Lesbian, Gay, Bisexual, Transgender, Queer, Intersex & 2-Spirit
Information and Resource List for Providers

This list is reviewed and updated quarterly. Please send any updates or additions to:
Director@pacificcenter.org

Pacific Center also recommends
www.eastbaypride.com for additional local resources and updates

Resources specific to Responding to the Orlando Massacre

Kip Williams, LMFT: article on 10 Steps to help process the Orlando Massacre
http://marketstreetpsychotherapy.com/blog/10-steps-to-help-process-the-orlando-massacre/

Self-care post mass shooting

Building Resilience

Orlando-specific resources for victims, victims’ families, survivors and the larger community

http://www.unitycoalition.org/
basic statement a with links to donate to the LGBTQ Center and blood drive

Equality California Statement & fundraising campaign for victims
- community links for grief counseling, vigils, and fundraising for families and travel

http://www.eqfl.org/news/pulse

https://www.gofundme.com/PulseVictimsFund
**LGBTQI2-S Community Centers**

**Centerlink**: national listing of LGBTQ centers: [www.lgbtcenters.org](http://www.lgbtcenters.org)

Their comprehensive listing of national organizations and resources can be found at:

[http://www.lgbtcenters.org/localstatenational-groups.aspx](http://www.lgbtcenters.org/localstatenational-groups.aspx)

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**Northern California LGBTQI2-S Community Centers**

- **Alameda County**: **Pacific Center** – [www.pacificcenter.org](http://www.pacificcenter.org) 510. 548.8283
- **Chico**: Stonewall Alliance Center - [www.stonewallchico.org](http://www.stonewallchico.org) 530.893.3336
- **Contra Costa County**: **Rainbow Community Center** – [www.rainbowcc.org](http://www.rainbowcc.org) 925.692.0090
- **Marin County**: **Spectrum** – [www.Spectrumlgbtcenter.org](http://www.Spectrumlgbtcenter.org) 415.472.1945
- **Sacramento**: **Sacramento Gay & Lesbian Center** - [www.saccenter.org](http://www.saccenter.org) 916.442.0185
- **Solano Co**: **Solano Pride Center** – [www.Solanopride.org](http://www.Solanopride.org)
- **San Francisco**: **SF LGBT Center** – [www.SFcenter.org](http://www.SFcenter.org) 415.865.5555
- **South Bay**: **Billy DeFrank Community Center** – [Defrankcenter.org](http://Defrankcenter.org) 408.293.2429
- **Santa Cruz**: **Diversity Center of Santa Cruz** – [www.diversitycenter.org](http://www.diversitycenter.org) 831.425.5422

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**Most Community Centers offer social support and/or therapy services**

**LGBTQI2-S Health & Wellness Services**

**National**

- Gay and Lesbian Medical Association – professional association [www.glama.org](http://www.glama.org)
- National Coalition for LGBT Health – [www.healthlgbt.org](http://www.healthlgbt.org)
- Sexuality Information and Education Council of the United States - [www.Siecus.org](http://www.Siecus.org)

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**Northern California**

- **API Wellness Center** – HIV/Trans support for API LGBTQ people – [www.api.org](http://www.api.org)
- **Asian Health Services** – Oakland – [www.asianhealthservices.org](http://www.asianhealthservices.org)
- **Berkeley Free Clinic** – Trans clinic, rapid HIV testing – [www.berkeleyfreeclininc.org](http://www.berkeleyfreeclininc.org)
- **Gaylesta** – LGBTQ therapist referrals and professional association [www.gaylesta.org](http://www.gaylesta.org)
- **Lyon-Martin Health Services** – primary and mental health services [www.lyon-martin.org](http://www.lyon-martin.org)
- **Pacific Center**– Berkeley - [www.pacificcenter.org](http://www.pacificcenter.org) (510) 548.8283
- **Rainbow Community Center** – Contra Costa County:[www.rainbowcc.org](http://www.rainbowcc.org) (925) 692.0090
Crisis Support & Hotlines

**Nationwide Suicide Crisis Hotline** (24 Hour Crisis Line): 1.800.SUICIDE
**Alameda County Crisis Support Services** (24 Hour Crisis Line): 1.800.309.2131
**Alameda County Access**: 1.800.491.9099
**Berkeley Crisis Assistance**
  - Mobile Crisis Team (10:30am – 11pm): 510.981.5254
  - (8am – 4pm; Mon –Fri; non-life threatening crisis): 510.981.5244
**Contra Costa County**
  - Access: 1.888.678.7277    Crisis: 800.833.2900

**S.F. Suicide Prevention** 415.781.0500
**San Mateo County**
  - Access Team: Mon – Fri from 8am to 5pm: 1.800.686.0101
  - Crisis, Psychiatric Emergency Services: 650.573.2662
**San Francisco**
  - Crisis Line: 415.781.0500
  - HIV Nightline: 415.434.2437 (5pm – 5am): 1.800.628.9240

Resources for LGBTQI2-S Elders

**National**

**National Resource Center on LGBT Aging** - Links and resources - [www.lgbtagingcenter.org](http://www.lgbtagingcenter.org)
**SageUSA** – National LGBTQ organization for resources and advocacy [www.sageusa.org](http://www.sageusa.org)

**Northern California**

**Lavender Seniors** – San Leandro – Support for LGBTQ seniors – [www.lavenderseniors.org](http://www.lavenderseniors.org)
**Openhouse** – SF based activities- housing [www.openhouse-sf.org](http://www.openhouse-sf.org)
**Old Lesbians Organized for Change** - national org w/local chapter - [www.oloc.org](http://www.oloc.org)
**Pacific Center** – Berkeley – Support groups and friendly visitors – [www.pacificcenter.org](http://www.pacificcenter.org)
Family & Youth Support Organizations
National

It Gets Better Project  www.itgetsbetter.org

A Better Way Children’s Advocacy Center – Mental health support for children
   http://www.cacga.org/%20http://advochild.org/programs/a-better-way-children-
   advocacy-center/

COLAGE – support for people with LGBTQ parents  www.colage.org

Family Builders – adoption services – www.familybuilders.org

Family Acceptance Project/SFSU – resource for families and providers –
   www.familyproject.sfsu.edu

Family Equality Council – international LGBTQ family resources - www.familyequality.org

Gay-Straight Alliance Network – student-run school clubs - www.gsanetwork.org

   Clubs in schools throughout California – check website for details


Out and Proud Families – Resources and videos for families www.outproudfamilies.org

The Trevor Project – national hotline – www.thetrevorproject.org

Northern California

Bay Area Community Health Education  wwwbacheinfo.org

California Safe Schools Coalition – www.casafeschools.org

Gay Prom – The biggest and best in Hayward!  www.gayprom.org

Health Initiatives for Youth – West Oakland Youth Center – www.HIFY.org

LYRIC – youth support in San Francisco  www.lyric.org

Our Family Coalition – support for LGBTQ parents and families  www.ourfamily.org

Mamas and Papas – OFC parents blog – www.mamaspapas.blogspot.com

Our Space – youth space in Hayward  www.bayouth.org/lgbtq-community-center.html

Outlet Program – youth support in Menlo Park – www.acs-teens.org/what-we-do/outlet
PFLAG - Parents and Friends of Lesbians and Gays  www.pflag.org
Parents, Families and Friends of Lesbians and Gays is a large national organization with many local chapters. Provides support for LGBTQ people and their families.

- Concord (Rainbow Community Center) 925.692.0090
- Danville/San Ramon 925.831.8172 paulshermanbrown@yahoo.com
- Diablo Valley/Walnut Creek/Concord 925.283.8928
- Fremont 510.226.6816 pflagfremontinfo@aol.com
- Hayward - 510/782-5462
- Oakland/East Bay 510.562.7692 Email: EBOakPFLAG@aol.com
- Rossmoor 925.945.1667
- San Francisco 415.921.8850 www.pflagsf.org
- San Jose - 408/270-8182 www.pflagsanjose.org

RYSE Youth Center – Richmond CA - www.ryse.org

Housing

Trans housing network - www.Transhousingnetwork.com – National resource

YEAH – www.yeah-berkeley.org – local youth support/emergency housing

Alameda Family Services Dreamcatchers – www.alamedafs.org/dreamcatchers

Resources for Intersex and Transgender People

National

F.T.M. International – www.ftmi.org
Intersex Society of North America - www.isna.org
National Center for Transgender Equality - Advocacy - www.transequality.org
Project Health Transline - national advocacy and info - www.projecthealth.org/transline/
Sexuality Information and Education Council of the United States - www.Siecus.org
Trans Advocacy Network – Assoc. of Trans organizations www.transadvocacynetork.org
Transgender Law Center - Civil Rights organization - www.transgenderlawcenter.org
Transpulseproject.ca – Good research and journal articles – www.transpulse.ca
UCSF Center of Excellence for Transgender Health – www.transhealth.ucsf.edu
World Professional Assoc. of Transgender Health – www.wpath.org
Northern California

**Brown Boi Project** - support for masculine of center and non conforming LGBTQI2-S people of color - [www.brownboiproject.org](http://www.brownboiproject.org)

**Gender Health Center** - Sacramento - [www.thegenderhealthcenter.org](http://www.thegenderhealthcenter.org)
**Gender Spectrum** - support/training for families and providers - [www.genderspectrumfamily.org](http://www.genderspectrumfamily.org)

**Tom Waddell Clinic/San Francisco** - Primary care and resources - [www.sfdph.org/dph/comupg/oservices/medsvs/hlthctrs/tomwaddellhlthctr.asp](http://www.sfdph.org/dph/comupg/oservices/medsvs/hlthctrs/tomwaddellhlthctr.asp)

**Resources for Bisexual People**

**National**

**Bi-Net** - National resource center for Bisexual people - [www.binetusa.org](http://www.binetusa.org)
**American Institute of Bisexuality** - link to research, videos and books - [www.Bisexual.org](http://www.Bisexual.org)

**Northern California**

**Bay Area Bisexual Network** - local resources - [www.bayareabisexualnetwork.org](http://www.bayareabisexualnetwork.org)

**Resources for 2-Spirit Peoples**

**National**

For information concerning the use of the term “2-Spirit,” we recommend the following link:
**A letter for white people using the term “TwoSpirit”**

**First Nations 2-Spirit Collective**
**Native Out** - National Resources/multimedia - [www.nativeout.org](http://www.nativeout.org)
**Native Youth Sexual Health Network** - [www.nativeyouthsexualhealth.com](http://www.nativeyouthsexualhealth.com)

**Northern California**

**Bay Area American Indian Two-Spirits** - events, resources - [www.baaits.org](http://www.baaits.org)
People of Color Organizations

National

API Family Pride - support for API families with LGBTQI members  www.apifamilypride.org
The Center for Black Equity - National resources - www.thecenterforblackequity.org
Muslims for Progressive Values - Excellent resource guide  www.mpvusa.org/lgbtqi-resources/

Northern California

Aguilas - organization for Gay/bisexual Latino men- www.sfaquilas.org
API Wellness Center - programs and direct services - www.apiwellness.org
E/LA Para Translatinss SF support for transgender latinas  www.ellaparatranslatinss.yolasite.com/
Gay Middle Eastern Men’s Group - SF based - www.gmemsf.org
Trikone - for LGBTQ people of South Asian Descent  www.Trikone.org
Zuna - research and training on Black Lesbian issues, in Sacto - www.zunainstitute.org
Asian Pacific Islander Queer Women Transgender Community - Oakland
Good local resource guide  http://www.apiqwtc.org/

Immigration Support Organizations

National

Immigration Equality - free legal advice for immigrants  www.Immigration Equality.org
Out for Immigration – www.out4immigration.org
Outright Action International - education/advocacy  www.outrightinternational.org
Spirituality
National

Made in God’s Image - www.madeinimage.org
Center for Lesbian and Gay Studies in Religion and Ministry www.clgs.org
Gay Buddhist Sanga - resources and support - www.gaybuddhistsanga.org
GayChurch.org - Directory of welcoming mainstream congregations www.gaychurch.org
Institute for Welcoming Resources - resources & links www.welcomingresources.org
Metropolitan Community Churches www.mccchurch.org
Soulforce - national evangelical/christian activists - www.soulforce.org

Legal, Advocacy & Political Resources
National

Gay & Lesbian Alliance Against Defamation – www.glaad.org
Human Rights Campaign – www.hrc.org
Lambda Legal – www.lambdalegal.org
National Black Justice Coalition - www.nbjc.org
National Center for Lesbian Rights – www.nclrights.org
National LGBTQ Task Force www.the taskforce.org
The National Center for Transgender Equality www.transexuality.org
Transgender Law Center - http://www.transgenderlawcenter.org

Northern California

Equality California – political PAC – www.eqca.org
2012 study by BHCS on treating LGBTQI2-S populations

American Psychological Association: www.apa.org


Barrow, K. Psychotherapy with Transgender and Gender Nonconforming Clients
www.psychotherapy.net/article/psychotherapy-transgender


Fine, C; (2011) *Delusions of Gender, How our minds, society, and Neurosexism create difference*


Lucas-Stannard, P.(2013) *Gender Neutral Parenting Gender Neutral Parenting: Raising kids with the freedom to be themselves.*


Resources for further learning continued

Siecus Report: Questions and Answers: LGBTQ Youth Issues


Suicide Prevention Resource Center Suicide Prevention among Lesbian, Gay, Bisexual and Transgender Youth: Expanding the Frame and Broadening our Approaches


Online Resources

General information

American Psychological Assoc – LGBTQ Q&A – www.apa.org/topics/lgbt


Videos

Be there for me (collective youth memories)
https://www.youtube.com/watch?v=rsVxf1cjme8

In the Life Media: Kicked Out: LGBT Youth Experience Homelessness
https://www.youtube.com/watch?v=TUhqodigPFk&index=2&list=PL8sP3z8DjtoDYppCqmyz3HwA-qo9CPFZ6

In The Life Media: A Day in Our Shoes - Homeless LGBT Youth
https://www.youtube.com/watch?v=ZXv1-fHd6Ug&index=3&list=PL8sP3z8DjtoDYppCqmyz3HwA-qo9CPFZ6
Online Resources continued

In the Life Media: It Gets Better - Parents of Transgender Children
https://www.youtube.com/watch?v=2lozlzWrYVY&list=PL8sP3z8DjtoDYppCqmyz3HwA-go9CPFZ6&index=4

It’s Elementary: Talking About Gay Issues In School (1)
https://www.youtube.com/watch?v=5J06NpqnvZ0

It’s Elementary: Talking About Gay Issues In School (2)
https://www.youtube.com/watch?v=p4ru5MuYxiI

It’s Elementary: Talking About Gay Issues In School (3)
https://www.youtube.com/watch?v=mvfHdEJ_x04

It’s Elementary: Talking About Gay Issues In School (4)
https://www.youtube.com/watch?v=ct78iStvcSw

It’s Elementary: Talking About Gay Issues In School (5)
https://www.youtube.com/watch?v=b2gT64eiMq0

Frameline Voices: In My Shoes: Stories of Youth with LGBT Parents
https://www.youtube.com/watch?v=Z9xfHqT1HEY&list=PL8sP3z8DjtoDYppCqmyz3HwA-go9CPFZ6

GASafeSchoolsTV
https://www.youtube.com/watch?v=rsVxf1cjme8
Collective Memories of LGBTQ Youth in Georgia High Schools


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