

## Support Resources for Caregivers



### Strong Family Alliance

Site with resources for parents/caregivers of LGBTQ+ kids/teens including parent guides

<https://www.strongfamilyalliance.org/>



### PFLAG

Largest LGBTQ+ support and advocacy organization. Has information about advocacy, finding a local chapter, and resources for loved ones of LGBTQ+ people

<https://pflag.org/>



### Trans Families

Organization supporting families of trans and gender diverse children. Has an annual conference, resources, and support groups.

<https://transfamilies.org>



### Freed hearts

Organization dedicated to helping families reconcile their faith with supporting their LGBTQ+ children. Includes books, video courses, a podcast, and social media pages/groups

<https://freedhearts.org>



## Positive Affirmations

- I am doing the best I can, and that is enough.
- I am grateful for my family.
- I am learning as I go.
- I am the best caregiver for my teen.
- Despite the challenges, my teen feels loved and safe.
- In taking care of myself, I teach my teen the value of self-care.
- I believe in myself and accept that I am enough.
- I am a good enough caregiver.
- Being a caregiver has shown me that I am strong.
- Being myself is more than enough for my teen.

### Questions for Self-Exploration:

- What other aspect of yourself as a caregiver are you proud of?
- Do you have affirmations you tell yourself that are not mentioned above?