

### Rainbow Families

Rainbow Families provides education, resources, and support services for LGBTQ+ parents, families, and parents-to-be.

Website: [rainbowfamilies.org](http://rainbowfamilies.org)  
Email: [info@rainbowfamilies.org](mailto:info@rainbowfamilies.org)  
Phone: (202) 845-6913



## OLDER ADULT LGBTQ SERVICES

**Lavender Seniors Of The East Bay**  
Email: [info@lavenderseniors.org](mailto:info@lavenderseniors.org)

**Caring Program**  
*This is a support group exploring issues of aging in the LGBTQ+ community*  
Phone: (510) 736-5428  
Email: [info@lavenderseniors.org](mailto:info@lavenderseniors.org)

## HEALTH, EDUCATION AND PREVENTION

### Alameda County Tobacco Prevention, Sensation And Control Coalition

*Working to address tobacco-induced health disparities and to protect the health and wellness of Alameda County residents through a health equity and social justice lens.*

Phone: (510) 268-2030

**Project Kids**  
Website: <https://fightflavoredcigs.org/resources-for-parents>

**Quit Tobacco**  
Website: <https://tobaccofreealamedacounty.org/focus-areas/quit-tobacco>

### Alameda County Hiv/Aids Services

Offices of HIV Care and Prevention

Website: <https://acphd.org/hiv/>  
Phone: (510) 268-7630  
Email: [HIVInfo@acgov.org](mailto:HIVInfo@acgov.org)

### Kaiser Health Services

Gender Health Services and Transgender Care

Website: <https://thrive.kaiserpermanente.org/care-near-you/southern-california/transgender/programs-services/>  
Patient Contact Line: (323) 857-3818  
TRANSGENDER CARELINE  
Phone: (323) 857-3818

### Planned Parenthood

Reproductive Health, MH and Hormonal treatment services for trans youth.

Website: <https://www.plannedparenthood.org/>  
Phone: 1-800-230-PLAN

### Transvision | Alameda Health Consortium

HIV Prevention Services and added transgender specific primary care services.

Website: <https://www.alamedahealthconsortium.org/stories/transvision>  
Phone: (510) 297-0230  
Email: [information@alamedahealthconsortium.org](mailto:information@alamedahealthconsortium.org)

### Folx Health

Providing virtual health care and hormone treatment for individuals and Individual primary care LGBTQ+ specialized providers.

Website: <https://www.folxhealth.com>  
Email: [support@folxhealth.com](mailto:support@folxhealth.com)

## ORGANIZATIONS AND OTHER RESOURCES

### Pacific Center LGBTQIA+ Resource List

Please Contact V. Serratos at [vserratos@pacificcenter.org](mailto:vserratos@pacificcenter.org) for a resource list.

### Second Chance

Counseling services available to provide treatment and recovery services for substance use disorders.

Website: <https://www.secondchanceinc.org/>  
Website: <https://your2ndchanceinc.com/services/individual-services/>  
Phone: (510) 792-HELP

### Bay Area Community Health

TransVision's primary goal is to lower HIV infection rates among transwomen by increasing knowledge of HIV risk and behaviors. TransVision serves the entire LGBTQIA community for Alameda and Santa Clara County.

Website: <https://bach.health/transvision>  
Phone: Alameda County (510) 770-8040  
Santa Clara County: (408)729-9700

### Open To All – A Nonprofit Campaign To Transform America

Open to All™ is a nationwide nonprofit nondiscrimination program that believes everyone should be welcome regardless of race, ethnicity, national origin, sex, sexual orientation, gender identity and expression, immigration status, religion, or disability.

Website: <https://www.opentoall.com/>

### Pflag Oakland/East Bay

Providing peer-to-peer support, educating people issues that are important to the lesbian, gay, bisexual, transgender, and queer community; advocating for inclusive policies and laws.

Website: [www.pflag-eastbay.org2](http://www.pflag-eastbay.org2)  
Website: [pflag.org/chapter/pflag-oakland-east-bay](http://pflag.org/chapter/pflag-oakland-east-bay)  
Phone: (510) 562-7692  
Email: [pflagoeb@gmail.com](mailto:pflagoeb@gmail.com)

### The Trevor Project

Working to end suicide among lesbian, gay, bisexual, transgender, queer & questioning young people.

Website: <https://give.thetrevorproject.org>  
Phone: (212) 695-8650

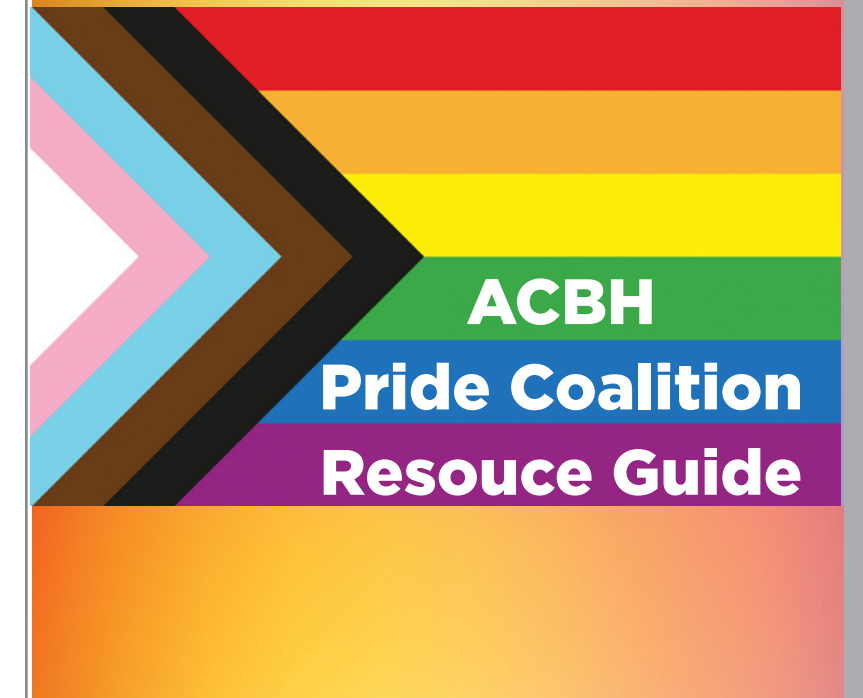
### Youth Uprising

Our primary focus is building a systems change and community economic development platform that supports and strengthens our personal transformation work.

Website: [www.youthuprising.org](http://www.youthuprising.org)  
Phone: (510) 777-9909



 **alameda county**  
**behavioral health**  
MENTAL HEALTH & SUBSTANCE USE SERVICES





## CRISIS SUPPORT SERVICES AND LOCAL CRISIS NUMBERS

### Crisis Support Services of Alameda County (CSS)

CSS provides the 24/7 crisis intervention and suicide prevention line in Alameda County and serves as the local 988 Center. Additional services include a Textline with English & Spanish hours, Therapy Services, and Community Education.

Website: [www.crisissupport.org](http://www.crisissupport.org)

#### 24 Hour Crisis Intervention & Suicide Prevention Line:

988 (510, 341, 925 area codes) or 1-800-309-2131  
988alamedacounty.org

#### Text Line:

Text the keyword SAFE to 20121 (8am-12am DAILY)  
For Spanish: Text SEGURO to 20121 (5pm - 9pm Tues-Fri)  
Para Español: Textear SEGURO al 20121 (5pm - 9pm martes-viernes)  
Grief Therapy Services: 1-800-260-0094

### Access Program

Alameda County Behavioral Health Care Services' (ACBHCS) ACCESS Program is a point of contact for information, screening and referrals for mental health and substance use services and treatment for Alameda County residents.

Acute Crisis Care and Evaluation for Systemwide Services  
Phone: 1-800-491-9099

### Trans Lifeline

Trans Lifeline provides trans peer support for our run by and for trans people.

Phone: (877) 565-8860

### Alameda County Family Resource Center

Resource Parents and Resource Families for reunification and "forever families".

Website: [www.myresourcefamily.org](http://www.myresourcefamily.org)

### Dream Catchers

Since 2000, Dream Catcher Youth Services has been the only safe landing for homeless and trafficked at-risk youth in Alameda County who are between the ages of 13-18.

Website: [covenanthousecalifornia.org/dreamcatcher-youth-services](http://covenanthousecalifornia.org/dreamcatcher-youth-services)

Phone: 1-800-379-1114

Phone: (510) 379-0929 ext. 935



## LGBTQ SUPPORT GROUPS & MEETING SPACES

### Learn Why Pronouns Matter

Website: [www.mypronouns.org](http://www.mypronouns.org)

### Project Eden

Provide co-education to men, women, youth and those in the LGBTQ community around, detoxification, Substance Use Disorder and Mental Health Needs.

Website: [horizonservices.org/service/project-eden-youth-services](http://horizonservices.org/service/project-eden-youth-services)

Phone: (510) 247-8200

Email: [project.eden@hsmail.org](mailto:project.eden@hsmail.org)

Youth Support Groups:

Dream Weaver Youth Group

Lambda Youth Group

### Pacific Center

Youth programs at Pacific Center support young people in feeling connected, supported, and uplifted. We offer a welcoming, affirming space to explore identity -- especially sexuality and gender -- and mental health. Promoting empowerment, mental well-being and safety for all LGBTQIA+ and QTBIPOC youth.

Website: [www.pacificcenter.org/current-peer-groups](http://www.pacificcenter.org/current-peer-groups)

Website: [www.pacificcenter.org/youth-programs](http://www.pacificcenter.org/youth-programs)

#### LOUD: Loving Ourselves and Uniting Diversity

LOUD (Loving Ourselves and Uniting Diversity) is a free support group that meets weekly from 4pm-6pm on Tuesday and Friday. LOUD provides a safe space and peer support for LGBTQIA+ youth (ages 12-17). Each week, we gather, share stories, meet new friends, support each other, laugh, play games, or go on field trips.

#### BOLD: Building Ourselves up and Living with Dignity

BOLD (Building Ourselves up and Living with Dignity) is a free support group that meets once a week at different school sites in the Bay. BOLD is for middle school and high school students that identify as LGBTQIA+ and Black or Brown. It is co-facilitated by an adult mentor and a mental health clinician, both of whom identify as queer and Black or Brown.

### Trans Tween Group

Contact: [tweenrockers@pacificcenter.org](mailto:tweenrockers@pacificcenter.org)

The Trans Tween Group is a free support group for transgender and gender creative youth (ages 9-13). This group meets on the 1st & 3rd Saturday of each month from 10am-11:30am, and is facilitated by an adult mentor and a mental health clinician, both of whom identify as trans.

### Speaker's Bureau: Bear Closet

Bear Closet is a student-run community-based organization at UC Berkeley focused on making the LGBTQIA+ community more accessible to questioning and closeted youth.

### Rainbow Families

For more info: [rainbowfamilies@pacificcenter.org](mailto:rainbowfamilies@pacificcenter.org)

### Gender Spectrum

Online teen group for transgender, non-binary, and gender expansive pre-teens. This is a safe space for pre-teens who would like to meet other gender expansive kids.

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

Website: [www.genderspectrum.org/articles/gender-spectrum-groups](http://www.genderspectrum.org/articles/gender-spectrum-groups)

### Side By Side Youth/Our Space

Our Space is a vibrant safe space for LGBTQIA+ youth ages 13-24 in Alameda and Marin County; allowing LGBTQIA+ youth to express their authentic selves feel seen, accepted, and celebrated. Working with youth in the Foster Care system.

Website: [www.sidebysideyouth.org/category/lgbtqia-support](http://www.sidebysideyouth.org/category/lgbtqia-support)

Email: [OurSpace@sidebysideyouth.org](mailto:OurSpace@sidebysideyouth.org)

### Oakland LGBTQ Center

The Oakland LGBTQ Community Center's model of service delivery is "Wellness First" and includes social, educational, and holistic-health related programs, services and activities.

Website: [www.oaklandlgbtqcenter.org/youthservices](http://www.oaklandlgbtqcenter.org/youthservices)

Phone: (510) 882-2286

### Town Youth Club (TYC)

Offers a variety of activities, programming, and support services to LGBTQIA youth and young adults in two age groups: Ages 13-17 & 18-25.

Website: [www.oaklandlgbtqcenter.org/youthservices](http://www.oaklandlgbtqcenter.org/youthservices)

Email: Youth Services Manager Lasandra Wells a.k.a Sandy at [lasandra@oaklandlgbtqcenter.org](mailto:lasandra@oaklandlgbtqcenter.org)

Email: Youth Services Coordinator Ashlee Banks at [ashlee@oaklandlgbtqcenter.org](mailto:ashlee@oaklandlgbtqcenter.org)

### Reach At Ashland Cherryland

#### LA CLINICA

PFLAG meets in Berkeley (space for LGBTQ teens to have conversations with their families and parents) GSA Network (Oakland)



## PARENT SUPPORT GROUPS

### National Parent Support Group

The National Parent Support Group is a live online/call-in peer group where parents can support each other and find helpful information on their journey of raising transgender, non-binary or otherwise gender-expansive children and teens. It is facilitated by Gender Spectrum, and you can join occasionally or regularly. You can participate by phone, chat or online video.

The **Fathers/Masculine of Center Support Group** is a group for all fathers and masculine caregivers of transgender, non-binary, gender expansive, and gender questioning youth 24 and younger. This group meets once a month on Monday evenings.

The **Grandparents Support Group** is for all grandparents of transgender, non-binary, gender expansive, or gender questioning grandchildren 24 and younger. This group meets once a month on Monday evenings.

The **Parents/Caregivers of Non-binary Youth Support Group** is for all parents/caregivers of non-binary, gender fluid, gender expansive, and gender questioning youth 24 and younger. This group meets once a month on Monday evenings.

The **Black/Indigenous/People of Color (BIPOC) Support Group** is for any parent/caregiver of color who is the parent/caregiver of a transgender, non-binary, gender expansive, or gender questioning youth 24 and younger. We use an expansive definition of BIPOC to include anyone who identifies as a person of color. This group meets biweekly on Thursday evenings.

If you have any questions or need help joining any of these groups, you can email [info@genderspectrum.org](mailto:info@genderspectrum.org)