



Dynamique des Jeunes Leaders pour la Paix et le Respect des Droits Humains

DYJEPREDHU asbl

Dynamics of Young Leaders for Peace and Respect for Humans Rights

CHANGEMENT TRANSFORMATION IMPACT

Parents of LGBTQ Children - Therapy Support Groups

August 2026

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PROJECT TECHNICAL PROPOSALS

I. Project Summary

1. Title of the project: Parents of LGBTQ Children - Therapy Support Groups

2. Contact details:

• Name of the organization: Dynamic of Young Leaders for Peace and Respect for Human Rights, “DYJEPREDHU asbl” in acronym

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3. Organization Mission Statement

Our Mission

Our mission is to empower, educate, and support parents and caregivers of LGBTQ+ youth by providing accessible, therapist-led clinical spaces and structured community resources. We aim to transform family vulnerability into strength, fostering immediate home acceptance to ensure every LGBTQ+ child grows up in a safe, affirming, and loving environment.

Project Beneficiaries

Direct Beneficiaries (Primary Target)

- **Parents and Primary Caregivers:** 150+ unique parents, guardians, and immediate adult caregivers navigating their child’s sexual orientation or gender identity development. They directly receive professional psychological education, clinical coping tools, and community support.
- **LGBTQ+ Children and Youth:** The immediate dependents of the participating parents (ranging from childhood to young adulthood). They benefit directly from a measurable increase in home safety, family acceptance, and improved relational dynamics.

Indirect Beneficiaries (Secondary Target)

- **Extended Family Units:** Siblings, grandparents, and relatives who benefit from a more stable, stress-reduced home environment and the dissemination of affirming practices.
- **Mental Health Practitioners:** The 5 contracted licensed therapists who gain specialized experience, clinical curriculum data, and professional growth in facilitating structured LGBTQ+ family cohorts.
- **Local Communities & Schools:** Local school districts, pediatric clinics, and community spaces that experience a reduced strain on crisis intervention services due to earlier, home-based prevention.

Total cost of the project: US \$ 35,000

- **Bank account: Dynamique des Jeunes Leaders pour la Paix et le Respect des Droits Humains, DYJEPREDHU asbl**

Goma Agency -DRC

No. 1272-28000-23526760001-87

Following code: TRMSCD3L

Context and Justification of the Project

Project Context

Recent global and regional statistics highlight a critical gap in family-centric healthcare and mental health support systems. While many resources are directly available to LGBTQ+ youth, their parents and primary caregivers are frequently left to navigate complex social, emotional, and systemic shifts without professional guidance. Research consistently shows that a parent's initial reaction to their child's identity is the single most definitive factor predicting the youth's long-term mental health outcomes. Consequently, providing parents with immediate, evidence-based psychological support is no longer just a luxury it is a critical public health necessity.

Project Justification

This initiative is justified by three compounding factors:

- **Drastic Risk Reduction:** Clinical data proves that LGBTQ+ youth from highly affirming families are up to 70% less likely to attempt suicide compared to those experiencing family rejection.
- **Mitigation of Caregiver Burnout:** Parents navigating their child's social or medical transitions often experience intense isolation, grief, and chronic stress, which directly impacts their ability to provide a stable, loving home environment.
- **Systemic Resource Deficit:** While peer-to-peer Facebook groups and informal forums exist, there is a severe shortage of structured, **therapist-led** clinical spaces capable of addressing deep-seated religious trauma, severe family conflict, and complex psychological processing.

Project Objective

The primary objective of this project is to design, launch, and sustain a structured, therapist-led virtual support network for parents and caregivers of LGBTQ+ youth by the end of **Q4 2026**. The initiative aims to bridge the gap between clinical psychological expertise and family home environments, equipping parents with the evidence-based tools needed to foster immediate family acceptance and drastically reduce youth mental health risks.

Key Performance Indicators (KPIs) & Measurable Goals

- **Establish Clinical Infrastructure:** Recruit, vet, and onboard 5 licensed marriage and family therapists (LMFTs) or clinical social workers specializing in LGBTQ+ youth and family dynamics by **June 2026**.
- **Scale Participant Reach:** Launch 4 distinct virtual support cohorts (grouped by the child's age: youth, teen, young adult) to actively serve at least 150 unique families across the region within the first 6 months of operations.
- **Improve Family Retention:** Maintain an 85% weekly attendance and completion rate across all multi-week clinical group cycles through automated reminders and post-session resources.
- **Measure Clinical Impact:** Achieve a minimum 40% self-reported decrease in caregiver stress, isolation, and family conflict, measured via standardized pre- and post-program psychological evaluations.

Mission Statement

Our mission is to empower, educate, and support parents and caregivers of LGBTQ+ youth by providing accessible, therapist-led clinical spaces and structured community resources. We aim to transform family vulnerability into strength, fostering immediate home acceptance to ensure every LGBTQ+ child grows up in a safe, affirming, and loving environment.

Core Values

- **Radical Empathy:** We meet parents exactly where they are on their journey, without judgment, honoring the complex emotions, grief, and confusion that can accompany systemic changes in the family.
- **Clinical Integrity:** Every support group, workshop, and resource we provide is grounded in evidence-based psychological practices and led by licensed, vetted mental health professionals specializing in LGBTQ+ dynamics.
- **Inclusivity & Intersectionality:** We actively recognize that race, religion, socioeconomic status, and geography shape a family's experience, and we commit to creating spaces that respect and uplift all cultural backgrounds.
- **Uncompromising Safety:** We maintain strict confidentiality and create secure, moderated environments where parents can speak openly, heal internal conflicts, and ask difficult questions without fear of stigma.
- **Youth-Centric Advocacy:** While our immediate service is directed toward parents, our ultimate goal remains the long-term mental health, physical safety, and holistic well-being of the LGBTQ+ children they raise.

Project Activity Calendar (2026)

Quarter 1 (January – March 2026): Infrastructure & Recruitment

- **January 2026:** Finalize clinical curriculum, group guidelines, and standardized pre-/post-program psychological evaluation surveys.
- **February 2026:** Recruit, interview, and background-check licensed therapists (LMFTs/LCSWs) specializing in LGBTQ+ family dynamics.
- **March 2026:** Onboard the selected clinical team, configure the secure virtual telehealth platform, and launch the digital registration portal.

Quarter 2 (April – June 2026): Marketing & Cohort 1 Launch

- **April 2026:** Launch targeted outreach campaigns to local schools, pediatric clinics, and LGBTQ+ youth community centers to open registrations.
- **May 2026:** Process applications, conduct brief intake screenings, and group parents into specialized cohorts based on their child's age.
- **June 2026 (Pride Month):** Official launch of **Cohort 1** (4 distinct virtual support groups running a baseline 8-week clinical cycle).

Quarter 3 (July – September 2026): Evaluation & Cohort 2 Preparation

- **July 2026:** Mid-cycle check-ins for Cohort 1; host a specialized mid-summer webinar open to the public on "Navigating School Transitions."

- **August 2026:** Conclude Cohort 1, collect post-program psychological evaluations, and compile the first Clinical Impact Report.
- **September 2026:** Implement curriculum adjustments based on Cohort 1 feedback and open registrations for the second wave of families.

Quarter 4 (October – December 2026): Cohort 2 & Annual Review

- **October 2026:** Official launch of **Cohort 2** (expanded to accommodate new families and continuing parents needing advanced support).
- **November 2026:** Run weekly Cohort 2 sessions; host a specialized holiday-prep workshop focused on managing extended family dynamics.
- **December 2026:** Conclude Cohort 2, process final clinical data, and publish the **2026 Annual Impact Report** for stakeholders and donors.

Project Budget Allocation

Category	Description / Line Items	Cost (USD)	% of Budget
Clinical Personnel	Fees for 5 Licensed Therapists (LMFT/LCSW) to facilitate 2 full cohort cycles (8 weeks each)	\$15,000	42.9%
Program Coordination	Part-time program administrator for intake processing, client communications, and scheduling	\$8,000	22.9%

Marketing & Outreach	Targeted digital advertising, print brochures for clinics, and community outreach materials	\$4,000	11.4%
Technology & Software	HIPAA-compliant Zoom/telehealth platform, secure registration system, and website maintenance	\$3,500	10.0%
Operations & Legal	Professional liability insurance, legal compliance review, and clinical supervision fees	\$2,500	7.1%
Materials & Contingency	Pre-/post-evaluation survey tools, downloadable parent guides, and emergency buffer funds	\$2,000	5.7%
TOTAL BUDGET	Comprehensive Annual Operating Funds	\$35,000	100%

Done in Goma, August 15, 2026

For DYJEPREDHU asbl

Christian AHADI BEN MASONGA

EXECUTIF DIRECTOR, HUMAIN RIGHTS ACTIVISTI

