

Polyamory and Non-Monogamy Resource Guide



At Wildflower, we are trauma-informed, committed to antiracism and social justice advocacy, sex-positive, kink and BDSM-friendly, and welcoming to all who identify under the LGBTQIA+ umbrella. We want to build a world that celebrates the uniqueness of each individual and where human worth is a given.

If you are interested in learning about mental health services at Wildflower, please visit our website at www.wildflowerllc.com or call us at 312.809.0298.

We hope the resources compiled in this guide will help you create a meaningful community and obtain useful information.



Organizations and Websites

- [Kink and Polyamory Aware Professionals \(KAP\)](#) - A free directory provided by the National Coalition for Sexual Freedom (NCSF) to search for kink and polyamory affirming professionals, including medical and mental health providers, legal and financial professionals, and more.
- [Polyamory Legal Advocacy Coalition](#) - An organization advocating for the rights and legal protections of polyamorous individuals and families.
- [Polyamory Today](#) - A collection of writings on navigating poly relationships.

Books and Workbooks

- [Polysecure: Attachment, Trauma, and Consensual Nonmonogamy](#) (2020) by Jessica Fern
- [The Polysecure Workbook: Healing Your Attachment and Creating Security in Loving Relationships](#) (2022) by Jessica Fern
- [Polyamory Journal: Prompts and Practices for Navigating Polyamory](#) (2022) by Kate Kinkaid, LPC
- [The Anxious Person's Guide to Non-Monogamy: Your Guide to Open Relationships, Polyamory and Letting Go](#) (2022) by Lola Phoenix
- [Mono in a Poly World: What To Do When Your Partner is Polyamorous and You Aren't](#) (2021) by Tazmyn Ozga
- [The Polyamory Breakup Book: Causes, Prevention, and Survival](#) (2019) by Kathy Labriola
- [Rewriting the Rules: An Anti Self-Help Guide to to Love, Sex and Relationships](#) (2018) by Meg-John Barker
- [Love's Not Color Blind: Race and Representation in Polyamorous and Other Alternative Communities](#) (2018) by Kevin A. Patterson
- [The Ethical Slut: A Practical Guide to Polyamory, Open Relationships, and Other Freedoms in Sex and Love, Third Edition](#) (2017) by Janet W. Hardy and Dossie Easton
- [More Than Two: A Practical Guide to Ethical Polyamory](#) (2014) by Franklin Veaux and Eve Rickert
- [Love Without Emergency: I Want This but I Feel Like I'm Going to Die: Writing on Trauma, Attachment, and Polyamory](#) by Clementine Morrigan

Podcasts & Blogs

- [Multiamory](#) - A podcast discussing modern relationships from conscious monogamy to ethical polyamory to radical relationship anarchy.
- [Ready for Polyamory](#) - A podcast providing education and personal stories on ethical non-monogamy.
- [Poly Pages](#) - An academic non-monogamy podcast reading and discussing the books that have shaped the poly community.
- [The Critical Polyamorist Archives](#) - The archived blog of Kim Tallbear about her journey into ethical non-monogamy as an Indigenous woman. Kim writes about polyamory, colonialism, and race.

Dating and Social Resources

- [Chicago Polyamory Meetup Group](#) - A local group that facilitates monthly social gatherings for poly folks, including potlucks, karaoke, book discussions, and more.
- [Feeld](#) - A dating app for individuals and couples exploring non-monogamy, kink, and sexuality. Feeld hosts free, virtual educational events on polyamory, dating, and sexuality.
- [Open](#) - A dating app for individuals and couples exploring non-monogamy.