

# Transgender Youth Resources

## Local Community

### Human Dignity Coalition

Works to promote equality for the lesbian, gay, bisexual, transgender, queer, (LGBTQ) and allied community. Look for Facebook page.

### Queer Youth Space (QYS)

LGTBQ+ youth and allies, 13-20yo; chaperoned by an adult facilitator from Human Dignity Coalition.  
5-7PM, 3rd Tues, 1340 Wall St, Bend.

### Parents of Transgender Children Group

Peer-run group to discuss their children's' transitions.  
5-7PM, 3rd Tues, 1340 Wall St, Bend.

### Parents & Friends of Lesbians & Gays (PFLAG)

Bend: 6:30-8PM, 2nd Tues, Nativity Lutheran Church.  
Madras: 6:30-8PM, Last Thurs, United Methodist Church. [pflagcentraloregon.webs.com](http://pflagcentraloregon.webs.com)

### Child Center Group

For tweens and teens. Ongoing, Bend.  
(541) 728-0062

### Family Group

Facilitated by Melissa Adams, LCSW, and Erika Beard-Irvine, MD; for children, teens, and families. Bend.  
[melissaadamslcsw@gmail.com](mailto:melissaadamslcsw@gmail.com), [erikabeard@gmail.com](mailto:erikabeard@gmail.com)

### OUT Central Oregon

A meet-up group that schedules outings and

gatherings for LGBTQ people and their families.  
[meetup.com](https://www.meetup.com)

### Saving Grace

Domestic violence and sexual assault support.  
[saving-grace.org](http://saving-grace.org)  
(541) 389-7021

### The LOFT (Living Options for Teens)

Transitional living program for people 16-20 years old who are currently homeless or in unstable housing.  
[cascadeyouthandfamilycenter.org](http://cascadeyouthandfamilycenter.org)  
(541) 318-3436

### Big Brothers/Big Sisters

LGBTQ mentors. [bbsco.org](http://bbsco.org)  
(541) 312-6047

### School FAN Advocates

Can help with obtaining clothing.

### School Gay Straight Alliance (GSA)

Select local middle and high schools.

### Alli Stickland, Hair & Make-up Artist

Specializes in supporting social transitioning.  
(847) 254-7336

### Tana Anderson, Electrolysis

(541) 233-6619

### Traci Benjamin, Electrolysis

(541) 318-3436

## National

### Trans LifeLine

National Crisis Hotline (all staff are transgender).

[TransLifeLine.org](https://www.translifeline.org)

(877) 565-8860

### The Trevor Project

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

(866) 488-7386

### TransYouth Family Allies

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

### It Gets Better Project

Nonprofit organization with a mission to uplift, empower, and connect lesbian, gay, bisexual, transgender, and queer youth around the globe.

[itgetsbetter.org](https://www.itgetsbetter.org)

### Gay, Lesbian, and Straight Education Network (GLSEN)

GLSEN strives to combat the harassment and discrimination against students and school personnel.

[glsen.org](https://www.glsen.org)

### National Center for Transgender Equality

Social justice advocacy organization for people who are transgender.

[transequality.org](https://www.transequality.org)

## Statewide/Regional

### Basic Rights Oregon

LGBT advocacy and social justice organization.

[basicrights.org](https://www.basicrights.org)

### Brave Space, LLC

Information and counseling resources for transgender and gender-queer children, youth, and adults.

[bravespacellc.com](https://www.bravespacellc.com)

### NW Gender Alliance

A non-profit social, support and educational group.

[nwgenderalliance.org](https://www.nwgenderalliance.org)

### Outside In

Offers transgender-specific resources for name and gender change on identity documents.

[outsidein.org](https://www.outsidein.org)

## Helplines

### Gay, Lesbian, Bisexual, and Transgender National Help Center

[glnh.org](https://www.glnh.org)

National Youth Talk Line

800-246-PRIDE (800) 246-7743

### Parents, Families, and Friends of Lesbians and Gays (PFLAG)

(301) 439-FLAG (Helpline)

### Trans Life Line

National Crisis Hotline (all staff are transgender).

[TransLifeLine.org](https://www.translifeline.org)

(877) 565-8860 (PST: 8am to 2am)

## Social Networking

### Gender Spectrum

Online education, support, and social networking for transgender teens and families.

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

### The Gender Book

Online community and resources.

[thegenderbook.com](http://thegenderbook.com)

### Trevor Space

Social networking for LGBTQ youth (13-24) and allies.

[trevorspace.org](http://trevorspace.org)

### TransFamily

Online discussion boards for transgender youth and their parents or partners, spouses, and children of transitioning adults.

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

## College Students

### Transgender Rights Toolkit for College Students

Legal guide for people who are transgender and their advocates.

[lambdalegal.org/publications/trans-toolkit](http://lambdalegal.org/publications/trans-toolkit)

### Trans Student Educational Resources

Educational, medical, and legal resources and services.

[transstudent.org](http://transstudent.org)

## Gay, Lesbian, Bisexual, and Transgender Scholarship Resources

[hrc.org/resources/entry/scholarship-database](http://hrc.org/resources/entry/scholarship-database)

## Books

*The Transgender Child: A Handbook for Families and Professionals.* Stephanie Brill & Rachel Pepper

*The Transgender Teen: A Handbook for Parents and Professionals Supporting Transgender and Non-Binary Teens.* Stephanie Brill & Lisa Kennedy

*Gender Born, Gender Made: Raising Healthy Gender-Nonconforming Children.* Diane Ehrensaft & Edgardo Menvielle

*The Gender Creative Child: Pathways for Nurturing and Supporting Children Who Live Outside Gender Boxes.* Diane Ehrensaft, PhD, & Norman Spack, MD

*When Kathy is Keith.* Wallace Wong

*The Sexual Spectrum: Why We're All Different.* Olive Skene Johnson

*The Gender Book.* Mel Reiff Hill & J. Mays

*The Advocate College Guide for LGBT Students.* Shane Windmeyer