ultimate goal of getting you the best possible care to meet your individual needs. Select providers have extensive experience caring for members of the LGBTQ community and are currently accepting new patients. To determine if a physician or clinician is the right fit for you, we encourage you to call their office to start the conversation.

Support Groups

Middlesex Health offers multiple support groups for transgender members of our community and their allies. These groups are free, virtual, and are facilitated by medical staff with special expertise in transgender care. To view all support group dates, visit:

<https://middlesexhealth.org/news/classes-and-events>

- **Gender Discussion Group - Female/Feminine:** This support group focuses on providing a safe, supportive space for transgender and questioning individuals who identify as female or feel most comfortable with others who identify as female.
- **Gender Discussion Group - Non-Binary:** This support group focuses on providing a safe, supportive space for individuals who identify as gender non-binary or gender non-conforming.
- **Gender Discussion Group - Male/Masculine:** This support group focuses on providing a safe, supportive space for transgender and questioning individuals who identify as male or feel most comfortable with others who identify as male.
- **Family/Friends/Supports Group:** This group is for friends, family members, and others who support transgender, gender non-conforming, or questioning persons.

Triangle Community Center

<https://ctpridecenter.org/programs/groups>

Groups include:

- **Bicon Support Hour-** Peer support for adults (18+) who identify as bisexual, pansexual, omnisexual, queer, or any other multi-sexual identity. Being the "B+" in LGBTQ+ isn't without its struggles. Come chat, lend support, and find solidarity in



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this monthly confidential virtual space while we get into the nitty gritty of life's challenges. Open to folks questioning their identity as well as those looking to support the Bi+ person in their life. This is a companion group to Bicon Social Hour (held same time and place) on the 2nd Tuesdays of the month.

- **Nonbinary Support and Discussion-** The nonbinary group is a peer support group for adults. It is a safe space for expressing non-binary, fluid, or genderqueer identities among like minded peers. Discussion of gender, including its evolving role in our society, will factor heavily into meetings. Participants are able to define what sort of community this program will build. It functions as a discussion group, book club, and allows for social outings in off-site safe and sober spaces.
- **Outstanding Warriors-** A safe space for LGBTQ men to work on their shadows, share their gold, and support their brothers. Learn to connect with your emotions, your masculinity, and your fellow man. This is a peer support group centering around building emotional intelligence where self improvement rather than socialization is the goal. The group was created by men who went through the New Warrior Training Adventure, sponsored by The Mankind Project. Outstanding Warriors is for LGBTQ men who have not done that training and want to see and participate in the personal work we do. All men are welcome. First timers MUST contact Vince prior to meeting to discuss the group and receive meeting details.
- **PFLAG Norwalk-** PFLAG has chapters nationwide and is the nation's largest family and ally organization. PFLAG's mission is to meet people where they are and collaborate with others to support families, allies, and people who are LGBTQ. PFLAG's monthly meetings provide support and information for those whose loved ones are exploring personal issues pertaining to their sexual orientation and/or gender identity.
- **Pride At Any Time-** Coming to terms with your LGBTQ+ identity as an adult (over 25) can be an exciting and bewildering time. Open to folks of all gender identities and sexualities who are learning to embrace their LGBTQ+ identity and all the things that come with it. Join in sharing and supporting your experiences with peers in a virtual space where you don't have to navigate this journey alone. It's never too late to embrace your authentic self! RSVP with Linda (she/her) for more info and the zoom link.
- **Triangle Transgender Society (TTS)-** A group that welcomes any member of the transgender community regardless of labels or self-identification. The meetings are private, free, and open with topics varying each meeting dependent upon need. Generally, there is time for socializing. This is a group that values free expression. This is a group where you can present yourself in the attire that represents how you feel inside.
- **Daily Reflections Alcoholics Anonymous-** Alcoholics Anonymous is an internationally-renowned 12-step recovery program that meets at Triangle Community Center. This program is LGBTQ-inclusive and offers you the tools you need to live in recovery with the support of your peers.
- **LGBT Big Book Meeting-** A literature based LGBTQ closed AA meeting.



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- **LGBT Step and Traditional Meeting of AA-** This is an LGBTQ Step and Tradition meeting of Alcoholics Anonymous. All with a desire to stop drinking are welcome to attend.
- **Narcotics Anonymous-** Narcotics Anonymous is an internationally-recognized 12-step recovery program. At Triangle Community Center, you can participate in this LGBTQ+ friendly Narcotics Anonymous chapter meeting. Membership is Free, as a Group we have no affiliations outside Narcotics Anonymous.
- **NA Public Relations Subcommittee Meeting-** Public Relations is the sub-committee of Narcotics Anonymous whose primary purpose is to inform addicts and others in the community of the ability of recovery in NA.
- **Adventure Group-** It's time to explore and TCC's Adventure Group has your back! The Adventure Group will host a variety of social events in and around the Norwalk CT area such as bowling, outdoor activities, cooking lessons, casual social events, and lectures. This group is for anyone in the LGBTQ+ Community over the age of 18 who is looking to make new friends and possibly try something new.
- **Bicon Social Hour-** Social group for adults (18+) who identify as bisexual, pansexual, omnisexual, queer, or any other multi-sexual identity. Join us for a monthly virtual social hour to meet new people, make friends, and build connections. Celebrate your versatility, cuffed jeans, and "all the above" way of life with like-minded folks! Allies are welcome but this is not a hook-up event. This is a companion group to Bicon Support Hour (held same time and place) on the 4th Tuesdays of the month.
- **Community Dinner-** A monthly community dinner that welcomes folks (18+) in the LGBTQ+ community and their friends. Those who attend either of these groups can expect to sit down together with their peers over a good meal, enjoy themselves, and engage in community conversation about things that matter to them. Let's enjoy each other's company while making new friends over good food. This program has a headcount cap, so RSVP to save your spot; drop ins may be turned away if we reach capacity.
- **Coffee Talk-** Coffee talk is a bi-weekly daytime social program that offers older adults and members of the LGBTQ+ community the opportunity to discuss current events and new ideas. Refreshments are served so just bring yourself and whatever's on your mind, no RSVP required.
- **GAYmes Night-** This is a free and sober social program for game lovers. From classics like Scrabble to quirky up-and-comers like Cards Against Humanity, Gaymes Night is an LGBTQ-friendly gathering for people who enjoy rolling dice and flipping cards over. Games rotate depending on participants' interests and include options like video games and trading card games. Though there are plenty of games available on-site, visitors are welcome to bring their own favorites to meetings.
- **Nerd Night-** Role-Players, rejoice! This is a free, sober group for folks 18+ who have an interest in Dungeons & Dragons and other tabletop fantasy role-playing games. The 1st and 3rd weeks of the month are long-term closed campaigns (games that are already established and not accepting new players) where folks are free to come and watch the story unfold! The 2nd and 4th weeks are "one shots" or single session



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games that are open to new players who RSVP ahead to time. Please email the program leaders for info about the group and to sign up for a new game! Spectators are always welcome to watch but walk-ins may not be able to play if all player slots are filled.

- **Pride + Joy-** Pride + Joy will hold Outings and Events for LGBTQ+ Parents with Kids or LGBTQ+ Folks forming their family. This group meets regularly to engage in fun family activities such as Drag Queen Story Hour, Playground Time, Picnics, Sport Times, and Art Activities. Come to build connections with other LGBTQ+ families and build community.
- **Queer POC Pride Group (ON HOLD)-** This group is currently on hold; if you're interested in being notified when we restart, please reach out to amanda@ctpridecenter.org. QPOC Pride Group is a virtual affinity space where proud queer people of color (ages 16+) can come together to celebrate, support, and grow within their intersectional identities. Come be your most authentic self!
- **Stitch and Bitch-** Bring your knitting, needle point, crochet, coloring, or any other craft while we work through what's on your mind! Join others in the community for this weekly crafting circle at TCC.
- **Creative Social Art Making (Teens and Adults)-** Discover Your Creative Side and Connect with our local LGBTQ+ Community! Looking to unleash your creativity and make meaningful connections? Join us for Creative Social Art-Making for teens (13+) and adults (18+), led by local artist and educator Lorena Sferlazza (Creative Arts with Lorena). Held on the second Saturday of each month, this vibrant class offers a fresh, guided art activity every time, perfect for exploring your expressive side while bonding with others over shared LGBTQ+ experiences. Together, we'll practice mindfulness, listen to music, create, and, most importantly, have fun! Whether you're coming solo, with a friend, or bring a special friend, everyone is welcome—no prior art experience needed. Plus, all art materials are provided with your RSVP. New faces and returning participants are always celebrated in our creative community. Don't miss out on this inspiring and inclusive space! Event is open to all, with a suggested donation of between \$5 to \$15 to help support the work we do! No one will be turned away.
- **Exploring Creative Writing-** Love to write? Are you a new or experienced writer looking to test your craft? A poet who needs to speak your truth? The Exploring Creative Writing Group is for you! Individuals with any/non writing background who would like to explore writing to a prompt. Each participant will be encouraged to share their writing. Only positive comments and questions, no criticizing content, will be allowed. This is a safe space to explore and share our thoughts about a given prompt.
- **WAG: Wednesday Activism Group-** Join us as we plan, support, and connect through direct action. TCC is committed to the LGBTQ+ community, including providing space to organize and build networks of resources and action plans to meet the needs of marginalized communities. This is a space for folks who want to get involved, pool resources, and help plan ways to help our community.



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- **Creative Social Art-Making (Youth, 8-12)**- Discover Your Creative Side and Connect with our local LGBTQ+ Community! Looking to unleash your creativity and make meaningful connections? Join us for Creative Social Art-Making for youth ages 8-12 at TCC, led by local artist and educator Lorena Sferlazza (Creative Arts with Lorena). Held on the second Saturday of each month, this vibrant class offers a fresh, guided art activity every time, perfect for exploring your expressive side while bonding with others over shared LGBTQ+ experiences. Together, we'll practice mindfulness, listen to music, create, and, most importantly, have fun! Youth are welcome with a trusted adult who must remain onsite, but does not have to participate —no prior art experience needed. Plus, all art materials are provided with your RSVP. RSVP to save your spot by email to Lorena at connect@creativeartswithlorena.com or message @creativeartswithlorena on Instagram * Youth can attend with a trusted adult who must remain onsite during the program but do not need to participate in the art-making. We have plenty of space participate or to hang out with other caregivers! Event is open to all, with a suggested donation of \$5 to help support the work we do! No one will be turned away.
- **Creative Social Art-Making (Teens & Adult)**- Discover Your Creative Side and Connect with our local LGBTQ+ Community! Looking to unleash your creativity and make meaningful connections? Join us for Creative Social Art-Making for teens (13+) and adults (18+), led by local artist and educator Lorena Sferlazza (Creative Arts with Lorena). Held on the second Saturday of each month, this vibrant class offers a fresh, guided art activity every time, perfect for exploring your expressive side while bonding with others over shared LGBTQ+ experiences. Together, we'll practice mindfulness, listen to music, create, and, most importantly, have fun! Whether you're coming solo, with a friend, or bring a special friend, everyone is welcome—no prior art experience needed. Plus, all art materials are provided with your RSVP. New faces and returning participants are always celebrated in our creative community. Don't miss out on this inspiring and inclusive space! Event is open to all, with a suggested donation of between \$5 to \$15 to help support the work we do! No one will be turned away.
- **QTeen Hangout**- Free monthly event where LGBTQ+ & allied teens (13-17) can make connections, enjoy free snacks, and play games in an affirming space. No RSVP required.
- **Trans & Teen Peer Support Group (ON HOLD)**- This group is currently on hold while we search for a new program leader. If you are interested in leading this group or being added to the waitlist to be contacted once it restarts, please reach out to Amanda@ctpridecenter.org. Peer support for teens ages 13-17 who identify as transgender, non-binary, or any gender expansive identity (including questioning). Share stories, discuss challenges, and celebrate successes with other teens in a confidential, affirming space.



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- **YAS! Young Adult Space-** YAS Young Adult Space offers new and exciting opportunities for folks ages 18-25 to gather, learn, share, and experience new things! Examples of YAS meetings include a resume writing workshop, an artist circle, community trail walk, pet meet-up in the park, plant swap, college prep 101, movie night, and more.

Domestic Violence And Sexual Assault

The Rowan Center: A Sexual Assault Resource Agency

<https://www.therowancenter.org/>

(203) 348-9346

Connecticut Alliance to End Sexual Violence

<https://endsexualviolencect.org>

Call or Text: (888) 999-5545 / Español: (888) 568-8332

Connecticut Coalition Against Domestic Violence

<https://www.ctcadv.org>

Call or Text: (888) 774-2900 / Español: llamada or texto (888) 774-2900

Legal Rights and Forms

GLAD Legal Advocates & Defenders

<https://www.glad.org/know-your-rights>

Know your rights, and how to assert them. Search our online resources for information about LGBTQ and HIV rights across New England and beyond.

Name and Gender Change Forms

<https://transequality.org/documents/state/connecticut>

One-stop hub for name and gender change information. Find out how to update your name and gender on state and federal IDs and records.

National Resources

National Resource Center on LGBTQ+ Aging

<https://lgbtagingcenter.org>

The National Resource Center on LGBTQ+ Aging is the country's first and only technical assistance resource center focused on improving the quality of services and supports offered to lesbian, gay, bisexual and/or transgender older adults, their families and caregivers.



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Trans Lifeline

<https://translifeline.org>

(877) 565-8860

Trans Lifeline is a trans-led organization that connects trans people to the community, support, and resources they need to survive and thrive.

Education and Advocacy

Connecticut TransAdvocacy Coalition

<https://www.transadvocacy.org>

The mission of the Connecticut TransAdvocacy Coalition (CTAC) is to make Connecticut a safe and tolerant place for the trans and gender non-conforming individual through education and social advocacy. CTAC is a coalition and grassroots oriented organization comprising of individuals and organizations dedicated to the advancement and attainment of full Human Rights for all trans and gender non-conforming people in every aspect of society and actively oppose discriminatory acts.

National Center for Transgender Equality

<https://transequality.org/>

The National Center for Transgender Equality advocates to change policies and society to increase understanding and acceptance of transgender people. In the nation's capital and throughout the country, NCTE works to replace disrespect, discrimination, and violence with empathy, opportunity, and justice.

Pronouns Matter

<https://www.mypronouns.org>

Glossary of LGBTQ+ Terms: Produced by the Human Rights Campaign Foundation

<https://www.hrc.org/resources/glossary-of-terms>

Human Rights Campaign

<https://www.hrc.org/>

The Human Rights Campaign envisions a world where every member of the LGBTQ+ family has the freedom to live their truth without fear, and with equality under the law. We empower our 3 million members and supporters to mobilize against attacks on the most marginalized people in our community.



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PFLAG Meetings

PFLAG is a national organization that offers peer support for families and friends of LGBTQ individuals with regional chapter meetings in the area.

PFLAG Enfield

<https://www.pflagenfield.org>

Phone: (860) 698-0328 | Email: info@pflagenfield.org

PFLAG Norwalk

618 West Avenue, Norwalk CT 06850

Second Sunday of each month, 3-6PM

Email: pflagnorwalk@gmail.com | Website: www.PFLAGnorwalk.org

PFLAG Hartford

1335 Main Street, Glastonbury CT 06033

3rd Wednesday of each month, 7:30PM

Phone: [\(860\) 305 2743](tel:8603052743) | Email: pflaghartford@gmail.com

PFLAG Stamford

<https://pflag.org/chapter/stamford>

pflagstamford@gmail.com

PFLAG Tolland-Mansfield

<https://pflagtolland-mansfield.org>

Phone: (860) 962-4240 | Email: info@pflagtm.org

PFLAG Waterbury

<https://pflag.org/chapter/waterbury>

Phone: 860-916-5951 | Email: pflagwaterbury@gmail.com