



## Apologies

Unfortunately we cannot provide the capacities to translate our whole website into English as well as keep it up to date. This is a brief summary which hopefully contains all important information.

## About us

The youth-network Lambda Berlin-Brandenburg association (= in German: Jugendnetzwerk Lambda Berlin-Brandenburg e.V.) was founded in 1990 and including approximately 800 members, it is nowadays the biggest and especially the only youth-network for gay, lesbian, bisexual and transgender teenagers (=queer teenagers), powered by youngsters in the States of Berlin and Brandenburg. As a recognized association for the non-governmental youth welfare service in Berlin we are a member of the Landesjugendring, an authorized organization of associations working with teenagers.

## Our offers

We offer a broad spectrum of services to queer teenagers who we encourage to do voluntary work and in return, offering them other services for their use. The focus of our services is set on the different weekly activity groups for youngsters and furthermore on weekend trips and vacation camps where young people have the possibility to spend time together in order to create it reasonably but also to increase their social capabilities.

Beyond all of this, there is the opportunity for young people to participate in different teams of their individual interest, e.g. the In&Out - Advisory Project, the Library-Team or the Project for Public Relations, where they can organize events and execute them as well.

In all these educational services we are right at the side for advise and support. Further possibilities for education are joining the Lambda Academy or just participating in some of the workshops and courses. One of our most popular courses is the Youth-Groupleader-Card (=in German: JuLeiCa). This course is made on a nationwide common base and enables people to lead groups of young people independently.

Bottom line of our services is to stand for the interest of queer teenagers and do enlightenment work, which is especially aimed at heterosexual teenagers and adults, among them also politicians and journalists.

## Our objectives

Our priority is to support queer ways of life and to connect queer youngsters on a national and international level. To have a look into the closer future, we provide an atmosphere of non-discrimination as well as the opportunity to build up friendships and to take care of them. At the same time we represent the interest of those teenagers in public and politics. Beyond these things we take it as our responsibility to support queer teenagers in their process of self-identification and psychosocial emergencies.

## How to continue?

As said before, it's teenagers with a high level of social competence working at Lambda. This standard of quality is ensured because of the permanent educational measures and it is in an ongoing process of improvement. The major work is done by the voluntary active teenagers, but the Department of Social Affairs in the State of Berlin is cutting down the budget every year by a raising factor. So, to keep up our work, which includes providing a democratic and socially responsible society on the current level and to go even further, we would really appreciate if you could support us in any way.

## Contact us

Jugendnetzwerk Lambda Berlin-Brandenburg e.V.  
Sonnenburger Str. 69  
10437 Berlin  
Telefon: (030) 282 79 90  
Telefax: (030) 671 22 672

Office hours: Monday – Thursday, 2 – 7 pm  
Responsible: Kathrin Schultz (chief executive)  
E-Mail: [info@lambda-bb.de](mailto:info@lambda-bb.de)

*Register Court*  
Amtsgericht Berlin-Charlottenburg  
Registration Number: 13295Nz

*Correspondent Bank*  
Bank für Sozialwirtschaft Berlin  
IBAN: DE56100205000003344000  
BIC: BFSWDE33BER

The youth network Lambda Berlin-Brandenburg Association is a recognized Association for the non-governmental youth welfare service. We are also recognized by the Financial Department for statutory corporations I of the State of Berlin as a nonprofit association.

Our tax-number is 27/669/52293. Donations are deductible from tax.

## Participate in one of our projects!

Here you will find an overview of our current projects and campaigns. Lambda offers you a chance to participate and make your opinions heard. Whether you become a peer counselor with In&Out, help out with PR work, plan and manage events, start campaigns or lead trips - there are many ways to participate and try something new. By becoming a volunteer you help make our voices heard and taken seriously and take a stand for more acceptance. Come and see for yourself!

### *Counseling project "In&Out"*

Counseling and assistance in all matters of lesbian, gay, bisexual and trans\* life. The counselors are LGBT youths (up to 26 years) themselves and counsel other young people on topics such as coming out according to peer-to-peer principles. Counseling is offered via e-mail, phone or in person in the rooms of Jugendnetzwerk Lambda Berlin-Brandenburg e.V.

### *Education project "queer@school"*

Meeting: every second monday from 6pm. queer@school aims to represent LGBTQI lifes in the educational sector (outside of the classroom) and inspire a dialogue that is built on participation and active cooperation.

### *Gruppenleiter\_innen-Team (GLT)*

Welcome to Lambda's Gruppenleiter\_innen-Team, a place for all the youth leaders who lead - or are planning on leading - one of Lambda's groups. The GLT allows exchange and discussion about leading a group as well as being a valuable part of Lambda's quality control.

### *Lambda-Library*

They're still among us, the book worms, literature enthusiasts and die-hard bibliophiles. The what? All jokes aside, we're not an elite club in an ivory tower, but we are united by our love for the printed word - or just a good book along with a good coffee. We got together to restore Lambda's old library to its former glory.

Open during Café hours: Tue 2pm – 9pm, Fr 2pm – 11pm

### *LesBiSchwule Tour*

The "LesBiSchwule Tour" is an integral part of our emancipatory youth work and networking in Brandenburg. Together with our tour partners we take a stand for acceptance and diversity and educate youths, parents, politicians and youth work professionals about LGBT issues by offering an information booth, trainings, workshops and discussions. Wherever possible, a team from our counseling project "In&Out" offers free counseling.

## The peer-counseling project "In&Out"

Welcome to the site of In&Out! Thank you for visiting. Here you will find information about our project, how we can help you and how to participate.

### *Who are we and what do we do?*

We are lesbian, gay, bisexual – trans\*, genderqueer and cis youths up to 26 years old, who want to support other young people. You can talk to us about issues like coming out, relationships, discrimination, loneliness, problems with your parents, or just needing someone to talk.

We also offer information on where to find contacts, counseling and events, such as youth groups, social services or parties. We help young people as well as their relatives, friends, teachers, and others who might need counseling.

### *How do we work?*

Our office is located in the rooms of Jugendnetzwerk Lambda Berlin-Brandenburg (see above). This is where we meet up regularly and do a large part of our work. We get and answer most requests by e-mail, but we also offer counseling on the phone, in person and via snail mail. If you are in need of counseling, you can find it here.

Our work is based on the principles and techniques of client-centered talking therapy as well as goal-oriented systemic therapy.

### *How can I become a counselor?*

We are always looking for new counselors! If you've had a coming out and want to help others deal with theirs, you are welcome to join us. Step by step you will be prepared for your work, by our experienced counselors as well as a supervising psychologist. You will also participate in a weekend workshop where you will acquire important basic knowledge in communication and counseling. During our work as counselors we are supervised by a professional psychologist or social worker and regularly receive further training.

### *Contact*

In&Out Jugendberatung  
c/o Jugendnetzwerk Lambda Berlin-Brandenburg e.V.  
Sonnenburger Str. 69  
10437 Berlin

E-Mail: [info \[at\] comingout \[dot\] de](mailto:info@comingout.de)

(Please note: this is not where to send your requests for help! See next page.)



- You are looking for help?
- You are searching for someone who can help you with your coming out?
- You are having trouble with your girl- or boyfriend?
- You are looking out for other young lesbian and gay people, for example local youth group?
- You have been discriminated against and want to talk about it and defend yourself?
- Your parents don't understand you?
- You have questions about safer sex?
- You are just looking for help?

Then you are in the right place: In&Out offers counseling for young people (up to 26 years). With us you can talk about love, being lesbian, gay or bisexual, coming out, your boy- or girlfriend, your parents, school, going out, feelings, sorrows and problems - easy and uncomplicated. We listen to you and help you, even if you aren't quite sure whether you prefer boys/men or girls/women yet.

*We offer you 4 kinds of counseling:*

a)

By email:

You can write us an email anytime, either at help (at) comingout.de or through the contact form here.

b)

By Phone:

You can call us at: 030-671 22 671

If no counselor is present when you call, you can make an appointment.

c)

In person:

You can come talk to us in person in the rooms of Jugendnetzwerk Lambda. Please make an appointment by e-mail.

d)

By letter: You can write us a letter to our address above.

More about us and our work can be found here: [www.comingout.de](http://www.comingout.de)

## Youth Groups - A place for you!

If you ask yourself where you can meet people who are like you, where you can find open, similar young persons you can have fun with or just chill, or where to go in for something, then a group is something for you! All together you're laughing, discussing and planning and doing events with like-minded people.

In a group you're talking about the nice things in everyday life, but also about problems and barriers in life. Quite often, friendships are initiated that last much longer than just one group meeting. If you are keen now, just take a look at our groups. Below you find our current offers. Have fun!

### *The fusion sexual*

The fusion sexual is an open youth group for gays, lesbians and bisexual and transsexual persons up to 27 years. You can meet us every Tuesday from 19 o' clock at Lambda.

### *Let's(bi)Chicks!*

A group of young lesbians and bisexuals who are meeting for making board game parties together, going to the cinema or just chatting with each other - just having fun in a group! We are meeting every Wednesday at 18 o' clock in the rooms of Lambda.

### *TransStern\_chen*

Do you want to spend a bit of your free time with other young trans\* persons? Then just visit us. Here you have the opportunity to meet other trans\* persons, spend your free time with them and talk about questions all around the topic sex and gender. In our group you can be as you are. Every Thursday at 19 o' clock at Lambda.

### *Junxgruppe*

An open free time group for young gay boys until 19 years. Here you can meet other gay boys in your age and undertake a lot with them. We meet every Saturday at 16 o' clock at Lambda.

## Lambda introduces itself

On May 2nd 1990 Jugendnetzwerk Lambda e.V. was founded at the "Runder Tisch der Jugend" in the former GDR. Soon after this followed the "Landesverband Berlin", which is now called "Jugendnetzwerk Lambda Berlin-Brandenburg e.V." With around 700 members Lambda is the only youth network working with young lesbian, gay, bisexual and trans\*people in Berlin and Brandenburg. Since 1991 Lambda is a member of the "Landesjugendring Berlin" and a "Träger der freien Jugendhilfe", i.e. an officially registered organization.

Our Sign  $\lambda$  is the Greek letter „l“ and is pronounced "lambda". It is a symbol in the whole world for lesbian and gay lifestyles and as such originated in English-speaking countries where it was chosen to represent the first letter of "liberty", or "libertas" (Latin for "liberty"). In physics the lambda means the wavelength, that's why it is often interpreted as a symbol for the similar wavelength between gay and lesbian people all over the world. Lambda represents the concerns of young lesbians, gays, bisexuals and trans\* (lgbt) in public and politics and wants to support young lgbt people in the process of getting to know themselves as well as offering assistance in psychosocial crises.

We are invested in education, counseling and recreational activities, with most of the work being done by young volunteers themselves. We support taking up initiative, self-organisation, participation, mutual understanding, willingness to cooperate, and solidarity based on basic democratic principles. We offer a place free from discrimination, as well as the possibility to find and develop new friendships. Our activities are centered around counseling for and by young people, coming-out groups, trips, weekly recreational groups, seminars and much more. These activities don't just offer young persons the possibility to do something together in their free time, they also develop and strengthen their social skills. In all these projects we offer the young people advice and support as well as educating them.

We advocate acceptance and support of lgbt\* lifestyles in our society, equal rights for all genders, free speech and the right of every young person to develop their personality freely. In working with young lgbt persons, cooperation is also very important for us. On our homepage you can find information about our work and who is behind it. Have fun looking around!

Oh and we're also on Facebook: <https://www.facebook.com/lambda.bb>