

Our Mission Statement:

Dedicated to improving your mental health.

Our Core Values:

Compassion:

We value our clients and strive to enrich and improve their lives.

Respect:

We are committed to treating our clients and community with courtesy, dignity, and understanding. We are mindful of individual differences and cultural and ethnic diversity.

Integrity:

We pledge to provide honest and ethical services to our clients. We align our actions with our words and deliver what we promise.

Innovation:

We strive to be the leaders in education and advancement of knowledge in our fields.

Hope:

Hope is the belief that improvement is possible. Through hope we inspire others to dream and strive for goals.

The Rainbow Group is funded through generous donations by members of the community.

If you would like to make a donation to the Rainbow Group, please visit our website at:

www.centerforpg.com

and click on the "Donate" icon.

Thank you for your donation!

We share our belief that people can change their lives. We assist clients to identify their aspirations and build upon their strengths.

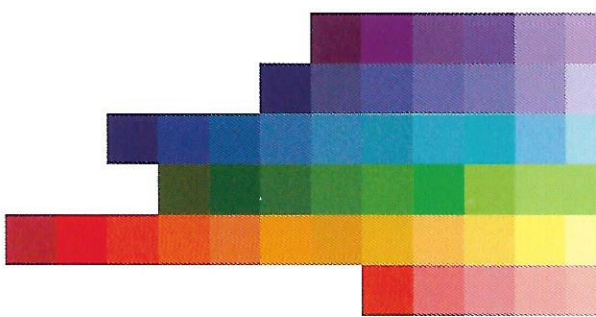
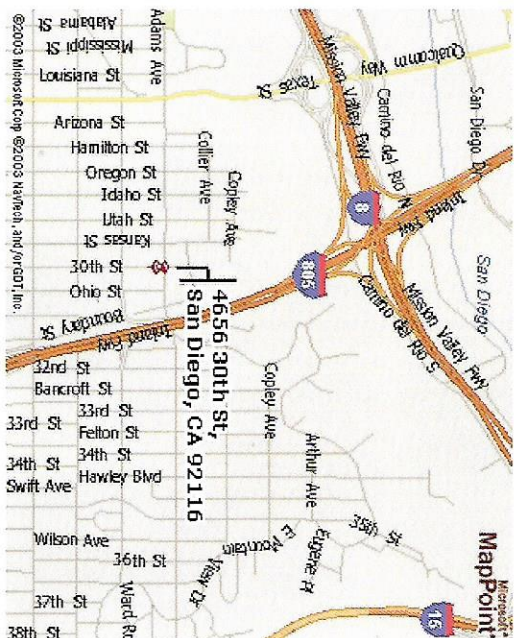
The Center is located at 4656 30th St. in the Normal Heights area of San Diego.

From 805 South: Exit Adams Avenue. Travel West to 30th St. Turn right onto 30th street. The Center is located on the left side of the street.

From 805 North: Exit El Cajon Blvd. At the top of the exit, make a left hand turn onto El Cajon Blvd. Travel West on El Cajon Blvd. to 30th street. Turn right onto 30th St. and travel approximately three blocks. The Center is located on the left side of the street before Adams Avenue.

Public Transportation: The number 2 bus stops at 30th St. and Adams Avenue.

Parking: Street parking is available.



Rainbow

Group

A psychoeducational support group for individuals who have a Developmental Disability and are part of the L.G.B.T.Q. community.

Center For Personal Growth

4656 30th Street
San Diego, CA 92116
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About

The Rainbow Group is important because many times there are limited support systems available to people with a developmental disability who are lesbian, gay, bisexual, transgender, or questioning their sexual identity. We believe it is our responsibility to help people with developmental disabilities be safe in their exploration of their sexuality.

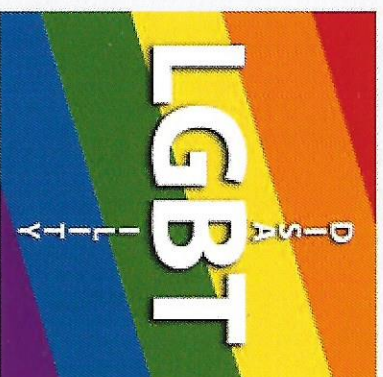
Participants discuss the same concerns as other L.G.B.T.Q. people, but they do it in a support system that recognizes their unique perspective. The Rainbow Group provides a safe, comfortable environment for people with developmental disabilities to talk about their issues and feelings, decide when they are ready to come out, how to come out to other people, and help them be comfortable with who they are. Two key areas of focus are reducing isolation and increasing safety.



Purpose

The purpose of Rainbow Group is to provide:

- 1) Peer support for LGBTQ persons who have developmental disabilities;
- 2) A supportive space for education and interactive discussions regarding LGBTQ issues and topical discussions such as: safe sex, dating and intimacy, setting healthy boundaries, issues of consent, pride and self esteem, and coming out to family and friends;
- 3) A place to feel safe, welcome, valued, and respected;
- 4) Assistance with learning about and accessing LGBTQ events, resources, organizations, and locations within the community;
- 5) Advocacy and outreach through sharing stories, receiving education about key issues, and learning about cultural and social opportunities; and
- 6) Experiencing the benefits of peer support.



Frequently Asked Questions

- You must be 18 years old or older to join.
- The group size is limited to 10 participants.
- The group meets once a month for one hour.
- There is no cost to participants for this group.

