

OUTLET GROUPS

SOCIAL GROUPS

Monday Night Group (Ages 10-14)

Monday 6:00-7:30 PM

A peer support group for LGBTQQIA+ youth ages 10-14. This group is a safe and confidential space to share experiences and build community.

LGBTQ+ Drop In - SMPC (Ages 10-18)

Tuesday 4:00-5:30 PM

This drop-in space is an LGBTQ+ youth hangout - open to all youth and allies ages 10-18. Safe space to hang out, find community, develop resources, discuss books and play games.

Trans-Femme Youth (Ages 14-25)

Wednesday 6:00-7:30 PM

A peer support group for youth ages 14-25 who identify as part of the trans-femme community, or who are questioning a trans-femme identity. Group is a safe and confidential space to share experiences and build positive relationships in a welcoming environment.

Grown Folk - SMPC (Ages 18-30)

Every Other Wednesday 6:00-7:30 PM

A peer support group for LGBTQQIA+ young adults ages 18-30 through the San Mateo Pride Center. Groups are safe and confidential spaces to find community and support. Geared towards young adults who are out of high school, in college, or are transitioning into work and gaining more independence.

Trans* Group (Ages 10-18)

Thursday 6:00-7:30 PM

A peer support group for youth ages 10-18 who identify as part of the transgender community, or who want to explore their gender identity. Group is a safe and confidential space to share experiences and build positive relationships in a welcoming environment.

De Ambiente - Group in Spanish (Ages 15-25)

Thursday 6:00-7:30 PM

De Ambiente is a safe community space for bilingual Spanish-speaking LGBTQIA+ youth. De Ambiente is dedicated to exploring, supporting, and educating ourselves and others on the intersection of being LGBTQ+ and Latinx/Latine.



How to sign up for Outlet social groups:

1. Complete our Outlet Social Group Form in [English](#) or [Spanish](#)
2. Email us at outletprogram@acs-teens.org (include which group(s) you are interested in)
3. Outlet facilitator will schedule brief 10-minute video orientation and Q&A.

THERAPY GROUPS

LGBTQIA+ Parent/Caregiver Support Group

8 consecutive Mondays 6:00-7:30 PM

This is a therapy group for parents & caregivers of LGBTQIA+ youth. This group is both educational and process-oriented, meaning you will learn about LGBTQIA+ experiences and identities, develop coping skills and gain support in community with other caregivers who are navigating a version of this raising an LGBTQIA young person.



How to sign up for Outlet's Parent/Caregiver group:

1. Complete our [Parent/Caregiver Group Form](#)
2. Email karla@acs-teens.org to alert us that the form has been completed
3. The facilitating clinicians will schedule a brief 10-minute video orientation and Q&A with you.

To inquire or begin the intake process for individual, couple or family therapy: email karla@acs-teens.org



QUESTIONS?

Contact us with questions and inquiries at outletprogram@acs-teens.org or 650.424.0852 x 107. Visit us at our [website](#), or on [Facebook](#), [Instagram](#), or [Twitter](#).