

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 - listserv 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:

The Transgender Child/The Transgender Teen Stephanie Brill and Rachel Pepper	Helping Your Transgender Teen: A Guide For Parents Irwin Krieger
The Conscious Parent's Guide to Gender Identity: A Mindful Approach to Embracing Your Child's Authentic Self Darlene Tando, LCSW	Transitions of the Heart: Stories of Love, Struggle and Acceptance by Mothers of Transgender and Gender Variant Children Rachel Pepper

Hormone blockers/Hormones:

Rady Children's Gender Management Clinic (GEM) Dr. Marinkovic, Dr. Newfield 858-966-4032 (ask for Claudia)	Rachel Gianfortune, M.D. San Diego Pediatrics 6475 Alvarado Road, Suite 120 San Diego, CA 92120 (619) 583-6133
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](tel:619.692.2077) x.209 | Fax [619.260.3092](tel: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>

Yearly Conferences in LA and Seattle

Gender Spectrum

www.genderspectrum.org

Yearly conference in SF Bay Area

Camp Aranu'tiq

Summer camp for trans* and gender nonconforming youth and families.

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

Camp Laurel- free!

Ages 10-17

<http://www.laurel-foundation.org/programs/>

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
<https://www.genderspectrum.org/staging/wp-content/uploads/2015/08/Schools-in-Transition-2015.pdf>

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
<http://channel.nationalgeographic.com/gender-revolution-a-journey-with-katie-couric/>