## September 2023

**Activities and resources for lesbian, gay, bisexual, transgender, and questioning youth ages 10-22.**

<table>
<thead>
<tr>
<th>Sun</th>
<th>Mon</th>
<th>Tue</th>
<th>Wed</th>
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<td>Closed for Summer Break</td>
<td>Closed for Labor Day</td>
<td>In-Person Drop-in: 4-9:30 Dinner w/Divas: 6</td>
<td>Discord: 4-7 Sexual Health Ed Voice Channel: 4-5:30 Non-Binary Group: 6-7 Zoom Ultra Violet Women’s Group: 7-8:30 on Zoom</td>
<td>In-Person Drop-in: 4-9:30 Boys Who Like Boys Group: 7-9 Zoom</td>
<td>Closed for Summer Break</td>
<td>Saturday Night Lambert Live!: 7-8:30 Zoom</td>
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| 10   | 11   | 12   | 13   | 14   | 15   | 16   |

17
Fall City Hike
Requires registration – email onlinegroups@lamberthouse.org for details.

| 18   | 19   | 20   | 21   | 22   | 23   |
| In-Person Drop-in: 4-9:30 Dinner w/Divas: 6 | Discord: 4-7 Sexual Health Ed Voice Channel: 4-5:30 Non-Binary Group: 6-7 Zoom Ultra Violet Women’s Group: 7-8:30 on Zoom | Discord: 4-7 Boys Who Like Boys Group: 7-9 Zoom | In-Person Drop-in: 4-9:30 Boys Who Like Boys Group: 7-9 Zoom | In-Person Drop-in: 4-9:30 Dinner w/Divas: 6 Movie Night: 7-9 Zoom | Saturday Night Lambert Live!: 7-8:30 Zoom |

| 24   | 25   | 26   | 27   | 28   | 29   | 30   |
| BIPOC Group: 5-6 Zoom | BIPOC Group: 5-6 Zoom | Discord: 4-7 Sexual Health Ed Voice Channel: 4-5:30 Non-Binary Group: 6-7 Zoom Ultra Violet Women’s Group: 7-8:30 | In-Person Drop-in: 4-9:30 Boys Who Like Boys Group: 7-9 Zoom | In-Person Drop-in: 4-9:30 Dinner w/Divas: 6 Movie Night: 7-9 Zoom | Closed for Summer Break | 10-14 Year Old Group: 3-4:30pm on Zoom Requires quarterly registration |

Lambert House remains dedicated to what LGBTQ+ youth ask for most: **Social Connection**

To join our online activities, or for questions about online or in-person activities: OnlineGroups@LambertHouse.org

Programs and events are subject to change.
Lambert House Special Events

September 2023

- No Groups/Programs September 1-4 as part of Lambert House’s Summer Break, and Labor Day Holiday.

- OL Reign professional soccer players, out LGBTQ+ activists, and engaged couple Tziarra “Zee” King and Jess Fishlock will visit Lambert House Wednesday, September 13th to talk with interested youth about being out professional athletes, activists, and anything else youth want to talk with them about. Dinner will be catered by OL Reign. RSVP to brandon@lamberthouse.org so we can ensure our space is properly set up.

- Join us for a hike/nature walk in Fall City on Sunday, September 17th. Time and other details shared with youth that sign up/express interest via email to onlinegroups@lamberthouse.org.

- Our 18-22 Year Old and 10-14 Year Old Groups start back up this month: September 13th for young adults, and September 30th for our youngest youth. The 10-14 Year Old Group is currently full, but we will have a waitlist in case anyone withdraws from participation. Email onlinegroups@lamberthouse.org to sign up.

- September Birthdays Celebration will be Friday, September 22nd during Dinner with Divas. We’ll provide a cake, and all are welcome to help us celebrate September Birthdays!

- SpinOUT, the LGBTQ & allies color guard for Rainbow City Performing Arts, will also visit Lambert House on September 22nd and give a short spinning performance (weather permitting) and members will be available to answer questions about being in an LGBTQ Marching Band, at 6:30pm during Dinner with Divas.

Program Schedule

Regularly Occurring In-Person Services:

- LGBTQ+ Youth Drop-In
  Includng Dinner w/Divas, 6-7p, and Queer Movie Night, Fridays 7-9p
- Snoqualmie LGBTQ+ Youth Group
- Maple Valley LGBTQ+ Youth Group
  3rd Fridays, 4:30-6p
  North Bend
  Maple Valley

Online Affinity Groups:

- Trans Group: Mondays, 7-8:30p
- Non-Binary Group: Tuesdays, 6-7p
- Ultra Violet Women’s Group: Tuesdays, 7-8:30p
- Boys Who Like Boys: Thursdays, 7-9p
- Middle School 10-14 Group: Saturdays, 3-4:30p
  (Requires quarterly registration)

- Art Group: 2nd & 4th Wednedays, 5-6p
- BIPOC Group: 2nd & 4th Sundays, 5-6p
- 18-22 Group: 2nd & 4th Wednedays, 7-8:30p
- Event Team: Halloween Planning Mondays 5-6p

Online All Genders LGBTQ+ Youth Discussions:

Saturdays, 7-8:30p: Saturday Night Lambert Live!
4th Mondays, 5p: Dungeons & Dragons Group

For all LGBTQ+ youth! Check our Facebook and Insta for each groups’ topic each week!

Contact OnlineGroups@Lamberthouse.org for more info and to sign up for any group or activity!

Lambert House has a New Youth Orientation that is required prior to participating in most programs:

- Youth may come to the Lambert House Drop-In Center and complete the Orientation during Drop-In Hours, no appointment necessary. The in-person Orientation includes:
  - Completing a paper version of our Confidential Intake Form.
  - Reading our House Rules and asking any questions that you have about them.
  - Going on a tour led by a staff member or an experienced youth program participant.

- Youth may email onlinegroups@lamberthouse.org to start an online version of our Orientation.
  - Complete an online version of our Confidential Intake. This includes reading through our House Rules.
  - Complete a 10-15-minute video meeting with a staff member so we can welcome you to Lambert House, answer any questions you have, and verify age/identity for online safety.
  - If you come to our drop-in center in-person later, we will provide you with a tour upon your first visit.

www.LambertHouse.org
www.facebook.com/LambertHouse
Instagram: @LambertHouse

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