



## Safe Spaces for Youth and Young Adults

It can be hard to know where you can go where you won't be judged for being different. In partnership with One Iowa, Homeward and its partners has pulled together the following resources specifically geared toward young people who identify as LGBTQIA+.

[Iowa Homeless Youth Center's Youth Opportunity Center](#) is a safe space for individuals experiencing homelessness who are between the ages of 16-24. IHYC provides homeless youth services including drop-in, emergency beds, and street outreach to youth living without safe, stable housing. Other programs such as counseling, foster care aftercare, education support, and supportive housing are also available. Follow them on [Facebook](#), [Instagram](#), and [Twitter](#).

Public Libraries are viewed as one of the only free, non-biased government locations where youth and young adults are encouraged to visit. While every library has a different focus, some libraries, such as the Des Moines Public Library, have added social workers to their staff to help connect patrons to community resources through projects such as [The Outreach Project](#). The [State of Iowa Library Directory](#) lists the names and phone numbers of Iowa libraries.

[The QYR Youth Center](#) has LGBTQIA, BIPOC, and Trans Teen Art Gatherings. They also do all-ages drag shows and movie nights. For more information, contact them at [desmoinesqyrc@gmail.com](mailto:desmoinesqyrc@gmail.com) or visit their Facebook page The QYR Youth Center. (<https://www.facebook.com/dsmqyrc>)

The Common Love is a safe space to meet other queer folks and their Pop-Ups provide access to gender-affirming free clothing. Pop-Ups occur once a month. They can be found on Facebook at Common Love DSM, Instagram at Common Love DSM, or can be reached by email at [hello@commonlovedsm.com](mailto:hello@commonlovedsm.com)

[Central Iowa Rainbow Families](#) provides play dates, meet ups, resources, educational activities, advocacy opportunities, and workshops to LGBTQ families (and prospective parents). They are a safe space that allows LGBTQIA+ families from across Central Iowa to connect, share resources, and build community. They can be found on Facebook at IA Rainbow Families. (<https://www.facebook.com/groups/IARainbowFamilies/>) Central Iowa Rainbow Families are also part of Family Equality's National Network of LGBTQ Family Groups. You can find more information here: <https://www.familyequality.org/family-support/national-network-lgbtq-family-groups/>

[The Des Moines Gay Men's Chorus](#) is a community of folks who enjoy singing. It is open to folks of all genders and has a Trans-specific chorus within it. More information and how to join can be found on their website: [www.dmgmc.org](http://www.dmgmc.org).

UCS Transgender Support Group is open to all transgender, queer, non-binary, gender non-conforming individuals. Whether you are just beginning your journey or somewhere beyond, join us! Allies in direct support of transgender members are welcome. Meetings held weekly at USC Healthcare are available in a hybrid format for people who reside in Iowa. For questions and accommodations, email [support@ucsdsm.org](mailto:support@ucsdsm.org) or call 515.280.3860.

[Iowa Trans Mutual Aid Fund](#), which is an organization that provides financial support for folks accessing gender-affirming in the state of Iowa. This also includes funding to travel outside of the state for care.

## Urgent Hotlines

### [Iowa Victim Service Call Center](#)

The Iowa Victim Service Call Center is a resource to victims and survivors of crime in Iowa. With staff always available, callers are given the full attention they deserve. Advocates are highly trained by many of the culturally-specific groups and are aware of the unique challenges and barriers to services that people in LGBTQ community may face. 1-800-770-1650 or text 'iowahelp' to 20121

### [The Trevor Project](#)

Anti-bullying Hotline (24/7 service)  
866-488-7386

### [PFLAG](#)

PFLAG is the first and largest organization for lesbian, gay, bisexual, transgender, and queer (LGBTQ+) people, their parents and families, and allies. PFLAG Des Moines can be found on Facebook. <https://www.facebook.com/pflagdsm/>

[Iowa Coalition Against Sexual Assault](#) ([www.iowacasa.org](http://www.iowacasa.org))  
Iowa Sexual Abuse Hotline at 1-800-284-7821, 24/7

### [Trans Lifeline](#) ([www.translifeline.org](http://www.translifeline.org))

877-565-8860

Trans Lifeline is a grassroots hotline and microgrants 501(c)(3) non-profit organization offering direct emotional and financial support to trans people in crisis – for the trans community, by the trans community.

## Advocacy Resources

[Iowa Safe Schools](#) ([www.iowasafeschools.org](http://www.iowasafeschools.org)) staffs youth councils and leadership opportunities for youth. To get involved, reach out to Jordan at [Jordan@iowasafeschools.org](mailto:Jordan@iowasafeschools.org)

[Iowa QSA](#) (<https://iowaqsa.org/>) is a student-led group of LGBTQ youth that want to be involved in advocacy work. They offer resources for K-12 students, college-age students, and community members. The group is also heavily involved in legislative actions designed to support LGBTQ students and their families. Iowa QSA sponsor a variety of events off and on through the school year, but most are during the legislative session.