



### What the heck is Inside/Out Youth Services?

We're a safe space for Lesbian, Gay, Bisexual, Transgender, Intersex, Questioning and Queer (LGBTIQ) youth ages 13-22. We've been around for 30 years! Drop-in to hang out and/or attend awesome groups for health and wellness, dating violence prevention, suicide prevention, and self-advocacy skills. Join weekly support groups, recreation nights, food pantry and clothing closet, and social activities to help you feel empowered to express who you are in a safe place.

IOYS believes in a positive youth development approach – that means we have amazing LGBTIQ adults, and allies, to support you with whatever you need. And we partner with YOU to educate the public on the issues LGBTIQ youth face. We're here to make it better.

### Cool! Where do I go?

Our space is at 223 N. Wahsatch Ave in Colorado Springs – right by Palmer High School.

### Questions? Need help?

You **always** can call us at 719-328-1056, or email us at [director@insideoutys.org](mailto:director@insideoutys.org). Don't be afraid to reach out – this is a safe space, and we're here for you. We have a website too: [www.insideoutys.org](http://www.insideoutys.org)



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## Programs and Hours

**LGBTIQ Youth Drop-in:** Everyone needs chill time. You can make snacks, play games, do homework, be with friends, get support from trusted adults, or have some quiet time.

(Mon 3-7:15, Tue 3-6pm, Wed 3-7:15pm, Fri 3-7:30pm)

**Food Pantry + Clothing Closet:** Take what you need when you need it. We've got your back.

(Available during Youth Drop-In)

**Smart Hearts:** What does a positive dating relationship look like? What are some relationship red flags? What do I do if I'm feeling unsafe in my relationship? Explore differences between positive, nurturing relationships and harmful relationships. Win prizes + get some healthy dating support!

(Wed @ 5:30 - Check-in @5pm)

**Stress, Anxiety, Managing Emotions (SAME) Support & Discussion:**

What's going on in your life, head, + heart? We want to know about you + help you develop healthy practices to deal with this thing called LIFE.

(1st and 3rd Mon @ 5:30pm - Check-in @ 5pm)

**SAME with a Twist:** Manage stress, anxiety, and emotions through therapeutic art experiences.

(2nd and 4th Mon @ 5:30pm - Check-in @ 5pm)

**Transformation:** Are you trans or a gender expansive youth? This group is exclusively for you. Get to know your peers, process challenges of being trans, + create healthy habits for dealing with emotions.

(Tue 6-7:30pm)

**Cooking Basics:** Our head chef teaches prepping, planning, and hosting a meal in community with your peers.

(Wed @ 3:30pm)

**Glitter Wars:** Let your hair down and play some group games. Or let your hair down and perform in our annual Youth Drag-Off. Or let your hair down and just eat pizza + win prizes + party.

(Fri 3-7:30pm)

**Transparenting:** This one is for parents! We have a guided peer-support group for parents of trans and gender expansive youth. Parents, please RSVP to [priscilla@insideoutys.org](mailto:priscilla@insideoutys.org) at least 24 hours in advance.

(4th Thur @ 6pm)

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