

A.L.L.I.E.S.

An LGBTQ Wellness and Support Group

CarePlus presents A.L.L.I.E.S. (Acceptance, Life, Leadership, Identity, Education, & Support), an LGBTQ wellness and support group for youth 13 through 17 years of age.

Research indicates that LGBTQ youth who have peer to peer connectedness are more likely to have overall improved mental health status and sense of well-being than LGBTQ youth who lack connectedness and social support. The A.L.L.I.E.S. wellness and support group provides that and more.

Program Goals: A.L.L.I.E.S. creates a safe-space to empower LGBTQ youth, while providing self help support strategies, peer connectedness, education, and creating an environment to promote wellbeing.

Specialized Services: Participants will engage in groups to provide support regarding:

- “Coming Out”
- Bullying
- Family
- Friends
- Social Support
- School
- Interpersonal Relationships
- Advocacy

For more information or to register...

Call Gabriella Urato, LSW at 201-797-2660 x5210
or email GabriellaU@CarePlusNJ.org

Our Philosophy:

Coping skills and strengths developed in childhood carry into adult life, helping individuals reach their full potential. With this in mind, we strive to deliver programming and resources that assist individuals in navigating our complicated world.



healing one another...together