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*FOR IMMEDIATE RELEASE*

## **Sussex Pride Announces County-Wide Celebrations for National Coming Out Day**

*Events Spanning Milton, Seaford, Lewes, and Rehoboth Beach to Honor LGBTQ+ Visibility, Storytelling, and Community Across Sussex County*

**SUSSEX COUNTY, DE** — Sussex Pride is proud to announce a series of community events across Sussex County in celebration of National Coming Out Day. Designed to foster connection, visibility, and support, this year's programming features localized gatherings in **Milton, Seaford, Lewes, and Rehoboth Beach**, bringing the celebration directly to neighbors throughout Western and Coastal Sussex.

National Coming Out Day (NCOD), observed annually on October 11th, was first celebrated in 1988 on the one-year anniversary of the Historic National March on Washington for Lesbian and Gay Rights. Founded by Jean O'Leary and Dr. Robert Eichberg, the day stands on the foundational belief that visibility is one of the most powerful tools for liberation and social change. Coming out to friends, family, and colleagues helps break down stereotypes, reduces bias, and fosters empathy. Beyond individual stories, NCOD serves as a vital reminder that living authentically contributes to a culture where everyone is safe and free to be themselves.

"National Coming Out Day is about honoring every individual's personal journey—whether they came out decades ago, are taking steps today, or are supporting a loved one," said David Mariner, Executive Director of Sussex Pride. "By bringing events to Milton, Seaford, Lewes, and Rehoboth, we are ensuring that LGBTQ+ individuals and allies across Sussex County feel seen, celebrated, and supported."

## **Featured Events Across Sussex County**

### **Thursday in Milton: Sussex Pride Game Night & Community Gathering**

- **Location:** Sussex Pride Community Center, Milton, DE
- **Highlights:** A casual, family-friendly evening designed to bring community members together in a relaxed setting. Attendees can enjoy board games, light refreshments, and conversation, making it a welcoming entry point for folks connecting with Sussex Pride for the first time.
- [More details about this event](#)

### **Friday in Seaford: National Coming Out Day Reception**

- **Location:** Planned Parenthood Delaware — Seaford Office

- **Co-Sponsors:** Sussex Pride, Planned Parenthood Delaware, and Nonviolent Seaford
- **Highlights:** Bringing NCOD celebrations to Western Sussex, this evening reception features light refreshments, music, and social connection.
- [More details about this event](#)

### **Saturday in Rehoboth Beach: Youth & Family Community Bowling Night**

- **Location:** Lefty's Alley & Eats, Rehoboth Beach / Lewes area
- **Highlights:** Tailored for LGBTQ+ youth, young adults, and their families, this event offers an evening of free bowling, arcade fun, and peer connection. It provides a safe, affirming space for young people to celebrate their identities alongside supportive peers. This event is limited to the first 15 youth that register on our website.
- [More details about this event](#)

### **Sunday in Lewes: "Two Eyes" Film Screening & Art Reception**

- **Location:** Cinema Art Theater, Lewes, DE
- **Highlights:** In partnership with the Rehoboth Beach Film Society, Sussex Pride hosts a National Coming Out Day Reception followed by a special feature screening of *Two Eyes*. The film explores themes of identity, expression, and gender through interweaving stories across different generations, offering a reflective arts-focused celebration for NCOD.
- [More details about this event](#)

For full event times, venue addresses, accessibility details, or to register, please visit [www.sussexpride.org/events](http://www.sussexpride.org/events).

National Coming Out Day events are made possible with support from Highmark Health Options.

### **About Sussex Pride**

Sussex Pride is a community-based non-profit organization dedicated to supporting, celebrating, and empowering LGBTQ+ individuals and allies across Sussex County, Delaware. Through advocacy, health programs, cultural events, and support groups, Sussex Pride works to build a more inclusive and welcoming community for all.

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