

## Resources: Youth

### **COMMUNITY GROUPS:**

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**San Diego Parent support group, "Transforming Family".** 1<sup>st</sup> Sunday of every month from 1-2:30pm and third Friday of the month at 8pm. Teens and youth have their own break out groups at the same time on Sunday, and on Fridays, the youth group is going on at Hillcrest Youth Center, see below. Spanish speaking parent group is also offered on Sundays. *Please contact a group leader prior to first time in attendance for the meeting location.* Contact: Conner Maddocks [neon411@gmail.com](mailto:neon411@gmail.com) 619-518-9087 or Monica Cham (Bilingual English and Spanish) [MonicaNCham@gmail.com](mailto:MonicaNCham@gmail.com) 619-203-6053.

#### **Hillcrest Youth Center**

619.497.2920 x122

[HYC@thecentersd.org](mailto:HYC@thecentersd.org)

1807 Robinson Ave, Suite 106 San Diego, CA 92103

[www.thecentersd.org](http://www.thecentersd.org)

#### **Hours:**

Monday: 4:30-9pm (ages 14-18)

Tuesday: 4:30-7:30pm (ages 10-13)

Wednesday: 4:30-9pm (ages 14-18)

Thursday: 5:30-7:30pm (ages 18-24)

Friday: 4:30-9pm (ages 14-18)

#### **HIV Testing: (Free)**

Ages 12-13: 4<sup>th</sup> Tuesday of the month, 4:30-6pm

Ages 14-18: 2<sup>nd</sup> & 4<sup>th</sup> Wednesday of the month, 4:30-5:30pm AND 2<sup>nd</sup> and 4<sup>th</sup> Friday of the month, 6-7:30pm.

- **10-13 Year Old Program**

Open drop-in space for LGBTQ+ youth ages 10-13. A great space to hang out, socialize, connect with mentors, or participate in discussion groups, activities, and workshops. For more information contact: [kdaelyn@thecentersd.org](mailto:kdaelyn@thecentersd.org).

**Ages 10-13 /// Tuesdays, 4:30-7:30pm at Hillcrest Youth Center**

- **14-18 Year Old Program**

Open drop-in space for LGBTQ+ youth ages 14-18. A great space to hang out, socialize, connect with mentors, or participate in discussion groups, activities, and workshops. For more information contact: [kdaelyn@thecentersd.org](mailto:kdaelyn@thecentersd.org).

**Ages 14-18 /// Mondays, Wednesdays, and Fridays 4:30-9:00pm at Hillcrest Youth Center**

- **18-24 Year Old Program ThursTAYS**

Open drop-in space for LGBTQ+ Transitional Age Youth (TAY) 18-24. A great space to hang out, socialize, connect with mentors, or participate in discussion groups, activities, and workshops. For more information contact: [kdaelyn@thecentersd.org](mailto:kdaelyn@thecentersd.org).

**Ages 18-24 /// Thursdays, 5:30-7:30pm at Hillcrest Youth Center**

- **Tutoring**  
Homework trouble? Test questions? Free tutoring is available on all core subjects! For more information contact: [kdaelyn@thecentersd.org](mailto:kdaelyn@thecentersd.org).  
**Ages 14-18 /// Mondays 5:00-7:00pm at Hillcrest Youth Center**
- **Gender Identity Group**  
This is a closed discussion group for youth identifying as transgender, non-binary, or questioning their gender. For more information contact: [kdaelyn@thecentersd.org](mailto:kdaelyn@thecentersd.org).  
**Ages 10-13 /// Tuesdays 6:30-7:30pm at Hillcrest Youth Center**  
**Ages 14-18 /// Fridays 8:00-9:00pm at Hillcrest Youth Center**
- **Womxn & Femininity Group**  
This is a closed group for LGBTQ+ youth ages 14-18 identifying as female, trans woman, or femme to share space, stories, discussions, and community related to the feminine experience. For more information contact: [kdaelyn@thecentersd.org](mailto:kdaelyn@thecentersd.org).  
**Ages 14-18 /// 1st and 3rd Wednesdays of each month 6:30pm at Hillcrest Youth Center**
- **Men & Masculinity Group**  
This is a closed group for LGBTQ+ youth ages 14-18 identifying as male, trans man, or masc to share space, stories, discussions, and community related to the masculine experience. For more information contact: [kdaelyn@thecentersd.org](mailto:kdaelyn@thecentersd.org).  
**Ages 14-18 /// 2nd and 4th Wednesdays of each month 6:30pm at Hillcrest Youth Center**
- **Queer POC Group**  
This is a closed group for LGBTQ+ youth of color to share space, stories, discussions, and community related to their experience in society as people of color. For more information contact: [kdaelyn@thecentersd.org](mailto:kdaelyn@thecentersd.org).  
**Ages 14-18 /// Fridays 7:00-8:00pm at Hillcrest Youth Center**
- **Movie Mondays**  
Come meet, watch, and discuss movies. Each week of the month is a different type of movie. 1st Mondays-documentaries, 2nd Mondays-musicals, 3rd Mondays-LGBTQ+ films, 4th Mondays-free choice. Snacks, popcorn, and beverages are provided. For more information contact: [kdaelyn@thecentersd.org](mailto:kdaelyn@thecentersd.org).  
**Ages 14-18 /// Mondays 5:00pm at Hillcrest Youth Center**
- **Movie Night**  
Come meet, watch, and discuss movies. This once per month activity includes snacks, popcorn, and beverages. For more information contact: [kdaelyn@thecentersd.org](mailto:kdaelyn@thecentersd.org).  
**Ages 10-13 /// 3rd Monday of the Month 5:00pm at Hillcrest Youth Center**  
**Ages 18-24 /// First Thursday of the Month 5:30pm at Hillcrest Youth Center**

- **Art Hour**  
 Express creativity in this hour-long exploration of various arts and crafts. Projects vary from week to week, including painting, drawing, mixed media, collage, drama and theatre, photography and video, and poetry. For more information contact: [kdaelyn@thecentersd.org](mailto:kdaelyn@thecentersd.org).  
**Ages 14-18 /// Mondays 7:30pm at Hillcrest Youth Center**  
**Ages 10-13 /// 2nd Tuesday of each month 4:30-5:30pm at Hillcrest Youth Center**  
**Ages 18-24 /// 2nd Thursday of each month 6:30-7:30pm at Hillcrest Youth Center**
- **Lettuce Talk**  
 This weekly discussion group is a space to discuss and process current events, and topics around gender and sexuality. For more information contact: [kdaelyn@thecentersd.org](mailto:kdaelyn@thecentersd.org).  
**Ages 10-13 /// Tuesdays 5:30pm at Hillcrest Youth Center**
- **Common Ground**  
 This weekly discussion group is a space to discuss and process current events and topics around gender and sexuality. For more information contact: [kdaelyn@thecentersd.org](mailto:kdaelyn@thecentersd.org).  
**Ages 14-18 /// Wednesdays 7:30pm at Hillcrest Youth Center**
- **Game Night**  
 Board games, video games, card games, and interactive games like trivia and charades are all available during this weekly game night for LGBTQ+ youth ages 14-18. For more information contact: [kdaelyn@thecentersd.org](mailto:kdaelyn@thecentersd.org).  
**Ages 14-18 /// Wednesdays 5pm at Hillcrest Youth Center**  
**Ages 18-24 /// 4th Thursday 5:30pm at Hillcrest Youth Center**
- **Life Skills Workshop**  
 Monthly workshops on different life skills. February's topic is Mental Health. For more information contact: [kdaelyn@thecentersd.org](mailto:kdaelyn@thecentersd.org).  
**Ages 18-24 /// 3rd Thursday of each month 6:00pm at Hillcrest Youth Center**
- **Game Night**  
 Board games, video games, card games, and interactive games like trivia and charades are all available during this monthly game night for LGBTQ+ youth ages 18-14! For more information contact: [kdaelyn@thecentersd.org](mailto:kdaelyn@thecentersd.org).  
**Ages 14-18 /// Fridays 4:30pm-9:00pm at Hillcrest Youth Center**
- **Friday Fun**  
 Friday open hours at HYC are a fun mix of music, movies, board games, video games, arts and crafts, charades, and more! For more information contact: [kdaelyn@thecentersd.org](mailto:kdaelyn@thecentersd.org).  
**Ages 14-18 /// Fridays 4:30pm-9:00pm at Hillcrest Youth Center**

### **South Bay LGBTQ+ Club House**

South Bay Clubhouse is a weekly affirming drop-in space for LGBTQ+ youth ages 14-18 to meet each other, hang out, chat and participate in fun social activities. For more information contact [kdaelyn@thecentersd.org](mailto:kdaelyn@thecentersd.org).

**Ages 14-18 /// Thursdays 4:30-7:30pm at Chula Vista Youth Center, 465 L St., Chula Vista, CA 91911 \*Next to the CVHS Baseball Fields**

### **Our Safe Place (OSP)- SDYS Central Drop-in Center**

Drop-in Center for LGBTQ+ youth in central San Diego: social activities, youth and parent groups, referrals and more. 2220 Broadway, San Diego CA 92102. Open 7 days a week. For more information: 619-525-9903

### **Our Safe Place (OSP) SBCS South Bay Drop-in Center**

Drop-in Center for LGBTQ+ youth located at the SBCS Trolley Trestle Youth Hub: social activities, youth and parent groups, referrals and more. 746 Ada St., Chula Vista, CA 92911 (619)-628-2444 <https://southbaycommunityservices.org/index.php/services/142-our-safe-place-osp>

### **Our Safe Place (OSP) SDYS El Cajon LGBTQ+ Teen Meet-up**

A safe space to hang out for LGBTQ+ teens and their friends for ages 12-18yo. Wednesdays, 3:30-5:30pm at the El Cajon Library 619-588-3718

### **Our Safe Place (OSP) YMCA North Inland Drop-in Center**

Drop-in Center for LGBTQ+ youth: social activities, youth and parent groups, referrals and more. Hours: 2-8pm 7 days per week. 1050 N. Broadway, Bldg. C, Escondido, CA 92026. (619) 525-9903

### **Our Safe Place (OSP) YMCA North County Drop-in Center**

Drop-in Center for LGBTQ+ youth: social activities, youth and parent groups, referrals and more. Drop in hours: Mon and Friday 11-3pm and Wed 11-5pm. 215 Barnes Street, Oceanside, CA 92054. (619) 525-9903

### **North County LGBTQ Resource Center 760-994-1690**

- **Our Circle** Thurs 6:00-8pm. 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. 1<sup>st</sup> Monday of each month will be a social which includes games, movies and more.
- **Transcend Transgender Support Group** Sat 4-6pm. Support and activities, ages 18-25. For youth under 18, please contact group at [bgillen2@gmail.com](mailto:bgillen2@gmail.com).
- **TransFamily Support Group** 3<sup>rd</sup> Sunday every month, 1-2:30pm. Support groups for parents, teens and children with guided discussions for transgender and gender

nonconforming youth to explore topics around gender identity and expression. Teen groups will be lead by young trans adults. Younger children will enjoy time on our beautiful play structure supervised by a teacher. Parents and family members meet separately to get support, obtain resources. [info@transfamilysos.org](mailto:info@transfamilysos.org)

**TransFamily Support Group** 1<sup>st</sup> Saturday of each month, 4-5:30pm. Support group for parents/caregivers of trans and non-binary folks. United Church of the Valley 24973 Washington Ave., Murrieta, CA

**Our Space Encinitas** 2<sup>nd</sup> and 4<sup>th</sup> Tues at the Encinitas library, 6-7:30pm. A social/support group for LGBTQ and allied youth ages 14-18 yo. Community Rooms. Just drop in.

**Safe Space Escondido** 2<sup>nd</sup> Thursday of the month 4-5:30pm. Support group for LGBTQ+ youth and allies ages 12-17yo. Location: Escondido Library

**Our Space Poway** 2<sup>nd</sup> and 4<sup>th</sup> Tuesday each month, 6:30-8:30pm. LGBTQ+ social/support for youth and allies in high school. St. Bartholomew's Episcopal Church 16275 Pomerado Rd., Poway, CA 92064 760-753-7376

**Our Space San Marcos** 2<sup>nd</sup> Saturday of the month 9:30-11am. LGBTQ+ youth and allies in Middle School. 10-14 yo at the San Marcos Library, Community room #2.

**Gay/Straight Alliance-Vista Library** 1st Saturday of the month, 10am. LGBTQ+ youth and allies 11-14yo. Vista Library 700 Eucalyptus Ave, Vista, CA 92084

**PFLAG San Diego County** Parents, families, friends and allies united with LGBTQ people. 1-888-398-0006 for more information. Se habla espanol  
[www.pflag.com](http://www.pflag.com)

**PFLAG North County Coastal** Contact: Annette Ottone 760-518-3345  
[northcountycoastal@pflag.com](mailto:northcountycoastal@pflag.com)

**PFLAG North County Inland** Contact: Kathie Moehlig 858-382-9156  
[northcountyinland@pflag.com](mailto:northcountyinland@pflag.com)

**PFLAG South Bay** Contact: Patti Boman 619-227-6092  
[southbaysdc@pflag.com](mailto:southbaysdc@pflag.com)

**PFLAG East County** Contact: Tiffany Gonzalez 760-554-7967  
[eastcountysdc@pflag.com](mailto:eastcountysdc@pflag.com)

**PFLAG Metro San Diego** Contact: Terrie Vorono 619-997-6139  
[metrodc@pflag.com](mailto:metrodc@pflag.com)

**Gender Spectrum Spanish Language Telephone Parent Support Group** This teleconference support group assists Spanish speaking parents of transgender and gender expansive youth. Submit attendance request at <https://www.genderspectrum.org/we-can-help/spanish>

## **ONLINE:**

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### **Trans Youth Family Allies (TYFA)**

[www.imatyfa.org](http://www.imatyfa.org)

Parents of transgender youth consider this the best starting place for new parents.

**TYFA\_Talk** - listserv for parents of transgender children and teens.

[www.imatyfa.org](http://www.imatyfa.org)

Support and referral source for parents, grandparents and guardians negotiating the journey of raising gender variant and transgender children and youth ages 3-18. All posts on this list are moderated for content.

**SDTransFamilies** – private Listserv for parents who attend SD Transforming Family Group. Sign up in person at meeting.

**TransKidsFamily** - listserv for parents of adult trans children.

[www.transfamily.org](http://www.transfamily.org)

**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/>

### **Additional online resources:**

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

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

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

<http://familyproject.sfsu.edu/>

[Www.transactiveonline.org/index.php](http://www.transactiveonline.org/index.php)

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

<http://darahoffmanfox.com/blog>

[www.DarleneTandoGenderBlog.com](http://www.DarleneTandoGenderBlog.com)

## **BOOKS:**

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**The Transgender Child** by Stephanie Brill and Rachel Pepper

**Helping Your Transgender Teen: A Guide For Parents** by Irwin Krieger

**Transitions of the Heart: Stories of Love, Struggle and Acceptance by Mothers of Transgender and Gender Variant Children** by Rachel Pepper

**Raising Ryland** by Hillary Whittington

**Gender Born, Gender Made: Raising healthy gender nonconforming children** by Dr. Ehrensaft

**The Gender Creative Child** by Dr. Ehrensaft  
**The Conscious Parent's Guide to Gender Identity** by Darlene Tando

**PEDIATRIC PHYSICIANS:** For youth up to 21 yo:

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**Johanna Olson-Kennedy, MD**

Center for Trans Youth Health and Development, Los Angeles  
(323) 361-5372 Coordinator: Jamie Julian jjulian@chla.usc.edu  
<http://www.chla.org/the-center-transyouth-health-and-development>

**San Diego Pediatrics**

Dr. Rachel Gianfortune, MD  
619-583-6133  
<http://www.sandiegopediatrics.com/>

**Rady Children's Gender Management Clinic (GEM)**

Dr. Marinkovic, Dr. Newfield  
858-966-4032 x5 (ask for Claudia)  
<http://www.rchsd.org/programs-services/endocrinology-diabetes/services/gender-management-clinic/>

**ADULT ENDOCRINOLOGY:** For young adults: 21 yo and up

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**Hillcrest Family Health Centers** (619) 515-2545

The Night Clinic, Monday-Thursday 5-9pm  
4049 4<sup>th</sup> Ave., San Diego CA 92103

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

4060 4<sup>th</sup> Ave., 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

**Vista Community Clinic- Dr. Stenzel** (760) 631-5000 Sergio ext. 7188

1000 Vale Terrace Dr, Vista, CA 92084

**Dr. Joseph Caperna, MD**

Primary Care  
#619-795-1975  
2333 1st Ave #104, San Diego, CA 92101  
<http://www.josephcapernamd.com/>

**TRANS ADVOCATES:**

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**Monica N Cham** (Bilingual English/Spanish)  
619-203-6053  
[MonicaNCham@gmail.com](mailto:MonicaNCham@gmail.com)

**Project Trans**

**Deja Cabrera**

*Transgender Services Coordinator*  
The San Diego LGBT Community Center  
619-692-2077 x109  
[trans@thecentersd.org](mailto:trans@thecentersd.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](mailto:atfuruya@thecentersd.org)

**Trans Family Support Services**

Non-profit organization run by the parent of a local transgender teen. Services include family 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](mailto:kathie@transfamilysos.org)

**Sophia Arredondo**

*Program Manager LGBTQ+ Education and Advocacy*  
Advocate in San Diego Public Schools for LGBTQIA students and parents in need of assistance with their rights, support and advocacy, community resources and leadership or volunteer opportunities.  
(619) 725-5595  
[sarredondo@sandi.net](mailto:sarredondo@sandi.net)

**COMMUNITY RESOURCES:**

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**San Diego LGBT Community Center**

3909 Centre Street (Hillcrest)  
San Diego, CA 92103  
Behavioral Health Services: (619) 692-2077 x208 (on-duty counselor, business hours)  
Web: [www.thecentersd.org](http://www.thecentersd.org)



**North County Resource Center/Gender Advocacy Project**

3220 Mission Ave Suite #2 Oceanside, CA 92058

760-994-1690

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

**Gender Spectrum**

[www.genderspectrum.org](http://www.genderspectrum.org)

Website has a lot of resources especially in regards to educational aspects of transition, etc. Gender Spectrum also has a fabulous annual conference in July in the Bay Area for “gender expansive” and transgender youth, parents/caregivers, siblings and allies.

**Camp Aranu'tiq**

Summer camp for trans and gender nonconforming youth and families.

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

**Familias por la diversidad sexual:** An international association of parents connecting families with resources in their own country. Facebook or <http://www.familiasporladiversidad.org/>

**Sunburst Youth Housing Project:** Sunburst Youth Housing Project provides supportive housing for 23 formerly homeless youth, ages 18-24. For more information, email [yhp@thecentersd.org](mailto:yhp@thecentersd.org) or call 619.255.7854.

**LGBTQ+ HOTLINES:**

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**Trevor Project Lifeline**

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

[www.thetrevorproject.org](http://www.thetrevorproject.org)

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. Please note it has variable hours of operation.