Dear Network members,

The holiday season is here, but we know for many LGBTQ+ folx it’s not always "the most wonderful time of the year." For many community members, the holidays are filled with trauma, grief, and pressure to appeal to what family and friends expect of you during the holidays. We want to remind you to prioritize self-care during these times. You are not obligated to attend every family or friend gathering. You should not feel like you need to "show-up" a certain way. You deserve to take care of yourself and make sure your basic needs are met. Here is a list of some helpful ways to reduce holiday stress with self-care tips.

We also wanted to share a sneak peek of our #OutAboutACEs campaign which we will be launching later this month. To help promote better healthcare for our community, the California LGBTQ+ Health and Human Services Network and Cal Voices is running a six-month long awareness campaign starting in December 2021. As LGBTQ+ community leaders across California, you are the key to advocating for our community by joining in on the campaign. Please keep a look out for our social media toolkit and other ways to spread the word about ACEs Aware.

Best,

Amanda McAllister-Wallner
Director
California LGBTQ Health & Human Services Network
Adverse Childhood Experiences (ACEs) and toxic stress represent a public health crisis, particularly in the LGBTQ+ community, that is only now beginning to be recognized by our healthcare system and society at large. Find out more about ACEs, screening and treatment here: [ACEsAware.org](https://ACESAware.org) #OutAboutACEs #ACEsAware

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**Landing page coming soon!**

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**Coronavirus (COVID-19) Information & Resources**

The Network has a [webpage](https://ACESAware.org) dedicated to COVID-19 impacts on LGBTQ Californians, which is being updated frequently. Additionally, [please click here](https://ACESAware.org) to find useful social media graphics and visit our [Youtube channel](https://ACESAware.org) to watch previous webinars.
The LGBTQ Center OC is hiring!

The LGBTQ Center OC is looking for a new **Tobacco Program Health Navigator**. For more information and to apply click [here](#).

ICYMI!

In case you missed our LGBTQ Cessation: The Power of Collaboration webinar you can watch the recording on our youtube channel. The recording is available in both [English](#) and [Spanish](#).

Visit our website

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Network Call

January 6, 2021
10:00 am - 11:00 am

Join us from your computer, tablet or smartphone:
Meeting ID: 837 3683 8958
[Zoom Meeting Link](#)

Dial in using your phone:
1 (669) 900-6833
[Find your local number](#)

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Out4MentalHealth

Meet our new Admin Assistant!

Kitty (she/they) comes in with ten years of non-profit
experience, focusing specifically on child abuse prevention and infant sleep related death prevention. Much of Kitty’s work has focused on racial disparities within our health care services and child protective services, and working on systematic changes to better serve those populations to keep families intact, happy, and healthy.

LGBTQ News and Resources

Shop small this holiday season! Visit local shops like Strapping Store in Sacramento, CA or support LGBTQ+ artists online via Etsy.

Chile's Congress votes to legalize same-sex marriage

Acceptance significantly reduces suicide risk for intersex youths, report finds

HIV infection numbers among gay and bi Black, Latino men stagnant for last decade

LGBTQ youth in the South Face Greater Mental Health Challenges
The 2022 U.S. Transgender Survey, hosted by National Center for Transgender Equality in partnership with Trans Latin@ Coalition, Black Trans Advocacy Coalition (BTAC) and National Queer Asian Pacific Islander Alliance (NQAPIA) will launch in February 2022. We encourage our partners and community members to log onto www.ustranssurvey.org and take the pledge to participate in the survey when it is released in February 2022. Please share the pledge widely so every trans individual has the opportunity to share their story and be counted.

#TransHealth matters! Thanks to the ACA, trans & GQ ppl are protected from discrimination in health insurance & care. That means access to the transition-related care you need & the right to be treated with respect. #KnowYourRights & #EnrollByDec15 at HealthCare.gov

To have your events or announcements listed on our newsletter, please email: awallner@health-access.org.
Donate to LGBTQ Health and Human Services Network

DONATE NOW

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@CALGBTQHealth

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