

LGBTQ+ Groups

A.L.L.Y. Group for Adolescents

This is a 12 week group for individuals ages 10-18. This group is for adolescents who are exploring their gender identity and/or sexuality and/or identify as a sexual minority. A.L.L.Y. (Awareness, Leadership, Linking Together, Your Voice) uses Cognitive Behavioral Therapy Strategies to discuss and process experiences related to being LGBTQ+; and participants work to both learn strategies for coping with stress and develop a sense of community with other participants. There are separate groups for younger and older children.

Pride Adventure

This is a 12 week group for ages 13-18. Pride Adventure is an effort to combine the benefits of two groups to provide additional support to the queer community in addressing the community's unique stressors. Group members collaboratively explore aspects of their identity and building supportive and resilient selves. Participants should have good abilities to engage in imaginative play and ideally have knowledge of or interest in Dungeons and Dragons or other role-playing games. This group is particularly appropriate for participants who have participated in A.L.L.Y. or Adventure groups, due to the content material and activity.

AFFIRM Caregiver Group

This is an 8 week group for caregivers of trans/gender diverse youth. Using the AFFIRM Caregiver model as a guide, this group offers parents an opportunity to think about their young person's gender journey, their own experiences as caregivers of a gender diverse youth, and connect with other parents with similar and diverse caregiving experiences. The primary focus is to provide caregivers information and support in order to become more affirming in their parenting.

These groups are held at our South Avenue Location.

Contact Us:

For more information or to schedule an appointment, please call us at (585) 279-7800.

In the event of an emergency after hours or on weekends, families may contact the Behavioral Health Crisis Call Line at (585) 275-8686.

Hours:

Monday – Thursday	8:00 a.m. – 7:00 p.m.
Friday	8:00 a.m. – 5:00 p.m.
Saturday (select locations)	8:30 a.m. – 2:00 p.m.

Insurance and Payment Information:

If you have questions about insurance coverage, co-payments, financial assistance or billing, please contact our financial advisor at (585) 273-4705 or (585) 602-2435.

Pediatric Behavioral Health & Wellness

1860 South Avenue, 1st Floor

Rochester, NY 14620

200 E. River Road, 3rd Floor

Rochester, NY 14623

golisano.urmc.edu/behavioralhealth

Part of Strong Memorial Hospital.

Pediatric Behavioral Health & Wellness

Outpatient Services for LGBTQ+ Youth & Families





Providing personal and comprehensive services.

All of our services at Pediatric Behavioral Health & Wellness are designed to meet the needs of children, adolescents and families from diverse backgrounds who may benefit from outpatient assessment and treatment. Our services are attentive to the strengths and challenges often experienced by LGBTQ+ youth and families.

We provide support and services to the queer community including:

- Individual therapy and family involvement
- A.L.L.Y./Adventure Pride Group
- AFFIRM Caregiver Group
- Assistance with the mental health aspect of receiving gender affirming care
- Family therapy
- Psychiatric services
- Case management services

In addition, we offer services to evaluate and treat a variety of conditions including anxiety, depression, trauma and stressor related disorders, and neurodevelopmental disorders.



Here to help at every step.

During the transition from childhood to adulthood, a child or teen is suddenly faced with new challenges and changes, including those related to sexuality and gender identity.

Our staff is committed to providing a safe and inclusive environment for LGBTQ+ youth and their families. Members of our team have specialized training in partnering with youth who are exploring their sexuality and/or gender identity, concerned about possibly coming out to family and friends, or struggling with relationship issues.



Custom-tailored treatment options.

Once a child or adolescent is accepted for services, we conduct a diagnostic assessment to best understand their strengths and areas of concern. Recommendations, which are carefully reviewed with caregivers or legal guardians and the youth, may include one or more of the following services:

- Individual, family and/or group therapy
- Parent consultation
- School consultation
- Psychiatric services

Services are customized to address specific treatment goals. Progress toward these goals is assessed together with the youth and caregivers. We work closely with the youth and their chosen care team, including their primary care providers.