

Local LGBTQ+ Resources & Support

Organization	Contact Information	Details
Lifespan's LGBTQ+ Caregiver Support Group 1900 S Clinton Ave Rochester, NY 14618 585-244-8400	(585) 244-8400 LINK To Register Follow LINK to Lifespan to Register for this Support Group	Facilitated support group for LGBTQ+ and ally caregivers regardless of the condition or illness of the care receiver. Offered in-person, Second Thursdays, 12-1 pm
Out Alliance 100 College Ave #120, Rochester, NY 585-244-8460	https://outalliance.org/	Champion for LGTBQ+Life and Culture Center temporarily closed
Rainbow Seniors ROC	Email: Rainbowseniorsroc@gmail.com Facebook: https://www.facebook.com/Rainbow-Seniors-ROC-Organization-101012668409907/	Rainbow Seniors ROC is an advocacy, service and social activity group for greater Rochester area LGBTQ+ seniors, mostly 50+. All programs are open to the public and all are welcome with the proviso that mutual respect toward one another is mandatory. Older adult group currently meeting in person for vaccinated older adults.
Rainbow Reading Clubs	https://rochester.lgbt/history/	Through Rochester LGBTQ+ Together, there are 2 Rainbow Reading Clubs, one for adults and another for LGBTQ+ teens, ages 13-17 years. Currently offered over Zoom.
Rochester Black Pride	https://www.rocblackpride.com/	Rochester Black Pride is a week-long cultural & arts festival that works to celebrate, empower, & inspire the Black Queer & Trans* community
Rochester.LGBT Resource Directory	Rochester.lgbt	Community resource directory and hub for all LGBTQ+ resources, businesses, and events. The website was launched in January 2022 and developed by the Rochester LGBTQ+ Together Group.

The inclusion or exclusion of an entity does not constitute an endorsement or disapproval by Lifespan. We do not assume responsibility for the quality of services provided. Staff shall review the inclusion/exclusion policy on a regular basis to ensure the policy meets the needs of Lifespan. We reserve the right to exclude and/or remove any entity from the Lifespan. Last Update: 4/15/2022

Need more help? Call Lifespan (585) 244-8400 or go to the Lifespan website: www.lifespan-roch.org

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Rochester LGBTQ+ Together	https://rochester.lgbt/history/ Facebook: https://www.facebook.com/RocLGBTQTogether/	Community volunteer-run group, offering social and support groups and activities. Mostly advertised through their Facebook group
Rochester PFLAG 100 College Ave Rochester, NY 585-993-3297	https://pflag.org/chapter/pflag-rochester Email: rochesterpflag@gmail.com Facebook: https://www.facebook.com/PFLAGRochester/posts/5041790612569972	Meets the second Sunday of every month via Zoom, at 1:00. Facebook page is open and the Zoom link is on the Facebook page. They are not doing a lot since COVID-19. Currently, their focus is on support and education and hope to be more active in the coming months
ROC Pride Collective	https://www.trilliumhealth.org/patient-and-community-services/pride-2022	Group of multiple organizations and community groups to offer Pride this year under the leadership of Trillium Health.
Safe Zone Initiative	Email: info@theszinitiative.org	Offers LGBTQ+ Safe Zone Training in-person and virtually
The MOCHA Center of Rochester 470 West Main Street Rochester, NY 14608 585-420-1400	https://www.trilliumhealth.org/patient-and-community-services/mocha-center	Founded in 1996 as the Men of Color Health Awareness Project, The MOCHA Center has worked to educate Black and Latino men about living a sex- positive life. Over the years, their mission, and the people we work with have grown. Now in partnership with Trillium Health, they have turned into a community health center that offers both community and health in equal amounts—providing a safe place to network, socialize, and address any health issues you face. Mon-Fri: 10am-6pm
Trillium Health 259 Monroe Avenue Rochester, NY 14607 585-545-7200	https://www.trilliumhealth.org/	Local health organization with many LGBTQ+ centered services

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