

Resources for transmen, transwomen, Two-Spirit, & folks who check their own box on the gender identity spectrum

SUPPORT, WELLNESS, SOCIAL and ACTIVIST GROUPS, HARM REDUCTION, MENTAL HEALTH, HEALING TRAUMA and HIV SUPPORT

MONDAYS

BELLA Y SANA Mondays 2:30pm – 4:00pm SFAF 1035 Market Street, Rooms 3B & 3C ([map](#)) the trans-Latina Group: This group focuses on HIV and STI's Prevention, Screening and access to Care for the Trans-Latina community. This Group is in Spanish and we have a weekly topic presentation.

TRANS:THRIVE TRANSFEMININE GROUP Alternating Tuesdays 6:00pm – 7:30pm 730 Polk Street, 4th Floor, An afterhours discussion and support group for transgender women primarily geared towards those women who can't make it during daytime drop-in hours. Food provided. Visit <http://www.apiwellness.org/home.html> for dates or call 415.292.3400

OFFICE OF SELF HELP- TRANSGENDER PROGRAM Pre-treatment Support Services Monday 1pm-2pm 994 Market street, 7th floor (415) 255-3098

STONEWALL OVER THE INFLUENCE BOOK CLUB Every Monday 12PM-1:30 SFAF 1035 Market 2C strong coffee + snacks + nerds . Explore new ideas, share experiences, & get geeked up on strong coffee. Check out this amazing book by the Harm Reduction Therapy Center. Join anytime on any chapter. Facilitators Terry Morris & Drew Garcia ALL WELCOME (men/women/trans gay/bi/strait/all substance use goals)

STONEWALL WALK IN SKILLS BUILDING GROUP Every Monday 6-7:30PM 1035 Market room 3E The Stonewall Project is a family of programs dedicated to providing harm reduction-based counseling, treatment, and support services to gay men, transmen who have sex with men, and other men who have sex with men who are having issues with drugs and/or alcohol. We welcome you wherever you're at, and do not require abstinence for you to receive services. This interactive classroom will provide practical tools that can help in challenging situations & make more space for choice, explore new options for changing behaviors, & build skills to meet & maintain your substance use goals. Each week focuses on a different skill. You choose which curricula & discussion topics are of interest to you; Self-Care, Motivation to Change – Decisional Balance, Triggers, Assessing High Risk Triggers, Stages of Change, Identifying Risky Behavioral Chains, Coping with High Risk Situations, Slips & Relapses, & Drug, Set & Setting. All goals around substance use are appropriate & welcome here; from safer use to abstinence.

STONEWALL WALK IN INDIVIDUAL COUNSELING 1035 Market 4th fl M-F at 4PM Call (415) 487 3100

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are having issues with drugs and/or alcohol. We welcome you wherever you're at, and do not require abstinence for you to receive services.

TUESDAYS

YOUTH MEAL NIGHT AT THE GLBTQ CENTER: Have dinner & movie on us! Get tested! Every Tues. 5-7pm @ the Center (1800 Market) Room Q11 Meet here with your trans/queer friends (ages 24 & under.) Board games, community news/announcements, community closet (free clothes), resources and support, friends,

TRANS:THRIVE SEEKING SAFETY GROUP 730 Polk Street, 4th Floor Tuesdays 3-5pm A psycho-education group provides mental health information for clients with a history of trauma and substance abuse. The program focuses on psycho-education and coping skills such as safety as the overarching goal, helping clients attain safety in their relationships, thinking, behavior, and emotions. Visit <http://www.apiwellness.org/home.html> for dates or call 415.292.3400

TRANS: THRIVE FTM/TRANSMASCULINE GROUP Tuesdays 6-7:30PM 730 Polk St, 4th Fl

This is a social and support group for female-to-male (FTM) people and anyone else labeled female or intersex at birth who identifies on the transmasculine spectrum. Visit <http://www.apiwellness.org/home.html> for dates or call 415.292.3400

TRANS:THRIVE DROP-IN Tuesdays 2pm – 5pm 730 Polk Street, 4th Floor Come chat with friends, meet new people, treat yourself to the respect you deserve. Our drop-in center has a computer lab, clothing closet, library & more. Visit <http://www.apiwellness.org/home.html> for dates or call 415.292.3400

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STONEWALL ALCOHOL HARM REDUCTION GROUP Every Tuesday 6-7:30PM 4200 18th St. #203 This Stonewall group brings the harm reduction approach to gay & bi men, transmen who have sex with men, and other men who have sex with men who drink alcohol. Meshing the wisdom & experience of group members, suggestions & tools from **three** self-help books (Over the Influence, Responsible Drinking, & How to Change Your Drinking: A Harm Reduction Approach) fabulous facilitator Wade Smith invites you to find your way to safe drinking, reduced drinking, or quitting. Change your drinking habits for the better.

DROP-IN SUPPORT GROUP FOR PEOPLE LIVING WITH HIV/AIDS AT ALLIANCE HEALTH PROJECTA supportive environment to discuss feelings about disclosure of HIV status, health care and medication use, sex, substance use, isolation and community building, dating and relationships, life transitions, and other issues. Please arrive five to 10 minutes prior to group start time. Tuesdays, 6:30 p.m. to 8 p.m.; AHP Services Center, 1930 Market Street.

SHANTI YOGA FOR HIV+ HEALTH Tuesdays 4:15pm – 5:30pm Contact Clayton at crobbins@shanti.org or 674-4716 to join us. Yoga for Immunity and Wellness A weekly restorative hatha yoga class that is ideal for anyone with an HIV, cancer, or other illness diagnosis. You can expect easeful postures, deep relaxation, & breathing practices that are suitable for students at any level, including those new to yoga; and accessible teachings & simple techniques designed to reduce stress, support immune system functioning, & enhance overall health & wellbeing.

WEDNESDAYS

TRANSGENDER TALKING CIRCLE AT NATIVE AMERICAN AIDS PROJECT 1540 Market #130 Wednesdays 12 pm - 2 pm The Transgender Talking Circle is held in the traditional Native American Talking Circle style and is informed by empowerment theory. This group is held weekly to address the needs of transgender and intersex people. The discussion topic changes weekly and a meal is regularly provided for participants. This group is part of NAAP HIV Prevention Programming.

BLACK BROTHERS ESTEEM PHOENIX RISING DROP IN GROUP 4-6PM This group welcomes and embraces African American gay, bisexual, same-gender loving, and transgender/gender-variant people promoting sexual health, holistic well-being, and building community. Phoenix Rising drop in group allows men of African descent to get support from each other on issues such as relationships, substance use, HIV care, and HIV prevention. Call 487-8018 for more information or visit www.sfaf.org/bbe Every Wednesday 4-6PM San Francisco AIDS Foundation SFAF 1035 Market Street, room 3D

TRANS:THRIVE CANDY SHOP DROP-IN AT API WELLNESS CENTER Wednesdays 4pm – 7pm 730 Polk Street, 4th Floor The Candy Shop Youth Drop-In is a sexy, safe and fun space for transgender and gender variant youth between the ages of 14 and 24. Food Provided.

TRANS:THRIVE ATE SUPPORT GROUP Alternating Wednesdays 5pm – 7pm 730 Polk Street, 4th Floor Asian & Pacific Islander Transgender Empowerment Group is a support group that caters to the Asian & Pacific Islander transgender community. Visit <http://www.apiwellness.org/home.html> for dates or call 415.292.3400

TRANS:THRIVE WORK IT! AT API WELLNESS CENTER

March 12, 14,19,21,26 and April 4, 2014. (All Wednesdays and Fridays) 10AM– 2PM

TRANS THRIVE & Transgender Economic Empowerment (TEEI) will be conducting a series of employment workshops that will help you get the job you want! Sign up! Wednesdays 10AM-2PM–730 Polk Street, 4th Floor Visit <http://www.apiwellness.org/home.html> for dates or call 415.292.3400

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STONEWALL WALK IN GROUP every Wednesday at 6:00PM SFAF 1035 Market street room 4A Join us in an open, non-judgmental space to talk about things without any pre-determined agenda other than a safe, accepting & frank exploration of ideas & possibilities for yourself & the changes you may want to make in your use. Find out more about our harm reduction program for gay & bi men, transmen who have sex with men, and other men who have sex with men.

STONEWALL COUNSELING PROGRAM ORIENTATION GROUP Every Wednesday at 6PM. SFAF 1035 Market Street, room 3E The Stonewall Project is a family of programs dedicated to providing harm reduction-based counseling, treatment, and support services to gay men, transmen who have sex with men, and other men who have sex with men who are having issues with drugs and/or alcohol This group is your first step to becoming an enrolled

Stonewall client. On the wait list for an individual counselor? Want to know what Stonewall is about & all the services available immediately? Check it out.

STONEWALL/THE SPEED PROJECT'S WELLNESS WEDNESDAY 2PM-4PM Every Wednesday 117 6th street @ Mission/Howard (door on the left) A harm reduction & wellness lounge for gay, bi, & heteroflexible men and transmen who have sex with men.. Acupuncture & massage every week. Good music, good snacks, good company. Give & get support. SF's only exchange by & for gay men– manned by awesome volunteers.

SHANTI HIV SERVICES- VENT SUPPORT GROUP FOR AFRICAN-AMERICAN WOMEN Wednesdays 10am – 12pm, 730 Polk Street, 94109 A safe space where African-American individuals living with HIV can vent and receive support.

50+ NETWORK: We are a wellness network for both HIV-negative and HIV-positive Gay/Bi/Trans Men who are 50 years and older. **RSVP PLEASE.** If you are interested in developing a plan for health and wellness, and building friendships and social connections, check us out. We facilitate you with personal share and support groups, contributing to our community, projects that make a difference, and helping our brothers who need a helping-hand. See the [50-Plus Network page](#) for more info. Hey Guys, Please join me on Wednesday February 26th 6-8pm at SFAF 1035 Market Street, in the swing space on the 3rd floor for our next 50-Plus Network Meeting. For the newcomers, use the elevator to get to the 4th floor, then descend the stairs to the 3rd. The Swing Space is to the right of Conference Room 3E. PLEASE RSVP!! You can RSVP on the Meetup page, <http://www.meetup.com/50-Plus-Network> or by emailing me directly at fiftyplus@sfaf.org. If you have any questions, feel free to email or call. Best...Noah Noah Briones, MFT Program Manager 50-Plus Network (415) 487-3093 desk fiftyplus@sfaf.org

THURSDAYS

TRANS:THRIVE HEALTHY YOU Thursdays 3pm – 4pm 730 Polk Street, 4th Floor, A group for all trans & gender non-conforming folks to share ways to take care of yourself, featuring a different health topic each week. Food Provided

EL GRUPO DE APOYO LATINO/ HIV SUPPORT GROUP FOR LATINOS AND LATINAS Thur. 3PM-6PM which everyone is welcome to attend. SFAF 1035 Market Street room 3D Latino Programs, call (415) 487-8000. Thur.s/Los Jueves a las 3pm de la tarde hasta las 6 de la noche SFAF 1035 Market street, cuarto 3D

ASAP COUNSELING AND CASE MANAGEMENT SERVICES HARM REDUCTION GROUP Thursdays 10AM sign up-space is limited. First-time attendees need to arrive 15 minutes early. Any questions call 476-3902 Group meets from 10:30-12:30 every Thur. at 1930 Market St. @ Laguna St. This harm reduction group welcomes everyone (men, women, transfolk, HIV+ and HIV- folks) and all goals around substance use and/or alcohol use are welcome. Coffee is served.

BLUR- TRANSGENDER & GENDER-VARIANT SUPPORT GROUP Thursdays 6:30 - 7:30pm Blur- Transgender & Gender-Variant Support Group. Free Food Provided! Come and chat with other trans & gv people, facilitated by trans counselors. For 18-25 year old youth. At Dimensions Clinic, 3850 17th St. SF, CA. <http://www.dimensionsclinic.org>

SNAP TALK! A NEW GROUP FOR YOUNG GAY, BI AND TRANS MEN NEW TO SF Thursdays 7:00pm – 8:30pm at the LGBTQ Center 1800 Market

TRANS:THRIVE TM4M: CRUISING NIGHT 1st and 3rd Thursday 7PM A group for transmen who play with men (or want to...) and the guys who play with them. Events are held at **Eros**, 2051 Market Street unless otherwise noted.

PATHWAY TO DISCOVERY 1380 Howard Street, 1st floor for the Thursday support group Provides peer advocacy, case management and referral, transgender & HIV training and group facilitation. Also offers transgender support group. Thursdays 3pm-4:30pm

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LADIES NIGHT AT MISSION NEIGHBORHOOD RESOURCE CENTER Thursday night is "Ladies' Night" at MNRC. Come check out this amazing women-only event hosted by the Mission Neighborhood Resource Center, Women's Community Clinic, and Homeless Youth Alliance. Come for a nutritious meal, work on art projects, listen to music, or just relax. Also available are syringe exchange, DOPE Project drug overdose prevention/response and free naran, hygiene supplies, massage, medical care, and HIV testing. Food, music, good company, and good times for women in the Mission on Thur. nights. Every Thursday from 6-8PM at MNRC 165 Capp btw 16/17th

FRIDAYS

GRUPO LUNAS Fridays 10am – 12pm SFAF 1035 Market Street, Room 3C Grupo Lunas is a Latina Group, this group focuses on HIV and STI's Prevention, Screening and access to Care for the Trans-Latina community. This Group is in Spanish and we have a weekly topic presentation.

TRANS:THRIVE TRANZOTICA Saturdays 3pm – 5pm 730 Polk Street, 4th Floor
A discussion group for transgender people of color with a focus of African American transgender culture.

TRANS:THRIVE LADIES WHO LUNCH Fridays 2:30pm – 3:30pm 730 Polk Street, 4th Floor, A peer-led support group, with a light homemade lunch. Open to all. Food Provided

TRANS: THRIVE DROP IN CENTER TRANS: THRIVE is a drop-in center by and for the trans community. Our mission is to foster a healthy trans community, empowered by the leadership of its peers.

DROP-IN Tues, Thurs, Fri & Sat 2-5PM 730 Polk Street, 4th Floor 415-409-4101 - www.transthive.org

TRANS: THRIVE WELLNESS CLINIC 1-6PM 730 Polk Street, 4th Floor
Primary and transgender care at our clinic. Every Friday. Appointments required. 415-409-4101 ▪ www.transthive.org

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are having issues with drugs and/or alcohol. We welcome you wherever you're at, and do not require abstinence for you to receive services.

SHANTI HIV SERVICES- WOMEN EXPERIENCING SUPPORT GROUP Every Fri. 9:30am – 11:30am | Shanti, 730 Polk Street, 94109 A supportive environment for all HIV positive women. A place to check-in, get support, meet new people, and have breakfast. Kelly at khansen@shanti.org or 415 674 4704

SATURDAYS

MARCH 2014 TRANS: THRIVE ACUPUNCTURE at Asian Pacific Islander Wellness Center 2-4:30pm 730 Polk Street, 4th Floor **Acupuncture is here for March!** For the month of March, Trans Thrive will host Group Acupuncture with Antonella Soldaini! This 2 hour detox group acupuncture will begin promptly at 1pm and end at 3pm. Please sign up at the front desk. Only 10 participants are allowed per group. <http://www.transthive.org/> 415-409-4101 call to see if acupuncture is offered in future months if you get this after March 2014. ☺

If you would like to check out free/low cost **acupuncture** check out the resource sheet at www.tspsf.com

TRANS:THRIVE DR.'S ORDERS: A new informative learning workshop that aims to enhance one's proficiency in communications with their health providers. To enroll and attend this group contact Nikki @ titaaida@apiwellness.org .

GROUPS AND SUPPORT: CALL FOR MORE INFO or to ENROLL

EL/LA PARA TRANS LATINAS (415) 864-7278 www.ellaparatranslatinas.org

Somos un grupo de Apoyo para L@s Chic@s TransLatinas. Proveemos servicios de Prevencion al VIH y tambien tenemos servicios de referencia a otros servicios como abogados de inmigracion, hormonas, cambio de nombre, y consejeria. Te esperamos! El/La is an organization for transLatinas that builds collective vision and action to promote our survival and improve our quality of life in the San Francisco Bay Area. Because we exist in a world that fears and hates transgender people, women and immigrants, we fight for justice.

NEW POSITIVES GROUP AT ALLIANCE HEALTH PROJECT A 14-week group meeting in the evenings for people who have recently tested HIV-positive or who are newly addressing issues related to HIV. Topics include: disclosure of HIV status; work-related issues; health care and medication decisions; medication side effects; substance use; challenges of sex, relationships, and intimacy; and identifying community resources. For more information about ASAP services, please call 415-476-3902 and ask to speak with the triage clinician on duty.

LGBTQ HEALING TRAUMA: STRONG AND PROUD AT ALLIANCE HEALTH PROJECT

An empowering and supportive eight-week group for lesbian, gay, bisexual, transgender, and queer people who have concerns about trauma, substance abuse, or other aspects of mental health. For more information about ASAP services, please call 415-476-3902 and ask to speak with the triage clinician on duty.

PEER-FACILITATED SUPPORT GROUPS AT ALLIANCE HEALTH PROJECT

Ongoing weekly volunteer-facilitated peers groups for people at any stage of living with HIV to give and receive support. Day and evening times available. Topics include relationships, long-term survival, sex, dating, aging, body image, isolation, community, and other issues related to living with HIV. Participation requires a three-month commitment. For more information about ASAP services, please call 415-476-3902 and ask to speak with the triage clinician on duty.

CLINICIAN FACILITATED HIV/AIDS SUPPORT GROUPS AT ALLIANCE HEALTH PROJECT

Ongoing weekly clinician-led groups for people at any stage of living with HIV. Give and receive support around living with both HIV and mental health challenges such as depression and anxiety significant enough to cause serious disruption in usual life functioning. Day and evening times available. Topics include relationships, disclosure, isolation, depression, HIV and psychiatric medication concerns, and other HIV and mental health related issues or concerns. Participation requires a three-month commitment. For more information about ASAP services, please call 415-476-3902 and ask to speak with the triage clinician on duty.

UCSF ALLIANCE HEALTHCARE PSYCHOTHERAPY, OR “TALK THERAPY,” (HIV) helps people with a range of mental health or emotional concerns to deal with stress, manage their symptoms, and function at their best. It can also uncover personal strengths that may be hidden by their problems. AHP’s licensed mental health professionals and professionally supervised interns use individual psychotherapy to address a broad range of mental and emotional health concerns: depression; anxiety; loneliness; feelings of guilt, shame, or inadequacy; a feeling of being out of control; and grief and loss. For more information please call 415-476-3902 and ask to speak with the triage clinician on duty.

The vast majority of AHP psychotherapy clients experience relief and a capacity to respond to their life challenges in fewer than 20 sessions of weekly psychotherapy. After conducting a comprehensive mental health assessment, which sometimes includes consultation with outside providers, AHP recommends one of two formats to our psychotherapy clients:

- **Time-Limited Individual Psychotherapy:** Up to twenty 50-minute sessions of individual therapy designed to identify solutions that address a client’s specific goals and concerns.
- **Psychiatric Care Management:** Individual sessions, scheduled as needed, to address the concerns of persons living with chronic disabling mental health disorders, support psychiatric treatment adherence, and promote optimal functioning. Therapist and client evaluate the client’s needs and progress toward goals annually

Obtaining Psychotherapy or Psychiatric Care at AHP Please contact us at 415-476-3902 for more information or to schedule an Intake. Or drop-in for an Intake—Monday through Friday from 9:00AM to 11:00AM at the AHP Services Center, 1930 Market Street—and ask to speak with the triage clinician on duty.

UCSF ALLIANCE HEALTHCARE MEDICAL AND ASSERTIVE CASE MANAGEMENT ASAP provides case management services to people who get their primary medical care from a county HIV clinic and for people who have trouble getting primary medical, mental health, and substance abuse treatment in San Francisco. Case managers facilitate intensive interactions with clients to help them adhere to treatment, obtain stable housing, and link to other health and social services.

SHANTI HIV SERVICES- L.I.F.E. EXPERIENCE Wednesdays 6:30pm – 8:30pm | Eureka Valley Rec Center, 100 Collingwood Street, 94114 Description: An HIV+-centric group for topic-driven discussion and activities. Drop-in or contact John at jolesen@shanti.org or (415) 674-4713 for more information.

SHANTI’S DROP-IN SERVICE CENTER Open Tuesday through Thursday, 9:30 AM — 12:30 PM.

The Drop-in Service Center is a comfortable and safe gathering place where clients can drop-in and: Meet and connect with peers. Receive emotional and practical support from a Client Advocate, or Shanti Peer Support Volunteer. Access resource materials or referrals regarding HIV medication/treatment trials and studies, housing, medical and mental health care, food and nutrition, support groups, counseling, free showers, and other community services in San Francisco. Access complimentary local phone service, coffee and pastries (when available), clothing and books (when available). Just sit and enjoy a cup of coffee in a safe and supportive atmosphere.

SHANTI PEER SUPPORT VOLUNTEER PROGRAM Shanti peer support volunteers are trained in the Shanti Model of Peer Support. Volunteers are then matched with a single client, and provide weekly emotional and/or practical support, based on the individual client's needs. Practical Support may include assisting with laundry, house

cleaning, grocery shopping, medication pick-up and delivery, and assisting with the completion of forms related to housing, disability, medical and mental health services, etc.

SHANTI INDIVIDUAL HEALTH COUNSELING Shanti offers individual health counseling for people who are interested in making health-supporting changes in their lives. The goal of individual health counseling is to support clients in developing health-protective routines and addressing the psychological, social, and biological Cofactors that can impact overall health and well-being. Although individual health counseling is emotionally supportive and caring, it is not psychotherapy. Referrals for mental health counseling can be made during your health counseling session.

SHANTI CLIENT ADVOCACY Shanti's Client Advocates are available to assist clients at Shanti's Drop-in Service Center **Tuesday through Thursday, 9:30 AM—12:30 PM**, as well as at [Black Coalition on AIDS](#), [Instituto Familiar de la Raza](#), [San Francisco General Hospital](#), and [St. Mary's Hospital](#). For more information regarding Peer Advocacy, **contact (415) 674-4726**. Client Advocates have intimate knowledge and experience with HIV disease and treatment, other HIV-related health issues, health-enhancement strategies, and navigation through health care system for persons with HIV/AIDS, and support clients by: Assisting clients in evaluating their needs, including those related to medical or mental health care, food, shelter, clothing, transportation, substance use treatment, and benefits, and connecting clients with the appropriate vital support services. Providing support with treatment adherence or medical appointment compliance (including accompanying clients to medical appointments, and advocating with medical providers). Providing harm reduction counseling. Providing general emotional and practical support, including assistance with medication pick-up and delivery and completion of forms related to housing, disability, medical and mental health services, etc.

ABOUT THE SHANTI L.I.F.E. PROGRAM[®]

The Shanti L.I.F.E. Program[®] is the nation's leading HIV self-management and health-enhancement program. L.I.F.E. provides participants with the knowledge, motivation, skills, and support necessary to establish and maintain health-protective routines. **FOR INFORMATION ABOUT UPCOMING TRAININGS IN SAN FRANCISCO PLEASE CONTACT JACKSON BOWMAN jbowman@shanti.org OR CALL 415-674-4755.**

Our Program Goals:

1. **Optimizing health outcomes for people living with HIV** by assisting participants in improving their performance on biological, psychological, and social Cofactors that can impact health.
2. **Reducing the number of people who become infected with HIV** by assisting participants in reducing HIV transmission risk behaviors and other health-risking behaviors.

Is L.I.F.E. Effective?

Clinical program evaluation of L.I.F.E. shows that participants:

- Reduce overall health problems (by 27-44%) and overall personal problems (by 38-50%);
- Decrease drug/alcohol use and other health risking behaviors;
- Increase adherence to HIV treatment and other health routines;
- Increase the amount and quality of trusted support in their lives; and
- Improve coping with grief, depression, and Survival Stress.

TRANSGENDER RESIDENTIAL RECOVERY PROGRAM at HEALTHRIGHT 360

Haight Ashbury Free Clinic-Walden House Programs Admission Department 1735 Mission Street 415 762 3450
Specialized 6-12 month residential substance abuse recovery program for transgendered individuals with co-occurring mental health disorders, and/or HIV/AIDS. The program provides TG-specific interventions in a trauma-informed treatment environment.

EMPLOYMENT RESOURCES (For more employment resource visit www.tspfsf.com)

TRANS NETWORKING JOB CLUB FRIDAYS 3:00 pm 4:00 pm 730 Polk Street, 4th Floor

Connect with fellow transgender and gender non-conforming job seekers and receive support, insights and resources at the Center's weekly drop-in Job Club. The Trans Employment Program at the Center offers workshops in a welcoming environment for community members to share their experiences and learn valuable information such as resume development, interviewing tactics, and networking skills. The Trans Networking Job Club is generally held on a weekly basis every Friday day from 3 to 4pm at Trans: Thrive and API Wellness Center (730 Polk Street, 4th Floor), check out the Center's calendar for additional workshops and events that will help you build skills and acquire essential tools for your job search. - See more at: <http://www.sfcenter.org/events/trans-networking-job-club#sthash.oAd2VbZf.dpuf>

WORK-IT! TRANS* EMPLOYMENT PROGRAM-TEEI 730 Polk St, 4th Floor (415) 865-5618

Work It! is a free life skills & employment certificate program for Trans*, Gender Non-conforming, and Gender Diverse folks! Get started today: <http://workitwithteei.eventbrite.com> It is time to Work It! with TEEI for a free 3 week peer lead program designed to support you in reaching your life, work, and self-employment goals. This life skills employment certificate program provides information on how to set yourself up to succeed and attain the skills that will help you thrive in the workplace, school, and beyond.

The Work It! series is a partnership with the SF LGBT Center, TEEI, and Trans: THRIVE. The series is lead by professional peer Employment Specialist at the Center/TEEI and hosted by TRANS:THRIVE/ API Wellness Center. Incentives: Certificate of Completion, free lunches, leadership development and an opportunity to win free Gift Cards will be provided throughout the series.

This is a 3 week, 6 session class. Please contact us for more information employmentservices@sfcenter.org In addition, our Trans* Employment Program (TEEI) is available to provide ongoing employment support, mentoring, workplace transition support, and more! You can discover your dreams, reach your goals, & thrive at work. We are a diverse community and this class is open to all *trans identified and gender non-conforming applicants.*

YOUTH

MENTAL HEALTH SERVICES AT DIMENSIONS QUEER YOUTH HEALTH CLINIC

Castro Mission Health Center: 3850 17th street btw. Noe/Sanchez (415) 934-7716 The mission of Dimensions' Mental Health team is to help lesbian, gay, bisexual, transgender, queer and questioning individuals lead healthy and connected lives, strengthening our diverse communities. By approaching health holistically and valuing the whole human experience, clients at Dimensions can have their mental health, as well as medical needs, supported all under one roof. Some topics commonly discussed are: Substance Abuse, Coming Out, Relationships, HIV / AIDS, Gender Identity Issues, Transitioning

CHECK OUT DIMENSION QUEER YOUTH HEALTH CLINICS AWESOME RESOURCE PAGE:

<http://www.dimensionsclinic.org/resources.html#transgender>

Check out Dimension Queer Youth Health Clinics **AWESOME RESOURCE GUIDE THE LITTLE BLACK BOOK** We at Dimensions clinic are proud to present the "Little Black Book 2," a comprehensive youth resource guide for the Bay area, with special emphasis on agencies serving the needs of the LgBTQIQ (Lesbian, gay, Bisexual, Transgender, Queer, intersex and Questioning) communities **THE LITTLE BLACK BOOK IS ONLINE HERE:** <http://www.dimensionsclinic.org/docs/LittleBlackBook.pdf>

BLUR- TRANSGENDER & GENDER-VARIANT SUPPORT GROUP Every Thur. 6:30 - 7:30pm Blur- Transgender & Gender-Variant Support Group. Free Food Provided! Come and chat with other trans & gv people, facilitated by trans counselors. For 18-25 year old youth. At Dimensions Clinic, 3850 17th St. SF, CA. <http://www.dimensionsclinic.org>

BAY POSITIVES PROGRAMS & SERVICES 701 Oak St (415) 487-1616

BAY Positives provides an array of counseling, case management, and other support programs, as well as linkages to other San Francisco youth agencies. Services are delivered in a setting which offers a safe haven, where HIV-positive youth can drop in to receive any support they want when they want it. • Youth and Family Counseling • Drop-In Center • Linkage and Referral Services • Individual Risk-Reduction Counseling • Prevention Case Management • Social and Recreational Events • Support Groups • Weekend Intensives

THE TREVOR PROJECT:

If you're thinking about suicide, you deserve immediate help - please call the Trevor Lifeline at 866-488-7386. **"I need a safe, non-judgmental place to talk."** Talk to us on the Trevor Lifeline (866-488-7386), over TrevorChat, or through TrevorText - our trained volunteer counselors are ready to listen.

TrevorText- Available on Fridays (4:00 p.m. - 8:00 p.m. ET / 1:00 p.m. - 5:00 p.m. PT). Text the word "Trevor" to 1-202-304-1200. Standard text messaging rates apply.

TrevorChat - Available 7 days a week (3:00 p.m. - 9:00 p.m. ET / 12:00 p.m. - 6:00 p.m. PT). **"TREVORCHAT** is a free, confidential and secure online messaging service that provides live help through this website. **TrevorChat** is only intended to assist those who are **not at risk for suicide.**"Hours: 1:00 pm - 5:00 pm PST on Friday, Saturday, Monday, Tuesday

TrevorSpace <https://www.trevorspace.org/> is a social networking site for lesbian, gay, bisexual, transgender and questioning youth ages 13 through 24 and their friends and allies. Connect with other young people throughout the world. Make new friends. Find support. Learn how to get involved in your local LGBTQ community. Keep abreast of news pertaining to LGBTQ youth. Join now and start building your community of friends! It's free! And we don't send spam or give your email address to anyone ever! TrevorSpace is a monitored site so we can keep TrevorSpace a youth-friendly and safe space for all our members!

HIV TESTING AND COUNSELING

TRANSFORM SF: Stand up and be counted for who you are, and get paid in the process! To sign up for The survey or learn more about the program, visit www.transformSF.org or call (415) 763-TEST(8378). Earn up to \$50 in gift cards for referring Transgender friends to our FREE, Confidential, Rapid HIV Testing. Use our "[HIV Testing Calendar](#)" to find times/dates/locations that are convenient for you. Transform SF has expanded the demographic population for HIV testing! In collaboration with Trans:Thrive's TM4M program – we now offer HIV testing for transmen who have sex with men. Be counted! Be healthy! Know your status!

FREE CONFIDENTIAL HIV TESTING AT TRANSTHRIVE

Wednesday 1-7pm, Thursday 1-8pm, Friday 1-6pm, Saturday 2-5pm 730 Polk St, 4th Floor

SYRINGE ACCESS

Needle Exchange **Tues, Thurs, Fri & Sat 2-5PM** 730 Polk St. 4th Floor btw Ellis and Eddy transgender only. A needle exchange for hormone and IDU users. Bring in your used needles and we can exchange them for new, fresh needles. Open every day drop in is open. **TRANSTHRIVE: 409-4101**

LEGAL HELP

TRANSGENDER LAW CENTER 870 Market Street, Room 400 415 865 0176 www.transgenderlawcenter.org
Transgender Law Center works to change law, policy, and attitudes so that all people can live safely, authentically, and free from discrimination regardless of their gender identity or expression. We envision a future where gender self-determination and authentic expression are seen as basic rights and matters of common human dignity. Email: info@transgenderlawcenter.org

(DOMESTIC AND OTHER) VIOLENCE SURVIVOR & TRAUMA SUPPORT & SERVICES

CUAV: COMMUNITY UNITED AGAINST VIOLENCE We support the wellness of predominantly low- and no-income LGBTQ people surviving violence or abuse. **Support Groups:** LGBTQ people dealing with violence or abuse can build their skills to heal from trauma and create healthy relationships. **Advocacy-Based Peer Counseling:** LGBTQ people dealing with violence or abuse can access short-term counseling to receive emotional support, safety planning, referrals, and limited case follow-up.

If you are an LGBTQ person dealing with violence or abuse, leave a message for CUAV at (415) 333-HELP (4357). Services require the completion of an intake to assess if we are the best fit for support. CUAV 427 South Van Ness Ave Phone: 415.777.5500 General Inquiries:

info@cuav.org If you are looking to file a domestic/dating violence restraining order, contact the [Access Center for Family Law and Self-Help Services](#) at (415) 551-5880.

If you are looking for a domestic violence shelter, contact [WOMAN Inc.](#) at 1-877-384-3578.

If you are looking for legal advice pertaining to domestic violence, contact [Bay Area Legal Aid.](#) at (800) 551-5554.

LA CASA DE LAS MADRES CRISIS SUPPORT HOTLINE

AVAILABLE 24 HOURS A DAY

ADULTS CALL: 1.877.503.1850

TEENS CALL: 1.877.923.0700

La Casa de las Madres' Drop In Center embodies our commitment to providing a comprehensive continuum of care for victims and survivors of domestic violence. At our Drop In Center, we support women and families—emotionally and practically—as they heal from the trauma of domestic violence and overcome its impact on their lives. In a public location, it acts as central hub to insure that women, teens, and families across San Francisco can easily access safe, effective, and responsive issue-specific support services. At the Drop In Center, survivors can connect with any of our services to address immediate and ongoing needs. Our Drop In Center offers expansive need-based intervention and support to domestic violence victims and survivors of all ages. Our free, confidential services include: Crisis response and intervention/ Safety planning and risk assessment/ Counseling/ Support groups/ Intakes to our Emergency Shelter Program/ Assistance with housing stability/ Economic empowerment/ Safe visitation advocacy/ Restraining order assistance/ Advocacy, information, and referrals for a wide range of legal, medical, housing, therapeutic, and childcare issues

Drop In Center Information: 9:00 am to 5:00 pm, Monday through Friday
1663 Mission Street, Suite 225 (between South Van Ness & Duboce/Division)

Emergency Shelter Our confidentially-located Emergency Shelter Program serves as a safe haven for women and children fleeing domestic violence.

YOUTH TRANSGENDER PEOPLE IN CRISIS should contact The Trevor Project's 24/7 Lifeline at 866-4-U-TREVOR (866-488-7386), [Trevor Chat](#), the Trevor Projects' online messaging service, or The National Suicide Prevention Lifeline at 1-800-273-TALK (8255). [TrevorChat](#) offers non-crisis IM chat with trained volunteers, for US residents only. Service aimed at [LGBTQ](#) youth. Phone hotline also available (1-866-4-U-TREVOR).

TRANS:THRIVE SEEKING SAFETY GROUP 730 Polk Street, 4th Floor Tuesdays 3-5pm A psycho-education group provides mental health information for clients with a history of trauma and substance abuse. The program focuses on psycho-education and coping skills such as safety as the overarching goal, helping clients attain safety in their relationships, thinking, behavior, and emotions. Visit <http://www.apowellness.org/home.html> for dates or call 415.292.3400

LGBTQ HEALING TRAUMA: STRONG AND PROUD AT ALLIANCE HEALTH PROJECT

An empowering and supportive eight-week group for lesbian, gay, bisexual, transgender, and queer people who have concerns about trauma, substance abuse, or other aspects of mental health. For more information about ASAP services, please call 415-476-3902 and ask to speak with the triage clinician on duty.

RAISING AWARENESS, EDUCATION, TRANS PRIDE

TRANS MARCHThe San Francisco Trans March envisions a world based in safety and justice for all, regardless of gender identity and expression. This includes: Access to affordable, accessible, and quality housing, Access to free and culturally competent healthcare, Safe, stable, and equal employment, Access to quality education, Families and communities who support, accept, and love us unconditionally, Leadership roles and representation in social justice services, organizations and movements, An end to violence, abuse, and discrimination from authority figures such as police, immigration officials, and legislators, An end to abuse and neglect in prisons, An end to profiling, such as that experienced by sex workers, formerly incarcerated people, trans women, and immigrants

Through the Trans March our communities will have opportunities to heal from the multiple forms of trauma, violence, and oppression that we continue to face. We are elders, we are youth, we are immigrants, we are sex workers, we are professionals, we are incarcerated, we are formerly incarcerated, we are poor, we are rich, we are homeless, we are disabled, we are queer, we are straight, we are religious, we are spiritual, we are atheists, we are secular, we are people of color, we are mixed, we are white, we are living with HIV, we are your children, we are your siblings, we are your parents, we are your co-workers, we are your neighbors, we are people. We are proud and powerful. We are each precious and we offer our beautiful gifts to the world.

To get involved: info@transmarch.org <http://www.transmarch.org>

LGBT ADVISORY COMMITTEE (LGBTAC)

The Lesbian Gay Bisexual Transgender Advisory Committee (LGBTAC), established in 1975, provides assistance and advice to the Commission regarding discrimination against the LGBT communities, advocates for the civil rights of persons with AIDS/HIV, and educates the LGBT communities about a diverse range of issues that impact their communities. The LGBTAC meets on the third Tuesday of the month from 5:30 pm to 7:30 pm in the main conference room of the HRC. Please choose the year from which you would like to review meeting schedules, agendas and minutes.

Human Rights Commission | Email: hrc.info@sfgov.org | Phone: 415-252-2500

To apply for a committee visit <http://www.sfbos.org/index.aspx?page=3045>

LOOKING FOR RESOURCES TO EDUCATE FRIENDS, FAMILY, DOCTORS, OR HELPERS? HAVE THEM CHECK OUT

WE HAPPY TRANS is a website devoted to sharing positive stories from trans people everywhere.
<http://wehappytrans.com/>

THE FULL "INJUSTICE AT EVERY TURN" REPORT, with breakdowns by race and ethnicity. "Injustice at Every Turn" is a survey of over 6,400 transgender people detailing the discrimination faced by this community. Transgender and gender non-conforming people face rampant discrimination in every area of life: education, employment, family life, public accommodations, housing, health, police and jails, and ID documents. This data is so shocking that it will change the way you think about transgender people and it should change the way you advocate. The National Transgender Discrimination Survey was conducted by the National Gay and Lesbian Task Force and the National Center for Transgender Equality. http://www.thetaskforce.org/reports_and_research/ntds

GLAAD'S TRANSGENDER MEDIA AND EDUCATION PROGRAM

According to a recent Pew poll, 90% of Americans say they personally know someone who is lesbian, gay, or bisexual. However only 8% of Americans say they personally know someone who is transgender. Given this reality, most Americans learn about transgender people through the media. So when the media talks about transgender issues - it is imperative that they get it right. GLAAD's staff, which has included transgender people for over 15 years, is committed to working with the media to fairly and accurately tell the stories of transgender lives. GLAAD works with national news outlets, TV networks, film studios and Spanish-language media to include real stories about transgender people. GLAAD also works closely with transgender people and transgender advocacy groups to raise awareness about transgender issues. GLAAD provides free media trainings to empower transgender people to share their stories. Want to learn more about what it means to be transgender?

<http://www.glaad.org/transgender/trans101>

GLAAD'S TRANSGENDER 101

What does transgender mean?

Transgender is an umbrella term for people whose gender identity differs from what is typically associated with the sex they were assigned at birth.

Gender identity is someone's internal, personal sense of being a man or a woman (or as someone outside of that gender binary.) For transgender people, the sex they were assigned at birth and their own internal gender identity do not match.

Trying to change a person's gender identity is no more successful than trying to change a person's sexual orientation -- it doesn't work. So most transgender people seek to bring their bodies more into alignment with their gender identity.

People under the transgender umbrella may describe themselves using one (or more) of a wide variety of terms, including transgender, transsexual, and genderqueer. Always use the descriptive term preferred by the individual. Transgender people may or may not alter their bodies hormonally and/or surgically, and a transgender identity is not dependent upon medical procedures.

Transgender is an adjective, and should never be used as a noun. Rather than saying "Max is a transgender," say "Max is a transgender person." And transgender never needs an "-ed" at the end.

How is sexual orientation different from gender identity?

We use the acronym LGBT to describe the lesbian, gay, bisexual and transgender community. The first three letters (LGB) refer to sexual orientation. The T refers to issues of gender identity.

Gender identity is your own, internal, personal sense of being a man or a woman (or as someone outside of that gender binary).

Sexual orientation describes a person's enduring physical, romantic, and/or emotional attraction to another person (for example: straight, gay, lesbian, bisexual).

Transgender people may be straight, lesbian, gay or bisexual. For example, a person who transitions from male to female and is attracted solely to men would be typically identify as a straight woman.

How do I treat a transgender person with respect?

If you'd like to learn more about how to be an ally to transgender people, please visit our ["Tips for Allies of Transgender People" page](#) (this is in the next pages of this resource sheet.)

For a list of basic terminology - including defamatory terms and slurs to avoid, please see [GLAAD's Media Reference Guide](#) or the publication [An Ally's Guide to Terminology: Talking About LGBT People & Equality](#).

Why is transgender equality important?

Transgender people face staggering levels of discrimination and violence. In 2012, 53% of anti-LGBT homicide victims were transgender women. According to "[Injustice at Every Turn](#)," a report by the National Center for Transgender Equality and The Task Force:

- Transgender people are four times more likely to live in poverty.
- Transgender people experience unemployment at twice the rate of the general population, with rates for people of color up to four times the national unemployment rate.
- 90% of transgender people report experiencing harassment, mistreatment or discrimination on the job.
- 22% of respondents who have interacted with police reported harassment by police, with much higher rates reported by people of color. Almost half of the respondents (46%) reported being uncomfortable seeking police assistance.
- 41% of respondents reported attempting suicide, compared to 1.6% of the general population.
- Transgender people still cannot serve in the US Military.

Transgender people, particularly transgender women of color, face shockingly high rates of murder, homelessness, and incarceration. Most states and countries offer no legal protections in housing, employment, health care, and other areas where individuals experience discrimination based on their gender identity or expression.

Learn more about transgender people and history

In spite of the tremendous challenges inherent in living in a culture that does not treat transgender people equally, transgender people have made - and - are making - significant contributions to our world. You can read about some strong transgender advocates in the inaugural Trans 100 list. For a look at the history of transgender people in America, please check out Transgender History by Susan Stryker.

<http://www.glaad.org/transgender/allies>

TIPS FOR ALLIES OF TRANSGENDER PEOPLE

The following are tips that can be used as you move toward becoming a better ally of transgender people. Of course, this list is not exhaustive and cannot include all the "right" things to do or say - because often there is no one "right" answer to every situation you might encounter.

When you become an ally of transgender people, your actions will help change the culture, making society a better, safer place for transgender people - and for non-transgender people who violate gender expectations.

You can't tell if someone is transgender just by looking.

Transgender people don't all look a certain way or come from the same background, and many may not appear "visibly trans." It's not possible to look around a room and "see" if there are any transgender people. (It would be like a straight person looking around the room to "see" if there are any gay people.) You should assume that there may be transgender people at any gathering.

Don't make assumptions about a transgender person's sexual orientation.

Gender identity is different than sexual orientation. Sexual orientation is about who we're attracted to. Gender identity is about our own personal sense of being male or female (or someone outside that binary.) Transgender people can be gay, lesbian, bisexual or straight.

If you don't know what pronouns to use, ask.

Be polite and respectful when you ask a person which pronoun they prefer. Then use that pronoun and encourage others to do so. If you accidentally use the wrong pronoun, apologize quickly and sincerely, then move on. The bigger deal you make out of the situation, the more uncomfortable it is for everyone.

Understand the differences between "coming out" as lesbian, bisexual, or gay and "coming out" as transgender.

"Coming out" to other people as lesbian, gay, or bisexual is typically seen as revealing a "truth" that allows others to know your authentic self. The LGBT community places great importance and value on the idea of being "out" in order to be happy and whole. When a transgender person has transitioned and is living as their authentic gender - that is their "truth." The world is now seeing them as their true selves. Unfortunately, sometimes when others discover a person is transgender they no longer see the person as a "real" man or woman - and it can feel disempowering for a transgender person to have that experience. Some people (like Janet Mock) may choose to publicly discuss their lives in an effort to raise awareness and make cultural change. But please don't assume that it's necessary for a transgender person to be "out" to everyone in order to feel happy and whole.

Be careful about confidentiality, disclosure, and "outing."

Some transgender people feel comfortable disclosing their transgender status to others, and some do not. Knowing a transgender person's status is personal information and it is up to them to share it. Do not casually share this information, or "gossip" about a person you know or think is transgender. Not only is this an invasion of privacy, it also can have negative consequences in a world that is very intolerant of gender difference - transgender people can lose jobs, housing, friends, or even their lives upon revelation of their transgender status.

Avoid backhanded compliments or "helpful" tips.

While you may intend to be supportive, comments like the following can be hurtful or even insulting:

"I would have never known you were transgender. You look so pretty."

"You look just like a real woman."

"She's so gorgeous, I would have never guessed she was transgender."

"He's so hot, I'd date him even though he's transgender."

"You're so brave."

"You'd pass so much better if you wore less/more make-up, had a better wig, etc."

"Have you considered a voice coach?"

Be patient with a person who is questioning or exploring their gender identity.

A person who is questioning or exploring their gender identity may take some time to find out what identity and/or gender expression is best for them. They might, for example, choose a new name or pronoun, and then decide at a later time to change the name or pronoun again. Do your best to be respectful and use the name and/or pronoun requested.

Respect the terminology a transgender person uses to describe their identity.

The transgender community uses many different terms to describe their experiences. Respect the term (transgender, transsexual, genderqueer, cross-dresser, etc) a person uses to describe themselves. If a person is not sure of which identity label fits them best, give them the time and space to figure it out for themselves. Don't tell them which term you think they should use. You wouldn't like your identity to be defined by others, so please allow others to define themselves.

Understand there is no "right" or "wrong" way to transition - and that it is different for every person.

Some transgender people access medical care like hormones and surgery as part of their transition. Some transgender people want their authentic gender identity to be recognized without hormones or surgery. Some transgender people cannot access medical care, hormones, and/or surgery due to lack of financial resources. A transgender identity is not dependent on medical procedures. Just accept that if someone tells you they are transgender - they are.

Don't ask a transgender person what their "real name" is.

For some transgender people, being associated with their birth name is a tremendous source of anxiety, or it is simply a part of their life they wish to leave behind. Respect the name a transgender person is currently using. If you already know someone's prior name don't share it without the person's explicit permission.

Don't ask about a transgender person's genitals or surgical status.

It wouldn't be appropriate to ask a non-transgender person about the appearance or status of their genitalia, so it isn't appropriate to ask a transgender person that question either. Likewise, don't ask if a transgender person has had "the surgery" or if they are "pre-op" or "post-op." If a transgender person wants to talk to you about such matters, let them bring it up.

Don't ask a transgender person how they have sex.

Similar to the questions above about genitalia and surgery - it wouldn't be appropriate to ask a non-transgender person about how they have sex, so the same courtesy should be extended to transgender people.

Challenge anti-transgender remarks or jokes in public spaces - including LGB spaces.

You may hear anti-transgender comments from anti-LGBT activists - but you may also hear them from LGB people. Someone may think because they're gay it's ok for them to use certain words or tell jokes about transgender people. It's important to confront the former and educate the latter.

Support gender neutral public restrooms.

Some transgender and gender non-conforming people may not match the little signs on the restroom door. Encourage schools, businesses and agencies to have single user, unisex and/or gender neutral bathroom options. Make it clear in your organization that transgender and gender non-conforming people are welcome to use whichever restroom they feel comfortable using.

Make your organization truly trans-inclusive.

"LGBT" is now a commonplace term that joins lesbian, bisexual, gay, and transgender under the same acronym. If an organization or group lists "transgender" as part of its name or mission statement, it needs to truly understand the needs of the transgender community and involve transgender people in all aspects of the group's work.

At meetings and events, set a transgender-inclusive tone.

At a meeting where not everyone is known, consider asking people to introduce themselves with their name and preferred pronouns - for example, "Hi, I'm Nick and I prefer he and him." This sends the message that you are not making assumptions about anyone's gender, and that people are free to self-identify. As the leader, start with yourself and use a serious tone that will hopefully discourage others from dismissing the activity with a joke. Also, in a group setting, identify people by articles of clothing instead of being using gendered language - for example, the "person in the blue shirt," instead of the "woman in the front." Similarly, "Sir" and "Madam" are best avoided. If bathrooms in the meeting space are not already gender neutral, ask if it's possible to put gender neutral signs so that transgender people feel more welcome.

Listen to transgender people.

The best way to be an ally is to listen with an open mind to transgender people when they talk about their lives. Talk to transgender people in your community. Check out books, films, YouTube channels, and transgender blogs to find out more about transgender lives.

Know your own limits as an ally.

When speaking with a transgender person who may have sought you out for support or guidance, don't be afraid to admit when you don't know something. Volunteer to work with the person to find appropriate resources. It is better to admit you don't know something than to make assumptions or say something that may be incorrect or hurtful.

(Adapted from MIT's "Action Tips for Allies of Trans People.")