

## SEXUAL ORIENTATION GROUPS

This list of sexual orientation self-help groups in and around Champaign County is prepared by the staff and volunteers of the Self-Help Center of Family Service. If you don't find the group you are looking for, or if you want to start a group, please contact the Self-Help Center at 352-0099 or by e-mail at [lliss@familyservicecc.org](mailto:lliss@familyservicecc.org).

The following is a key to the coded information that appears before group descriptions: 1. Year group was formed 2. A=Affiliated with a state, national or international group; F=Freestanding group 3. L=Lay run/organized group; P/L=Professional and Lay persons share facilitation/organizational roles in group; P=Professional facilitates and/or organizes group meetings.

*Inclusion in this list does not constitute an endorsement or evaluation.*

### Champaign County

**Access UP!** (2013 F,L) This on-line group is part of the Uniting Pride (UP) Center of Champaign County. The group hopes for dialogue among individuals with disabilities and their allies. Topics of conversation are not limited. They can include accessibility, independence, community building, and sexuality (heterosexual, lesbian, gay, bisexual, asexual, and any other identity you choose). The group is open to all individuals over the age of 18. To stay connected with the group, join on Facebook at [facebook.com/groups/43429175998217/members](https://facebook.com/groups/43429175998217/members). **Call:** UP Center (217) 550-4248 **E-mail:** [info@unitingpride.org](mailto:info@unitingpride.org) **Website:** [unitingpride.org](http://unitingpride.org) **Write:** 44 E. Main St. Ste. 516, Champaign, IL 61820

**BLEND UP (Building Local EthNic Dialogue UP)** (2012) This support and discussion group is for same-gender loving people of color in the Urbana-Champaign community. Adult men, women, and transgender people of all identities, ages 18 and up, are welcome to join. Discussion topics include family, relationships, school, work, and defining yourself. This group is not currently meeting. Please e-mail for more information. **Call:** UP Center Administration (217) 550-4248 **E-mail:** [blend@unitingpride.org](mailto:blend@unitingpride.org) **or:** [info@unitingpride.org](mailto:info@unitingpride.org) **Website:** [unitingpride.org](http://unitingpride.org) **Write:** The UP Center of Champaign County, 44 E. Main St. Ste. 516, Champaign, IL 61820

**Brother II Brother** (2009 F,P/L) This community group is for young gay and bisexual men of color. The group provides a safe place for men to come together, socialize, have fun, and be themselves in a supportive environment. It is sponsored by the Champaign-Urbana Public Health District (C-UPHD). Meets Wed., 7:00-10:00 p.m., Mspot, 24 E. Green St., Green Street Center, Ste. 14, Champaign. **Call:** Carrie Keenan (217) 531-5364 **E-mail:** [ckeenan@c-uphd.org](mailto:ckeenan@c-uphd.org) **Write:** Carrie Keenan, Champaign-Urbana Public Health District, 201 W. Kenyan Rd., Champaign, IL 61820

**C-U PFLAG (Parents, Families and Friends of Lesbians and Gays)** (1996 A,L) This self-help group focuses on supporting parents, families, and friends of gay, lesbian, bisexual, and transgender people. It promotes the education of the general public and advocates for issues concerning LGBT individuals and their friends and family members. The group helps families understand and accept their family members. This group is for adults and some older teens, but is not for young children. Membership with the national organization is encouraged, but is not required. Meets 4th Tues. (no July meeting), but 2nd Tues. in Dec., 6:00 p.m., Wesley United Methodist Church, West Lounge, (Corner of Green St. and Goodwin St.), Urbana. **Call:** Cindy Dodd (217) 586-3497 (home) **E-mail:** [cupflag@hotmail.com](mailto:cupflag@hotmail.com) **or:** [peggy.whitmer@gmail.com](mailto:peggy.whitmer@gmail.com) **Website:** [pflag.org](http://pflag.org) **Write:** C-U PFLAG, Wesley United Methodist Church, 1203 W. Green St., Urbana, IL 61801.

**Face2Face** (2008 A,L) This support group provides personal, confidential support and information to straight partners of current or former gay, lesbian, bisexual or transgender mates. For support, information, or to be placed on a list to form a local group, visit the website or e-mail. Contact: Shelly. **E-mail:** [cu-face2face@straightspouse.org](mailto:cu-face2face@straightspouse.org) **Website:** [straightspouse.org](http://straightspouse.org)

**Families Group** (2012 F,P) This group focuses on specific needs of LGBTQA (lesbian, gay, bisexual, transgendered, queer/questioning, and allies) parents and children. This group provides separate programming opportunities for children of LGBTQA parents, LGBTQA parents, and the family. Call for more information. **Call:** Sara Heumann (217) 550-4248 or UP Center (217) 550-4248 **E-mail:** families@unitingpride.org **or:** info@unitingpride.org **Website:** unitingpride.org **Write:** The UP Center of Champaign County, 44 E. Main St. Ste. 516, Champaign, IL 61820

**Gal UP** This group is for women of any sexual orientation to come together in a safe space to discuss their lives and socialize. Topics for discussion can relate to the coming out process, being an ally, developing friendships and networking within the community, spiritual and religious topics, dating, and more. Meets 4th Wed. 6:00-7:30 p.m. Please e-mail for more information. **Call:** UP Center (217) 550-4248 **E-mail:** info@unitingpride.org **Website:** unitingpride.org **Write:** 44 E. Main St. Ste. 516, Champaign, IL 61820

**Man UP: Men Against Negativity** (2012 F,L) This peer-facilitated group is for GBTQ (gay, bisexual, transgendered, and questioning) men. On the 1st and 3rd Tues. 6:30-8:00 p.m., the group meets in a peer support setting with focused discussions on topics such as the coming out process, developing friendships within the community, dating, and more. On the 2nd and 4th Tues., at the same times, group meets in a social setting for casual discussion, games, movies, and more. Meets at The UP Center, 44 E. Main St. Ste. 516, Champaign. **Call:** UP Center (217) 550-4248 **E-mail:** info@unitingpride.org **Website:** unitingpride.org **Write:** 44 E. Main St. Ste. 516, Champaign, IL 61820

**Talk it UP - LGBTQ Youth Support Group** (2010 F,P) This peer-run LGBTQ support group is for LGBTQ (lesbian, gay, bisexual, transgender, and questioning) middle- and high-school youth. LGBTQ youth can expect an atmosphere of acceptance and support while meeting other LGBTQ youth. The group is co-facilitated by two adults experienced in working with youth. However, the group is led by youth participants. Topics of conversation include coming out, dating, talking to parents, and other issues relevant to LGBTQ youth. Meets Mon., 6:00-7:30 p.m., The UP Center, 44 E. Main St. Ste. 516, Champaign. **Call:** UP Center Youth Coordinator (217) 550-8954 **E-mail:** peggy@unitingpride.org **or:** info@unitingpride.org **Website:** unitingpride.org **Write:** 44 E. Main St. Ste. 516, Champaign, IL 61820

**Transgender Support Group (Intersections)** (2014 F,L) This group is for members of the transgender community to come together in a safe space to discuss our lives and socialize. Topics for discussion can relate to the coming out process, transitioning, becoming comfortable with ourselves, and living as a trans person in general society, dating, and more - all while developing friendships and networking within the community. A private changing room is available adjacent to the meeting space. This group meets on the 2nd and 4th Thursday from 6:30-8:00 p.m., The UP Center, 44 E. Main St. Ste. 516, Champaign. For times between meetings, there is a private Facebook group. **Call:** UP Center (217) 550-4248 **E-mail:** info@unitingpride.org **Website:** unitingpride.org **Write:** 44 E. Main St. Ste. 516, Champaign, IL 61820

**What's UP** (2012 F,L) This group is for LGBTQA (lesbian, gay, bisexual, trans, queer, and ally) people aged 18-25 to come together and work out problems, rant, socialize, philosophize, commiserate, speculate, or just plain talk. Every meeting has a specific discussion topic, and often a speaker will help keep the discussion going and answer questions. Although meetings have assigned topics, it is possible that we may discuss many things one day and stick to one thing on another. The needs of the group dictate whether or not we stick to one topic since the group focus is on the needs and interests of members. **Call:** UP Center Administration (217) 550-4248 **E-mail:** info@unitingpride.org **Website:** unitingpride.org **Write:** The UP Center of Champaign County, 44 E. Main St. Ste. 516, Champaign, IL 61820

**Women of Pride** (2008 F,L) This group provides a weekly discussion group and opportunities to participate in a wide range of community activities to foster a sense of community among women of all sexual orientations. Meets Fri., 6:30 p.m., 616 E. Green St. Ste. 212, Urbana, IL 61820. **Call:** Sarah Mowitz (217) 244-8863 **E-mail:** mowitz2@illinois.edu **Website:** go.illinois.edu/lgbt **Write:** Sarah Mowitz, 616 E. Green St. Ste. 212, Urbana, IL 61820

## **Macon**

**Gay and Lesbian Association of Decatur (GLAD)** (1993 F,L) This social and educational group is for gay and lesbian people. Free literature and newsletter are available. Videos are available to loan. Meets 2nd Sat., 6:30 p.m. for a potluck meal followed by a program. There is a \$5 donation. **Website:** gladdecatur.com **Write:** GLAD, P.O. Box 3783, Decatur, IL 62524

*For a complete listing of area support groups, visit the Self-Help Center website at  
selfhelp.famservcc.org*