#Out4MentalHealth

EMBRACING THIRD SPACES





SPACES BEYOND BARS **WHERE COMMUNITIES CAN CONNECT, CREATE, AND FIND A SENSE OF BELONGING.**

WHAT ARE THIRD SPACES?

Third spaces are places outside of home or the workplace where people can gather and build relationships with others. Examples of third spaces can include book clubs, community meetups, or study groups at a local library.

These spaces are often free or low-cost, which is helpful for folks navigating financial barriers or seeking sober environments.

Community Centers and Parks

Community centers and parks provide free or low-cost spaces where people can gather, exercise, relax, attend events, and build connections with others.



Online Communities

From Discord servers to online groups, digital spaces allow people to connect, share resources, and build community around shared interests or identities, often at little to no cost.



Libraries

Libraries offer free spaces to learn, work, read, access resources, and participate in community programs that foster connection and belonging.



Community Garden

Community gardens create opportunities to grow food, spend time outdoors, learn new skills, and build relationships with neighbors.



Waterfronts such as rivers, ponds, and lakes.

Waterfronts provide peaceful places to relax, enjoy nature, and recharge through activities like walking, reading, or spending time by the water.



FUNDING IS CRUCIAL!

In Summer 2026, LA County approved a plan to build a countywide network of LGBTQ+ third spaces, prioritizing youth (ages 12–26) and older adults (60+) through accessible, safe, and trauma-informed spaces.

Investments such as these help reduce isolation, strengthen community connections, and build healthier, more inclusive communities.

While bars and nightlife are visible parts of LGBTQ+ culture, we also deserve spaces that don't center alcohol, opioids, stimulants, and other substances.

Let's keep creating spaces where everyone can show up as they are.