

# Resources

**Kids In Crisis  
Helpline:**

**203-661-1911**



## Helping Kids Thrive – Supportive and Scared Managing Anxiety While Supporting Our LGBTQ+ Youth

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### **Groups:**

#### [LIGHTHOUSE](#)

- Westport – Mondays 5-6:30 pm @ Toquet Hall, 58 Post Rd East
- Stamford – Tuesdays 5-7 pm @ The Fish Church, 1101 Bedford St
- Greenwich – Wednesdays 5:30-7 pm @ Christ Church, in the Parish House, 248 E Putnam Ave
- Wilton – Thursdays 3:15-4:30 pm @ Comstock Community Center, 180 School Rd

#### [Triangle Community Center](#)

#### [LGBTQ Support Groups](#)

#### [Mama Bears](#)

#### [The Loft LGBTQ+ Center](#)

#### [Growth Therapy, LLC](#)

#### [Stamford Pride Family Alliance](#)

### **Books:**

[Out: A Parent's Guide to Supporting Your LGBTQIA+ Kid Through Coming Out and Beyond](#) by John Sovec

[Unconditional: A Guide to Loving and Supporting Your LGBTQ Child](#) by Telaina Eriksen

[Coming Out: A Handbook for LGBTQ Young People](#) by The Trevor Project

[Safe Space Kit: A Guide To Supporting Lesbian, Gay, Bisexual, Transgender and Queer Students in School](#) by GLSEN

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### **Books:**

[The Transgender Child](#) by Stephanie Brill and Rachel Pepper

[Transgender Children and Youth](#) by Elijah Nealy

[The Transgender Teen: A Handbook for Parents and Professionals Supporting Transgender and Non-Binary Teens](#)

by Stephanie and Lisa Kenney

[The Conscious Parent's Guide to Gender Identity](#) by Darlene Tando

[Becoming Nicole](#) by Amy Ellis Nutt

[GLSEN](#) has resources for inclusive curriculum and books for educators in each state.

### **Resource list:**

[The Hub](#)

### **Camps:**

[Campfire Institute](#)

[Camp Lightbulb](#)

### **Counselors, Psychiatrists and Physicians:**

[Growth Therapy, LLC](#)

[Circle Care Center](#)

[Kalan Ross, CT Affirmative Therapy](#)

[Dr. Joe Gallego](#)

[Child Guidance Center Gender Diversity and Resilience Program](#)

[Dr. Laurel Chandler](#)

[Clinical Services at Triangle Community Center](#)