



LGBTQ+

Youth Center

BY TANAGER



GET INVOLVED

First step for youth interested in joining the center is to meet with Center Director Lori Ampey for an orientation.

Lori Ampey
LGBTQ Youth Center Director
lampey@tanagerplace.org
319-777- 8068

MONTHLY CALENDAR

Visit our website to view our monthly activity calendar!



tanagerplace.org/prevention/lgbtq-center

CENTER HOURS

Wednesdays & Thursdays
5:30 - 7:00pm

Every Other Friday
5:00 - 6:30pm

Pride Café - Every Other Sunday
12:00 - 2:00pm

Tanager Place Estle Center
1030 5th Ave SE
Cedar Rapids, IA

The LGBTQ Youth Center provides a safe and confidential place for lesbian, gay, bisexual, transgender, and questioning youth and allies to connect, learn and grow. Launched in 2018, the center aims to give LGBTQ youth and families a supportive space where they can be uniquely themselves. Through advocacy, support, education, and celebration, youth strengthen their sense of identity and increase their involvement in the community.

PROGRAMS

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|-----------------------------|-----------------------|
| Social Outings | Ally Youth Council |
| Cooking Lessons | School Assistance |
| Financial Literacy | Health Education |
| Pride Café | Community Service |
| Friday Night Drop In | Career Exploration |
| LGBTQ+ Youth of Color Group | Support Groups |
| High School Drop In | Mentoring |
| 18-21 Year Old Program | Parent Support Groups |

SPECIAL EVENTS

LGBTQ Prom - Spring

Middle and high school students are invited to enjoy a special evening together.

Pride Month - June

Youth have the opportunity to participate in community pride events and special activities at the Center.

LGBTQ Luncheon - Winter

Youth and allies celebrate the accomplishments of the past year and honor those who have gone above and beyond in promoting the community and the Center.



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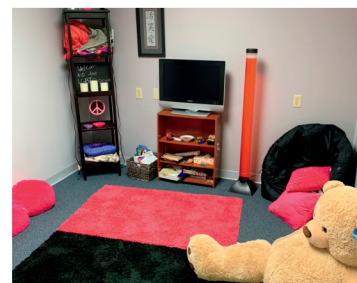
Youth Center

“The Center saved my life, helped me at my darkest times and continues to help me when I’m at my lowest. I had no friends and don’t have an accepting school. I went to The Center to try to make new friends, and I did. It gave me a place to talk things through and helped me recover from different things while giving me a creative outlet to express myself. I have a painting on the wall and a place to be me without questions and experiment with different identities. The Center has had a huge impact on my life, has helped me to be more confident and happy!”

"My child came out as transgender about a year ago. Shortly afterward we found a ground called Transformations and, shortly after that, the LGBTQ Youth Group. These groups and The Center have been a big help for me and my son. I was in contact with other parents of transgender kids, and was give so much information on how I could help my child become successful and independent while embracing who he is. My son could see he wasn't alone, and has made so many friends who understand his struggles and gears. Thanks to the Center for the help, support and youth group."

THE CENTER

The Center is located on the main level of the Estle Center and provides unique areas for activities. Youth can enjoy a meal in the Pride Café, play pool, unwind in the zen room, or simply relax with friends.



FAMILY CONNECTIONS

Building strong connections between youth and their families is an important component of the Center. Parent education workshops, events, and support groups help families build strong relationships and understanding.