

Resources: Adults

Community Groups:

The Center San Diego

3909 Centre St., San Diego, CA 92103

#619-691-2077

www.thecentersd.org (Please visit the website for additional groups and activities.)

- **Transgender Coming Out Group** Mondays, 7-8:30pm. This support group supports transgender people in all stages of exploring one's gender identity. Open to transgender women (MTF), transgender men (FTM), genderqueer/gender non-conforming people, people who are intersex and those questioning their gender identity. Significant others, friends, family and allies are welcome to attend with their transgender loved ones. 619-692-2077 x 109 or trans@thecentersd.org
- **FTM/Trans Male Support Group** 2nd and 4th Wednesdays monthly, 7-8:30pm. Support group for male identified, questioning or self-identifying on the male spectrum folks who were assigned female at birth. 619-692-2077 x109 or trans@thecentersd.org
- **Significant Others and Allies of Trans Folks Discussion Group** 2nd and 4th Wednesdays monthly, 7-8:30 pm. A group for significant others, friends, family and allies of those who identify as transgender, gender queer, gender non-conforming or anywhere on the gender spectrum. 619-692-2077 x109 or trans@thecentersd.org
- **Diamonds in the Rough** 2nd and 4th Wednesday, 12-1pm (with referral). Therapist led support group for transgender women and transfeminine individuals. Topics vary. Group is closed format and must meet with group facilitator prior to joining. Contact Paty at 619-692-2077 x 200 or <http://onduty@thecentersd.org>
- **Transgender Discussion Group** Saturdays, 5:15-6:45pm. A discussion and support group for transgender and trans-questioning folks ages 18 and up. 619-692-2077 x109 or trans@thecentersd.org
- **Grupo de Apoyo "Transgenero 2000"** Vienes, 6-8 pm. Este grupo se lleva a cabo de 6pm a 8pm, es un grupo abierto a familias, amigos y personas que quieran comprender y dar apoyo a personas transgenero, en este grupo se dan diferentes temas educativos y tambien las chicas comparten sus experiencias de la vida. Viernes primero y cuarto mensual. 619-692-2077 x 116 <http://latinos@thecentersd.org>
- **Non-Binary Gender Identity and Exploration** 1st and 3rd Thursdays monthly, 7:30–8:45pm. Discussion and support group and social gathering space for non-binary, genderqueer and gender non-conforming individuals. Anyone who identifies with the non-binary gender spectrum or anyone questioning/exploring their gender identity is welcome. 619-692-2077 x 113 dvance@thecentersd.org
- **Trans Veterans Support Group** 2nd and 4th Thursday, 7-8:30pm. Meet other veterans and active duty Trans folks to support and share resources for smoother transitions within the military and VA. 619.692.2077 x109 or trans@thecentersd.org

North County LGBTQ Resource Center

3220 Mission Ave Suite #2 Oceanside, CA 92058

760-994-1690

<http://www.ncresourcecenter.org> (Please visit the website for additional groups and activities.)

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- **Our Circle** Thurs 6-8pm. Social support group for LGBTQ people ages 15-24.
- **Come As You Are** Mon 6:30-8pm. Discussion/social group for people dealing with gender, whether they are trans, intersex or questioning. SOFFA's (Significant others, friends, families and allies) are welcome. 1st Monday of each month will be a social which includes games, movies and more.
- **Trans*cend Transgender Support Group** Saturday from 4:00-6:00 PM. Support and socializing group for 18-25 yo for hanging out in a supportive environment. Trans*cend rotates between traditional support-group meetings and fun group activities. Meetings have included movie nights, swimming, beach outings, Pride, coffee house meet ups, and more!
- **The Round Table** Thursdays, 6:30 – 8:00 PM. Discussion group for LGBTQ individuals, ages 19-29, seeking community, acceptance and a safe space to explore a variety of topics, from experiences in the community, to dating and friendships.

Trans Advocacy:

Project TRANS Project TRANS (Transgender Referrals, Assistance, Networking and Services) offers discussion groups, behavioral health services, HIV prevention services, youth services and more. The program focuses on advocacy, referrals, outreach, sensitivity trainings, social activities and events, workshops and networking with community agencies. In partnership with the Transgender Law Center, Project TRANS also provides assistance with legal documents.

San Diego LGBT Community Center

Conner Maddox, Project Trans coordinator

619.692.2077 x109

trans@thecentersd.org

Gender Advocacy Project GAP is a committee that oversees various programs including support and social groups and puts on events such as the Trans* Day of Empowerment and Remembrance. GAP educates individuals and agencies regarding trans current events and collaborates with local healthcare providers to provide trans-inclusive healthcare.

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<http://www.genderadvocacyproject.org>

A.T. Furuya

Transgender Youth Services Navigator for youth and young adults up to 24 yo. Assists with name and gender change, one on one mentorship, school visits, family support, medical navigation and housing.

The San Diego LGBT Community Center

619-692-2077 x 209

atfuruya@thecentersd.org

Trans Family Support Services

Non-profit organization run by the parent of a local transgender teen. Services include family

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coaching, family support, education system guidance, medical system guidance and legal system guidance.

Kathie Moehlig 858-382-9156

[Www.transfamilysos.org](http://www.transfamilysos.org)

kathie@transfamilysos.org

ADULT ENDOCRINOLOGY & PRIMARY CARE:

Hillcrest Family Health Centers (619) 515-2545

The Night Clinic, Monday-Thursday 5-9pm

4094 4th Ave., San Diego CA 92103

Vista Community Clinic- Dr. Stenzel (760) 631-5000 ext. 7000 or 7112

1000 Vale Terrace Dr, Vista, CA 92084

Dr. Jeffrey Sandler, MD (619) 497-6168

4060 4th Ave., San Diego CA 92103

Dr. Joseph Caperna, MD

Primary Care

#619-795-1975

2333 1st Ave #104, San Diego, CA 92101

<http://www.josephcapernamd.com/>

Dr. Janette Gray, DO

The Center for Health and Wellbeing

#858-454-9771

3636 Fifth Ave #300

San Diego, CA 92103

Dr. Neelima Chu, MD (619) 644-6815

5525 Grossmont Center Dr., La Mesa CA 91942

*Note: Must have Sharp PCP as primary care

COMMUNITY RESOURCES:

San Diego LGBTQ Community Center

3909 Centre Street

San Diego, CA 92103 (Hillcrest)

Behavioral Health Services: Individual counseling and assessment offered to assist in dealing with a variety of life and transition concerns. This program is targeted towards members of the transgender community. For more information, contact Heather Marino-Kibbee at

hmarinokibbee@thecentersd.org or 619.692.2077 x118. To sign up for transgender counseling

services, please contact the Information and Referral Specialist at 619.692.2077 x208

or <http://onduty@thecentersd.org>.

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Servicios para Latin@s/Latin@ Services

El programa Latin@ Services (Servicios para Latin@s) de The Center, ofrece servicios cultural y lingüísticamente adecuados y de acción afirmativa para la comunidad latina transgénero. Para más información, email a latinos@thecentersd.org o llame al 619.692.2077 x116.

The Center's Latin@ Services program offers culturally and linguistically affirming services for transgender Latin@ community members. For more information, email latinos@thecentersd.org or call 619.692.2077 x116.

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<http://www.ncresourcecenter.org/gap/>

Mental Health Intake and Referral Program- Referrals and counseling intake sessions through our independent volunteer interns. We provide free consultations every Tuesday, Thursday and Friday from 12:00 PM to 5:00 pm, by appointment only. To be referred to our specialist, please send an email to info@ncresourcecenter.org. The program is free, but donations are welcome.

Neutral Corners

San Diego. Provides education, meetings, events, social service projects and charitable contributions for the Trans community. Neutral corners also provides a supportive space for transgender and crossdressing individuals and their SOFFA's to meet and discuss relevant gender issues. Neutral-corner@yahoo.com

<http://neutral-corner-san-diego.weebly.com/>

The T-Spot

San Diego. Connecting community to resources through outreach and education.

Tspotsandiego.org

@SDTspot on facebook

San Diego Black LGBTQ Coalition

San Diego. Building a stronger San Diego Black LGBTQ community.

sdbcoalition@gmail.com

Meet up group: SD-BLACK-LGBTQ-Coalition

Facebook private group: @SDBlackLGBTQCoalition

Online Resources:

WPATH - The World Professional Association for Transgender Health

Professional organization devoted to transgender health. Promotes evidence-based care, education, research, advocacy, public policy and respect in transgender health.

<http://www.wpath.org/>

<http://www.transgenderlawcenter.org/>

<http://www.transgenderlaw.org/>

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<http://www.transequality.org/>
<http://darahoffmanfox.com/blog>
<http://www.darlenetandogenderblog.com/>
<http://www.transbucket.com/>
<http://www.ftmguide.org/>
<https://neutrois.me/resources>
<http://www.blackgirldangerous.org/>
<http://www.transfolxfightingeds.org/>
<http://familiatqlm.org/>
<http://srlp.org/>
<http://www.colage.org/> Youth with LGBTQ parents are connected to a community of peers
<http://gc2b.myshopify.com/> GC2B binders for FTM
<http://www.f2mbinders.com/> Underworks binders for FTM
<https://www.dapperboi.com/>
<https://www.stuzoclothing.com/>
<https://tomboyx.com/> Undergarments, swimwear, clothing
<https://www.titlenine.com/product/frog-bra-320927.do> Compression bras
<http://www.tranzwear.net/> Custom made packers and STP devices
<https://janetscloset.com/> Breast forms, body shapers, gaffs, wigs
<http://www.thebreastformstore.com> Breast forms
<http://www.glamourboutique.com> Breast forms, gaffs and body shapers
<http://www.chrysalislingerie.com/>
<http://www.wigsbypattispearls.com> Wigs by Patti Joyce in Carlsbad
<http://www.wigs.com> Online wig store

Services:

Auntie Claire's High Tech hair removal and electrolysis.
4080 Centre St. Ste 202, San Diego, CA 92103
(619) 922-9933 <http://auntieclaires.com>

Electrolysis by Fara Permanent hair removal
910 W. San Marcos Blvd. Ste 207 San Marcos, CA 92078
(760) 580-8680 <http://www.electrolysisbyfara.com>

Mastectomy Tattoo
3D nipple tattooing
www.mastectomy.ink
619-942-9737

Tailor Love
Custom tailoring, repairs, dressmaking and fashion design.

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www.tailorlove.com

Military Service Members and Veterans:

Transgender American Veterans Association (TAVA)

Advocates for fair and equal treatment of transgender military Veterans and active duty service members through advocacy, outreach and assistance.

516-TAVA-911

www.transveteran.org

Navigating Transitions Tuesdays 14:30. Location: Naval Medical Center NMCSDBldg 6, 3rd deck, Conference Room.

An open group for military service members who identify as transgender and/or gender non-conforming. Please request a referral by your PCM. Contact: Dr. Karl Pongyingpis 619-532-5666.

Transgender Persons Support Group Mondays 1400-1500 (except holidays). Location: Camp Pendleton, Bldg H-200T (SARP) Room 403

Please email LT Odelia McFadden prior to attending or call mental health front desk.

Odelia.n.mcfadden.mil@mail.mil 760-725-1555/1556

US Department of Veteran Affairs

San Diego Healthcare System- LGBTQ Veterans Mental Health Service offers group and individual psychotherapy services for all LGBTQ veterans seeking a safe and affirming place to share, learn and support one another.

- **Transgender Veterans Well-being Group** Wednesdays 0930. Location: 2N La Jolla Medical Center
- **LGBQ Veterans Well-being Group** Mondays 1300. Location: VA Mission Valley Clinic

Contact: Jennifer Staples, Ph.D 619-400-5234 (Please ask about enrollment and updated meeting locations and times prior to attending)

https://www.sandiego.va.gov/services/LGBT_Services.asp

SPIRITUALITY:

Trans Spiritual Connection 3rd Tuesday every month 7:00-8:30pm. Interfaith gathering that celebrates individuals unique gender expression/identity in a supportive environment to promote spiritual growth, social interaction, community advocacy and educational support. Open to all members of transgender and ally communities regardless of faith belief.

Contact: bethincalifornia1@yahoo.com 619-521-2222

The Metropolitan Community Church of San Diego.

LGBTQ+ HOTLINES:

Trevor Project Lifeline

(866) 488-7386 Trevor Text: Text the word "Trevor" to (202) 304-1200.

www.thetrevorproject.org

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The Trevor Project provides a 24-hour hotline that provides crisis intervention and suicide prevention services to lesbian, gay, bisexual, transgender and questioning young people (LGBTQ) ages 13-24.

Trans Lifeline:

1-877-565-8860

<http://www.translifeline.org/>

Crisis hotline staffed by transgender people for transgender people.