



Lifespan Celebrates & Honors ROC Pride Month

This week, we are providing some information about local LGBTQ+ resources and community opportunities! Click the links for more information!



Rainbow Seniors ROC is an advocacy, service, and social activity group for greater Rochester area LGBTQ+ seniors, mostly 50+.

Health Resources, Services, and Advocacy:

Trillium Health is a Community Health Center that provides extraordinary care for all, including LGBTQ+ health, ensuring equitable, judgement-free, and affordable care.

The Mocha Center, or the Men of Color Health Awareness Project, was founded in 1996 to help educate and support Black and Latino men about living a sex-positive life.

PFLAG is the first and largest organization dedicated to supporting, educating, and advocating for LGBTQ+ people and their families.

Human Rights Campaign Western & Central NY works to engage LGBTQ+ people and allies in the fight for equality, raise money to fund HRC's work, build strong relationships with local businesses and like-minded organizations, and turn out voters to elect pro-Equality candidates into office.

Support Groups:

NAMI Rochester facilitates a monthly LGBTQ+ group as a safe and confidential space for queer identifying individuals who are experiencing mental health struggles.

Lifespan hosts an LGBTQ+ Caregiver Support Group for LGBTQ+ and ally caregivers of any older adult (60+) with a chronic condition or illness.

Music, Entertainment, and Fun:

ImageOut presents LGBTQ+ arts and cultural experiences showcasing films, other creative works and artists to promote awareness, foster dialogue, and build community.

The Rochester Gay Men's Chorus creates social change through excellence in the choral arts.

Flower City Pride Band is an all-volunteer community band open to adult LGBTQ+ musicians and allies.

ROAR was born from the void that was created after the closing of the biggest LGBTQ+ oriented 18+ club in Rochester, featuring local talent, drag shows, and more!

The Bachelor Forum is the oldest gay owned & operated bar in Rochester, NY!

The Avenue Pub is another local gay bar in its 46th year!

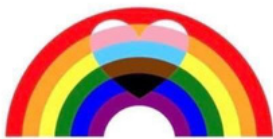
Equal Grounds Coffee is a local coffee shop, priding itself in the sourcing of local, quality ingredients, who have become a staple in the community for supporting LGBTQ+ individuals!

Social Groups:

Rochester Black Pride

Justice League of Queers

Ambush Rochester



Rochester LGBTQ+ Together

Rochester LGBTQ+ Together is a community support and social group for the LGBTQ+ community and allies in Rochester and Monroe County, NY

Also, visit their website, Rochester.LGBT, for community resource and business directories.