

LIST OF LGBTQ+ CENTERED/FRIENDLY RESOURCES IN CONNECTICUT

Times are difficult as the Trump administration continues to [roll back protections](#) for the LGBTQ+ community. I've compiled this list of LGBTQ+ centered, inclusive, and/or friendly resources, establishments, social groups, events, and more in the hopes that the queer and trans community in CT can find spaces that meet their needs and/or where they can connect with fellow community members. It is my hope that this list helps even *one* person find their new favorite cafe, get connected to LGBTQ+ affirming healthcare, or leads someone to a social group where they find the LGBTQ+ chosen family they've longed for.

How to use: **I suggest looking at the websites linked to make sure the times/dates are still correct and that the places/programs/services are still open and operating!** Additionally, I try to make note of the communities these places/resources center according to their own websites (i.e. BIPOC folks), if facilities are wheelchair accessible, etc. I know this doc is wordy and long – **please utilize the search bar/“Find” feature** on your computers/laptops! Hold “command” “F” at the same time on a Mac or “ctrl” “F” at the same time on most other computer systems and type in the word you are looking for. There is also a table of contents below.

Disclaimer: While it is *never* my intention to promote such places and I hope it is never the case, I want to acknowledge that it is possible for folks to encounter [discriminatory experiences](#) (yes – even at an LGBTQ+ friendly place!). Particularly folks who are a part of the most vulnerable communities within the LGBTQ+ community (including but not limited to trans and non-binary people, Black Indigenous and People Of Color, disabled folks, etc.). I encourage people to **do their own research**/read online reviews about places and resources, if possible. Particularly, Google and Yelp Reviews, Reddit, the Lex App, or even just LGBTQ+ Facebook pages may be good places to look or ask others for their experiences. **I will not share resources that actively harm or oppose causes I care about, including but not limited to: Free Palestine, Black Lives Matter, No Human Being Is Illegal, and more.**

Also please note that since I have not visited all of these locations, I don't know if there are all gender bathrooms available at all of these places and/or accessible bathrooms. I'm sorry!

If you've received a physical/paper copy of this and want to access the links, scan this QR code on your phone and it will take you to the link to the Google Doc:



Table of Contents

Community Centers/Spaces.....
Healthcare.....
Mental Health Groups/Resources.....
Social Clubs/Groups/Recurring Events.....
Preteen/Teen Friendly.....
Family Friendly.....
Bars/Nightclubs.....
Restaurants/Cafes.....
Shopping.....
Salons.....
Tattoo Shops.....
Pride Groups.....
College Campus/University Resources.....
Photographers.....
Wedding Venues.....
For Family Members of LGBTQ+ Folks.....
Virtual Resources.....
Other Resources.....
FAQ.....

Community Centers/Spaces

- [New Haven Pride Center](#) – **New Haven**
 - Community focused organization co-creating a space to empower Greater New Haven LGBTQIA+ individuals
 - Provide case management, support, educational and cultural programming that stands at the intersection of advocacy, arts, and community
- [Bridgeport Pride Center](#) – **Bridgeport**
- [Triangle Community Center](#) – **Norwalk**
 - Fairfield County based center with free support, recovery, social groups, & client advocates
 - May be able to assist with food insecurity, document updates, healthcare, or housing navigation
- [Space Creative Healing](#) – **Hartford**
 - Community center which works to be a nurturing sanctuary for individuals who feel like outsiders/offers boundless explorations for creative self-expression
 - Run by Kimberly Robbins, who identifies as a **multicultural and bisexual woman**
- [Free Hart Closet](#) – **Hartford**

- High quality art supplies for free – **Black, queer, and woman-owned**
- Inside Semilla Cafe + Studios (also **queer and BIPOC [Black Indigenous, People Of Color] inclusive!**)
- **Trans Haven – New Haven, Hartford & Middletown**
 - A space by trans people for trans (and questioning) people to get trans-led and trans-vetted resources and support
 - Proudly builds Black and Brown trans power, trans immigrant power, trans youth power and safety and self-determination for the most vulnerable people in our community
 - Hosts social events like music nights, hikes & outdoors days, sports, art nights, board game nights, and more!
- **Real Art Ways – Hartford**
 - Nonprofit **art space** that exhibits visual art, and houses independent cinema, live music, theater, literary, art, and community events
 - Frequently hosts **BIPOC** (Black, Indigenous, & People of Color) and **LGBTQ+** centered events/shows indie films centered on LGBTQ+ and/or BIPOC folks
 - **Wheelchair accessible** facility; **assisted listening devices** available at the cafe
- **Kamora's Cultural Corner – Hartford**
 - Physical space where **Cultural Humility** is taught, learned and practiced through **workshops, classes, and social events**
 - Approaches cultural humility through a **Black Queer and Afrocentric** perspective
- **Best Video Film & Cultural Center – Hamden**
 - Cultural center with film screenings, live music, and coffee shop
 - Often hosts queer events
- **CNTR - Middletown**
 - **Black, Indigenous, People Of Color (BIPOC) & LGBTQ+ friendly** community space that hosts workshops, community programs, public forms/meetings, film screenings, performances, art showings, & other events
- **TheaterWorks – Hartford**
 - Nonprofit professional theater company and art space
 - Gay owned
- **LGBTQ+ Moveable Senior Center - Coventry**
 - Provides lgbtq+ inclusivity training, peer collaboration, & other programming for **lgbtq inclusive senior centers**
- **Ellington Youth Services – Ellington**
 - Ellington town department that serve children and parents with in-school and after-school programs and support services

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- Hoping to start lgbtq+ parents' group
- [Afro-Caribbean Cultural Center](#) – **Waterbury**
 - Vibrant home for Caribbean Taino and afro-descendent cultures in Connecticut that is LGBTQ+ friendly
 - Past events have included: CT BIPOC LGBTQIA+ Healing Retreat
- [NXTHVN](#) – **New Haven**
 - National arts model/community incubator that empowers artists and curators through education and access to a vibrant ecosystem
 - Has programs including fellowships and apprenticeships

Healthcare

- [The Health Collective](#) – **Hartford**
 - Health and wellness center for the LGBTQIA+ community – also host events
 - Services: medical, dental, HIV support, and education
- [Anchor Health Initiative](#) – **Stamford, Hamden, & Virtual Services**
 - Leading health center for CT LGBTQ+ community with **gender-affirming**, and **sex-positive medical, mental health, and pharmacy care**
 - Services include: primary care, gender affirming medicine, trauma informed pelvic exams, HIV Prevention & Treatment, Sexual Health Care, Psychiatry, Case Management Program
- [The Center for Gender Health](#) – **Hartford & Avon**
 - Healthcare services for gender-diverse adults and teenagers
 - Services offered include: **behavioral health, primary care, hormone therapy, voice therapy**, care management, **chest reconstruction, facial reconstruction**, urology, gynecology, psychology/medication management
- [Circle Care Center](#) – **Glastonbury & Norwalk**
 - Connecticut's first public health center specializing in LGBTQI+ affirming care and sexual health
 - Services include: primary care, HIV treatment & care, HIV prevention, sexual health, gender-affirming care, behavioral health, MPOX vaccines, & full service pharmacy
- [Middlesex Health's Center for Gender Medicine and Wellness](#) – **Middletown**
 - Services include: **behavioral health, hormone therapy**, continence & pelvic health, primary care, physical rehabilitation, **gender transition/confirming surgery**, infectious disease testing & treatment
 - Named 2024 LGBTQ+ Healthcare Equality Leader by the [Human Rights Campaign](#)
- [A Place to Nourish Your Health](#) – **New Haven**
 - Nonprofit organization formerly known as AIDS New Haven
 - Services: free sexual health screenings, behavioral health services [including counseling and medication management], case management, and pharmacy services
 - Resources in Spanish available

- [Center for Advanced Reproductive Services](#) – Farmington, Hartford, New London, Branford, Middlebury, & Springfield, MA
 - First fertility center with decades of offering **LGBTQ+ family building** services
- [Illume Fertility](#) – Norwalk, Stamford, Danbury, Trumbull, & Harrison, NY
 - Fertility clinic with a full range of **LGBTQ+ family building** pathways
 - Designated LGBTQ Healthcare Equality Leader by the [Human Rights Campaign](#)
- [Walk With Me at Wheeler Clinic](#) – Bristol, Hartford, New Britain, Plainville, Waterbury
 - Wheeler Clinic – health center, human services provider and therapeutic day school
 - **PrEP prescriptions, PEP therapy, HIV treatment, Hepatitis C screening and treatment, gender-affirming hormone therapy for adults 18+, & foster care** available
- [Advancing CT Together \(ACT\)](#) – Hartford
 - Works to address root causes of poverty, addiction and health inequities in CT
 - Offers care services for those living with HIV and AIDS, including: case management, Connections Wellness Center (offers psycho support and activities for those living with HIV), and financial assistance for people living with HIV
 - More information on [website](#)
- [Milford Med Spa](#) – Milford
 - LGBTQ+ friendly practice, dedicated to helping all people achieve their desired look and to feel great in their own skin
 - **Masculinizing/feminizing treatments**
 - Provides botox and filler for gender affirmation
 - Free consultations!
- [Apex Community Care](#) – Danbury, Torrington, New Milford, Waterbury
 - Inclusive & compassionate medical care
 - Services: prevention & harm reduction, HIV services, rapid re-housing, behavioral health, & support groups
 - people living with HIV/AIDS, mental health and substance use disorders;
 - Also have services for loved ones and to actively promote education and prevention in the community
- [Yale Medicine Pediatric Gender Program](#) – New Haven
 - Safe, supportive resource and interdisciplinary program for **children, adolescents, and young adults** who are exploring their gender identity, as well as for their families
 - Services: initial consultation, biopsychosocial readiness assessment, mental health services/support, pediatric endocrinologists and mental health providers
- [Greenwich Hospital](#) – Greenwich
 - Recognized as Leader in LGBT Healthcare Equality by the Human Rights Campaign
 - Services offered include: Oncology, Pediatrics, Endocrinology, Digestive Health, Heart & Vascular, Obstetrics, Neurology, Neurosurgery, Orthopedics, Urology, etc.
- [Vernon Rocks Coalition](#) – Vernon
 - Coalition working to prevent youth substance abuse

- [Lgbtq+ friendly](#)
- [Planned Parenthood](#) – **Locations Statewide**
 - Health centers located across CT (here is a [map](#))
 - Services include: abortion care, birth control, emergency contraception, HIV prevention, LGBTQ+ care, pregnancy, preventative services, infection testing & treatment, vaccines
- [Litchfield County Opiate Task Force](#) – **Torrington**
 - Has addiction resource line at 1-860-256-8111; can help with finding treatment options, addiction resources, addiction support, free Narcan, and other harm-reduction supplies to those in need

Mental Health Groups/Resources

- [The Right Track at Institute of Living](#) – **Hartford**
 - Intensive Outpatient Program for LGBTQ+ young adults (18-26)
- [Changing Faces Counseling & Wellness](#) - **Windsor**
 - Queer owned ally and advocate for the gender expansive community
 - Specialties include: gender identity development, intersectionality, codependency, coping skills, emotional regulation, family conflict, life transitions, interpersonal relationship issues, school stress and self esteem
- Institute of Living Open [LGBTQ+ Support Group](#) – **Hartford**
 - FREE and in-person at the Institute of Living for people ages 15 to 25
 - Monthly on third Wednesday of each month from 5-6 p.m
- [Serenity Wellness](#) – **Branford & Middletown**
 - Private practice dedicated to providing safe, competent, and inclusive care to Queer folks & has other areas of specialty including postpartum, perinatal, Veterans & active duty members, neurodivergent care, and more
 - Sex positive, kink inclusive, poly inclusive, and gender competent care
 - Provides letters of clearance for HRT, surgical interventions, vocal coaching, and hair removal
 - Offer **one time visits for gender affirming surgery or treatment clearance letters for individuals** who are seen elsewhere but have providers who are not comfortable writing psychiatric clearance letters
- [Triangle Community Center](#) – **Norwalk**
 - Offers peer support, recovery, & wellness groups (there are a lot – read more [here](#))
- [Middlesex Hospital LGBTQ+ Support Groups](#) – **Middletown**
 - Various virtual gender discussion groups and family/friends/supports group
- [Darien Wellness](#) – **Darien**
 - Provide LGBTQIA+ therapy in the greater New Haven, Connecticut, area via telehealth/virtually
- [PRISM Counseling & Support LLC](#) – **Killingworth**

- Individual and family counseling for LGBTQ+ youth & adults, and support groups for LGBTQ+ youth, adults, & parents of LGBTQ+ youth
- Provide **professional development training** for **school staff and professional organizations** to educate them about the issues facing LGBTQ+ individuals
- [A Place to Nourish Your Health](#) – **New Haven**
 - Nonprofit organization formerly known as AIDS New Haven
 - Behavioral Health services include individual, family, relationship, and group **counseling**; and **medication management**
 - Some resources in **Spanish** available
- [Walk With Me at Wheeler Clinic](#) – **Bristol, Hartford, New Britain, Plainville, Waterbury**
 - Wheeler Clinic – health center, human services provider and therapeutic day school
 - Walk With Me – specialized outpatient treatment track for LGBTQ+ people of all ages, their families, and allies who are seeking therapeutic and/or peer support
 - Gender exploration group in Waterbury
 - AFFIRM group for helping LGBTQ+ adults manage stress
- [Well Life Therapy](#) – **East Berlin**
 - Multi-specialty counseling center that specializes in treating children, teens, adults, couples and families
 - [This webpage](#) explains how they are welcoming/inclusive of lgbtq+ clients
- [Wisdom Within Counseling & Coaching](#) – Niantic & Virtual
 - Children, teen, & couples counseling
 - Serve [LGBTQ+ clients](#)
 - [Webpage](#) on serving trans kids
- [Blues & Blahs](#) – **Virtual**
 - Online psychiatry & mental health services tailored to the LGBTQIA+ community and our allies
 - Specialize in treating depression, anxiety, & addiction
- [Connecticut Alliance to End Sexual Violence Member Centers](#) – **Statewide**
 - Centers by the Alliance that provide free confidential services to child, adolescent, and adult victims of sexual violence throughout Connecticut
 - Services available 24/7/365 via phone or at centers
 - Services include: counseling, support groups, accompaniments in hospital, police, and court settings, case management, etc.
 - Centers in Stamford, Waterbury, Danbury, Milford, Torrington, Bridgeport, Willimantic, New London, Meriden, New Britain, Hartford – see more information and addresses [here](#)
 - National Sexual Assault Hotline: 1-800-656-4673
- [Growth Therapy](#) – **Monroe**
 - Provides child, teen, and adult individual, couple, and family therapy in Monroe, CT and telehealth anywhere in Connecticut
 - LGBTQ+ affirming with several openly LGBTQ+ therapists

Therapists (check websites for availability and information about insurance/fees)

- [Alizae Wineglass, LPC](#) - **virtual**
 - Specializes in working with **BIPOC LGBTQ folks** experiencing anxiety, PTSD, depression, adhd and those on the autism spectrum
 - Background in art therapy; main intervention style is artistic expression and visual arts like painting, collage, etc.
- [Angelique Caligiuri, PsyD](#) - **virtual**
 - Work with adults on identity, relationship, & general mental wellness matters
 - Particular interest in LGBTQ+ community and **twins**
- [Akilah Sigler, LMHC](#) - virtual for tri-state area
 - **Queer Black therapist**
 - Body Trust certified, EMDR-trained
 - Anti-oppressive practice
 - Committed to meeting **BIPOC, disabled, neurodivergent, fat, and LGBTQ+ communities** are met with care
- [Kristen Naes, LMSW](#) - Newington & virtual
 - Specializes in spiritually integrative, trauma-informed therapy for women and LGBTQIA+ adults
- [Emily June Williams, LPC](#) – **Rocky Hill & virtual**
 - Queer trans woman
 - DBT trained
 - **Sexuality, kink, and gender affirming care** & bio/neurofeedback therapies
- [Kathleen McKay-Pyne, LCSW](#) – **Virtual**
 - Passionate about helping people across a wide range of backgrounds, including LGBTQIA+, BIPOC, first generation, and cross cultural communities
- [Destiny Henkel, LICSW](#) – **Virtual**
 - **Queer neurodiverse person of color**
 - Specialize in working with adults with anxiety, depression, ADHD, life transitions, intense emotions, etc.
- [Kristen C. Dew, LMFT, CST](#) – **Monroe & Virtual**
 - Works with: adults 18+, couples, polycules, groups
 - Specialties include: LGBTQIA+, EMDR, sex therapy, polyamory, anxiety, trauma
- [Morghan Cosentino, LPC](#) – **Monroe & Virtual**
 - Works with adults, kids
 - Specialties: LGBTQIA+, anxiety, depression, substance abuse
- [Marcus Tart, LMFT](#) – **Monroe & Virtual**
 - Works with: adults 18+, couples, polycules, groups
 - Specialties: anxiety, trauma, sex therapy, polyamory, LGBTQIA+, intersectionality, geek therapy
- [Jennifer Russell, LPC](#) – **Monroe & Virtual**
 - Works with: teens 13+, adults, families, groups

- Specialties: anxiety, LGBTQIA+, gender identity, neurodivergence, EMDR
- [Kim Westmoreland, LMFT](#) – **Monroe & Virtual**
 - Works with: individuals 13+, couples, **polycules**, groups
 - Specialties: anxiety, body image, LGBTQIA+, DBT
- [Anne Boatman, LMFTA](#) – **Monroe & Virtual**
 - Works with: adolescents, adults, couples, families
 - Specialties: life transitions, LGBTQIA+, anxiety, stress
- [Juno Ferraro, LMSW](#) – **Monroe & Virtual**
 - Works with: kids, teens, families, adults, groups
 - Specialties: Gender identity, LGBTQIA+, CPTSD, PTSD, ADHD
- [Braedyn Inmon, MMT, MT-BC, LPCA](#) – **Monroe & Virtual**
 - Works with: kids, teens, adults, groups
 - Specialties: gender identity, LGBTQIA+, PTSD, CPTSD, voicework, music therapy, **disability-justice oriented**
- [Rachel Levitt, LPC](#) – **Virtual**
 - Works with: adults, couples, polycules
 - Specialties: sex therapy, kink, BDSM, LGBTQIA+, attachment, chronic illness, women's issues
- [Brittney Richleigh, LMFT](#) – **Monroe & Virtual**
 - Works with: kids, teens, adults, couples, polycules, families
 - Specialties: LGBTQIA, anxiety, gender identity, neurodivergence, depression, self-esteem, attachment
- [Timon Lee, LMFTA](#) – **Monroe & Virtual**
 - Works with: adults, couples, families
 - Specialties: LGBTQIA+, spirituality, faith, stress, anxiety, family/couple, life transitions
- [Katie Degabriel, BA, MFT Intern](#) – **Monroe & Virtual**
 - Works with: adults, couples, families
 - Specialties: anxiety, mood disorders, life transitions, family stress, substance use & recovery
- [Kylee Herold, LPCA](#) – **Monroe & Virtual**
 - Works with: Children 12+, adults, families
 - Specialties: LGBTQIA+, anxiety, depression, life transitions, chronic pain and illness, family stress
- [Hayley D'Amico, MFT Intern](#) – **Monroe & Virtual**
 - Works with: Adults, families, polycules, couples
 - Specialties: LGBTQIA+, anxiety, trauma, self esteem, attachment

Social Clubs/Groups/Recurring Events

Arts

- [Little Lion Collective](#) – **New Haven**
 - Pop-up wine club and vinyl bar with community events
 - Passionate about bringing **LGBTQ, BIPOC,** & creatives together through fine wines, seasonal cocktails & mocktails, nostalgic music, & cozy spaces
- [CT Gay Men's Chorus](#)
- [Hartford Gay Men's Chorus](#) – **Hartford**
 - Weekly rehearsals are Monday from 7-9:30 pm at the Unitarian Society of Hartford, 50 Bloomfield Avenue, Hartford
 - More info about auditions on the website!
- Anti Starving Artist – New Haven
 - Community hub, creative resources, & mutual aid for artists
 - Hosts Artist Potlocks
 - @/antinewhaven on Instagram
- [East Rock House](#) – **New Haven**
 - Queer and trans DIY art organization
 - Instagram: @ eastrockhouse
- Triangle Community Center [YAS! \(Young Adult Space\)](#) – **Norwalk**
 - For ages 18-25; meetings include a variety like resume workshop, artist circle, trail walks, movie nights, and more. Look on the website for more information
- Triangle Community Center [Stitch & Bitch](#) – **Norwalk**
 - Ages 15+; knitting, needle-point, etc. other crafting circle; bi-weekly
 - Look on website for more information
- [International Festival of Arts & Ideas](#) – **New Haven**
 - Year-round organization that presents an annual celebration in of performing arts, lectures, and conversations in New Haven
 - Lots of programming is free to the public
 - Includes LGBTQ+ focused programming
- [Maia's Music Room](#) – **New Haven**
 - 3rd Saturday of every month from 7:30 – 10pm – Trans Haven (952 State St., New Haven) – open to all trans people
 - Social event where community members come together to make music, hang out, and support each other – no musical talent required
 - Participation in music making is not mandatory and many attendees enjoy the ambience and talk to one another in the adjacent room
 - Run by Braedyn Inmon, music therapist and PeerPride cohort member
- [TPOC Art Circle](#) – **New Haven**
 - 2nd Sunday of every month (plus 5th Sunday of the months with 5 Sundays) from 11am – 2pm at Trans Haven (952 State St) in New Haven
 - An open support and hangout group run by and for **Black, Brown, Indigenous and other people of color (BIPOC)**

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- Held monthly in New Haven, CT and is open to anyone who is trans as well as BIPOC
- [Queer Craft Nights at Space](#) – **Hartford**
 - Monthly on first Wednesday
 - Accessible: yes - ramp and elevator
 - Gender neutral bathrooms: no
 - Parking: free in parking lot
 - Public transit: fastrak and regular bus stop one block away
 - Sound level: low to medium (soft music, indoor voices)
 - Quiet space available: yes, front foyer space or hallway (not private but low-traffic areas)
 - COVID: N95s provided, masks not required
- [Out Film CT](#) – **Hartford & Virtual**
 - Screenings throughout the year usually on the second Thursday of each month – check website for more information
 - Annual LGBTQ+ film festival every June
- [Movies That Build Community Series](#) – Stamford
 - Takes place at Avon Theatre or Ferguson Library on various days – check library calendar for more info
- [Healing Drum Circle](#) – **Stamford**
 - Takes place at The Hazel
 - A meditative gathering dedicated to healing the wounds of racism and supporting equity activism – facilitated by Evelyn Avoglia & sponsored by Ferguson Library
 - Takes place on various Mondays – check library calendar for more info
- [Molten Java](#) Open Mic – **Bethel**
 - Thursdays in collaboration with [Bethel Pride](#)
- [Transcend Events CT](#) – **Danbury**
 - Showing cult classics on the big screen, hosts queer board game nights
- [SHAG \(Spring Hill Arts Gathering\)](#) Festival – New Preston & Washington
 - Non-profit organization hosting events for the community at Spring Hill Vineyards in
 - Welcome artists into the inspiring landscape of the **Litchfield Hills**, using art and collaboration efforts as catalysts to bring our neighbors together
 - Partners with Pride in the Hills to support LGBTQ+ community for SHAG Festival

Book Clubs

- CT Readers of Color – New Haven
 - Mission to create safe space for BIPOC + allies
 - Books centered around politics + social issues
 - Allies welcome
 - Instagram: [@ctreadersofcolor](#)
- Noname Reads – **Hartford**
 - Hartford based book club

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- Instagram: [@/nonamereads.htfd](#)
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- [Ferguson Library LGBTQ+ Social Book Club](#) – Stamford
 - Discuss what books you are reading, make connections and enjoy a tasty treat
 - 18+ - registration required (press link above and find event on calendar)
 - LGBTQ+ folks & allies welcome
 - Takes place at Harry Bennett Branch but I would check the calendar to confirm & to register

Game Nights

- [Weekly LGBTQIA+ Game Night](#) – Torrington
 - Out In the Corner Coalition's weekly game night on Fridays that takes place at Love It Vegan restaurant
 - Children 13 & under are welcome with a guardian
- Triangle Community Center [GAYmes Night](#) – Norwalk
 - Twice a month
 - 18+; free sober group for game lovers; look on website for specifics about physical accessibility accommodations/needs and schedule
- Triangle Community Center [Nerd Night](#) – Norwalk
 - 18+ monthly, sober group for folks interested in Dungeons & Dragons and other tabletop fantasy role-playing games
 - Look on website for information about RSVPing, accessibility, and location
- [Transcend Events CT](#) – Danbury
 - Showing cult classics on the big screen, hosts queer board game nights
- PRISM Counseling & Support LLC. [Queer Teen Gayme Nights](#) - Killingworth
 - Ages 12-17
 - Open to non patients – RSVP on [website](#)
- [Back Again Board Game Cafe Game Nights](#) – Middletown
 - Wednesdays 6pm – Board Game Club, a drop-in group of friendly folk who play games together and welcome new players
 - Thursdays 7pm – Trivia, a general knowledge drop-in (early) event with prizes (solo players and groups welcome)
 - Fridays 6pm Monthly (usually 3rd Fridays) – Beginner Dungeons & Dragons, a drop-in learn-as-you-play tutorial quest with supplies provided
 - Many others, including periodic GAYme nights – check website for more info
- [Troupe 429](#) Trivia – Norwalk
- [Blue Orchid Trivia Thursday](#) – New Haven
 - Sign up at 7pm
- [Elm City Games](#) – New Haven
 - Store selling a variety of games, including board and role-playing games, with a play space and Wi-Fi
 - Queer owned and inclusive

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- Hosts lots of game nights (check out this [events](#) webpage)
- [Board Game Night](#) – **Stamford**
 - Wednesdays at 7pm at Hop & Vine
- [Nerd Night](#) – **Putnam**
 - Hosted by Chubby Dog Cafe every Thursday 5-9pm
 - All ages; for geeks + nerds to geek out + nerd out <3; can bring/play games
- [Dungeons & Dragons](#) – **Danielson/Killingly**
 - Tuesdays & Thursdays 5-9pm
 - Free DnD campaigns for players of all levels!
 - Hosted by Chubby Dog
- [Dungeons & Dragons](#) – **Putnam**
 - Saturdays 12 noon-5pm
 - Free DnD campaigns for players of all levels!
 - Hosted by Chubby Dog
- [Magic the Gathering Draft Nights](#) – **Danielson/Killingly**
 - Friday nights 5-it's over
 - Hosted by The Chubby Dog; weekly Magic draft; there is a fee

Socializing

- [Building the Rainbow CT](#) – **Statewide**
 - Events & community for LGBTQIA+ folks across CT - inclusive of all genders, sexualities, & backgrounds
 - Mostly for folks in 20s and 30s
 - Craft nights, book crawls, sports games, and more
 - @/buildingtherainbowct on Instagram
- [Triangle Community Center Adventure Group](#) – **Norwalk**
 - 18+; FREE LGBTQ+ social group that hosts a variety of events i.e. bowling, outdoor activities, cooking lessons, casual social events, and lectures – MUST RSVP on website
- Triangle Community Center [YAS! \(Young Adult Space\)](#) – **Norwalk**
 - For ages 18-25; meetings include a variety like resume workshop, artist circle, trail walks, movie nights, and more. Look on the website for more information
- [Strange Ways Queer Mixers](#) – **New Haven**
 - Strange Ways' most popular in-store event – check Facebook for more information
 - Option to wear a bracelet and indicate what you're looking for
 - Have vendors, refreshments, and 10% off items store wide
- Pink Drink Social – **Hartford**
 - Can be **American Sign Language (ASL) inclusive** – good option for **Deaf and Hard of Hearing folks, CODAs, etc.**
 - Check [Chez Est website](#) and [CT Registry of Interpreters for the Deaf Facebook](#) for more information

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- [Beers & Queers](#) – Stamford
 - Hosted by Stamford Pride on a recurring basis at Third Place by Half Full Brewery

Environmental

- [Queer Gardens Club](#) – **Bethel**
 - Plant swapping and gardening club with monthly meetups by Bethel Pride, Rainy Day Paperback Exchange, and Berry School
- [New Pond Farm](#) – **Redding**
 - Independent, year-round environmental education center
 - Has farm, wetland, woodlands, pasture
 - Has partnered with Bethel Pride
 - Has gender neutral restroom
-

Sports/Fitness

- [Pride Sports League](#) – **Hartford county, Statewide**
 - Organize events including cornhole, kickball, hikes, and karaoke
 - Instagram: [@/pridesportsleague](#)
- [CT Walking Group](#) – **Hartford County**
 - Inclusive walking group in CT for folks looking for community and safety on walks/trails including women, queer folks, POC, folks with physical support needs, etc.
- [Triangle Community Center Adventure Group](#) – **Norwalk**
 - 18+; FREE LGBTQ+ social group that hosts a variety of events i.e. bowling, outdoor activities, cooking lessons, casual social events, and lectures – MUST RSVP on website
- [Central Rock Gym Glastonbury](#) weekly Climbing/Bouldering night – **Glastonbury**
 - Queer Climb Night Wednesdays 6:30-8pm (would call or check website to make sure)
- [Central Rock Gym Glastonbury Pride Night](#) (annual in June) – **Glastonbury**
- [Ascent Climbing](#) – **New Haven**
 - Gays off Belay LGBTQ+ Meetup nights on first Monday of every month from 6:30-7:30 PM or 6:30-8:30 PM (check calendar)
- [Southern New England Friendship Softball League](#)
 - Member of International Pride Softball – founded to provide a league open and inclusive to all regardless of race, religion, age, gender expression or sexual orientation
 - Marketed predominantly for LGBTQ+ community, but anyone can join!
- [CT Roller Derby](#)
 - Skater-owned, skater-run organization
 - Flat track roller derby league for women and gender-expansive athletes, that fosters community, sportswomanship, and athleticism

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- Anyone interested in Officiating (on or off skates) or volunteering in other ways are asked to email info@ctrollerderby.com
- Email info@ctrollerderby.com or check website for information on if there's availability to join the team as an athlete
- [Hartford Area Roller Derby](#) – **Hartford**
 - Full contact, flat track roller derby league for women, gender expansive, and non-binary skaters
 - More information on how to join [here](#)
- Triangle Community Center [YAS! \(Young Adult Space\)](#) – **Norwalk**
 - For ages 18-25; meetings include a variety like resume workshop, artist circle, trail walks, movie nights, and more. Look on the website for more information
- [Lavender Country and Folk Dancers Camp](#) – **Woodstock Valley**
 - Annual camp in October for the Lavender Country and Folk Dancers (LCFD); promotes nationwide network of gender-free community dances and dance camps
 - Focuses on contra & English country dance
- [New Haven LGBTQ+ Bowlers](#) – **New Haven, East Haven**
 - Lgbtq+ bowling league
- [PRIDE Pathfinders: CT LGBTOIA Social & Hiking Group](#) – **Litchfield**
 - Offering hikes and social gatherings throughout the year
 - Intended to be a safe, welcoming space where folx from all walks of life, shapes and sizes, fitness levels, and identities can come together to explore the amazing trails
 - Check out the link for more information!
- [Empowered Aerial Fitness](#) – **Stamford**
 - Full range of aerial classes to adults 18+ including: Introduction to Pole Lyra, Advanced Pole Tricks, Aerial Hammock & Yoga, Air & Land Based Dance, Conditioning, & Flexibility Classes
 - Inclusive classes known to have queer attendees

Advocacy

- [PELAG](#) – **Hartford Chapter**
 - Provides support groups, offers education, and advocates for LGBTQ+ community - more information on website
- [PELAG](#) – **Enfield Chapter**
 - Provides support groups, offers education, and advocates for LGBTQ+ community - more information on website
- [Connecticut Democratic Socialists of America](#) – **Statewide**
 - Political group; state-wide chapter of the Democratic Socialists of America - largest socialist organization in U.S.
 - Includes branches and members from Northwest, Northeast, Southeast, Southwest and Central Connecticut
- [Coalition on Diversity & Equity](#) – **Andover, Columbia, East Hampton, Hebron, Marlborough**

- Volunteer led non-partisan educational organization
- Goals include increasing community awareness and equal access to housing, education and jobs
- [Portland Social Justice Coalition](#) – **Portland**
 - Formed in response to protests against police violence and systemic racism across our country and conversations here in town about social justice issues
 - Monthly meetings on Zoom
 - Education workgroup which focuses on supporting our school district in its efforts toward equity and inclusion
- [Catalyst CT](#) – **Bridgeport**
 - Nonprofit that provides direct service, community capacity-building, public policy, and advocacy for underserved and marginalized youth, their families, & more
 - LGBTQ+ and BIPOC inclusive/core ethics include inclusivity
 - Initiatives include Streetsafe Bridgeport, Americorp, The Hub, & Restorative Justice programs – check website for more info
- [Out In the Corner](#) – **Litchfield**
 - Coalition of LGBTQIA+ community members and organizers, Pride groups, resource providers, and allies
 - More information on website
- [Durham Middlefield Youth & Family Services](#) – **Durham, Middlefield, Rockfall**
 - Provide youth with opportunities to explore their creativity, develop leadership skills, and engage in meaningful activities
 - Provide a safe, judgment-free space where youth and families can grow and thrive together
 - Offerings include: mental health panel discussions, parent education workshops, fun nights for middle schoolers, Safe Sitter® classes, First Aid/CPR courses, etc.
- The Health Collective's [One Big Event](#) – **Hartford**
 - Annual gala that takes place in November
- [Pride in the Hills](#) – **Northwestern CT**
 - Group of volunteers that funds programs that support, empower, & create safe spaces for LGBTIA+ youth in CT
- [Leonard-Litz Foundation](#) – **Fairfield & Northeast of U.S.**
 - Financially supports partner organizations in the Northeast that are improving the lives of the LGBTQ+ community through life-affirming services
 - Seeks grant proposals for programs that address one or more of the following focus areas: health & wellness, crisis intervention, racial justice, advocacy & community, social assistance & programming
- [Pride in the Hills Silent Auction](#) – **New Preston & Virtual**
 - Raises funds for Pride in the Hills which supports organizations such as Wheeler Clinic, New Milford Youth Agency, etc.
- [SHAG \(Spring Hill Arts Gathering\)](#) – **New Preston**

Created November 19th, 2024

Last updated February 11th, 2026

- Non-profit organization hosting events for the community at Spring Hill Vineyards in
- Welcome artists into the inspiring landscape of the Litchfield Hills, using art and collaboration efforts as catalysts to bring our neighbors together
- Partners with Pride in the Hills to support LGBTQ+ community
- [ALEX Inc.](#) – Guilford
 - Acceptance, Love, Equality, and Xenacious = ALEX
 - Organization started by mom of LGBTQ+ child
 - Works to create a safe, compassionate community while empowering LGBTQ+ youth, families, and allies through educational, emotional, and financial support
 - Put on events like queer proms, galas, & an annual Pride in June
- [Equality Connecticut](#) – Statewide
 - Queer-led, grassroots organization rooted in social justice values, advocating for progressive change, celebrating Connecticut’s queer culture, and supporting statewide community-building efforts
- [Q Plus](#) – Statewide
 - Youth run volunteer organization that runs events for queer youth in CT
- [Connecticut Education Association Pride](#) – Statewide
 - Advocacy for LGBTQ+ students, families, & educators)
 - Monthly online meetings
- [New Canaan Cares](#) – New Canaan
 - Independent, non-profit community organization
 - Works to advance the health and well-being of youth and families
 - LGBTQ+ friendly/has LGBTQ+ resources
 - Educational workshops for parents & care givers; leadership training for Youth
 - Community Programs featuring national speakers
 - LPC programs raising awareness about the risks of substance use and misuse
 - After-school programs to build social skills in elementary school aged kids

Nightlife

- [For the Girls](#) – **Hartford, New Haven, Washington D.C.**
 - Monthly **party series** celebrating queer women in a fun, inclusive, vibrant atmosphere
 - Very **Black, Indigenous, & People of Color (BIPOC) inclusive**
 - Instagram: [forthegirls.ct](#)
- **Pink Drink Social** – **Hartford**
 - Can be **American Sign Language (ASL) inclusive** – good option for **Deaf and Hard of Hearing folks, CODAs, etc.**
 - Check [Chez Est website](#) and [CT Registry of Interpreters for the Deaf Facebook](#) for more information
- [Troupe 429](#) Drag Brunch – **Norwalk**
- [Troupe 429](#) Burlesque Show – **Norwalk**

Created November 19th, 2024

Last updated February 11th, 2026

- [Troupe 429](#) Karaoke – **Norwalk**
- [Troupe 429](#) darts + video vj – **Norwalk**
- [Troupe 429](#) shows & dj nico rico dance floor – **Norwalk**
- [Blue Orchid Karaoke Night](#) – **New Haven**
 - Saturdays at 9pm
- [Siren Party CT](#) – **Norwalk**
 - Longest running Sapphic party
 - 7-9 bingo; 9pm-2am party – check link above or Instagram (@/sirenpartyct) for dates
 - Lesbian, bisexual women, pansexual women, & friends welcome

Identity-based

- [New Haven Black Pride](#) – **New Haven**
 - June 14th, 2025
 - Pride event celebrating the **Black LGBTQ+ community**
 - More information on website
- **Hartford Black Pride** – **Hartford**
 - Powered by theatre director, producer, & arts leader Nxt Thrsdy (@/nxtthrsdy on IG)
 - @/HartfordBlackPride on Instagram
- [Nonbinary Hangout](#) – **New Haven**
 - An open support & hangout space for all nonbinary people
 - New Haven: 4th Sunday of every month, 3-5pm at Trans Haven (952 State St.)
- [Espacio Trans](#)
 - Grupo de apoyo para personas hispanohablantes (trans support group for **Spanish speakers**)
- [Trans Youth Space](#)
 - An open support group for trans and questioning people under 18. Please contact them (contact info on website) if you are interested in the group!
- **Queer Munch CT** – **Statewide**
 - Community organization that hosts munch meetups for people who are into kink/bdsm to be able to network in a non-sexual, pressure free environment
 - There are LGBTQ+ specific ones!
 - Instagram: @ queermunchct
- [Northeast Ursamen](#) – **Statewide & New England**
 - 501(c)(3) nonprofit striving to create welcoming space for Bears to socialize, support one another, and serve the community
 - Serves the Bear community, but works to build inclusive spaces for all LGBTQIA+ folks and allies
 - Hosts events including: Spooky Bear Weekend in Provincetown, Out of Hibernation in Connecticut, member-focused socials, drag bingo nights, beach days, river tubing, and Bears Eat the World (a food series), Connecticut Bear Contest, etc.

- [Fairfield County Gay Men's Meetup Group](#) – **Fairfield**
 - Queer men in Fairfield county and beyond
 - Meetups will hopefully include hikes, BBQs, card games, board games, etc.
- [Triangle Community Center Bicon Social Hour](#) –**Norwalk**
 - 18+; FREE social group for adults who fall under the bi+ umbrella (including bi, pan, queer, and other multi-sexual identities) – MUST RSVP on website
- [FEMinent Domain](#) – **New Haven & Middletown**
 - Transfeminine social & support space: Open to anyone on the transfeminine spectrum
 - New Haven: 1st Saturday of every month @ 3-5pm at Trans Haven (952 State St.)
 - Middletown: 4th Saturday of every month @ 4-6pm at Perk On Main (386 Main St.)
- [Hangout \(TM\)](#) – **Hartford, New Haven, & Middletown**
 - Transmasculine social & support space; open to anyone on the transmasculine spectrum
 - Hartford: 1st Tuesday of every month @ 7-9pm at 30 Ash (30 Ashley St.)
 - New Haven: 1st Friday of every month @ 7-9pm at Trans Haven (952 State St.)
 - Middletown: 2nd Saturday of every month @ 4-6pm at Perk on Main (386 Main St.)
- [Quiet Corner Pride](#) – **Putnam**
 - Usually happens first weekend of May
 - Annual lgbtq+ pride celebration
- [Queer Men of the Berkshires](#) – **Northwestern CT, Salisbury, Kent, Sharon, & Norfolk**
 - Non-profit hub for diverse & intergenerational community organizing for rural queer/gay men of all ages, races, income levels, & backgrounds
 - Empowers queer men in the greater Berkshire region to participate in groups, classes, & resources that foster community
 - [Here](#) is their calendar of events – including some in the Litchfield county area
- [Tea Time](#) – **Guilford**
 - One group for gender diverse folks 20+ years old
 - Another group for gender diverse folks 13-19 years old
- [Chat & Chew](#) – **Guilford**
 - For **LGBTQIA+ seniors ages 45+**
 - Sit down dinner & conversation on 1st Tuesday of every month

Preteen/Teen Friendly Resources

- [Weekly LGBTQIA+ Game Night](#) – **Torrington**
 - Out In the Corner Coalition's weekly game night on Fridays that takes place at Love It Vegan restaurant

Created November 19th, 2024

Last updated February 11th, 2026

- Children 13 & under are welcome with a guardian
- [Ferguson Library Groups/Events](#) – **Stamford**
 - Recurring events for teens including teen **dungeons & dragons**, **zumba** dance party, **homework help**, silent **book club**, **movies** that build community series, etc.
- Triangle Community Center [Stitch & Bitch](#) – Norwalk
 - Ages 15+; knitting, needle-point, etc. other crafting circle; bi-weekly
 - Look on website for more information
- Triangle Community Center [QTeen Hangout](#) – Norwalk
 - Ages 13-17; Free monthly event where LGBTQ+ & allied teens (13-17) can make connections, enjoy free snacks, and play games in an affirming space
 - Look on website for more information
- Triangle Community Center [Teen Creative Social Art-Making](#) – **Norwalk**
 - Monthly art class for teens ages 13-17 led by local artist and educator; \$5 donation suggested but free; art materials provided upon RSVP
 - More information on website
- [Safe Art Sanctuary](#) – **Guilford**
 - Hosted by Alex Inc.
 - Makers space for folks under 18
- [Tea Time](#) – **Guilford**
 - Group for gender diverse folks 13-19 years old
- New Haven Pride Center [Teen Safe Space](#) – **New Haven**
 - For LGBTQ+ youth ages 13-18
 - Space is for conversations, connection building, and exploring concerns related to our communities, schools, and physical and emotional well-being
 - Registration required [here](#)
- PRISM Counseling & Support LLC. [Queer Teen Gayme Nights](#) - Killingworth
 - Ages 12-17
 - Open to non patients – RSVP on [website](#)
- [Lighthouse, A Program for Kids in Crisis](#) – Fairfield County
 - Peer-to-peer social support program for LGBTQ+ youth and their allies, providing weekly and monthly social groups and occasional special events
 - Build community through art, games, and discussion
 - Groups in Stamford, Wilton, Darien, New Canaan, Ridgefield, Westport, & Bridgeport (more information [here](#) and on their [Facebook page](#))
- Molten Java Open Mic
 - Thursdays in collaboration with [Bethel Pride](#)
- [Bethel Pride LGBTQ+ Book Club](#) on Discord
 - Older teens welcome – takes place virtually on discord
- Craft Events – [Bethel Pride](#)
 - For kids, adults, WLW, etc. throughout the year – check their calendar!
- Board Game Meetup – [Bethel Pride](#)

Created November 19th, 2024

Last updated February 11th, 2026

- For teens and adults (teens can attend without adults)
- Tweens are welcome so long as they are accompanied by an adult
- [New Milford Youth Agency LGBTQ+ Prom \(Annual\)](#) – New Milford
 - Check website/calendar for more information
- [Q Plus CT Black & Brown Queer Youth](#) Activity Group – Hartford
 - 1st and 3rd Thursday of every month at 3:30-5:30pm for ages 13-18
 - Pizza, crafts, games, etc.; more information [here](#)
- [Q Plus & Two Wrasslin' Cats Queer Teen Night](#) – East Haddam
 - 2nd at 4th Tuesday of every month at 6-8pm for ages 13-18
 - Pizza, crafts, games, etc.; more information [here](#)
- [Q Plus & Middletown Pride LGBTQ Youth Group](#) – Middletown
 - 2nd and 4th Monday of every month at 6-8pm
 - Pizza, crafts, games, etc.; more information [here](#)
- [Middletown Pride LGBTQ+ Preteen Group](#) – Middletown
 - 1st and 3rd Saturday of every month at 12-2pm for ages 9-13
 - Snacks, crafts, games, etc.; more information [here](#)
- [Queer Youth Game Space](#) – New Haven
 - For ages 13-18 monthly on the first Saturday at 2pm-4pm
 - At New Haven Public Library – free snacks and games
 - More information [here](#)
- [LGBTQ+ Teen Activity Night](#) – North Haven
 - Ages 13-18 on the 2nd and 4th Friday of every month at 6-8pm
 - At North Haven Rec Center – more information [here](#)
- [LGBTQ+ Teen Craft Night](#) – North Haven
 - Ages 13-18 4th Friday of every month at 6-8pm
 - At North Haven Rec Center – more information [here](#)
- [LGBTQ+ Teen Game Night](#) – Portland
 - Ages 13-18 every 1st and 3rd Wednesday of the month at 6-8pm
 - Free pizza, snacks, games, crafts, & more!
 - At Portland Library – more information [here](#)
- [LGBTQ+ Teen Night](#) – Simsbury
 - Every first Thursday of the month at 6-8pm for ages 13-18
 - Free snacks, games, arts, crafts, and more!
 - At Simsbury Public Library – more information [here](#)
- [LGBTQ+ Preteen Night](#) – Simsbury
 - Third Thursdays of the month at 4:30-5:30pm for **ages 9-13**
 - Free snacks, games, arts, crafts, and more!
 - At Simsbury Public Library – more information [here](#)
- [LGBTQ+ Youth Group](#) – Southington
 - Every Wednesday at 6-8pm for ages 13-18

Created November 19th, 2024

Last updated February 11th, 2026

- Pizza, games, snacks, crafts, & more!
- At Southington YMCA – more information [here](#)
- **[LGBTQ+ Youth Group](#) – West Hartford**
 - Every Friday at 6-8pm for ages 13-18
 - Games, crafts, pizza, & more
 - At Universalist Church of West Hartford – more information [here](#)
- **[Q+ Queer Preteen Group](#) – West Hartford**
 - 2nd & 4th Saturdays of every month at 12-2pm for ages 9-13
 - Free pizza, games, crafts, & more!
 - At Universalist Church of West Hartford – more information [here](#)
- **[Q+ LGBTQ Teen Night](#) – Westbrook**
 - Every third Friday from 6-8pm for ages 13-18
 - Games, crafts, snacks, & more!
 - At Shayna B's By the Sea – more information [here](#)
- **[Hearing Youth Voices](#) – New London**
 - Advocacy group for Black and brown young people
 - Runs issue-based campaigns, leading coalitions and alliances
 - Focused on advancing racial, economic, and gender justice
- **[Tabletop Game Center queer youth nights](#) – Newington**
 - Monthly, first Wednesday of the month
- **[Trans Youth Space](#) – Contact for Location Info**
 - An open support group for trans and questioning people under 18
 - Please contact by calling (203) 903-4148 or on [this webpage](#) you are interested in the group
- **[Durham Middlefield Youth & Family Services](#) – Durham, Middlefield, Rockfall**
 - Provide youth with opportunities to explore their creativity, develop leadership skills, and engage in meaningful activities
 - Provide a safe, judgment-free space where youth and families can grow and thrive together
 - Offerings include: mental health panel discussions, parent education workshops, fun nights for middle schoolers, Safe Sitter® classes, First Aid/CPR courses, etc.
- **[The Middletown Pride Scholarship Program](#) – Middletown**
 - Offers financial aid for LGBTQIA+ high school seniors and residents of Middletown pursuing higher education
-

Family Friendly

- **[Families with Pride](#) – Bethel**

- A family social for school-age (K-12) kids and their caregivers. Informal activities and socializing with the option for kids to do a craft or play games – check Bethel Pride’s calendars
- [Ivoryton Playhouse](#) – **Ivoryton**
 - LGBTQ+ friendly theater and foundation that puts on professional productions
 - Check website for more information about their productions for each season, recommended viewers for shows, and purchasing tickets
- [Katherine Hepburn Cultural Arts Center](#) – Old Saybrook
 - Performing arts center with gay friendly
- [Westbrook Inn](#) - **Westbrook**
 - According to Select Registry and Engaged, LGBTQ+ friendly
 - Vintage inspired bed and breakfast along the Connecticut shoreline
- [Weekly LGBTQIA+ Game Night](#) – **Torrington**
 - Out In the Corner Coalition’s weekly game night on Fridays that takes place at Love It Vegan restaurant
 - Children 13 & under are welcome with a guardian
- [SHAG \(Spring Hill Arts Gathering\)](#) Festival – New Preston & Washington
 - Non-profit organization hosting events for the community at Spring Hill Vineyards in
 - Welcome artists into the inspiring landscape of the Litchfield Hills, using art and collaboration efforts as catalysts to bring our neighbors together
 - Partners with Pride in the Hills to support LGBTQ+ community for SHAG Festival
- [Quassy Friends & Family Fun Day](#) – Middlebury
 - For LGBTQ+ youth, family, & friends
 - Free admission for all rides & waterpark with RSVP (check website!)
 - Hosted by Pride in the Hills – annual in June
- [ALEX Inc.](#) – Guilford
 - Acceptance, Love, Equality, and Xenacious = ALEX
 - Organization started by mom of LGBTQ+ child
 - Works to create a safe, compassionate community while empowering LGBTQ+ youth, families, and allies through educational, emotional, and financial support
 - Put on events like queer proms, galas, & an annual Pride in June
- [Pride in the Hills](#) – Northwestern CT (Litchfield County)
 - Group of volunteers that funds programs that support, empower, & create safe spaces for LGBTQIA+ youth in CT
- [LGBTQ+ Families of Vernon](#) – Vernon
 - Group of parents/ guardians/ caretakers who themselves identify or whose children identify as LGBTQ or questioning who offer support to each other
- [Tri-Town Youth Services](#) – Deep River, Essex, Chester
 - Nonprofit organization that coordinates, develops, and delivers programs that support the positive growth of youth and families
 - Build thriving communities through prevention, education, & outreach

- [Webpage](#) with information & resources for lgbtq+ youth
- Hosts educational talks related to lgbtq+ topics
- [New Canaan Cares](#) – New Canaan
 - Independent, non-profit community organization
 - Works to advance the health and well-being of youth and families
 - LGBTQ+ friendly/has LGBTQ+ resources
 - Educational workshops for parents & care givers; leadership training for Youth
 - Community Programs featuring national speakers
 - LPC programs raising awareness about the risks of substance use and misuse
 - After-school programs to build social skills in elementary school aged kids
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- [Catalyst CT](#) – **Bridgeport**
 - Nonprofit that provides direct service, community capacity-building, public policy, and advocacy for underserved and marginalized youth, their families, & more
 - LGBTQ+ and BIPOC inclusive/core ethics include inclusivity
 - Initiatives include Streetsafe Bridgeport, Americorp, The Hub, & Restorative Justice programs – check website for more info

Resources for People Experiencing Homelessness/Instability

- [Triangle Community Center Young Adult Housing Navigation](#) - Program that supports LGBTQ+ folks ages 18-24 in finding housing resources & services. Part of the 211 system.
- [Mid Fairfield AIDS Project](#) - Fairfield
 - Rapid HIV/HEP C testing, housing for homeless, medical case management, food security, drug user health and harm reduction, transportation, & oral health
- [Kids In Crisis](#) - Fairfield county
 - Offers temporary shelter for those under 18 who need a place to stay in time of crisis through their SafeHaven for Kids program
- [CT Housing Voucher Program](#)
 - Subsidized rental housing postings
- [Pacific House](#) - Stamford
 - Nonprofit that provides emergency shelter for men and young adults experiencing homelessness
 - Emergency housing, case management, job assistance, & healthcare connections available
 - Day programs for women & families

Created November 19th, 2024

Last updated February 11th, 2026

- Individuals can stay **regardless of sobriety** but must follow shelter rules
- [The Health Collective Food Pantry](#) - Manchester
 - Open Wednesdays 9am-1pm and Fridays 9am-3:30pm
- [Farm to You](#) - Norwalk
 - Triangle Community Center & Circle Care Center program with queer owned farm to increase access to fresh foods
 - Prepacked bags of fresh fruits and vegetables are reserved for your family and available for weekly pickup at TCC's main office - sign up on website!
 - Offer selection of fresh food at TCC's food pantry
- [New Haven Pride Center Community Food Pantry](#)
 - Open Monday, Tuesday, Thursday, Friday
- [New Haven Pride Center Community Clothing Closet](#)
 - Gender affirming clothes
 - Job interview outfits included
 - Free
- [Bridgeport Pride Center Food Bank](#)
 - No perishable food bank
 - Hours 12-4
- [Transforming Closet & Resource Exchange](#) – **Bethel**
 - Free clothing, makeup, shoes, toiletries, harm reduction supplies, etc.
 - Open to all but aims to help provide affirming clothing for our trans and non-binary folks
 - Offer free binders and binder fittings via PeerPride and free HIV testing by Apex Community Care
- [The Network CT](#) - **Enfield**
 - North Central CT's resource for preventing family violence by providing services to victims of domestic abuse & promoting healthy relationships
 - Provide free counseling services, free court advocacy services, operates 15-bed confidential safe home/emergency shelter, etc.
 - Webpage with [information on domestic violence in LGBTQ+ relationships](#) and what steps to take
- [Litchfield County Opiate Task Force](#) – **Torrington**
 - Has addiction resource line at 1-860-256-8111; can help with finding treatment options, addiction resources, addiction support, free Narcan, and other harm-reduction supplies to those in need

Bars/Nightclubs

- [Chez Est](#) - **Hartford**
 - LGBTQ+ restaurant, bar, cabaret

Created November 19th, 2024

Last updated February 11th, 2026

- Frequent events – check their website/facebook!
- Small set of stairs to get into building – **NOT wheelchair accessible**
- [Troupe 429](#) – **Norwalk, CT**
 - Gay owned & operated LGBTQ+ bar/theater/dance floor that hosts events frequently
- [Trevi Lounge](#) – **Fairfield, CT**
 - LGBTQ+ bar
- [168 York Street Cafe](#) – **New Haven**
 - Gay bar and American eatery open to all members of the LGBTQ+ community
- [Partners Bar & Nightclub](#) – **New Haven**
 - LGBTQ+ nightclub/bar
- [Dockside Resort Bar](#) – **New London**
 - Bar with LGBTQ+ friendly events
- [Gotham Citi Cafe](#) – **New Haven**
 - Nightclub with Latin music, drag shows, and other LGBTQ+ focused events
- [Blue Orchid Bar & Restaurant](#) – **New Haven**
 - Thai and other Asian food with gluten-free and vegan options
 - Draft beers & cocktails
 - Safe space for everybody and host events for LGBTQ+ folks and locals (i.e. queer open mic, drag race watch parties)
 - Gay owned
- [Misfit Club](#) – **Groton**
 - Inclusive bar for those who “challenge the status quo and celebrate freedom of self expression”
 - Has events including Rupaul Watch Parties
 - British pub vibe that is LGBTQ+ friendly
 - Features brews from women, Indigenous, Black, and gay-owned breweries
- [Stella Blues](#) – **New Haven**
 - Intimate, laid-back bar hosting diverse live music acts, open-mic nights & happy hours
 - Has hosted LGBT+ events, including Saturnalia’s Sapphic Slumber Party night & burlesque & drag performances
- [Fable Underworld](#) – **Southington**
 - 21+ cocktail only lounge often with themed nights (i.e. film + craft night, silent art club, wine tastings, etc.) – **check schedule**

Restaurants/Cafes/Coffee Shops

- [Semilla](#) – **Hartford**
 - **Black-owned** community focused cafe and studio; centers Hartford community, arts, & culture
 - Aims to carve an accessible community space for Black, Indigenous, & People of Color (**BIPOC**) and LGBTQIA people

- Inside is Free Hart Closet, a free art supply shop that is a Black, queer, woman-owned entity
- [Sunberry Restaurant & Bar](#) – **Hartford**
 - Family-owned **Korean restaurant** that is LGBTQ+ friendly (has been a venue for LGBTQ+ events)
- [Chez Est](#) - **Hartford**
 - LGBTQ+ restaurant, bar, cabaret
 - Frequent events – check their website/facebook!
- [Two Wrasslin' Cats Coffee House & Cafe](#) - **East Haddam**
 - Cat cafe with breakfast-lunch fare
 - Also nonprofit for marginalized groups (i.e. LGBTQ+ community)
 - One of CT State Police [Safe Place locations](#) where victims of **hate crimes, domestic violence, racial abuse**, etc. are given asylum until [law enforcement](#) arrives
- [Spicy Green Bean](#) – **Glastonbury**
 - Cafe/restaurant – including but not limited to vegan dishes
 - Often hosts LGBTQ+ friendly events
- [Ashlawn Farm Coffee](#) – **Old Saybrook**
 - Casual cafe serving house-roasted coffee and baked goods such as muffins and scones
 - Work with grocery, café and restaurant services, and in addition we provide consultation in helping customers acquire coffee brewing equipment
- [Back Again Board Game Cafe](#) – **Middletown**
 - LGBTQ+ friendly board game cafe
 - Hosts (GAY)ME nights sometimes – check website
- [The Port of Call and Dive](#) – **Mystic**
 - LGBTQ+ friendly nautical themed cocktail lounge and restaurant
 - Hosts drag shows – check website for dates
- [Oyster Club](#) – **Mystic**
 - Sister restaurant to Port of Call and Dive
 - Executive Chef [Reneé Touponce](#) is a queer woman
- [168 York Street Cafe](#) – **New Haven**
 - Gay bar and American eatery open to all members of the LGBTQ+ community
- [Fable](#) – **Southington**
 - Immersive cafe, gift shop, and learning space with craft workshops and events
 - Fantasy/mythology/imaginative space
 - Has Fable Underworld - 21+ cocktail only lounge often with themed nights (i.e. film + craft night, silent art club, wine tastings, etc.)
- [Sol y Luna](#) – **Hartford**
 - Authentic Mexican restaurant with curated Mezcal
 - Frequently hosts LGBTQ+ events for Tias Roommate
- [Molten Java](#) – **Bethel**

Created November 19th, 2024

Last updated February 11th, 2026

- Community centered coffee house, cafe, art gallery and music venue
- Hosts all ages open mic event weekly on Thursdays in collaboration with [Bethel Pride](#)
- [The Laurel](#) – **West Hartford**
 - Globally inspired cuisine featuring locally sourced ingredients
 - Gay owned
- [The Flying Monkey Grill Bar](#) – **Newington**
 - American fare, creative martinis & draft beer served in roomy, relaxed surrounds
 - Gay owned
- [Love it Vegan](#) – **Torrington**
 - Breakfast-to-dinner counter serve offering comfort food, including **vegetarian and vegan** options, in casual surrounds
 - Conscientious about reducing our food waste and donate to people and animals in need
 - Allow people to host LGBTQ+ events
- [Not A Phase Cafe](#) – **Newington**
 - Emo themed cafe offering breakfast, lunch, & specialty coffee with nostalgic 2000s punk rock vibe
 - Includes vegan and gluten free options
- [Blue Orchid Bar & Restaurant](#) – **New Haven**
 - Thai and other Asian food with gluten-free and vegan options
 - Draft beers & cocktails
 - Safe space for everybody and host events for LGBTQ+ folks and locals (i.e. queer open mic, drag race watch parties)
 - Gay owned
- [Troupe 429 Drag Brunch](#) – **Norwalk**
 - Sundays
 - Bottomless mimosas and unlimited brunch
- [Firestone](#) – **Manchester**
 - Pottery painting, ceramic crafting cafe and studio featuring art classes for adults and children
- [Bear Hands Brewing Company](#) – **Putnam**
 - Hosts events for Quiet Corner Pride
 - Variety of beer on tap for in house pours; specialty craft cocktails, hard cider and seltzer, and wine
 - Weekly trivia Wednesdays at 6pm
- [The Bean](#) – **Windsor**
 - Cozy coffee shop serving breakfast sandwiches, pastries, and desserts in a casual setting
 - Queer owned
- [Mothership Cafe](#) – **Danbury**

Created November 19th, 2024

Last updated February 11th, 2026

- Cafe + breakfast spot
- Hosted queer gayme nights at one point (?) not sure if they still do
- [Kleko World Coffee](#) – **Middletown**
 - Independent since 1994 – still proudly community-owned
 - Certified organic & **fair-trade roasters** with **vegan options** – rotating weekly with intention
 - Art, music & community at the center; regular events, check [calendar](#)
- [Tony's Flour Shop](#) – **Cromwell**
 - Queer owned safe space
 - Different menu every week
 - Artisan bakery & flour shop
 - Themed pastries
- [Misfit Club](#) – **Groton**
 - Inclusive bar for those who “challenge the status quo and celebrate freedom of self expression”
 - Has events including Rupaul Watch Parties
 - British pub vibe that is LGBTQ+ friendly
 - Features brews from women, Indigenous, Black, and gay-owned breweries
- [Half Full Brewery](#) – **Stamford**
 - Hosts Stamford Pride for its monthly meetup from 7pm-9pm at Third Place
 - Alcoholic and non-alcoholic drinks
- [Queen B](#) – **Ridgefield**
 - Cafe serving breakfast, baked goods, bagels, & coffee
 - Collaborates for events with Ridgefield Pride
 - (Shoutout to a barista who let me cut a guy in line who wasn't paying attention one time)
- [The Rose Room](#) – **Danielson/Killingly**
 - Cafe inside Logee's plant store that serves specialty coffee, breakfast + lunch, & sweets
 - Use local ingredients
 - Welcoming of individuals from all walks of life
- [Chubby Dog](#) – Putnam, Danielson/Killingly
 - Coffee shop with espresso drinks, games, board games, & pastries
 - Weekly Nerd Night in Putnam
 - Weekly karaoke on Saturdays in Danielson
 - Drag shows
 - Weekly Dungeons & Dragons
 - Magic draft nights

Shopping/Stores

- [The Enchanted Violet](#) – Southington

Created November 19th, 2024

Last updated February 11th, 2026

- LGBTQIA+ **Bookstore**
- Queer owned
- LGBTQIA+ books, manga, graphic novels, manga, jewelry, & art
- [Witch Bitch Thrift](#) – **New Haven**
 - Run by queer women
 - **Size & gender inclusive**
 - Also hosts events (i.e. PJ reading party, open mics) – check their website!
- [Bank Square Books](#) – Mystic
 - Wide selection of books, journals, greeting cards, gifts, games and children’s toys
 - Collaborates with Stonington Pride often
- [F.E.M. Shop](#) – **Middletown**
 - Queer owned inclusive, body positive, wellness centered **sex toy and adult novelty** shop
- [Beacon Craft Studio](#) – **New Haven**
 - Queer Asian American owned
 - New Haven based leather artist
 - Artisan, handcrafted leather goods (i.e. wallets, purses, accessories, etc.)
 - Also make kink and erotic art for those who are 18+; Instagram: [@/beaconafterdark](#)
- [Strange Ways](#) – **New Haven**
 - Patches, pins, clothes, gifts, etc. from independent designers/artists/small brands
 - Also hosts events (i.e. **Queer Mixers**) – check their website!
- [Possible Futures](#) – **New Haven**
 - Community **bookspace** (community reading room x independent bookstore) with lots of events (i.e. book clubs, knitting/crochet circles, booktalks, comedy nights, and some kid-friendly events too!)
 - Very LGBTQ+ and Black, Indigenous, & People of Color **(BIPOC)** inclusive/friendly
- [Obodo Serendipity Books](#) – Stratford
 - **Black owned, queer owned, woman owned** (owned by Nikkya Hargrove, a Black queer woman – check her book out [here!](#))
 - Safe space for community with diverse books for every age
- [Gentle Bull Shop](#) – **Hartford**
 - **Queer and woman owned** and operated vintage shop/gift store
 - Curated vintage clothing, home decor, clothes for pets, etc.
- [The Ditty Bag](#) – Mystic
 - Relaxed, inviting shop (with a cafe) stocking sustainable products, bulk goods and zero-waste staples
 - Prioritizes sustainability & consciousness living
- [Tabletop Gaming Center](#) – **Newington**

Created November 19th, 2024

Last updated February 11th, 2026

- LGBTQ+ friendly **game store** offering a variety of card, board, and role-playing games, plus tournaments, and open play
- Hosts queer adult gaming space every first Sunday of the month for ages 18-24 at 3-6pm – check website for more information
- Hosts events/game nights – check website!
- [Akiba Underground](#) – **Clinton**
 - Shop in Clinton, Connecticut dedicated to Japanese pop culture and all things geeky
 - Not specified as LGBTQ+ friendly on the website, but said to be by locals
- [Montgomery & Taggart](#) – **Chester**
 - Small town romance bookshop
 - Lgbtq+ books/section
- [Queer Community Craft Fair](#) – **Torrington**
 - LGBTQ+ craft fair that takes place at Love It Vegan Restaurant every first Saturday of the month from 12pm to 5pm
 - Vendor sign up form is [here](#)
 - Instagram: [@queercommunitycraftfair](#)
- [Beets & Blooms Farm](#) - **Cobalt**
 - Queer owned
 - Strives to provide organically grown vegetables and flowers free from harmful pesticides and synthetic fertilizers
 - Hope to make organic produce accessible to all
- [Never Ending Books](#) - **New Haven**
 - Cluttered but charming bookshop
 - Free books and a free space for your gig, group, or gathering.
 - LGBTQIA and BIPOC events encouraged and celebrated!
- [The Spice Cabinet](#) - **Wallingford**
 - Romance bookstore specializing in "spicy" & romance fiction from popular & independent authors, along with bookish gifts, apparel, and accessories
- [Elm City Games](#) – **New Haven**
 - Store selling a variety of games, including board and role-playing games, with a play space and Wi-Fi
 - Queer owned and inclusive
 - Hosts lots of game nights
- [Folklore & Fable](#) – **Colchester**
 - Woman owned independent bookstore
- [Rainy Day Paperback](#) – **Bethel**
 - Used and rare paperback books for kids and adults, including foreign language titles
 - Accept paperbacks in good condition for store credit, which you can use towards purchasing new books

Created November 19th, 2024

Last updated February 11th, 2026

- Host queer events
- [Femme & Nest](#) – **Mystic**
 - Size inclusive vintage clothes
 - Queer femme owned
- [Fairy Meadow Flowers](#) – **New Haven**
 - Queer-owned regenerative flower farm & floral design studio
 - Founded by artist; grows flowers using no till & chemical-free growing practices
 - Store sells: fresh flowers, dried flowers, jewelry, candles, cards, incense, body lotion, face care, etc.
- [Logee's Plants for Home & Garden](#) – **Danielson, Killingly**
 - Plant store, tropical greenhouse and online retailer, open year round for rare orchids, begonias and citrus trees
 - Very LGBTQ+ friendly
 - Wheelchair accessible
 - Cafe inside – The Rose Room – has gender neutral restrooms
- [Little Dipper Farm](#) – **Brooklyn** (yes, Brooklyn, CT)
 - Farm-to-table dining, seasonal festivals, health and wellness programs, educational workshops, and art
 - Sustainable farm spanning hundreds of acres of open space
 - Community oriented
 - Farm dinners and afternoon teas throughout the year
 - Host local music artists/shows, and festivals & markets

Salons & Spas

- [Mood Studio](#) – **Middletown**
 - Full service salon – LGBTQ+ friendly and Alyssa specifically does a lot of shags & mullets
- [The Loft Salon](#) – **Branford**
 - Full service “gender neutral salon, trained and experienced in servicing **all hair types**, and are welcoming to all ages!”
- [Jaws Barbershop](#) – **West Hartford**
 - Community-minded barber shop providing haircuts in a welcoming atmosphere
 - Participated in [Strands For Trans](#)
- [Moda-Rey](#) – **West Hartford**
 - Salon & Spa
 - Participated in [Strands For Trans](#)
- [Misfit Heart Salon](#) - **Manchester**
 - Safe space for LGBTQ+ and neurodivergent folks
 - Alternative salon
- [Asymmetry Salon](#) - **Vernon**
 - Environmentally conscious salon that welcomes everyone

- Services include: Cuts, barbering, color, perms, braiding
- Has private room for those who need their hair done in a quiet spot because of sensory sensitivities, people who wear hijabs, or if someone is just shy
- Maddie does a lot of gender affirming hair cuts (instagram: @madhairgoals)
- [Skinfusion Beauty Studio](#) – **Hartford**
 - Latina & woman owned
 - Services: facials, waxing, makeup, etc.
- [Nightbird Salon](#) – **New Haven**
 - Modern, inclusive salon in the heart of East Rock, specializing in bold, vibrant color and expert blonding
 - Gender affirming/very queer friendly
- [Skull & Combs Co.](#) – **New Haven, North Haven, Branford, South Norwalk**
 - Services may vary depending on location – please check the website
 - Services include: cutting, color, styling/smoothing, and more
 - Focus on creativity
- [Embrace Massage](#) – **Bristol**
 - Massage home studio run by James Amon, LMT (licensed massage therapist)
 - Swedish, Deep Tissue and custom head/neck or hands/feet massages
 - Selected services can have add on of salt scrub, foot soak, CBD or aromatherapy essentials oils for a gloriously pampering, restorative experience
 - Private showers available
 - Welcoming to LGBTQ+ community; passionate about providing safe space to trans and non binary folks

Tattoo Shops

- Visual Expressions Tattoo & Piercing – East Hartford
 - Established tattoo shop offering walk-ins, custom appointments, and a range of piercings
- The Broken Crystal – Milford
 - Queer, female-owned inclusive tattoo shop
 - Instagram: @ brokencrystaltattoo

Pride Groups/Organizations

- [OutCT](#) (New London Pride)
- [West Hartford Pride](#)
- [Greater Bridgeport Pride](#)
- [Bridgeport Pride Center](#)
- [Middletown Pride](#)
- [Hartford Pride](#)
- [Bethel Pride](#)

Created November 19th, 2024

Last updated February 11th, 2026

- [Milford Pride](#)
- [New Canaan](#)
- [Wilton Pride](#)
- [Westport Pride](#)
- [Weston Pride](#)
- [Ridgefield Pride](#)
- [Newington Pride](#)
- [Stamford](#)
- [Darien](#)
- [Madison Pride Fest](#)
- [Stafford Pride](#)
- [East Hampton](#)
- [Stonington Pride](#)
- [Greenwich](#)
- Hartford Black Pride
 - @/HartfordBlackPride on Instagram
- [Small Town Pride](#) – Hebron
 - Pride group for small towns in CT to support lgbtqia+ kids and adults
 - For small towns all over CT but once a month in person meetings in Hebron

College Campus/University Resources

Please note these are only available for those at the colleges/universities unless noted otherwise on their websites!

- [Rainbow Center](#) – UConn Storrs
- [LGBTQIA Center](#) – Connecticut College
- [LGBTQ+ Resources](#) – Wesleyan University
- [Queer Resource Center](#) – Trinity College
- [Myatt Center for Diversity & Inclusion](#) and [GLBTQ+ & Allies Living Learning Community](#) – University of New Haven
- [Yale LGBTQ Center](#) – Yale University
- [LGBTQ+ Support & Services](#) – Quinnipiac University
- [Gender Inclusive Resources](#) – Fairfield University
- [Sexuality and Gender \(SAGE Center\)](#) – Sacred Heart University

Photographers

- [Kelly Prizel](#) - NY based but willing to travel
 - Wedding photographer
- [Cate Barry](#) – CT based
 - Wedding and portrait photographer
- [Samuel Avery](#)

Created November 19th, 2024

Last updated February 11th, 2026

- Also has a very cool [resource blog](#) for trans folks
- Photographer, cinematographer, graphic designer, content creator, LGBTQ+ activist
- [Carla Ten Eyck](#) – CT based
 - Wedding + branding photography
- [Emma Thurgood](#) – New England
 - Photographer, videographer, & planner for intentional elopements
- [Fatima Izzat](#) – CT based + willing to travel
 - Photographs weddings, elopements, & portraits
 - Photographs love stories of all backgrounds, ethnicities, and cultures (and queer couples!)
- [Cait Fletcher](#) – New England
 - Destination and New England wedding photographer for sophisticated events
 - Style can be described as timeless, avant-garde, creative, & iconic
- [Steph from Tiny House Photo](#) – Upstate NY based
 - Queer Lesbian photographer
 - Based in Upstate New York but willing to travel anywhere in the Northeast
 - Creative, candid, and intentional photography
 - Wedding, elopements, branding, family, mitzvahs, engagements, etc.
- [Kristen from Greenwood Moments](#) – CT based
 - Queer woman owned
 - Wedding and boudoir photographer
 - **Boudoir sessions are LGBTQ+ friendly**, welcoming to people of all gender identities, consent centered, body positive
- [Terrence Irving](#) – CT based
 - Black wedding photographer with artistically-engineered approach for photography
 - All forms of love welcome
- [Britney Guedes Photography](#) – Shelton + willing to travel
 - Weddings, events, headshots
- [Reef's Views](#) – Hartford + willing to travel
 - Photographer & DJ
 - 360 photobooth owner

DJs

- [Reef's Views](#) – Hartford + willing to travel
 - Photographer & DJ
 - 360 photobooth owner

Wedding Venues

- [Westbrook Inn](#) - Westbrook
 - According to Select Registry and Engaged, LGBTQ+ friendly
 - Vintage inspired bed and breakfast along the Connecticut shoreline

-

Historical

- [Palmer-Warner House](#) – East Haddam
 - Built in 1738; home of Frederic Palmer, a preservation architect, and his partner Howard Metzger in the 1900s to early 2000s
 - Palmer made it a safe place for his LGBTQ friends, neighbors, and family to gather and enjoy life unhindered by societal norms
 - Has [Letters of Unity](#) exhibit (zines, letters, protest flyers, etc.) to celebrate how words have shaped LGBTQ+ identity and activism
 - Tickets:
 - \$16 / Adult
 - \$12 / Senior, Student, or Teacher
 - \$5 / Child 6-18
- [The Glass House](#) – New Canaan
 - Formerly the home of architect Philip Johnson and his partner David Whitney – one of the most well connected gay couples in the art world – from 1960-2005
 - Open April-December
 - Offer tours of various prices ranging from \$25-\$250 per person
 - Various architecture and art sites including art gallery, sculpture gallery, pavilion in the pond, etc.

For Family Members of LGBTQ+ Folks

- [Q+ Support Group for Parents & Caregivers of LGBTQ+ Youth](#) – **Middletown**
 - 1st and 3rd Saturday of every month at 12-2pm
 - In conjunction with Middletown Pride – more information [here](#)
- [Q+ Support Group for Parents & Caregivers of LGBTQ+ Youth](#) – **West Hartford**
 - 1st and 3rd Friday of every month from 6-8pm
 - 2nd and 4th Saturday of every month from 12-2pm
 - More information [here](#)
- [Middlesex Hospital Family/Friends/Supports Virtual Support Group](#)
 - More information on website
- [Care & Share Group](#) – **Guilford**
 - Hosted by Alex Inc. twice a month – go on website for more info
 - For parents & caregivers of gender diverse youth

Virtual Resources

- [Middlesex Hospital Virtual Support Groups](#)
 - Gender Discussion Group – Female/Feminine

Created November 19th, 2024

Last updated February 11th, 2026

- Gender Discussion Group – Non-Binary
- Gender Discussion Group – Male/Masculine
- Family/Friends/Supports Group
- More information/how to join [here](#)
- [Q+ Online Activity Night](#)
 - Every Tuesday 7-8:30pm for ages 13-19
 - More information on how to sign up [here](#) (scroll to the bottom)
- [Blues & Blahs](#)
 - Online/virtual psychiatry & mental health services tailored to the LGBTQIA+ community and our allies
 - Specialize in treating depression, anxiety, & addiction
- [Anchor Health Initiative](#)
 - Leading health center for CT LGBTQ+ community with **gender-affirming**, and **sex-positive medical, mental health, and pharmacy care**
 - Services include: primary care, gender affirming medicine, trauma informed pelvic exams, HIV Prevention & Treatment, Sexual Health Care, Psychiatry, Case Management Program
- [Out Film CT Festival](#) (annual in June) – **Hartford & Virtual**
 - Festival in June
- The Trevor Project Hotline for LGBTQ+ Youth
 - Mental health/suicide hotline for LGBTQ+ youth
 - Phone: 1-866-488-7386
- [Trans Lifeline](#)
 - Trans-led organization that offers direct emotional and financial support to trans people in crisis
 - Will not ever call the police without the caller's consent
 - 10 am – 4 am EST but volunteers may be available during off hours
 - Phone: 1 (877) 565-8860
- [Blackline](#) (Helpline)
 - Space for peer support, counseling, witnessing and affirming the lived experiences to folks who are most impacted by systematic oppression with an **LGBTQ+ Black femme lens**
 - Phone: 1-800-604-5841
- [Desi LGBTQ+ Helpline](#) for **South Asian LGBTQ+ folks** and allies
 - Thursdays and Sundays, 8 – 10 pm EST
 - Phone number: 1 (908) 367-3374
- [LGBT National Hotline](#)
 - Callers may speak to issues such as coming out issues, gender and/or sexuality identities, relationship concerns, bullying, workplace issues, HIV/AIDS anxiety, safer sex information, and suicide
 - Staffed by LGBTQ+ identifying people

Created November 19th, 2024

Last updated February 11th, 2026

- 1 p.m. – 9 p.m. PT, Mon. – Fri.; 9 a.m. – 2 p.m. PT, Saturday
- Phone: 1 (888) 843-4564
- GLBT National Youth Talkline
 - 1 (800) 246-7743
- [SAGE LGBT Elder Hotline](#)
 - For elder LGBT people who want to talk can be connected with friendly responders who are ready to listen 24/7
 - 1 (877) 360-5428
- [Grow Therapy](#)
 - Online therapy that accepts insurance (including Medicare!)

Other Resources:

- [Connecticut Voice](#)
 - State's premier LGBTQ+ magazine
- [CT Queer Third Space Calendar](#)
 - CT specific queer community events calendar
- [Q+ CT](#)
 - Nonprofit that runs LGBTQ+ youth programming across the state
- [Peer Pride](#)
 - Trans-run, majority-BIPOC organization that believes in setting bold, brave goals and empowering communities in achieving them
 - Experts in peer & crisis support, equity in healthcare, food access, education, technology, mental health services and more
 - Has Connecticut based programs/community spaces (i.e. Trans Haven)
- [Report a Bias or Hate Incident in CT](#)
- [Trans ID Project at Hartford Healthcare](#)
 - FREE monthly sessions where trans, nonbinary & gender expansive CT residents can work with volunteer attorneys to change their name or gender marker on state & federal identity documents
- [Black @ Queer CT Instagram \(@/blkqueerct\)](#)
- [Sky Casper Entertainment](#)
 - Special events production company based in West Hartford
 - LGBTQ+ events/drag shows; check website for more information on events
- [Stamford LGBTQ+ Liaisons](#)
- [Pride CT LGBTQ+ Friendly Resources](#)
- [LGBT - In Connecticut Facebook Group](#)
- [LGBTQ Book Club via Meetup](#)
- [List of LGBTQ+ owned small businesses in CT](#)
- [List of Queer Owned Small Businesses by artist Sam Avery](#)

Created November 19th, 2024

Last updated February 11th, 2026

- [Connecticut Education Association Pride](#) (advocacy for LGBTQ+ students, families, & educators)
- Lex (App)
- Everywhere Is Queer (App)
- [Yale University: LGBTQ+ owned businesses and services directory](#)
- [Queer In Connecticut Facebook Page](#)
- [Connecticut Gay & Lesbian Chamber](#)
 - Official affiliate chamber of the National Gay & Lesbian Chamber of Commerce
 - Works to create, identify, and enhance business opportunities for LGBTQ+ and LGBTQ+ allied organizations
- [Women's Health CT LGBTQ Fertility Care and Family Planning Support](#)
- [Trans Fertility Co.](#) - resources on trans fertility
- [Human Rights Campaign Healthcare Equality Leaders 2024](#)
- [Preservation Connecticut's Map of Historical LGBTQ+ Sites in CT](#)
- [A Brief History of Connecticut's LGBTQ+ History](#)
- [Search for LGBTQ+ Friendly Wedding Venues in CT](#)
 - Scroll down to where it says "Here Comes The List of Connecticut Wedding Venues" and press LGBTQ+ friendly to narrow your search to lgbtq+ friendly venues
- [Hartford Pride – Hartford](#)
 - Brings events and news to New England's GLBTQ+ community and celebrates achievements, fosters inclusion, educates, and creates awareness
 - Includes CLARO - [Connecticut Latinos Achieving Rights & Opportunities](#) – which works to educate and promote equality for Latinx LGBTQ+ folks
- The Trevor Project Hotline for LGBTQ+ Youth
 - Mental health/suicide hotline for LGBTQ+ youth
 - Phone: 1-866-488-7386
- [Engayged LGBT Wedding Directory](#)
 - Find LGBT-Friendly Wedding Businesses in the U.S., including Connecticut
- [Trans Lifeline](#)
 - Trans-led organization that offers direct emotional and financial support to trans people in crisis
 - Will not ever call the police without the caller's consent
 - 10 am – 4 am EST but volunteers may be available during off hours
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 - For elder LGBT people who want to talk can be connected with friendly responders who are ready to listen 24/7
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FAQ

1. How did my business/group/etc. get on this list?

Either I found you online, already knew of your resource, or it was recommended by a community member.

2. How can I be added to this list?

You can use [this Google form](#) to submit a request to be added to the list.

3. How can I be removed from this list?

You can use [this Google form](#) to submit a request to be removed from the list. Only owners/group leaders/those who run or are in charge of the resource can request removal.

4. Have you been to all of these places or used all of these resources?

Definitely not! There are so many! BUT I do have a Tik Tok page for this masterdoc (Tik Tok: @queerct) where I visit many of these places/resources. If you want more information on the LGBTQ+ stuff in CT, follow that Tik Tok account!

5. Can I make a suggestion?

Of course! [Here's](#) a Google form to suggest a resource or to change/add information about existing resources that are already listed. If you are suggesting a new resource, please make sure it is not already on the page. :)

6. Why do you specify race or ethnicity for some resources on this document?

I specify race or ethnicity when it is relevant to the mission of the resource and/or I think it may be information that helps a member of a marginalized group find what they are looking for. For example, I am South Asian. Someone who is South Asian may prefer to have a wedding photographer who is South Asian/has experience with South Asian weddings. They may want a therapist who shares their cultural background and/or experiences. I only note

specific identities if it is on the website of the resource, because that allows me to know they consider that identity an important aspect in their work. As a person of color myself, I've had many experiences with LGBTQ+ spaces that are not culturally competent. I just want to do my best to make sure BIPOC LGBTQ+ folks find the resources that feel best for them.

7. Are all the dates, times, addresses, etc. that are listed correct?

I have no idea! I'm not monitoring any of these resources for updates. The hours, dates, addresses, or other details may very well have changed since I added the resource – that is why I encourage doing your own research prior to going somewhere!

8. How do I edit this document?

You can't! Making it editable to the public would get too messy :/

9. Can I share this list?

Of course; thank you! I'd love for this to reach as many LGBTQ+ folks in CT as possible. <3

10. How do I know if a resource is right for me?

It's not always possible to know beforehand, but research may give you the information you need! What I've added are just snippets of entire programs, businesses, etc. I've definitely missed details that may be important to you. Check out their websites, social media pages, try to contact them via phone or email, read Google or Yelp reviews, ask for reviews from people who may have engaged in a resource prior, etc.

11. What if I had a negative experience at one of these places?

To be honest, this is difficult to answer because I would never willingly recommend a harmful space. And that is especially possible for the most vulnerable people in our community. However, though this document is meant to be a compilation of resources, it is not an endorsement of everything on the list. This is why I encourage people to do their own research prior to engaging with a resource.

The purpose of this document is not to be a review page — it's meant to guide people to LGBTQ+ resources and spaces in CT. The reason I can't update it with reviews is because that may require me updating it more than I'm able to, or I may have businesses or groups contacting me to take something down, give their side of an account, etc. — which may then involve trying to verify events. Unfortunately, I do not think I would be able to keep up with that. However, If I happen to see a news story about a negative experience at an establishment, or a review page full of negative experiences that seem to be a pattern, I may add a link to that news story or, depending on the incident, remove the resource entirely.

Created November 19th, 2024

Last updated February 11th, 2026

That being said, your experience absolutely matters and if you'd like to voice it, it deserves to be heard. I believe Yelp, Google Reviews, or even a Queer CT Facebook page, may be more suitable platforms to voice any concerns. And if you do want to share a discriminatory/negative experience at one of these resources, you can fill out the Google form [here](#).

If you'd like to note that a resource (1) is not wheelchair accessible or (2) has a bathroom set-up or policy that is trans exclusionary, you can make note of either of those circumstances [here](#).