



Quick Answers About Affirmation

For LGBTQ+ people, families, friends, and allies—at every stage of life's journey.

General Questions

What Is Affirmation?

Affirmation is an independent nonprofit for LGBTQ people with ties to The Church of Jesus Christ of Latter-day Saints, along with their families, friends, and allies. We build community, share resources, and support well-being.

Who Can Join?

Anyone with a connection to our mission is welcome—LGBTQ people, families, friends, and allies. Come as you are and bring your whole story.

Is Affirmation Connected to the Church?

No. Affirmation is an independent nonprofit and is not affiliated with or endorsed by The Church of Jesus Christ of Latter-day Saints. We welcome people wherever they are on their faith journey—active, questioning, transitioning, or post-Mormon.

Will Affirmation Tell Me What to Believe?

No. Your spiritual path is your own. Whether you're active in the Church, exploring your beliefs, or building a new path, Affirmation supports your journey without prescribing a single destination.

Is Affirmation Only For People Who Want To Leave The LDS Church?

No. Some members remain active in the Church, some leave, and others find a different spiritual path. Affirmation doesn't tell people what choice to make—it supports each person's journey with respect and community.

Faith & Spirituality

Quick Answers About Affirmation

For LGBTQ+ people, families, friends, and allies—at every stage of life's journey.

Can I Be LGBTQ+ and Mormon?

Yes. Many people in Affirmation identify as both LGBTQ+ and Latter-day Saint, while others have chosen different faith traditions or no faith at all. Our community respects each person's spiritual journey.

Does Affirmation Promote a Particular Belief System?

No. Affirmation welcomes people with diverse beliefs, including active members of The Church of Jesus Christ of Latter-day Saints, former members, people from other faiths, and those with no religious affiliation. We support people—we don't prescribe beliefs.

How Does Affirmation Help People Navigate Faith and Identity?

Through community, shared experiences, resources, and peer support. Whether you're exploring questions, rebuilding your spirituality, remaining active in the Church, or creating a new path, you'll find people who understand the journey.

Mental Health & Well-Being

How Does Affirmation Support Mental Well-Being?

Affirmation fosters connection, peer support, and conversations that reduce isolation. We also promote mental health awareness, suicide prevention, and share resources from qualified mental health professionals.

What If I'm Feeling Isolated or Alone?

You're not alone. Affirmation offers local and virtual communities, conferences, support groups, and resources where you can build friendships, find understanding, and experience a sense of belonging.

Is Affirmation a Counseling or Therapy Organization?

No. Affirmation is a peer-support community, not a counseling or medical provider. While we share trusted mental health resources and encourage professional care when appropriate, we do not provide therapy or crisis services.

Quick Answers About Affirmation

For LGBTQ+ people, families, friends, and allies—at every stage of life's journey.

Affirmation Events & Programs

What Kinds of Events Does Affirmation Offer?

Affirmation brings people together through international conferences, regional gatherings, virtual events, local chapter activities, and online communities. Whether you attend in person or online, you'll find opportunities to connect, learn, and belong.

How Can I Get Involved?

There are many ways to participate. Attend an event, join a local or online community, volunteer, donate, or simply start by connecting with others. Visit [Affirmation.org](https://affirmation.org) to learn more.

Do I Have to Attend Events to Be Part of Affirmation?

No. Many people begin by reading stories, joining online communities, or attending virtual events. Participate in whatever way feels comfortable and at your own pace.

Affirmation Events & Local Chapters

What Are Local Affirmation Chapters Like?

Every Affirmation community is a little different, but most focus on helping people build friendships, find support, and strengthen their sense of belonging. Activities may include:

- **Social events** — potlucks, game nights, hikes, or movie nights
- **Support gatherings** — conversations about faith, identity, coming out, and life experiences
- **Spiritual opportunities** — inclusive discussions, meditation, or scripture study
- **Learning events** — guest speakers, workshops, and community discussions
- **Service projects** — volunteering, Pride events, and supporting local LGBTQ+ organizations

Quick Answers About Affirmation

For LGBTQ+ people, families, friends, and allies—at every stage of life's journey.

To find a community near you, visit our **Communities** page and use the **Local Chapters** map. You can also explore **Areas & Regions** and **Affinity Groups** to connect with people who share your interests or experiences.

Don't have a chapter nearby? You can still participate through virtual events, online communities, regional groups, and affinity groups.

LGBTQ+ & Family Support

Are There Resources for Parents and Families?

Yes. Affirmation offers community, support, and resources to help parents, family members, and loved ones better understand and support their LGBTQ+ family members. Families are welcome to learn, ask questions, and connect with others who share similar experiences.

How Can Allies Support LGBTQ+ People in Affirmation?

Allies are an important part of the Affirmation community. We provide opportunities to learn, listen, build relationships, and better understand the experiences of LGBTQ+ people with Latter-day Saint backgrounds so allies can offer informed and compassionate support.

Can Parents Attend Affirmation Events?

Yes. Parents, family members, friends, and allies are welcome at many Affirmation events and activities. While some gatherings are designed for specific audiences, most are open to anyone who wants to support LGBTQ+ individuals and their families.

Transgender & Nonbinary Support

How Does Affirmation Support Transgender and Nonbinary People?

Affirmation is committed to creating a welcoming and affirming community for transgender and nonbinary people with Latter-day Saint backgrounds. Support may include:

- **Community** — opportunities to connect with others who share similar experiences
- **Peer support** — conversations about gender identity, faith, and life experiences

Quick Answers About Affirmation

For LGBTQ+ people, families, friends, and allies—at every stage of life's journey.

- **Resources** — information on well-being, identity, and navigating faith
- **Education** — resources for families, allies, and communities seeking to better understand transgender experiences
- **Events** — conferences, retreats, and gatherings that foster belonging and connection

Affirmation believes every person deserves to be treated with dignity, respect, and love.

Will My Name and Pronouns Be Respected?

Yes. Affirmation strives to create respectful and inclusive spaces where people are addressed by the names and pronouns they ask others to use. We encourage all participants to treat one another with dignity and respect.

That single question may do more to reassure a prospective attendee than any description of programs or services. It's concrete, answers an immediate concern, and communicates the organization's values in a practical way.

About this Guide

Quick Answers About Affirmation is published by **Affirmation: LGBTQ Mormons, Families & Friends** to help newcomers learn about our organization. Content is reviewed periodically to ensure accuracy.

Version 1.0 • August 2026
Affirmation.org