Lesbian, Gay, Bisexual, Transgender and Queer/Questioning (LGBTQ) youth are dramatically overrepresented in the homeless youth population, yet there are too few systems and services to meet their needs. Lighthouse Youth & Family Services created Safe and Supported as a result of Hamilton County being chosen as one of two communities in the nation to lead the U.S. Department of Housing and Urban Development’s first-of-its-kind LGBTQ Youth Homelessness Prevention Initiative. Lighthouse Safe and Supported works closely with a variety of community partners including child welfare agencies, faith leaders, law enforcement, LGBTQ groups, youth homelessness providers, juvenile justice agencies and education leaders.

Key Initiatives

Host Home Program
The Host Home Program is for LGBTQ young adults ages 18-24 who are currently experiencing homelessness or are at imminent risk of homelessness. The program connects young adults with volunteer hosts that provide housing, food and mentorship.

Faith in Families
Families sometimes struggle when a young person comes out as LGBTQ. Faith in Families is a program to support parents and other caregivers as they learn to navigate this new family dynamic. Training and support for pediatric and adolescent medicine clinicians is also available.

LGBTQ Cultural Competency Training
Lighthouse Safe and Supported offers free LGBTQ cultural competency training and technical assistance to youth-serving professionals in an effort to build their capacity to provide affirming services to LGBTQ youth.

Our training has been offered to over 1,200 professionals across the state of Ohio. To schedule a training at your organization, please contact us at the email address below or visit our website.

For additional information about any of these initiatives, contact safeandsupported@lys.org or visit www.lys.org/safeandsupported.
This Resource Guide is provided by Lighthouse Safe and Supported. It is designed to help youth-serving professionals and parents find appropriate resources for LGBTQ-identified youth. This resource guide will be updated periodically and can be downloaded as a PDF version at www.lys.org/safeandsupported.

To add your organization or service, contact safeandsupported@lys.org.

Disclaimer
The resources in this guide have been compiled by Lighthouse Safe and Supported in furtherance of its goal of ending LGBTQ youth homeless in Hamilton County. Safe and Supported does not endorse or guarantee these resources or services, or the currentness or quality of those individuals or organizations and any respective necessary certifications. Further, this document is not a contract and does not create any implied contractual relationship with the user.

Please note the information regarding medical and mental health resources are supplied only as a convenience, and Lighthouse Safe and Supported does not endorse any particular provider or guarantee the quality or nature of any services. Individuals should exercise due diligence in selecting a healthcare provider or other service, considering among other strategies, the following:
- Talk to trusted friends, family or clergy about professionals they have used.
- Ask another healthcare provider for a recommendation.
- Ask your health insurance company for a provider list.
- Use a referral service from a national professional organization for therapists or doctors.
- Call a local or national medical society or mental health organization.
- Prior to scheduling a first appointment, think about the things one would like to know about a potential new doctor and/or therapist. Consider asking about:
  - The provider’s education, licensure and years in practice;
  - Fees, lengths of sessions, insurance coverage and office hours;
  - The provider’s treatment approach and philosophy;
  - The provider’s specialization by age group or other categories.

ABOUT THIS GUIDE
ACKNOWLEDGMENTS

This project is supported by award number 2019-VOCA-132136431 awarded by the Office for Victims of Crime, Office of Justice Programs, U.S. Department of Justice through the office of the Ohio Attorney General. Victims of federal crimes will be served.
Caracole
4318 Hamilton Ave, Cincinnati, OH 45223
513-761-1480 | caracole.org
Works to reduce the impact of HIV/AIDS through housing, care and prevention. Services are available to anyone regardless of income.

Equitas Health Cincinnati Medical Center & Pharmacy
2805 Gilbert Ave, Cincinnati, OH 45206
513-815-4475 | equitashealth.com/cincinnati
The Equitas Health Cincinnati Medical Center & Pharmacy, located in Walnut Hills, offers primary care, trans health, specialty HIV care, HIV/STI testing and treatment, psychiatry, counseling, and community pharmacy services all under one roof.

The Exchange Project
Hamilton County Public Health
513-377-7114 | cincyep.org
The Exchange Project is an advocacy organization that promotes harm reduction in drug use.

Family Medicine Center of the Christ Hospital
2123 Auburn Ave, Suite 235, Cincinnati, OH 45219
513-585-3238

LGBT Veteran Care Coordinator—Cincinnati VA Medical Center
3200 Vine St, Cincinnati, OH 45220
513-861-3100, x5412 | cincinnati.va.gov/services/lgbt/index.asp For veterans only

Living With Change Center for Transgender Health at Cincinnati Children's Hospital
Providers: Lee Ann E. Conard, RPh, DO, MPH Sarah D. Corathers, MD Molly McHenry, FNP, AAHIV
513-636-4681 | gender.team@cchmc.org | cincinnatichildrens.org Provides transgender health services for patients 5-24 years old.

Planned Parenthood Southwest Ohio
2314 Auburn Ave, Cincinnati, OH 45219
1-800-230-PLAN | info@ppswo.org | ppswo.org
Planned Parenthood Southwest Ohio’s mission is to provide access to high quality health care and education to empower people to make informed decisions about their reproductive lives and sexual health. Health centers provide a wide range of reproductive health care services.
Mark Andolina, MD
8420 Northcreek Dr, Suite 1100, Cincinnati, OH 45236
513-853-1300
Oncology

Garrett Bell-Gresham, MD
8240 Northcreek Dr, Suite 3000, Cincinnati, OH 45236
513-246-7000
Pediatrics

Christopher Bernheisel, MD
2123 Auburn Ave, Suite 340, Cincinnati, OH 45219
513-721-2221
Family and community medicine

Ruchi Bhabhra, MD
222 Piedmont Ave, Suite 6300, Cincinnati, OH 45219
513-475-7400
Endocrinology and internal medicine

Aaron Block, MD, MPH, CPH
8401 Claude Thomas Way, Suite 21D, Franklin, OH 45005 937-743-5965
Family medicine

Marcia Bowling, MD
71 E Hollister St, Cincinnati, OH 45219 513-751-2273
Obstetrics/gynecology

Amy Brenner, MD
6413 Thornberry Ct, Mason, OH 45040
513-770-0787 | contact@dramybrenner.com | dramybrenner.com
Obstetrics/gynecology

Diana E. Brinker, MD
2001 Anderson Ferry Rd, Cincinnati, OH 45238 513-246-7000
Pediatric and adolescent medicine

Colin Carracher, MD
222 Piedmont Ave, Suite 6300, Cincinnati, OH 45219
513-475-7400
Endocrinology
Elise Chambers, MD
6949 Good Samaritan Dr, #210, Green Township, OH 45247
513-931-2400
Internal medicine and pediatrics

Danielle Connor, MD
8240 Northcreek Dr, Suite 3000, Cincinnati, OH 45236
513-246-7000
Pediatrics

Toni Cottongim, MD
6350 Glenway Ave, #205, Cincinnati, OH 45211
513-481-0900
Family medicine

Nancy DeBlasis, MD
8240 Northcreek Dr, Suite 3000, Cincinnati, OH 45236
513-246-7000
Pediatrics

James Donovan, MD
222 Piedmont Ave, Suite 7000, Cincinnati, OH 45219
513-475-8787
Urology (also West Chester location)

Arnold Drummond, MD
8020 Liberty Way, Liberty Township, OH 45069 513-777-8300
Internal medicine

Jon R. Fackler, MD
10550 Montgomery Rd, Suite 22, Cincinnati, OH 45242
513-793-2229
Obstetrics/gynecology

Tasha Faruqui, DO
8240 Northcreek Dr, Suite 3000 Cincinnati, OH 45236
513-246-7000
Pediatrics

Scott Firestein, MD
2001 Anderson Ferry Rd, Cincinnati, OH 45238 513-246-7000
Obstetrics/gynecology (also Anderson location)
John Fredeking, MS, CCC-SLP  
3333 Burnett Ave, Cincinnati, OH 45229  
513-636-4341 | john.fredeking@cchmc.org  
Speech-language pathology

Naila Goldenberg, MD  
969 Reading Road, Suite N, Mason, OH 45040 513-604-1004  
Endocrinology (also Bellevue, KY location)

Robyn Gorman, MD  
7829 Laurel Ave, Cincinnati, OH 45243  
513-936-2150  
Pediatrics

Renee Gustin, CCC-SLP  
3113 Bellevue Ave, Suite 4400 Cincinnati, OH 45219  
513-475-8400  
Speech-language pathology

Katheryn Jadeed, MD  
379 Dixmyth Ave, Cincinnati, OH 45220  
513-246-7000  
Internal medicine and pediatrics

Kay Johnson, MD  
9275 Montgomery Rd, #200, Cincinnati, OH 45242  
513-936-4510  
Internal medicine

Rula Kanj, MD  
3333 Burnet Ave, Cincinnati, OH 45229  
513-636-9400  
Pediatric and adolescent gynecology

Siddarth Khosla, MD  
3113 Bellevue Ave, Suite 4400, Cincinnati, OH 45219  
513-475-8400  
Ear, Nose, and Throat

H. Joseph Kiesler, MD  
2123 Auburn Ave, Suite 340, Cincinnati, OH 45219  
513-721-2221  
Family medicine
John Kitzmiller, MD
222 Piedmont Ave, Suite 7000, Cincinnati, OH 45219
513-721-2221
Plastic surgery

Tara Knipper, MD
379 Dixmyth Ave, Cincinnati, OH 45220
513-246-7000
Obstetrics/gynecology (also Anderson location)

Leanna Lane, MD
379 Dixmyth Ave, Cincinnati, OH 45215
513-246-7000
Dermatology

Wojciech Mazur, MD
2123 Auburn Ave, Suite 138, Cincinnati, OH 45219
513-206-1120
Cardiology

Brian Miller, MD
234 Goodman St, Cincinnati, OH 45219
513-584-1000
Obstetrics/gynecology (also Florence and Midtown locations)

Lori Philip, MD
11135 Montgomery Rd, Suite 100, Cincinnati, OH 45249
513-793-2220
Obstetrics/gynecology

Sarah Pickle, MD
175 West Galbraith Rd, Cincinnati, OH 45216 513-821-0275 | sarahpicklemd.com
Family medicine, reproductive health, transgender health (also UC location)

Rodney Roof, DPM
8240 Northcreek Dr, Cincinnati, OH 45236
513-246-7014
Podiatry

Lisa Rowley, MD
222 Piedmont Ave, Suite 8000, Cincinnati, OH 45219
513-475-7880
Primary care
Elizabeth A. Ruchholft, MD
11140 Montgomery Rd, Suite 2100, Cincinnati, OH 45249
513-936-5294
Obstetrics/gynecology

Stan Scheidler, DO
543 Park Ave, Hamilton, OH 45103
513-737-0257
Primary care

Greg Sherman, DDS
5050 East Galbraith Rd, Suite C, Cincinnati, OH 45236 513-531-5050 | info@kenwoodcomplete.com Dentistry

Rick Singel, DDS
2752 Erie Ave, Suite 8, Cincinnati, OH 45208
513-871-4200 | drsingel.net Dentistry

Michael Spivak, CNP
969 Reading Rd, Suite N, Mason, OH 45040 513-604-1004
Endocrinology (also Bellevue, KY location)

Terri Stewart-Dehner, MD
2123 Auburn Ave, Suite 138, Cincinnati, OH 45219
513-206-1120 Cardiology

Shanna Stryker, MD
2136 West 8th St, Cincinnati, OH 45204 513-357-2700
Family medicine (non-binary affirming)

Laura Taylor, MD
175 West Galbraith Rd, Cincinnati, OH 45216 513-821-0275
Internal medicine, family medicine

William Don Tobler, Jr., MD
379 Dixmyth Ave, Floor 8, Cincinnati, OH 45220
513-246-7000 Plastic surgery (also Kenwood location)
Cynthia Villacis, MD
527 Centre View Blvd, Crestview Hills, KY 41017
859-905-0707 | cvillacismd@healthconnectionsdpcc.com
Family practice

Dain Wahl, DO
2345 Kemper Ln, Cincinnati, OH 45206
513-440-5093 | drdainwahl@aol.com | drdainwahl.com
Internal medicine

Nita Walker, MD
9275 Montogmery Rd, #200, Cincinnati, OH 45242
513-936-4510
Internal medicine

Warren R. Webster, MD
2727 Madison Rd, Cincinnati, OH 45209
513-351-1200
Internal medicine

Michael West, MD, PhD
35 East 7th St, Suite 312, Cincinnati, OH 45202
513-898-9448
Endocrinology

Nadia Yaqub, MD
2960 Mack Rd, Suite 203, Fairfield, OH 45014
513-603-8352
Endocrinology, internal medicine

Jeffrey W. Zipkin, MD
10220 Alliance Rd, Cincinnati, OH 45242
513-841-7800
Urology (also Norwood location)
Cincy Pride Counseling
312 Walnut St, Suite 1600, Cincinnati, OH 45202
(513) 468-6454 | drew@cincypridecounseling.com
Counseling/therapy

Equitas Health Cincinnati Medical Center & Pharmacy
(See page for full entry)

Transgender Wellness Program Central Clinic
311 Albert Sabin Way, Cincinnati, OH 45229
513-558-5801 | lgbtq@centralclinic.org | centralclinic.org
The Transgender Wellness Program (TWP) at Central Clinic is an innovative, culturally responsive program designed to provide mental health and supportive services to transgender community members ages 18+.

Viewpoint Psychological Services
859-442-VIEW (8439) | viewpointpsych.com
1455 South Fort Thomas Ave, Fort Thomas, KY, 41075 (also locations in Florence, KY and Crestview Hills, KY)
Counseling/therapy, learning disability assessments

Waybridge Center for Gender Actualization
10945 Reed Hartman Hwy, Suite 302, Cincinnati, OH 45242
513-488-7161 | waybridgecounseling.com
Services for individuals and families working toward gender actualization.

Meghan Anderson, MSM, LSW
1329 East Kemper Rd, Suite 4212B, Cincinnati, OH 45246 513-283-0004
Counseling/therapy

Judy Buka, M.Ed., LSW
10921 Reed Hartman Hwy, Suite 104F, Cincinnati, OH 45242 513-214-2567
Counseling/therapy

Sheri McCullah Casbeer, LPCC-S, LICDC-C
11440 Hamilton Ave, Suite 206, Cincinnati, OH 45231
513-648-9596 | sher@embracerecoveryandwellness.com
Counseling/therapy
Jacqueline Collins, MD
260 Stetson St, Suite 3200, Cincinnati, OH 45219
513-558-7700
Psychiatry

Heather Lynn Coulson, MS
4226 Montgomery Rd, Cincinnati, OH 45212
435-580-8103
Counseling/therapy

Laura Edwards, MA, LPCC-S
7439 Montgomery Rd, Suite 4, Cincinnati, OH 45236
513-549-0160
Counseling/therapy

Whayne Herriford, MS, LPCC
125 Court St, Cincinnati, OH 45202
859-951-6162 | whayneherriford.com/home.html
Counseling/therapy (also Newport, KY location)

Suzanne Hoskin, LPCC, LICDC
8806 Cincinnati Dayton Rd, West Chester, OH 45069 833-212-9788
Counseling/therapy

June Huelskamp, MSW, LISW-S, LCSW
7439 Montgomery Rd, Suite 4, Cincinnati, OH 45236
513-607-5448 | latitudetherapy.com
Counseling/therapy

Casey Frazee Katz, MA, LPCC
7504 Perry St, Cincinnati, OH 45231
513-392-4984
Counseling/therapy

David Leonard, MD
3001 Highland Ave, Cincinnati, OH 45219
513-961-8861
Psychiatry

Martha McLeod, MA, LISW, LCSW
221 Woolper Ave, Cincinnati, OH 45220
513-221-8623 | martha@mcleodcounseling.com | mcleodcounseling.com
Counseling/therapy
Christina Mayhaus, MA, LPCC, NCC  
4226 Montgomery Rd, Cincinnati, OH 45212  
513-280-8747  
Counseling/therapy

Stacy Morrison, PsyD  
800 Compton Rd, Unit 32, Cincinnati, OH 45231  
513-521-5088 | cincinnatipsychologycenter.com  
Counseling/therapy

Jill Marie Mysonhimer, MSW, LISW-S  
10979 Reed Hartman Hwy, Suite 331D, Cincinnati, OH 45242 513-802-9239  
Counseling/therapy

Yvette Nepper, MA, LPCC  
463 Ohio Pike, Suite 102-B, Cincinnati, OH 45255 513-939-0300  
Counseling/therapy

Steven D. Nichols, PhD  
3200 Linwood Ave, Suite 2, Cincinnati, OH 45226  
513-312-2203 | steven@nicholsphd.com | nicholsphd.com  
Counseling/therapy

Heidi Nunemaker, LPCC  
2300 Montana Ave, Suite 207, Cincinnati, OH 45211  
513-601-9882 | heidinunemakerscounselor.com/  
Counseling/therapy

Laura Obert, PhD  
800 Compton Rd, Unit 32, Cincinnati, OH 45231  
513-449-2747 X3  
Counseling/therapy

J. Brett Offenberger, MD  
820 Delta Ave, Cincinnati, OH 45226  
513-321-9902  
Counseling/therapy

Sophia Paparodis, LPCC  
10979 Reed Hartman Hwy, Suite 129, Blue Ash, OH 45242 513-936-8444 | awarewithin@mac.com Counseling/therapy
Jennifer Phillips, PhD
2049 Sherman Ave, Norwood, OH 45212
513-793-6226 x2 | jphillipspsy@gmail.com | drjenniferphillips.com
Counseling/therapy

Jennifer L. Price, PCC-S, LCDCIII
7439 Montgomery Rd, Suite 4, Cincinnati, OH 45236
513-827-8122
Counseling/therapy

Emma Schmidt, MA
3665 Erie Ave, Cincinnati, OH 45208
513-438-0448 | contact@emma-schmidt.com
Relationship counseling and sex therapy

Charlene Kamin Schneider, PhD
6771 Prairie View Dr, Maineville, OH 45039 513-823-4210
Counseling/therapy

Richard Sears, PsyD
9200 Montgomery Rd, Suite 25B, Building H, Cincinnati, OH 45242 513-899-6463 | richard@psych-insights.com | psych-insights.com
Counseling/therapy

Mary Signorelli, MSW, LISW-S, LICDC
778 Cincinnati-Batavia Pike Rd, Cincinnati, OH 45245 513-327-7838
Clinical social work/therapy

Kayla Springer, PhD
130 Wellington Place, Cincinnati, OH 45219
513-381-6611
Counseling/therapy

Amanda Stein, PhD
260 Stetson St, Suite 3200, Cincinnati, OH 45219
513-558-7700
Counseling/therapy

Laurie L. Stober, MA
114 Main St, Milford, OH 45242
513-370-2595
Counseling/therapy
Amy Stenger-Sullivan, LPC
11438 Lebanon Rd, Suite H, Cincinnati, OH 45241 513-318-4574
Counseling/therapy

Terri L. Telesz, LISW-S
10945 Reed Hartman Hwy, Suite 313, Blue Ash, OH 45242 513-392-8089 | findyourwayllc.com
Counseling/therapy

Lorraine Ward, LPCC, LCDC-II
550 North Main St, Suite B, Springboro, OH 45066 937-748-8201
Counseling/therapy

Hillary Wishnick, PhD
6400 Thornberry Ct, Suite 620, Mason, OH 45040 513-237-2747 | drhillarywishnick@drhillarywishnick.com | drhillarywishnick.com
Counseling/therapy

Brian Wright, LPCC, LICDC
2117 Beechmont Ave, Cincinnati, OH 45230 513-327-7438
Counseling/therapy

Cori Yaeger, PhD
6557 Rainbow Ln, Cincinnati, OH 45230 513-706-9323
Counseling/therapy
Faith in Families
Lighthouse Youth & Family Services 513-487-7160 | faithinfamilies@lys.org

Faith in Families is a four hour program for parents and other adult caregivers to receive support and information when their child comes out as lesbian, gay, bisexual or transgender. The program offers an opportunity to address worries and concerns and have questions answered by professional staff. Family members can expect a confidential and respectful experience, where religious and personal beliefs are respected. The program is free and lunch is provided.

GLAST (Gays and Lesbians Achieving Sobriety Together)
513-334-6945 | hope@glast.org | glast.org
Assists LGBTQ individuals struggling with addiction through peer support groups in Greater Cincinnati and Northern Kentucky.

GLSEN Greater Cincinnati Chapter
866-934-9119 | info@glsencincinnati.org | glsen.org/chapters/cincinnati GLSEN Greater Cincinnati works for safe, respectful K-12 schools for all, regardless of sexual orientation, gender identity or gender expression.

Heartland Trans Wellness Group 513-549-4447 | info@transwellness.org | facebook.com/heartland.transwellness
Heartland Trans Wellness is dedicated to creating accessible, affirming community resources for Midwestern trans, queer, and LGBTQ people.

Living with Change
655 Plum St, Cincinnati, OH 45202
513-697-5890 | admin@livingwithchange.org | livingwithchange.org Works to empower the transgender community in the Tri-state area.

LOVEboldly, Inc.
loveboldly.net | loveboldlynow@gmail.com
LOVEboldly honors the dignity and humanity of all people while empowering churches and people of faith to provide better care and support for LGBTQ+.

Love Must Win, Inc.
859-903-5428 | help@lovemustwin.org | lovemustwin.org Provides education and community support by raising awareness and
eradicating violence, discrimination, bullying, and self-destructive behaviors.

**Ohio River Valley Pride Coalition**
ohiorivervalleypride.org
Supports LGBTQ individuals in and around Dearborn County and Lawrenceburg, Indiana.

**PFLAG Cincinnati**
513-721-7900 | info@pflagcinci.org | pflagcinci.org
PFLAG Cincinnati is a non-profit organization of volunteers who offer support for LGBTQ+ individuals, families and friends in a safe and caring environment.

**Q Chat Space**
quatspace.org
Online discussion groups for LGBTQ+ teens ages 13 to 19 facilitated by staff from LGBTQ groups across the country. Also list excellent resources.

**The Queen City Group - Alcoholics Anonymous**
3416 Clifton Ave, Cincinnati, OH 45220
513-255-5104 | aacincinnati.org/meetings/queencitygroup-lgbt-2
We strive to provide a safe and sober environment for the lesbian or gay alcoholic where she or he can pursue a program of recovery in a supportive, friendly fellowship. Anyone can attend a Queen City Group meeting regardless of their sexual orientation.

**TransOhio**
transohio@transohio.org | transohio.org
TransOhio serves the Ohio transgender and ally communities by providing services, education, support and advocacy which promote and improve the health, safety and life experiences of the Ohio transgender individual and community.

**Trevor Space**
trevorspace.org
Online support group through The Trevor Project for youth ages 13-24.

**Varieties of Gender Support Group**
2710 Newtown Rd, Cincinnati, OH 45245
Cori@fuse.net
A peer-led, professionally facilitated support group that is open to all individuals who self-define as gender variant/fluid. The group is confidential and anonymous.
Bravo Buckeye Region Anti-Violence Organization
PO Box 82068, Columbus, OH 43202
513-433-4001 | bravo-ohio.org
Provides individual and community programs for LGBTQ survivors of hate and bias violence, intimate partner violence, stalking, and/or sexual assault.

Brinkman & Associates
119 E Court St, Cincinnati, OH 45202 513-632-5310 | brinkmanfamilylaw.com Family law

Cincinnati Regional Coalition Against Hate
info@cincinnaticoalition.org | facebook.com/cincinnaticoalition
Nonpartisan alliance of organizations committed to being vigilant against hate activity.

Equality Ohio Legal Clinic
855-LGBT-LAW | equalityohio.org/legal-clinic
Free civil legal services to Ohio LGBTQ people with income up to 300% of the federal poverty level. Also offers referrals to other LGBTQ-friendly attorneys.

Gerhardstein & Branch Co., LPA
441 Vine St, Suite 3400, Cincinnati, OH 45202
513-621-9100 | gbfirm.com
Civil rights law

Robert A. Klingler Co., LPA
525 Vine St, Suite 2320, Cincinnati, OH 45202
513-434-8015 | klinglerlaw.com
Employment law/discrimination

Scott E. Knox, Attorney At Law
13 E Court St, Suite 300, Cincinnati, OH 45202
513-241-3800 | scott@scottknox.com | scottknox.com
Provides legal help in a variety of fields of law, including LGBTQ legal issues and HIV/AIDS discrimination cases.

Lambda Legal
105 W Adams St, 26th Floor, Chicago, IL 60603 1-866-542-8336 | lambdalegal.org
National organization committed to achieving full recognition of the civil rights of LGBTQ people and those with HIV.
**LGBTQ Liaison Officer**
310 Ezzard Charles Dr, Cincinnati, OH 45214
513-352-2998 or 513-235-7597 | Lisa.johnson@cincinnati-oh.gov

The Cincinnati Police Department LGBTQ Liaison works with LGBTQ organizations within the City of Cincinnati.

**Josh Langdon**
810 Sycamore St, Floor 2, Cincinnati, OH 45202
513-246-1400 | josh@joshlangdon.com | joshlangdon.com

Represents LGBTQ clients in Ohio and Kentucky in various fields of law.

**Newman & Meeks Co., L.P.A.**
4014 Spring Grove Ave, Suite 650, Cincinnati, OH 45202
513-952-9200 Ext 100 | newman-meeks.com

Represents clients in the tri-state area in a range of family law matters.

**Beth Silverman & Associates**
30 Garfield Pl, Suite 750, Cincinnati, OH 45202
513-241-9844 | bethsilverman.com

Family law

**Women Helping Women – LGBTQ Advocate**
215 E. Ninth St, 7th Floor, Cincinnati, OH 45202 513-381-5610* (TTY 513-977-5545)

whwinfo@womenhelpingwomen.org | womenhelpingwomen.org

*Language Line interpretation available for no extra cost for non-English speaking callers.

Women Helping Women empowers survivors of sexual assault, domestic violence, and stalking by providing advocacy and support. Lighthouse Safe and Supported partners with Women Helping Women around their LGBTQ Advocate position, who is co-located at the Lighthouse Sheakley Center and at other community sites. The LGBTQ Advocate is especially knowledgeable about the nuances of working with LGBTQ survivors. Call the number listed above and ask to be put in touch with the LGBTQ Advocate.

**The Zimmer Law Firm, LLC**
9825 Kenwood Rd, Suite 201, Cincinnati, OH 45242
513-721-1513 | zimmerlawfirm.com/services/lgbt-community

Estate planning and elder law
**LGBT National Youth Talkline**
1-800-246-7743 | help@LGBThotline.org | LGBThotline.org
The LGBT Youth Talkline provides telephone, online private one-to-one chat, and email peer support, as well as factual information and local resources. Available Monday-Friday 4pm-midnight and Saturday noon-5pm EST. Visit their website for more information about services for LGBTQ adults and seniors.

**National Suicide Prevention Lifeline**
1-800-273-8255 | suicidepreventionlifeline.org
Skilled, trained counselors available 24/7. Information about local mental health services.

**Trans Lifeline**
1-877-565-8860 | contact@translifeline.org | translifeline.org
Peer support hotline staffed by transgender people for transgender and questioning callers. Guaranteed availability from 10am-4am EST (operators also frequently available off-hours). Also has limited support for transgender people who need help updating identification documents.

**The Trevor Project**
1-866-488-7386 or text “START” to 678678 | thetrevorproject.org
National 24-hour free confidential suicide and crisis hotline for LGBTQ youth under 25. The Trevor Project offers a safe and judgment-free place to talk. Online instant messaging service available through the website.

**Women's Crisis Center**
835 Madison Ave, Covington, KY 41011
800-928-3335
24-hour crisis hotline in Northern Kentucky serving people of all genders and sexual orientations who have experienced domestic violence, rape, or sexual assault.

**Women Helping Women**
215 E. Ninth St, 7th Floor, Cincinnati, OH 45202
513-381-5610* (TTY 513-977-5545) | whinfo@womenhelpingwomen.org
womenhelpingwomen.org
*Language Line interpretation available for no extra cost for non-English speaking callers

24-hour crisis hotline for all survivors of dating violence, sexual violence, domestic violence and stalking. Other services available, including an LGBTQ Advocate (see Legal & Advocacy).
CAP Line—Strategies to End Homelessness
513-381-7233; or text CAP to 513-970-1515
strategiestoendhomelessness.org/get-help
Central intake system for families and individuals who are currently experiencing homelessness or who are at risk of becoming homeless. Available Monday-Friday 9am-8pm and Saturday-Sunday 10am-2pm. Callers are screened based on immediacy of need and will be referred accordingly.

Caracole
4318 Hamilton Ave, Cincinnati, OH 45223
513-761-1480 | caracole.org
Works to reduce the impact of HIV/AIDS through housing, care and prevention. Services are available to anyone regardless of income.

Homeward Bound
13 E 20th St, Covington, KY 41014 859-581-1111 | brightoncenter.com
24-hour emergency shelter location in Covington, KY, that provides a safe environment and residential treatment services for runaway, homeless, abused, neglected, and dependent youth ages 11-17.

KEYS to a Future Without Youth Homelessness
513-569-9500 and request KEYS staff member
Lighthouse Youth & Family Services participates in KEYS, which is a community plan to end youth homelessness by offering support in finding housing with friends or family, case management, flexible and client-driven rental assistance, and legal assistance with barriers to housing. Available for young adults 18-24 in Hamilton County, Ohio experiencing homelessness or losing housing within 14 days.

Lighthouse Youth Housing Opportunities
2314 Iowa Ave, Cincinnati, OH 45206
513-861-1111 | lys.org
Program provides housing and case management to eligible young adults, including shelter diversion and transitional housing.

Mecum House
2522 Highland Ave, Cincinnati, OH 45220
513-961-4080 | lys.org
Safe space for youth ages 10-17 who no longer feel safe remaining in their own homes. Free, confidential help and safe shelter. Open 24/7/365.
Host Home Program
Lighthouse Youth & Family Services
513-487-7160 | safeandsupported@lys.org
lys.org/safeandsupported
A homelessness prevention program for eligible LGBTQ youth ages 18-24 who are currently experiencing housing instability such as couch surfing. The program is focused on meeting basic needs while concurrently fostering connections.

- Youth are housed by trained volunteer host families for up to six months
- Housing and food are provided at no cost to youth during the program
- Youth receive support services including coaching/case management

Our program is always looking for hosts to help make home happen. Hosts receive training as well as 24/7 support while active in the program. To learn more about hosting, please contact safeandsupported@lys.org.

Lighthouse Sheakley Center for Youth
2314 Iowa Avenue, Cincinnati, OH 45206
513-569-9500 | lys.org
Offers shelter to young adults ages 18-24. The Resource Center, located within Sheakley Center for Youth, provides a safe place for youth experiencing homelessness to come in off the streets and get basic needs such as food, toiletries, a shower, and laundry facilities. The Resource Center is open every day from 9am-5pm.

Welcome House
205 East Pike Street, Covington, KY 41011 859-431-8717
Women-identified and children’s shelter
All Saints Episcopal Church
6301 Parkman Pl, Cincinnati, OH 45213
513-531-6333 | allsaintscincinnati.org

Bound by Truth and Love Ministries Fellowship UCC
6301 Parkman Pl, Cincinnati, OH 45213
513-417-7758 | boundbytruthandlove.org

Calvary Episcopal Church
3766 Clifton Ave, Cincinnati, OH 45220
513-861-4437 | calvaryclifton@fuse.net | calvaryclifton.org

Carthage Christian
19 W 73rd St, Carthage, OH 45216
513-821-4921 | carthagechristianchurch@yahoo.com
carthagechristian.weebly.com

Center for Spiritual Living Greater Cincinnati
5701 Murray Ave, Cincinnati, OH 45227
513-218-2128 | cslgc.org

Christ Church Cathedral
318 E Fourth St, Cincinnati, OH 45202
513-621-1817 | webcontact@ccath.org | christchurchcincinnati.org

Church of Our Saviour/La Iglesia Nuestro Salvador
65 E Hollister St, Cincinnati, OH 45219
info@churchofoursaviourcincinnati.org | churchofoursaviourcincinnati.org

Cincinnati Friends Meeting
8075 Keller Rd, Cincinnati, OH 45243
office@cincinnatifriends.org | cincinnatifriends.org

Cincinnati Mennonite Fellowship
4229 Brownway, Cincinnati, OH 45209
513-871-0035 | office@cincinnatimennonite.org | cincinnatimennonite.org

Clifton United Methodist Church
3416 Clifton Ave, Cincinnati, OH 45220
513-961-2998 | office@cliftonumc.com | cliftonumc.com

The Community of the Good Shepherd
Parents of Gays and Lesbians
8815 E Kemper Rd, Cincinnati, OH 45249
The purpose of this group is to provide education, prayer, sharing, and support for parents, friends, and other relatives of gays and lesbians.

Congregation Beth Adam
10001 Loveland-Madeira Rd, Loveland, OH 45140
513-985-0400 | bethadam.org

First Christian Church
14 W 5th St, Covington, KY 41011
859-431-3904 | firstchristianchurch.org

First Lutheran Church
1208 Race St, Cincinnati, OH 45202
513-421-0065 | firstlutherancincy.org

First Unitarian Church of Cincinnati
536 Linton St, Cincinnati, OH 45219
513-281-1564 | firstuu.com

First United Church of Christ
5808 Glenway Ave, Cincinnati, OH 45224
513-541-7302 | firstunitedchurchofchrist.org

The Gathering At Northern Hills
460 Fleming Rd, Cincinnati, OH 45231
513-931-6651 | contact@gnhuu.org | gnhuu.org

Gloria Dei Lutheran Church
5841 Werk Rd, Cincinnati, OH 45248
513-922-5590 | gloriadeioffice@gmail.com | gloriadeielca.org

Grace Episcopal Church
5501 Hamilton Ave at Belmont, Cincinnati, OH 45224
513-541-2415 | facebook.com/gracecollegehill

Heritage Universalist Unitarian Church
2710 Newtown Rd, Cincinnati, OH 45244
513-231-8634 | huuc.net

Knox Presbyterian Church
3400 Michigan Ave, Cincinnati, OH 45208
513-321-2573 | contact@knox.org | knox.org
Lakeview United Church of Christ  
8639 Columbia Rd, Maineville, OH 45039  
513-683-2073 | lakeviewucc.com

Legend Community Church  
3836 Mt Vernon Ave, Cincinnati, OH 45209  
legendchurch@gmail.com | legendchurch.com

Lord of Life Lutheran Church  
6329 Tylersville Rd, West Chester, OH 45069 513-777-8449 | lol-lutheran.com

Mt. Adams Pilgrim Chapel  
1222 Ida St, Cincinnati, OH 45202  
513-381-7999 | pastorsmtadamschurch@gmail.com | mtadamschurch.com

Mt. Auburn Presbyterian Church  
103 William Howard Taft Rd, Cincinnati, OH 45219 513-281-5945 | mtauburnpresby.org

New Church of Montgomery  
845 Congress Ave, Glendale, OH 45246  
513-515-4542 | swedenborg.wordpress.com

New Spirit Metropolitan Community Church  
4033 Hamilton Ave, Cincinnati, OH 45223  
513-661-6464 | facebook.com/newspiritoasismcc

New Thought Unity Center  
1401 E McMillan St, Cincinnati, OH 45206 513-961-2527 | ntunity.org

Nexus United Church of Christ  
6645 Morris Rd, Hamilton, OH 45011  
nexusucc.org

Philippus United Church Of Christ  
106 W McMicken Ave, Cincinnati, OH 45202 513-241-5244 | philippusucc.org

Pilgrim United Church of Christ  
4418 Bridgetown Rd, Cincinnati, OH 45211  
513-574-4208 | pilgrim-ucc.org
Rockdale Temple
8501 Ridge Rd, Cincinnati, OH 45236
513-891-9900 | shalom@rockdaletemple.org | rockdaletemple.org

St. John’s Unitarian Universalist Church
320 Resor Ave, Cincinnati, OH 45220
513-961-1938 | office@stjohnsuu.org | stjohnsuu.org

St. John United Church of Christ
520 Fairfield Ave, Bellevue, KY 41073
859-261-2066 | stjohnchurch.net

St. Paul's Episcopal Church
7 Court Pl, Newport, KY 41071
859-581-7640 | stpaulsnewport.org

St. Paul's United Church of Christ
114 South Broad St, Middletown, OH 45044 513-422-4519 | stpaulsuccmidd.org

St. Peter's United Church of Christ
6120 Ridge Rd, Cincinnati, OH 45213
513-621-8549 | stpetersucc.net

St. Timothy's Episcopal Church
8101 Beechmont Ave, Cincinnati, OH 45255
513-474-4445 | administrator@sainttimothys.com | sainttimothys.com

Temple Sholom
10828 Kenwood Rd, Blue Ash, OH 45242
513-792-1330 | office@templesholom.net | templesholom.net

Trinity Episcopal Church
16 E 4th St, Covington, KY 41011
859-431-1786 | info@trinitychurchcovky.com | trinitycovington.org

Truth and Destiny Church
2645 W North Bend Rd, Cincinnati, OH 45239
513-952-2298 | facebook.com/truthdestinychurch.org

Unity of Garden Park
3581 W Galbraith Rd, Cincinnati, OH 45239
513-385-8889 | info@unityofgardenpark.org | unityofgardenpark.org
Cincinnati State Technical and Community College

In the Zone: Cincinnati State Rainbow Alliance
facebook.com/RainbowAllianceofCincinnatiState
Rainbow Alliance provides a safe, supportive environment for Gay, Lesbian, Bisexual, Transgender and questioning students and their straight allies.

Miami University

LGBTQ Services, 3012 Armstrong Student Center, Suite 3012
513-529-6510 | miamioh.edu/student-life/diversity-affairs/lgbtq-services
Miami University LGBTQ Services strives to create a community of engaged scholars that is open, safe, affirming, and inclusive for people of all sexualities, gender identities and gender expressions.

Spectrum
muhub.campuslabs.com/engage/organization/spectrum
Spectrum is a student led organization for Miami students of all sexual and gender identities devoted to raising awareness through education and activism.

Northern Kentucky University

LGBTQ Programs & Services, Student Union, Suite 309
859-572-5835 | meyerb5@nku.edu | inside.nku.edu/lgbtq.html
The goal of this office is to provide education, advocacy, and support through programs and services at NKU for students, staff, faculty, and the greater community.

Rainbow Underground
Facebook (email nkurainbowunderground@gmail.com to join)
The group is aimed at education and advocacy on campus and for the surrounding communities, as well as providing a fun, friendly, and safe place for LGBTQ students to meet and gather.

University of Cincinnati

The LGBTQ Center
565 Steger Student Life Center
513-556-0009 | uc.edu/lgbtq
The Center is an inclusive campus community that welcomes people of all sexual orientations and gender identities and provides support, resources and advocacy. The Center facilitates LGBTQ visibility by promoting and enhancing understanding, acceptance, and awareness regarding LGBTQ issues.
University of Cincinnati (continued)
Colors of Pride
facebook.com/ColorsOfPrideUC
Student organization for LGBTQIA+ people of color and their allies who are interested in discussing the intersections of race, gender, and sexuality.

UC Alliance
facebook.com/groups/UCAllianceCincinnati
Aims to develop interpersonal relationships in a social and educational atmosphere through activities and events for the LGBTQ community and its allies.

Xavier University
Center for Diversity & Inclusion
Gallagher Student Center
513-745-3117 | xavier.edu/diversity
Provides university-wide leadership to support the development of institutional diversity initiatives that advance the broader objectives of Xavier University’s Catholic, Jesuit mission and its long-range strategic plan.

Xavier LGBTQ Alliance
xavier.edu/alliance
The Xavier LGBTQ Alliance is a club for LGBTQ students and allies. Members engage in a collective effort to heighten awareness of LGBTQ issues and to advocate for a more inclusive and equitable environment on Xavier’s campus.
Cincinnati Frontrunners
facebook.com/groups/131439685434
A social club for LGBTQ people interested in running and walking, for pleasure or competition.

Cincinnati GLBT Flag Football League
CinGFFL@gmail.com
Cincinnati’s first and official LGBTQ flag football league in the Cincinnati area providing a safe environment for LGBTQ athletes and allies.

Cincinnati Men’s Chorus
513-542-2626 | info@cincinnatimenschorus.org
Provides the opportunity for individuals identifying as male, whether gay, bisexual, transgender or straight allies, to sing together.

Cincinnati Rollergirls
info@cincinnatirollergirls.com | cincinnatirollergirls.com
Cincinnati’s first women’s amateur flat track roller derby team. Its skaters represent a wide range of ages, backgrounds and occupations.

Cincy Straddlers
cincystraddlersinfo@gmail.com | facebook.com/groups/cincystraddlers
A social meetup group geared towards queer women & trans folks but open to all.

Crossport
513-344-0116 | crossportcincy@yahoo.com | crossport.org
A social support organization serving transgender individuals and families in Greater Cincinnati and the surrounding area.

Meetup.com
Meetup.com
Offers several LGBTQ focused groups for young adults ages 18+.

MUSE: Cincinnati’s Women’s Choir
513-221-1118 | muse@musechoir.org
Singing members are a sisterhood of women-identified bisexual, heterosexual and lesbian artists. Non-singing members and volunteer positions are open to all people who share in the mission, values and beliefs.

River City Softball League
rivercitysoftball@gmail.com | myrivercitysoftball.com
Fun, competitive league for LGBTQ identified players regardless of skill level.
Camp Kaleidoscope — Camp Kern
5291 State Route 350, Oregonia, OH 45054
513-932-3756 | caddison@daytonymca.org | campkern.org
Summer overnight camp coordinated in partnership with Cincinnati Children’s Hospital Transgender Clinic, but open to all youth ages 12-16.

Camp Lilac—Trans Action
3585 Ingleside Rd, Shaker Heights, OH 44122
216-702-4207 | info@camplilac.org | camplilac.org
Transgender, youth-specific (ages 12-17) summer overnight camp.

Cheers to Art
7700 Camargo Rd, Madeira, OH 45243
513-271-2793 | info@cheerstoart.com | cheerstoart.com Art-focused day camp for youth 6-14.

Cincinnati Museum Center
1301 Western Ave, Cincinnati, OH 45203
513-287-7000 x7242 | information@cincymuseum.org | cincymuseum.org Week long day camps to help youth explore science, technology, history and the arts.

Cincinnati Shakespeare Company
1195 Elm St, Cincinnati, OH 45202
513-381-2273 | jeremy.dubin@cincyshakes.org | cincyshakes.org Introductory day camp for children 10-18 to learn theater skills.

Creativities Studio
7010 Miami Ave, Madeira, OH 45243
513-272-1500 | info@artsandcreativities.com | artsandcreativities.com Day camp located at 1860s farmhouse where students age 8-18 work on design, creativity, cooking and gardening.
Coming out to your family can be a stressful process. It is important to come out when you are ready. Here are some tips to help you plan.

When you’re ready to tell that first person — or those first few people — give yourself time to prepare. Think through your options and make a deliberate plan of who to approach, when and how.

Confidence: Make sure you’ve already come out to yourself. Are you comfortable with your own identity? Do you know why you’d like to come out?

Logistics: Consider all of the realistic consequences of coming out. Is there a chance for violence or even homelessness? Create a Safety Plan (see below) just in case things don’t turn out the way you hope.

Outcomes: Set reasonable expectations. Know that they may not react the way you want them to. It is key to keep in mind that their initial responses may have more to do with their own internal struggles than with you personally. Try to imagine their reactions, and plan your responses in advance. Give them time to process.

Set the Scene: This is your Who, What, When, and Where. Plan who will be there and exactly what you’d like to say. Plan where you’ll be and when you’ll be there.

Engage: Take a deep breath and follow through with your plan. You’ve got this!

Take Care of You: Practice all of the self-care! Do what you need to keep yourself happy and healthy during this time.

Safety is key. It's important to have a plan for what you will do if your coming out experience doesn't go as you hoped. Here are some things to consider.

Who can you call for a place to cool off or stay after coming out?

Is there someone you can talk to before coming out to your family? Are they able to check how things went after you come out?

If you no longer feel safe at home after coming out, what things do you need to take with you when you leave?
Top 10 Ways to Support LGBTQ Youth

1. **Don’t Make Assumptions**
   - Do not assume that everyone around you or even those you know personally are straight (that’s heterosexism!).
   - Ask about things you don’t understand. Challenge stereotypes and encourage those around you to do the same.

2. **Be Respectful**
   - Respect others’ identities, experiences and privacy. Remember that the LGBTQ community is diverse. There is no single “gay experience.”
   - Youth are the experts on their own experiences.

3. **Listen More; Speak Less**
   - Avoid speaking for LGBTQ people; let them speak for themselves.
   - Ask your LGBTQ friends how you can best be an ally to them.

4. **Educate Yourself**
   - Ask questions! But don’t expect community members to be your sole source of information – do some research on your own by attending community events and reading.

5. **Get Involved**
   - There are so many ways to participate! Attend Pride Month events, invite LGBTQ organizations to speak at your events, ask your elected officials to support LGBTQ affirming policies, sign a petition, participate in an AIDS walk, and vote!

6. **Provide a Safe Space**
   - Strive to use more inclusive, affirming and gender-neutral language. Validate people’s sexual orientation and gender expression.

7. **Be Self Aware**
   - Confront your own prejudices and bias. Understand your own feelings about LGBTQ issues.

8. **Allow Yourself to Make Mistakes**
   - Expect to make some mistakes, but do not use it as an excuse for inaction. Acknowledge and apologize for those mistakes; learn from them, but do not retreat.
   - When criticized or called out, allies should listen, apologize, act accountably and alter their behavior moving forward.

9. **Speak Out Against Harmful Language/ Discrimination**
   - Break the silence. Don’t be afraid to say words like gay, lesbian, bisexual, and transgender out loud.
   - Challenge anyone making homophobic jokes or using hate speech – this type of language is harmful to everyone.

10. **Be An Ally**
    - Understand that “ally” is not an identity you can claim. LGBTQ people will know you are an ally by your actions rather than your words. Knowing marginalized people does not equal being inclusive; including those people does.
**LGBTQ TERMINOLOGY**

**Ally** | A person who is not LGBTQ, but shows support for LGBTQ people and promotes equality in a variety of ways.

**Androgynous** | Identifying and/or presenting as neither distinguishably masculine nor feminine.

**Asexual/Aromantic** | A person who to some extent does not experience sexual attraction and/or romantic attraction.

**Biphobia** | Prejudice, fear or hatred directed toward bisexual people.

**Bisexual** | A person emotionally, romantically or sexually attracted to more than one gender or gender identity.

**Cisgender** | A person whose gender identity aligns with their sex assigned at birth.

**Closeted** | The state of being in which an LGBTQ person has not disclosed their sexual orientation or gender identity.

**Coming Out** | The process of acknowledging and sharing one’s sexual orientation or gender identity with others.

**Gay** | A person who is emotionally, romantically and/or sexually attracted to members of the same gender.

**Gender Binary** | A socio-cultural system of constructing gender according to two discrete and opposite identities (male/female, boy/girl).

**Gender Dysphoria** | Emotional and psychological distress felt by an individual whose gender identity does not match their sex assigned at birth.

**Gender-Expansive** | Conveys a wider, more flexible range of gender identities and/or expressions than typically associated with the binary gender system.

**Gender Expression** | The communication of one’s gender identity through ways such as behaviors, clothing, haircut or voice. It is usually associated with ideas of masculinity, femininity or androgyny.

**Gender Identity** | One’s innermost concept of self as male, female, a blend of both or neither – how individuals perceive themselves and what they call themselves.

**Gender Non-Conforming** | A broad term referring to people who do not behave in a way that conforms to the traditional expectations of their gender, or whose gender expression does not fit neatly into a category.

**Genderqueer** | An umbrella term to describe someone who doesn’t conform to the traditional conventions of binary gender identities and expressions.
**Gender Transition** | The process by which some people strive to more closely align their internal understanding of their gender with its outward appearance. This may involve various forms of legal, social and/or medical actions.

**Heterosexism** | The presumption that everyone is heterosexual or that male/female attractions and relationships are the norm and therefore superior.

**Homophobia** | Prejudice, fear or hatred directed toward people who are attracted to members of the same sex.

**Intersex** | A person whose biology varies from the characteristics typically associated with male or female bodies.

**Lesbian** | A woman who is emotionally, romantically or sexually attracted to other women.

**LGBTQ** | An acronym for “lesbian, gay, bisexual, transgender and queer/questioning.”

**Nonbinary** | An umbrella term for individuals who identify outside of the gender binary, sometimes co-identifying with a transgender identity.

**Outing** | Exposing someone’s LGBTQ identity to others without their permission. Outing someone can have serious repercussions on employment, personal safety, or religious or family situations.

**Pansexual** | A person who is sexually and/or emotionally attracted to people regardless of their gender identity.

**Queer** | A term used to express fluid genders and sexualities, sometimes used interchangeably with “LGBTQ.” This term should be used cautiously, as it is considered offensive to some LGBTQ people.

**Questioning** | Describes people who are in the process of exploring their sexual orientation or gender identity.

**Sexual Orientation** | An inherent emotional, romantic or sexual attraction to other people.

**Transgender** | An umbrella term for people whose gender identity and/or expression is different from cultural expectations based on the sex they were assigned at birth. Being transgender does not imply any specific sexual orientation.

**Transphobia** | Prejudice, fear or hatred directed toward transgender people.