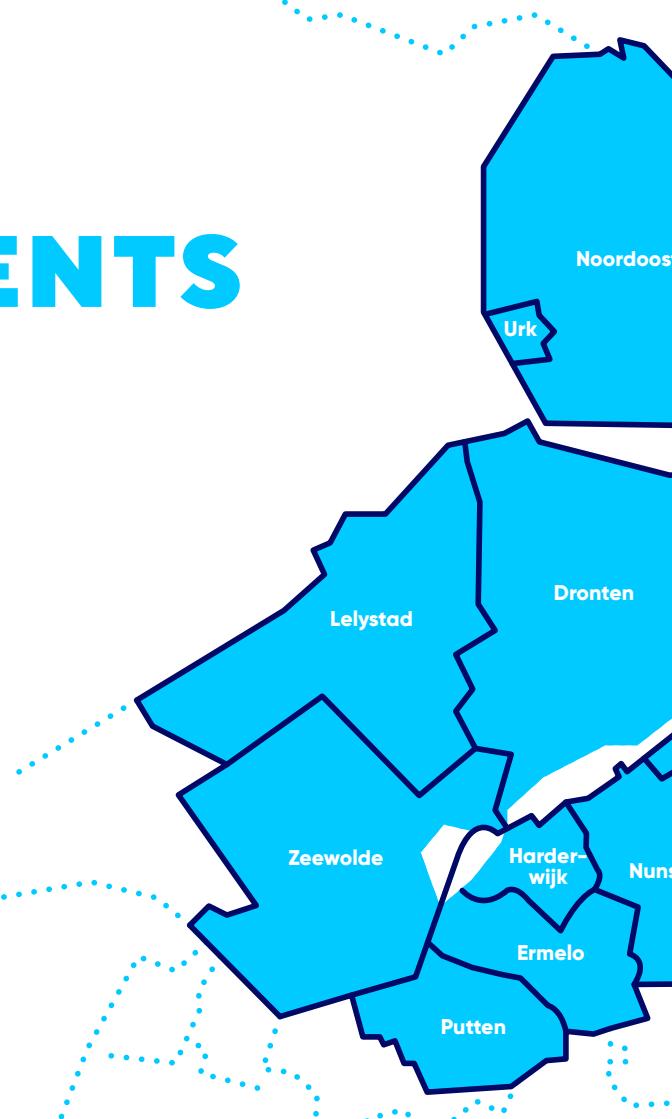




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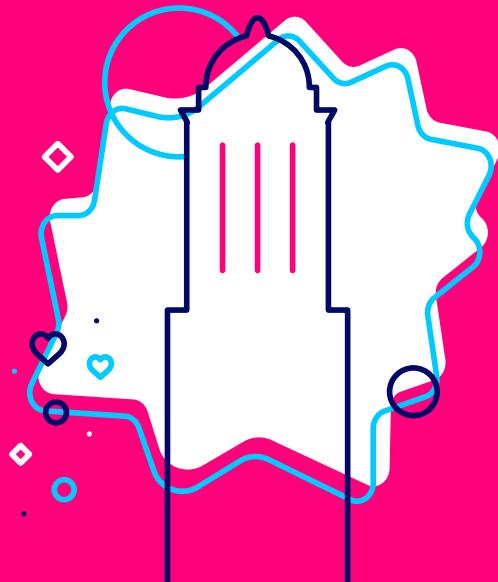


COC ZWOLLE

For over 40 years, COC Zwolle has been promoting the interests of lesbian women, gay men, bisexuals, transgender and intersex people (LGBT community).

We are committed to equal rights, emancipation, and social acceptance of LGBT people in our region. We strive for a society where people can develop to their full potential, regardless of their sexual orientation, gender identity or expression, and gender characteristics.

COC Zwolle therefore acts as an advocate for LGBT people, provides information and advice, educates, enters into discussions, and organises activities.



2000+ visitors
260+ members
80+ volunteers
... and counting



WHAT WE DO

Advocacy

COC Zwolle is represented as a LGBT advocate in political and administrative consultation bodies. We work together with municipalities, educational institutions, and local governments on the integration, visibility, and discussability of sexual and gender diversity. We discuss the safety of LGBT people in our region with the police and the judiciary.

Meeting

COC Zwolle stimulates and facilitates meetings and activities in line with our objective that everyone can, dares, and is allowed to be who they are. We organise meetings for young LGBT people up to 18 years of age, transgender people, elderly people, bicultural LGBT people and LGBT people with a disability.

We also organise consultation hours for LGBT refugees. We regularly organise a fun COC party.

Education

COC Zwolle provides information to pupils and students at schools, community centres, or religious institutions, to introduce them to sexual diversity and gender identity. The informative classes are interactive and let the participants think about their own norms and values regarding sexual diversity, discrimination, and bullying of LGBT people.



CAFÉ OKÉ

Café Oké offers a place where LGBT people with a (mild) mental and/or physical disability can be themselves and meet each other.

People without physical or mental disabilities are also welcome at Café Oké, as long as they are open to the purpose and target group of this environment. Every first Saturday afternoon of the month, you're welcome at Café Oké in the Enk in Zwolle.

In addition to meetings in the café, we visit events together, such as Roze zaterdag or a Café Oké location elsewhere in the country.

The visitors of Café Oké Zwolle are men and women of all ages and come from the wide surroundings of Zwolle.

Curious about Café Oké?

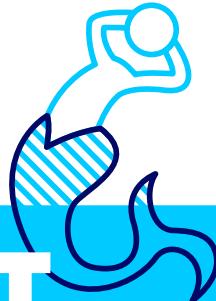
Find us on Facebook:



[CafeOkeCocZwolle](#)

You can also email us at:

cafe-oke@coczwolle.nl



CLUB-T

Club-T is a place for trans men and trans women, but also for cross-dressers, gender queers, and for people who are still searching for their gender identity. In short, for everyone who feels connected to the transgender community for whatever reason.

Club-T is committed to social acceptance, visibility, and equal treatment of transgender people in our society.

Club-T organises a monthly meeting at Stichting Focus in Zwolle, with a relaxed and informative character.

It is a safe environment to be yourself and to meet others. There is also the

possibility to bring someone from your friends or family.

Once a month, we organise a Club-T consultation hour on Thursday or Friday. During these consultations, you can visit us for a one-on-one conversation, information, guidance, or other (personal) matters.

Curious about Club-T?

www.clubt.nl

clubt@coczwolle.nl



cocClubTZwolle



ClubTZwolle



CONNECTED

"For the first time in my life, I can talk about my homosexuality without being judged, scolded, or ignored."

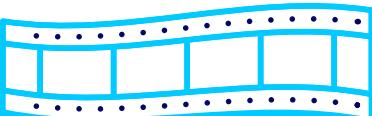
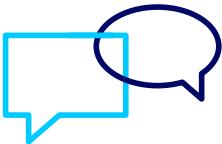
The COC Zwolle working group Connected organises consultation hours and meetings for LGBT refugees. Everyone wants to be connected. Everyone wants to belong and to live in freedom. Many LGBT people from countries like Jamaica, Uganda, Nigeria, Syria, Ukraine, and Russia flee to the Netherlands because they are not allowed to be who they are in their own country.

At the refugee's request, Connected offers a listening ear, facilitates introductions, acts as a reference point, and refers people to the right agencies. Connected works together with COA and refugee centre Midden-Nederland and is active in AZC Dronten, AZC Hardenberg and AZC Luttelgeest.

Want to connect?

Connected has a private Facebook page and can be reached by email:

connected@coczwolle.nl



EXPRESZO

ExpresZo is a monthly meeting for LGBT young people aged between 18 and 26. It's organised every second Monday of the month at Café De Gezelligheid in Zwolle. Are you 18 or older, and do you want to do something different than partying? Then at ExpresZo, you're at the right place!

Once every three months, a fun outing to, for example, the cinema or an escape room is organised. Please sign up for this in advance.

Curious about ExpresZo?

Find us on Facebook:



facebook.com/groups/expreszozwolle



[@expreszozwolle](https://www.instagram.com/expreszozwolle)

Or send us an email:

expreszo@coczwolle.nl



LHBTI & RELIGION

Help, I am religious and LGBT... Is this possible? How should I deal with reactions from my surroundings, for example from my family or my religious community? How can I feel at home with my sexual and gender identity in scriptures such as the Bible, the Koran, the Torah/Tenach, etc.?

Do you recognise the feelings described above, or would you just like to have (anonymous) contact with someone to tell your story, get some guidance, or chat about your situation?

Or are you looking for like-minded people and would you like to talk to them about the challenges you're facing? That's possible too! We want to organise a monthly meeting. We want meeting people and exchanging experiences to be central.

Want to learn more?

Send us an email at:

geloof@coczwolle.nl



JONG&OUT

Jong&Out is from, for, and by young people up to the age of 18. Every third Saturday afternoon of the month, we organise a meeting in Zwolle, in the upper room of café De Gezelligheid. Here, you can get to know other young LGBT people in a relaxed and safe environment. You can participate in activities or just hang around and chat. Whatever you need. If you're gay, lesbian, bi, trans, or anything in between and under 18, you are very welcome.

Thousands of young people like you are active on the national Jong&Out website.

Create a profile on www.jongenout.nl and get in touch with them. The site also contains information about all the meetings around the country and an active forum.

**Want to receive updates
on Jong&Out Zwolle?**

Follow us on social media!



[jongenoutzwolle](#)



[jongenoutzwolle](#)

jongenout@coczwolle.nl



RESPECT2LOVE

COC Zwolle believes it's important to have a community for LGBT people with a bicultural background, which is why Respect2Love Zwolle was founded. If your surroundings don't accept you as you are, it's not easy to be yourself. Respect2Love is the place to go to, regardless of your cultural background and beliefs. We give information and advice, and we organise meetings. You can also become active yourself. During a meeting, we want to get to know each other better in a safe location where food and drinks are provided.

**Want to know when
the next **meeting** is?**

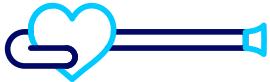
Find us on Facebook:



R2Lcoczwolle

You can also email us at:

respect2love@coczwolle.nl



RAINBOW ELDERLY

Fortunately, most LGBT elderly people feel accepted in their social environment, but there are also those who feel lonely. In institutions for the elderly, LGBT people are often invisible, because sexual diversity and gender identity are difficult to discuss there. Bullying is often a fact, and sometimes older people even go back into the closet.

Within COC Zwolle, the Rainbow Elderly working group focuses on the well-being of LGBT elderly by actively supporting and connecting them. COC Zwolle actively cooperates with other organisations that stand up for the interests of LGBT elderly people.

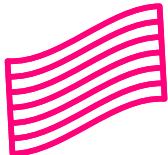
Learn more about our purpose and activities!

The Rainbow Elderly can be reached via email:

regenboogouderen@coczwolle.nl







INFO BOOTH

The COC Zwolle information booth provides the necessary visibility. An enthusiastic team of volunteers provides information and offers space for a discussion on sexual and gender diversity. We do this at the request of a school or organisation, for example, or on our own initiative. You can find our booth at festivals such as Pride Zwolle, Coming Out Day, and the Liberation Festival Overijssel. The positive energy released at these events makes for a wonderful atmosphere and an enjoyable day! The working group can also support events where materials are needed. Think of a rainbow flag, buttons to hand out, etc.

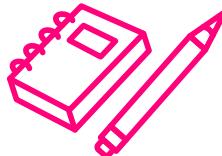
Would you like to know more, help out, or make use of the info booth?

Email us at:

infostand@coczwolle.nl

Keep an eye on our calendar:

www.coczwolle.nl



EDITORS

Who is behind the articles on the website and socials of COC Zwolle? Exactly, the editors! Our team likes to keep you informed about current LGBT news and events, provide information or get you thinking with a personal story or nice quote.

Do you have a question or tip for the editors?

Send us an email:

redactie@coczwolle.nl

Or leave a message on our social media:





EDUCATION

Education

Sexual diversity and gender identity are often controversial subjects. During an educational class, volunteers from COC Zwolle talk to participants about their own experiences and stories. The sessions are tailor-made and therefore suitable for all ages. They are interactive and make participants think about their own norms and values concerning sexual diversity and gender identity, and their place in society.

The information group at COC Zwolle provides more than 100 information sessions per year at various locations,

especially at schools. The information workers meet monthly for consultation and further training, and are supervised nationally.

Are you a teacher, pupil or student, and are you interested in an information session at your school or elsewhere?

Fill in the application form at:

[www.coczwolle.nl/voorlichting
/voorlichting-aanvragen](http://www.coczwolle.nl/voorlichting/voorlichting-aanvragen)

Educating yourself

Would you like to discuss sexual orientation and gender identity with pupils, students, or others? Do you think it's important that schools have a safe atmosphere and that every student can be who they are? Perhaps you can become an educator yourself! We're always looking for enthusiastic and motivated participants.

**We would like
to meet you!****Send an email to:****voorlichting@coczwolle.nl**



PARTIES

COC Zwolle organises social drinks and parties on a regular basis, such as the Blijke Borrel in De Danskamer at Stadscafé Blij and our traditional Christmas bingo. The parties at COC Zwolle are legendary and always well attended. Everyone is welcome!

Let's party!

Check our calendar at:

www.coczwolle.nl

Or on Facebook:



coczwolle

You can also email us at:

info@coczwolle.nl



SAFETY

Did you have to deal with an unsafe situation in which you felt that being LGBT played a role, and did you feel that you were not heard when you reported it? Or do you feel unsafe in your neighbourhood? Then you can come to us.

The safety coordinator at COC Zwolle helps LLGBT people who have (had) to deal with unsafe situations by giving advice and referring them to the right organisations.

COC Zwolle, together with the police and local authorities, is also committed to increasing the willingness to report LGBT related incidents.

You can contact us if you have any comments or questions about this topic.

veiligheid@coczwolle.nl



SUPPORT

Support

Do you find it difficult or a bit scary to visit a COC Zwolle event for the first time? Or do you have a specific question about the activities we organise? Our volunteers can help you if you want to visit an event for the first time and you don't feel like going alone. They'll give you detailed information about the activity you want to visit, and they can accompany you the first time and show you around.

Do you have questions about your sexuality or gender identity, and do you find it difficult to talk about them with someone close to you?

Or do you have problems with your orientation and living environment, family, or religion? You can request a personal conversation with one of the Support volunteers, even if you just want to talk. We're here to help!

You can make an appointment or ask your question by sending an email to:

support@coczwolle.nl

Switchboard

Do you still have questions about homosexuality or bisexuality or about gender identity? Or do you want to tell your story? Then you can go to Gay & Lesbian Switchboard Netherlands. The Switchboard volunteers answer your questions and listen in anonymity and confidence. No question is too difficult or too simple, too big or too small.

**You can contact
Switchboard via
chat, phone or email:**

info@switchboard.nl

**Please visit Switchboard.nl
for all information.**

www.switchboard.nl

HELP OUT



Become a member

With your membership, you support the goals and activities of COC Zwolle and COC Netherlands. COC Zwolle is a partner for local governments and other organisations and institutions to promote the interests of LGBT people in the region. The larger our support base, the stronger we are.

A membership costs €45 per year. Young people up to 26 years pay only €26.50.

**Lid worden kan eenvoudig
via www.coczwolle.nl**

Become a volunteer

COC Zwolle can always use more talented and enthusiastic volunteers. Do you want to do something useful in your spare time or meet new people? Do you want to contribute to an activity or do you have administrative ambitions? There are plenty of reasons to become a volunteer!

**All vacancies and active
groups can be found at:**

www.coczwolle.nl

Or reach out to us at:



info@coczwolle.nl



Donate

COC Zwolle is a social interest group which relies on the efforts of volunteers, membership fees, and grants. Extra income in the form of donations is always very appreciated

As COC Zwolle has been identified by the tax authorities as a public benefit institution (ANBI), a donation can be fiscally attractive. Please contact us to discuss the possibilities.

Would you like to financially support the work of COC Zwolle? Then transfer an amount to bank account number NL 69 INGB 0691 8612 69 in the name of COC Zwolle noting 'donation'.

CONTACT & SOCIALS

COC Zwolle

Deenweg 108-116

Unit 3.40

8025 BK, Zwolle

06 - 828 182 27

info@coczwolle.nl

KvK : 05066398

IBAN : NL 69 INGB 0691 8612 69

www.coczwolle.nl

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All our events are listed
in the calendar at:

www.coczwolle.nl/actueel/agenda



COLOPHON

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