LGBTQ Resources For Your Family

In Person Resources:

Parent support group, “Transforming Family”. 1st Sunday of every month from 1-2:30pm at the Unitarian Universalist Church in Hillcrest (no affiliation, just the space to use). Contact: Kathie Kmoehlig@gmail.com 858-382-9156 for more information.

Hillcrest Youth Center
619.497.2920 x101
HYC@thecentersd.org
1807 Robinson Ave, Suite 106 San Diego, CA 92103
Gender Identity Group, Fridays at 8pm: A discussion and support group for transgender, gender non-conforming, and trans-questioning youth ages 14-18.

Online:

KESHET is a national organization that works for full LGBTQ equality and inclusion in Jewish life. To join go to Keshetonline.org

Trans Youth Family Allies (TYFA) imatyfa.org
Parents of transgender youth consider this the best starting place for new parents.

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

TransKidsFamily - listserve for parents of adult trans children. “This forum is owned by TransFamily of Cleveland and offers support, discussions, and news for parents and family of transgender, transsexual, and intersex children.” www.transfamily.org

Darlene Tando, LCSW’s blog:
www.DarleneTandoGenderBlog.com
Information and resources about gender, gender transition, legal/medical/educational resources for gender-expansive/transgender youth, adults, and their loved ones.

Books:

<table>
<thead>
<tr>
<th>The Transgender Child/The Transgender Teen</th>
<th>Helping Your Transgender Teen: A Guide For Parents</th>
</tr>
</thead>
<tbody>
<tr>
<td>Stephanie Brill and Rachel Pepper</td>
<td>Irwin Krieger</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th></th>
<th></th>
</tr>
</thead>
<tbody>
<tr>
<td>Darlene Tando, LCSW</td>
<td>Rachel Pepper</td>
</tr>
</tbody>
</table>
Hormone blockers/Hormones:

| Rady Children's Gender Management Clinic (GEM) | Rachel Gianfortune, M.D.  
San Diego Pediatrics  
6475 Alvarado Road, Suite 120  
San Diego, CA 92120  
(619) 583-6133 |
|-----------------------------------------------|-----------------------------------------------|
| Dr. Marinkovic, Dr. Newfield  
858-966-4032 (ask for Claudia) | | |
| Dr. Jehrib Cabarlo  
Linda Vista Health Care Center  
http://sdfamilycare.org/locations/  
jcabarlo@lvhcc.com  
jcabarlo@sdfamilycare.org | | |

Advocates:

a.t. furuya  
**Transgender Youth Services Navigator**  
[Pronouns: They-Them-Theirs]  
The San Diego LGBT Community Center  
Office 619.692.2077 x.209 | Fax 619.260.3092  
atfuruya@thecentersd.org

Transgender Law Center  
http://transgenderlawcenter.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.  
[www.transfamilysos.org](http://www.transfamilysos.org)  
kathie@transfamilysos.org  
858-382-9156

Conferences/Camps:

Gender Odyssey  
[http://www.genderodyssey.org](http://www.genderodyssey.org)  
Yearly Conferences in LA and Seattle

Gender Spectrum  
[www.genderspectrum.org](http://www.genderspectrum.org)  
Yearly conference in SF Bay Area

Camp Aranu’tiq  
Summer camp for trans* and gender nonconforming youth and families.  

Camp Laurel- free!  
Ages 10-17  
LGBTQ Resources For Your Family

School:
Sophia Arredondo, Program Manager
San Diego School District
LGBTQIA Education and Advocacy
Youth Advocacy
(619) 725-5595

Gender Spectrum “Schools In Transition” Document- guidelines for serving transgender students

ACLU guidelines for transgender students:
https://www.aclunc.org/our-work/know-your-rights/transgender-student-rights-school

A clip of Katie Curic’s film, The Gender Revolution