



## **IATSE PRIDE HOLIDAY RESOURCES**

The IATSE Pride Committee wishes everyone a safe and happy holiday season. We also acknowledge that the holidays are not an easy time for many, especially those of us in the LGBTQ+ community. Therefore, we've compiled some helpful resources to help you navigate what can be a tricky period at the best of times.

If you have any other resources that you think should be added, feel free to send them to us at [iatsepride@iatse.net](mailto:iatsepride@iatse.net).

Please take care of yourself so that we can all connect safe, happy and healthy in the new year!

- The IATSE Pride Committee

**UPDATED: November 26, 2025**

## Table of Contents

<b>HOLIDAY SPECIFIC RESOURCES:</b>	<b>4</b>
<i>CAMH: Holiday Stress Resources</i>	4
<i>It Gets Better Canada: Queering Your Holidays!</i>	4
<i>OutYouth: Holiday Prep: Navigating the Season as an LGBTQIA+ Youth or Ally</i>	4
<i>PFLAG: Going Home For The Holidays...Or Any Days</i>	4
<i>The Trevor Project: Going Home For The Holidays</i>	4
<b>LGBTQ+ SUPPORT:</b>	<b>5</b>
<i>LGBT National Help Center</i>	5
<i>Trans lifeline</i>	5
<i>BlackLine</i>	5
<i>DeQH</i>	5
<i>The Trevor Project</i>	5
<i>LGBT Youth Line</i>	6
<b>SUPPORT FOR PARENTS &amp; FAMILIES:</b>	<b>7</b>
<i>Family Acceptance Project</i>	7
<i>Gender Spectrum</i>	7
<i>The Parenting Path</i>	7
<i>PFLAG</i>	7
<b>ACTIVISM</b>	<b>8</b>
<i>ACLU: Mapping Attacks on LGBTQ Rights in U.S. State Legislatures</i>	8
<i>ACLU: Report LGBTQ/HIV Discrimination</i>	8
<i>ACLU: Take Action</i>	8
<i>The Human Rights Campaign: Equality Impact Hub</i>	8
<i>The Human Rights Campaign: Stand Visible, Stay Safe</i>	8
<i>Lambda Legal</i>	8
<i>National LGBTQ Task Force: Take Action</i>	8
<b>BOOKS:</b>	<b>9</b>
<i>Coming Around: Parenting Lesbian, Gay, Bisexual and Transgender Kids</i>	9
<i>My Shadow is Purple</i>	9
<i>Now That You Know: A Parents' Guide to Understanding Their Gay and Lesbian Children</i>	9
<i>Out in the Union: A Labor History of Queer America Book</i>	9
<i>This Is a Book for Parents of Gay Kids: A Question &amp; Answer Guide to Everyday Life</i>	9
<b>CHARITIES:</b>	<b>9</b>

<i>The Actors' Fund</i> .....	10
<i>The Actors' Fund of Canada</i> .....	10
<i>Behind the Scenes Charity</i> .....	10
<i>Gay For Good</i> .....	10
<i>PAL Canada</i> .....	10
<i>Rainbow Railroad</i> .....	10
<i>LGBTQ Charities</i> .....	10

## HOLIDAY SPECIFIC RESOURCES:

### CAMH: Holiday Stress Resources

The Centre for Addiction and Mental Health (CAMH) has compiled an online library of resources for parents and caregivers during the holidays.

<https://www.camh.ca/en/camh-news-and-stories/camh-library-holiday-stress-resources-for-parents-and-caregivers>

### It Gets Better Canada: Queering Your Holidays!

Supportive tips on navigating family and holiday gatherings as a 2SLGBTQ+ youth.

<https://itgetsbettercanada.org/2023/12/14/queer-holiday-guide/>

### OutYouth: Holiday Prep: Navigating the Season as an LGBTQIA+ Youth or Ally

The holidays often come with more harmful rhetoric and policies that target LGBTQIA+ communities.

Many queer and trans youth face higher risks of depression, including seasonal depression, compared to their cisgender, heterosexual peers. Affirming someone's identity can greatly improve mental health for LGBTQIA+ youth.

<https://www.outyouth.org/blog/holiday-coping-tips>

### PFLAG: Going Home For The Holidays...Or Any Days

PFLAG, the first and largest organization for LGBTQ+ people, their parents and families, and allies, has released tips for both members of the community and their families about navigating the holiday season.

<https://pflag.org/resource/going-home-for-the-holidays-or-any-days/>

### The Trevor Project: Going Home For The Holidays

The Trevor Project is the leading suicide prevention and crisis intervention nonprofit organization for LGBTQ+ young people.

<https://www.thetrevorproject.org/blog/going-home-for-the-holidays/>

## LGBTQ+ SUPPORT:

Support for any time of the year.

### LGBT National Help Center

The Lesbian, Gay, Bisexual and Transgender (LGBT) National Help Center is a non-profit, organization that provides vital peer-support, community connections and resource information to people with questions regarding sexual orientation and/or gender identity

<https://www.glbthotline.org/>

**LGBT National Hotline:**

1-888-843-4564

**LGBT National Coming out Support Hotline**

1-888-688-5248

**LGBT National Youth Talkline (25 and younger):**

1-800-246-PRIDE (1-800-246-7743)

**LGBT National Senior Hotline (50 and older):**

1-888-234-7243

### Trans lifeline

Trans Lifeline is a trans-led organization that connects trans people to the community, support, and resources they need to survive and thrive.

[www.translifeline.org](http://www.translifeline.org)

1-877-330-6366

### BlackLine

BlackLine is a hotline geared towards the Black, Black LGBTQI, Brown, Native and Muslim community. However, no one will be turned away from the Hotline.

<https://www.callblackline.com>

1-800-604-5841

### DeQH

DeQH is the first and only national Desi LGBTQ+ Helpline in the United States. They offer free, confidential, culturally sensitive peer support, information and resources for LGBTQ+ South Asian individuals, families and friends around the globe.

<https://www.deqh.org>

1-908-367-3374

### The Trevor Project

Their trained counselors are there to support you 24/7. If you are a young person in crisis, feeling suicidal, or in need of a safe and judgment-free place to talk they offer phone calls, texts and chat.

<https://www.thetrevorproject.org/>

1-866-488-7386

### LGBT Youth Line

Youth Line offers confidential and non-judgemental peer support through our telephone, text and chat services. Get in touch with a peer support volunteer from Sunday to Friday, 4:00PM to 9:30 PM.

<https://www.youthline.ca/>

## SUPPORT FOR PARENTS & FAMILIES:

### Family Acceptance Project

The Family Acceptance Project is a research, intervention, education and policy initiative to prevent health and mental health risks and to promote well-being for lesbian, gay, bisexual, transgender and queer-identified (LGBTQ) children and youth, including suicide, homelessness, drug use and HIV — in the context of their families, cultures and faith communities.

<https://familyproject.sfsu.edu/>

### Gender Spectrum

Gender Spectrum's mission is to create a gender-inclusive world for all children and youth. To accomplish this, we help families, organizations, and institutions increase their understanding of gender and consider the implications that evolving views have for each of us.

<https://www.genderspectrum.org>

### The Parenting Path

The Parenting PATH works to prevent and treat child abuse and neglect by strengthening families, enhancing parent/child relationships and creating safer, more stable communities.

[https://parentingpath.org/for-families/lgbtqa\\_resources.html](https://parentingpath.org/for-families/lgbtqa_resources.html)

### PFLAG

PFLAG is the nation's largest organization dedicated to supporting, educating, and advocating for LGBTQ+ people and those who love them.

<https://pflag.org/>

## ACTIVISM

### ACLU: Mapping Attacks on LGBTQ Rights in U.S. State Legislatures

The ACLU is tracking Anti-LGBTQ bills in the U.S. This page allows you to choose a state on the map to show different bills targeting LGBTQ Rights and how to take action.

<https://www.aclu.org/legislative-attacks-on-lgbtq-rights-2025>

### ACLU: Report LGBTQ/HIV Discrimination

If you've experienced discrimination because of your sexual orientation, gender identity, or HIV status, the ACLU Foundation ("ACLU") wants to hear about it. They might be able to help. Please tell them by filling out the form below.

<https://action.aclu.org/legal-intake/report-lgbtqhiv-discrimination>

### ACLU: Take Action

Join the over one million action-takers who have made their voices heard.

<https://www.aclu.org/action>

### The Human Rights Campaign: Equality Impact Hub

In the face of continued challenges for the LGBTQ+ community, it's more important than ever to share information and resources on any policies proposed or finalized by the Trump Administration, Congress, or the federal judiciary that impact the LGBTQ+ community and our families. The Human Rights Campaign remains committed to showing up, advancing progress, and fighting for equality — just as the LGBTQ+ community has always done.

<https://www.hrc.org/campaigns/equality-impact-hub>

### The Human Rights Campaign: Stand Visible, Stay Safe

In moments of protest, unrest, and rising threats against our rights, safety and solidarity matter more than ever. This resource hub was created by the Human Rights Campaign for LGBTQ+ people—and for the allies who stand with us—to make sure no one faces these challenges alone.

<https://www.hrc.org/campaigns/united-together-your-resources-your-rights-your-future>

### Lambda Legal

There is no one LGBTQ+ or HIV+ experience in America. That's why Lambda Legal's standard-shifting work in litigation, public policy, and education spans a range of issues that touch nearly every aspect of our lives.

<https://lambdalegal.org/events/>

### National LGBTQ Task Force: Take Action

The National LGBTQ Task Force fights for justice, advances liberation, promotes equity, and is working towards a world where you are free to be you.

<https://www.thetaskforce.org/get-involved/take-action/>



## BOOKS:

### Coming Around: Parenting Lesbian, Gay, Bisexual and Transgender Kids

By Anne Dohrenwend

Coming Around is a resource for understanding and coming to terms with a child's sexual orientation and maintaining a dialogue between parent and child. With compassion and wisdom, Dohrenwend addresses parents' fears regarding what to say and what not to say, bigotry and social and religious prejudice, the legal issues facing LGBT individuals and how to understand homophobia.

### My Shadow is Purple

by Scott Stuart

This inspiring story considers gender in a vibrant spectrum of color and shows kids the beauty of being true to themselves.

### Now That You Know: A Parents' Guide to Understanding Their Gay and Lesbian Children

By Betty Fairchild and Nancy Hayward

Written by two mothers of gay children, this award-winning book discusses the nature of homosexuality and works toward helping both children and parents understand each other. Fairchild and Hayward counsel parents on how to respond supportively to gay children and focus on bringing families together to maintain the bonds of acceptance. They also inform parents of the pressing health and emotional issues that affect the gay and lesbian communities today.

### Out in the Union: A Labor History of Queer America Book

by Miriam Frank

Out in the Union tells the continuous story of queer American workers from the mid-1960s through 2013. Miriam Frank shrewdly chronicles the evolution of labor politics with queer activism and identity formation, showing how unions began affirming the rights of lesbian, gay, bisexual, and transgender workers in the 1970s and 1980s. She documents coming out on the job and in the union as well as issues of discrimination and harassment, and the creation of alliances between unions and LGBT communities.

### This Is a Book for Parents of Gay Kids: A Question & Answer Guide to Everyday Life

By Dannielle Owens-Reid & Kristin Russo

Written in an accessible Q&A format, here, finally, is the go-to resource for parents hoping to understand and communicate with their gay child. Through their LGBTQ-oriented site, the authors are uniquely experienced to answer parents' many questions and share insight and guidance on both emotional and practical topics. Filled with real-life experiences from gay kids and parents, this is the book gay kids want their parents to read.

## CHARITIES:

*If you're looking for a charity to donate to this holiday season, here are a few suggestions that are relevant to either our industry, the LGBTQ+ community, or both.*

### The Actors' Fund

The Actors Fund fosters stability and resiliency and provides a safety net for performing arts and entertainment professionals over their lifespan.

<https://actorsfund.org/>

### The Actors' Fund of Canada

The AFC is the lifeline for Canada's entertainment industry. Through compassionate support, they help Canadian entertainment professionals maintain their health, dignity and ability to work.

<https://afchelps.ca/>

### Behind the Scenes Charity

Providing financial assistance to entertainment technology professionals in need due to serious illness or injury.

<https://wp.behindthescenescharity.org/>

### Broadway Cares

Broadway Cares is one of the nation's leading industry-based HIV/AIDS fundraising and grant-making organizations.

<https://broadwaycares.org/>

### Gay For Good

Gay for Good mobilizes lesbian, gay, bisexual, transgender, queer (LGBTQ+) and ally volunteers to promote diversity, foster inclusion and strengthen ties to the broader community. Now in 23+ Cities!

<https://gayforgood.org>

### PAL Canada

Their vision is to enable senior members of Canada's arts and entertainment community to thrive.

<https://palcanada.org/>

### Rainbow Railroad

In countries around the world, LGBTQI+ people face violence and oppression simply because of who they love or who they are. Rainbow Railroad helps them get to safety.

<https://www.rainbowrailroad.org>

### LGBTQ Charities

Canadahelps.org has a list of LGBTQ charities. The list may include a charity that you can make use of locally.

<https://www.canadahelps.org/en/explore/charities/category/social-services/sub-category/lesbian-gay-bi-trans-queer/>

**\*Please note that most of the resources on the other pages also accept charitable donations.**