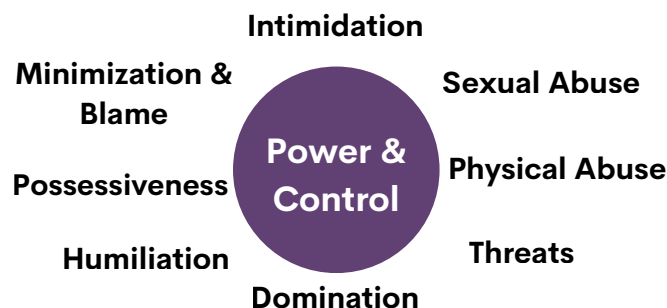


Wheel of Power & Control



Intimidation

Yelling or screaming; threatening to hurt you or themselves; inciting fear and reinforcing homophobia, biphobia, transphobia, etc.

Sexual Abuse

Pressuring, using drugs/alcohol, or other coercive methods to force you to perform sexual acts; rape.

Physical Abuse

Holding you so you can't leave, slamming you into a wall, hurting you where bruises don't show, grabbing, slapping, hitting, shoving, punching, kicking.

Threats

Saying they can't live without you, constantly threatening to find someone else, saying they will commit suicide if you break up, threatening to "out" you.

Domination

Treating you like a child, property, or servant; making all the decisions; defining each partner's role or duties; cutting off your access to resources, etc.

Humiliation

Name-calling, constant criticism, gaslighting, humiliating you in public, questioning whether you're "really" your chosen identity, reinforcing internalized homophobia, etc.

Possessiveness

Jealously, accusations of cheating, isolation from friends/family, saying no one else will want you because of your identity.

Minimization & Blame

No responsibility for actions; making light of abuse; blaming you; reinforcing same-sex relationship myths of abuse (same-sex partners incapable of abuse).

Resources

The Pride Clinic: Santa Paula West

Hormone Replacement Therapy
(805) 229-0200

www.vchca.org/health-and-wellness/lgbtqia-pride-clinic/

Diversity Collective Ventura County

LGBTQ+ Community Resource Center
(805) 644-LGBT (5428)

www.diversitycollectivevc.org

The New Beginnings Center

LGBTQ+ Therapy and Clinical Groups
(805) 987-3162

www.thenewbeginningscenter.com

HOPE Counseling Center, Inc.

Outpatient Mental Health Services
(805) 890-2289

www.counselinghope.info

PFLAG: Parents & Friends of Lesbians, Gays, LGBTQ+

National Family & Ally organization
(805) 330-1304

www.pflag.org/chapter/pflag-ventura



1000 Town Center Drive, Suite 500, Oxnard, CA, 93036

Ph: (805) 983-6014 Fax: (805) 983-6240

M-F 8am-12pm, 1pm-5pm

admin@thecoalition.org

se habla español



LGBTQ+ Program

Support services for the LGBTQ+ Community.

- Free Individual and Group Counseling
- Emergency Shelter Services
- Crisis Counseling, Advocacy, and 24-Hour Accompaniments
- LGBTQ+ Youth & Transgender & Non-binary Support Groups
- Legal Clinic and Support

**You are not alone.
We are here for you.**

**24/7 Bilingual Crisis Hotline
1-800-300-2181**

The LGBTQ+ Program at the Coalition for Family Harmony is funded by CalOES VOCA 20 funds.

What is the LGBTQ+ Program?



LGBTQ+ communities are often excluded from conversations about sexual assault, intimate partner violence services, and prevention. LGBTQ+ people may also face family rejection, houselessness, substance abuse, and depression, which often increase their vulnerability to violence.

Coalition provides nonjudgmental, affirming, survivor-centered services with advocates and therapists that receive ongoing cultural sensitivity training to support LGBTQ+ people in our service area.

Coalition LGBTQ+ Services:

- Crisis counseling
- Free counseling sessions for LGBTQ+ people;
- Victim advocacy and resources;
- Emergency shelter and transitional housing program for survivors of intimate partner violence;
- Transgender and non-binary adult clinical support group;
- LGBTQ+ Clinical Youth Group
- Legal Program provides guidance and consultation in family law, including restraining orders, child custody disputes, and divorce.

For other Coalition services, please visit our website at www.thecoalition.org

Self-Care is Important!



Recovery from trauma, stress, and anxiety can take a toll on your body, mind, and relationships. Managing a routine of self-care is essential to reduce those symptoms. If you find yourself stressed, anxious, or facing other symptoms of trauma, do something you enjoy or ask yourself these questions:

Have I eaten today?

Eat something nutritious like fruits and vegetables, a smoothie, or protein whenever possible.

Have I gotten enough sleep?

Schedule a 20-minute nap, plan to sleep earlier tonight, or sleep in.

Have I exercised recently?

Take a 20-minute walk or practice light stretching to give your body a break from sitting or working.

Have I done anything to relax recently?

Try drinking a cup of tea, listening to your favorite music, or taking five minutes to focus on your breathing.

Where can I go for social support?

Friends, family, and religious members are some options for support.

If you have feelings of hopelessness or feel you are in crisis, our 24-hour Bilingual Hotline is there for you:

1-800-300-2181

You are not alone.



We are here for you.



What can counseling or clinical support groups do for me?

Crisis, trauma, and general counseling sessions in a confidential, nonjudgmental space can help you develop coping skills, safety planning, and healing. You also develop tools to overcome the challenges of everyday life, whether large or small.

Clinical support groups facilitated by trauma-informed therapists provide affirming spaces for you to process with peers and begin healing.