



Good afternoon,

I represent Safe Harbor Healing Minds (SHHM), an innovative mental health support program tailored for LGBTQ+ individuals.

We are excited to announce the expansion of our program to include outpatient therapy/wellness groups and individual therapy sessions for individuals aged 18-30 at NO COST.

As part of the RAIN foundation, we have a strong commitment to supporting the LGBTQ+ community. In addition to our outpatient services, we also offer emergency shelter through RAIN for LGBTQ+ individuals aged 18-26 who may be in crisis situations. Our goal is to extend our reach and provide vital support to LGBTQ+ individuals within your community and to create a safer and more inclusive environment for all individuals.

Thank you for your consideration and please reach out if you have any questions. Please see attached brochure.

Warm Regards,

A handwritten signature in black ink, appearing to read "Nicholas Stanco, MA, LPC".

Nicholas Stanco, MA, LPC
Program Manager
Safe Harbor Healing Minds
Essex County LGBT RAIN Foundation
168 Park Street
East Orange, NJ 07017
973-675-4225
Essexlgbthousing.org

RECEIVED

MAY 13 2024

Warren County Prosecutor's Office
Belvidere, NJ



SAFE HARBOR HEALING MINDS

Providing a safe and healing space for the LGBTQ+ Community to foster resilience, self-acceptance, and overall well-being!



- ARE YOU PART OF THE LGBTQ+ COMMUNITY AND BETWEEN THE AGES OF 18 AND 30?
- INTERESTED IN MENTAL HEALTH OR OVERALL WELLNESS SUPPORT?
- SEEKING A SAFE SPACE TO CONNECT WITH OTHERS WHO SHARE YOUR EXPERIENCES AND CONCERNS?
- OPEN TO PARTICIPATING IN WORKSHOPS, SUPPORT GROUPS, OR DISCUSSIONS FOCUSED ON MENTAL HEALTH AND WELLNESS FOR LGBTQ+ INDIVIDUALS?

COME CHECK OUT SAFE HARBOR HEALING MINDS!

 Join us! NO-COST Therapy, Wellness & Support Groups for Ages 18-30! 
Proudly serving LGBTQ+ community. Expand your support network, find safe spaces, and access individual therapy.

Emergency shelter available for ages 18-26.

Call or email to schedule your intake now! Let's build a safer, inclusive community together!

**FREE
SUPPLEMENTAL
SERVICES**

168 PARK STREET
EAST ORANGE, NJ 07017

973-675-4225

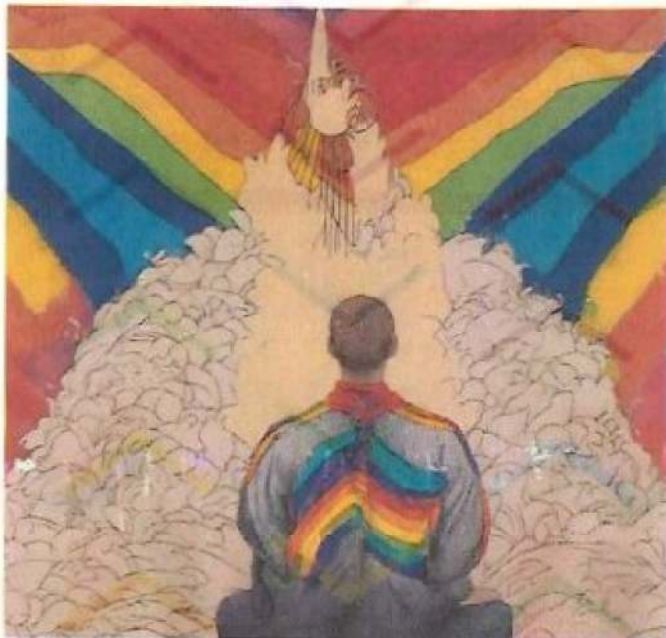
SAFEHARBORHEALINGMINDS@GMAIL.COM

ESSEXLGBTHOUSING.ORG

ABOUT RAIN

The Essex LGBT Reaching Adolescents In Need(RAIN) Foundation. A 501(c)3 non profit that provides emergency shelter services to address the emergent need of Lesbian, Gay, Bisexual and Transgender (LGBTQ+) individuals experiencing crisis leading to homelessness. Our programs promote self-sufficiency and independence to enhance our residents' ability to function within their communities. Our programs aim to help adolescents lead healthy, productive and meaningful lives. RAIN's new extension, Safe Harbor Healing Minds is now here to serve the LGBTQ+ Community!

Emergency Housing Available for Ages 18-26



SUPPORT HOTLINES

National Suicide Prevention Lifeline:

1-800-273-TALK (1-800-273-8255)
www.suicidepreventionlifeline.org

Crisis Text Line:

Text HOME to 741741
www.crisistextline.org

The Trevor Project (LGBTQ+):

1-866-488-7386
Text START to 678678
www.thetrevorproject.org

RAINN (Rape, Abuse & Incest National Network):

1-800-656-HOPE (4675)
www.rainn.org

Trans Lifeline (Transgender Support):

1-877-565-8860
www.translifeline.org

The National LGBTQ+ Domestic Violence Hotline:

1-800-799-7233
www.thehotline.org/resources/lgbtq-inclusive-services

Substance Abuse and Mental Health Services Administration:

(SAMHSA) National Helpline:

1-800-662-HELP (4357)
www.samhsa.gov/find-help/national-helpline

973-675-4225

Inquiries will be responded to within 24-48 Hours

SafeHarborHealingMinds@gmail.com

Essexlgbthousing.org

168 Park Street, East Orange, NJ 07017

SAFE HARBOR HEALING MINDS

Providing a safe and healing space for the LGBTQ+ Community to foster resilience, self-acceptance, and overall well-being!

We do not discriminate on the basis of race, creed, color, ethnicity, national origin, religion, gender, sexual orientation, gender identity and expression, age, height, weight, physical or mental ability, veteran status, military obligations, or marital status.

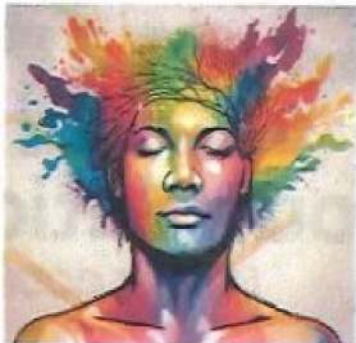


ABOUT SAFE HARBOR HEALING MINDS

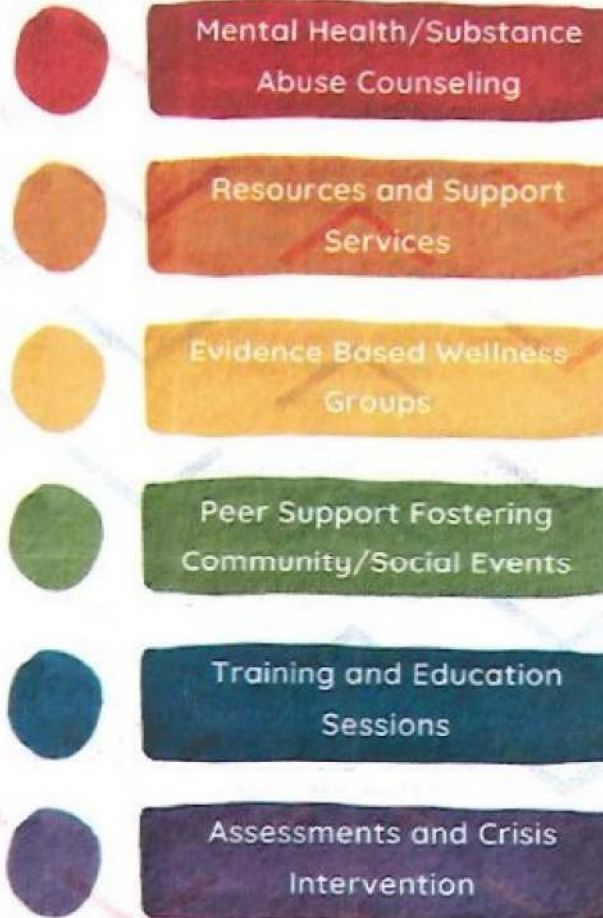
Safe Harbor Healing Minds (SHHM) provides **FREE** comprehensive mental health support for LGBTQ+ individuals, ages 18 to 30, to enhance their well-being. Services include individual and group therapy sessions led by certified therapists specializing in LGBTQ-related issues and trauma therapy. SHHM offers peer mentorship programs, peer support specialists, and specialized support groups within the LGBTQ+ community.

To foster a supportive community, SHHM organizes social events, arts and culture nights, and community outreach initiatives. The program conducts training sessions for allies, families, and educators to raise awareness about LGBTQ+ challenges and advocate for inclusivity.

Educational sessions equip participants with skills for handling life challenges, stress management, healthy relationships, family dynamics, safe sex practices, and healing from victimization. SHHM plans to establish a resource center with literature on recovery, mental health, safe sex, and LGBTQ+ rights.



HOW WE CAN SERVE YOU



Discover a World of Wellness Within Yourself and the LGBTQ+ Community

WHY CHOOSE US?

- Experienced and Caring Staff
- Safe and Secure Space
- Trauma Informed Care
- Engaging Activities
- Culturally Competent and Diverse Backgrounds
- Advocacy for Your Rights
- Committed to Promoting Mental Health Awareness
- Accessibility to Services You Deserve by People that Care!
- **SERVICES ARE FREE!**

