empowering transgender and gender non-conforming individuals and allies
Hello –

Thank you for taking the time to read our Transgender Resource Guide for the greater Phoenix Area. This guide was complied and researched by the Phoenix Transgender Resource Committee, transgender advocates, their allies and community members for transgender individuals seeking resources to aid in their transition. It focuses primarily on free or low cost community based resources available for the wellness of transgender lives.

In addition to providing resources, this guide includes instructions on how to apply for Arizona Adult Change of Name, SSN Gender Marker Changes. It is organized into categories we found relevant to transitional needs and can be found in the Table of Contents. Each category will include a short synopsis on their relevance and benefits to the transgender community. The categories each include an easy to find icon as showed to the left.

Readers are strongly encouraged to use the resources provided and outlined in the Transgender Resource Guide as the information is current and helpful but please keep in mind that we cannot guarantee that all individuals utilizing the resources will have positive or affirming experiences. We hope this is a great place to start as this is the first of many editions of the guide with expansions, mobile friendly, visually compatible and Spanish guides to come.

If you have any additional resources that can benefit the transgender community in Arizona or would like to give feedback or become involved, please do not hesitate to email:

transresourceguide@yahoo.com

- Phoenix Transgender Resource Guide Committee
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There are specific terms that are used frequently in the transgender community both from trans* people and those who are allies. This section is a list of common terms used as language for transgender individuals.

Though these terms are simply identified, not everyone will agree on the usage or explanation and it is likely that any description can apply to some or none.

**Cisgender:** A term describing anyone who is not transgender, gender nonconforming or questioning; a non-transgender person (i.e., a cisgender man or cisgender woman) means that the individual was socialized and still identifies and expresses as the gender assigned to them at birth, and is comfortable doing so.

**Crossdresser:** One who wears clothing considered “inappropriate” by society for one’s gender for comfort, performance, sexual gratification or any other purpose(s). An old term is Transvestite, and as this is considered offensive by a lot of people, it should not be used unless a person self-identifies using it.

**Drag Queen/Drag King:** An individual who dresses in an exaggerated, over-the-top or “camp” feminine or masculine manner in order to perform. Depending on the type of performance the performers might also go a more “realistic” feminine or masculine look, rather than trying for “camp.”

**FTM:** Female-to-Male individuals, assigned female at birth who now identify as men

**Gender Expression:** How one wears and performs one’s gender, through clothing, language, physical movement, body modification, etc; this is also one way that a person may communicate their gender identity to other people.

**Gender Identity:** An individual’s self-perception as male, female, both, neither, or another configuration of gender; this may or may not match their sex, their legal sex at birth or their current legal sex.

**Gender Nonconforming:** A person who may or may not identify as transgender, but who has a gender identity, gender expression and/or gendered behavior(s) that are outside of the binary of masculine male and feminine female; for example a butch lesbian or a flamboyant gay man could be described as gender nonconforming. This term does not require a person to identify as such to be applied appropriately.

**Gender Role:** The social role one plays with regard to gender; there are two roles as defined by society, that of a “man” (dominant in a relationship, assertive, not emotional, enjoys sports, etc.) and that of a “woman” (non-dominant in a relationship, passive, empathetic/emotional, enjoys cooking, etc.) This is based on stereotypes of appropriate behavior, appearance, etc. that are often sexist and very offensive and restricting.

**Gender:** Sometimes defined as the social concept that is attached to one’s biological package (often referred to as one’s “sex”), including how you feel, how you behave, etc. It can also be an umbrella term that includes all of the following 5 pieces (and more).
**Genderqueer:** One whose gender identity lies outside the binary male/female, often somewhere on the continuum between male and female or entirely outside of the gender binary system, sometimes changing on a regular basis.

**Intersex:** One born with an anatomy and/or physiology that differs from the cultural and medical "ideals" of male and female, including genitals, gonads, hormone production and/or genotypes that are considered non-stand; most individuals who are intersex do not identify as transgender and the intersex community is not part of the trans community. [This term is included in order to help avoid confusion of the trans and intersex communities.]

**Legal Sex:** Your sex as the local, state and federal governments see you. The “F” to “M” marker on someone’s state ID, driver’s license, social security card, birth certificate, etc. A person’s legal sex at birth and one’s legal sex later in life may or may not match; also, all documentation may or may not be the same.

**MTF:** Male-to-Female individuals, assigned male at birth who now identify as women

**Sex:** The biological “package,” so to speak, of genitals (internal and external), gonads (organ and hormone levels and gametes produced) and genetics (chromosomes) used to classify people as “male” or “female.”

**Sexual Orientation:** A person’s sexual, emotional, erotic, romantic, physical and psychological attractions for other people

**SOFFA:** Abbreviation for “significant others, family, friends and allies” of trans people/community

**Transgender:** An umbrella term for anyone whose gender identity(s) and/or gender expression(s) don’t fit social ideas and norms of gender, which can include transsexuals, crossdressers, genderqueer people, and other gender nonconforming individuals; depending on how the community is defined, the term may or may not be used to be inclusive of SOFFAs. In order for the term to be applied appropriately, a person must self-identify as transgender (trans).

**Transsexual:** Individuals assigned one gender at birth, who now identify as what most people would consider the “opposite” gender. They may or may not use hormones and surgical procedures to help bring their bodies, voices, and other physical “cues” more in line with cultural expectations for the gender in which they’re living [This includes both MTF and FTM individuals]
What To's and What Not To's

DO

● If you’re not sure about someone’s desired name or pronouns, ask rather than assume.

● Names and Pronouns to trans* people are very important! To show respect as you would like to also be shown respect, be sure to always use the person’s preferred name and pronouns!

● Some people prefer “them” “they” “their” to his/him or she/her. Sometimes people change which pronouns they prefer. Best rule of thumb is that if you don’t know then ask.

● Just as no one else gets to decide for you what your gender is, you don’t get to decide for someone else. If someone tells you they are a man or a woman, take them for their word that they know better than you do since they’ve lived in their bodies and minds their whole lives.

DO NOT

● It is not ok to ask someone you don’t know well what their name used to be or what surgeries they have had.

● Calling someone derogatory names such as “tranny” “he-she” “she-male” or “it”, or calling someone who identifies or expresses their gender as female “a man”, or visa-versa for someone who identifies as male, is not only disrespectful, but also forceful and even an act of violence.

*Lastly, **always** treat trans* people with the same respect you would like to be treated.
This section is intended for those who seek to change documentation such as Name Change in Maricopa County, changing Gender Marker and IDs, Passport and Birth Certificate.

LEGAL NAME CHANGE
All residents for Maricopa County


You don’t need a lawyer to change your name in Maricopa County. All the forms and instructions are available for download through the Self Serve Center. You can download the entire packet or each piece individually. The instructions will tell you what to fill out, how many copies to make, and where to go to turn it in.

There is one set of for adults with minor children

https://www.superiorcourt.maricopa.gov/SuperiorCourt/Self-ServiceCenter/Forms/CivilCases/civil_cvncc1.asp

Another for those without minor children:

https://www.superiorcourt.maricopa.gov/SuperiorCourt/Self-ServiceCenter/Forms/CivilCases/civil_cvnca1.asp.

To get a hearing date, follow the instructions, turn in the application and pay the filing fees. If you cannot afford the filing fees, there is a payment plan available. You will be given a slip of paper for you to call 3-5 business days later to schedule a court hearing. It takes about a month. If you are married, you will need to get a notarized document from your spouse. If you have brought your birth certificate, the judge will add a request to the order that the birth certificate be changed. This does not automatically change the birth certificate; it simply gives you a little legal oomph towards getting it changed should you need it. Following the hearing, you can (should) immediately go get a certified copy of the name change order.

THE JUDGE WILL ASK SOME QUESTIONS:

• Are you a resident of the county where you are filing this request?  
  AND,
• Are you asking the Court to change your name, AND,
• Are you an adult 18 years or older, AND,
• Are you are prepared under penalty of perjury to inform the Court whether you have ever been convicted of a felony and whether there are any pending charges against you for a felony or other offense involving false statements or misrepresentation of identity, AND,
• Do you understand that the name change will neither harm your rights nor release you from any obligations or liabilities incurred under your current name, AND,
• Do you swear that you are not changing your name to that of another person for the purpose of committing any crime or furthering any offense involving fraud or misrepresentation of identity?
GENDER MARK CHANGE

In order to get the gender marker changed, you’ll need a letter from a licensed physician saying two things, one, that you are that you are “irrevocably committed” to changing your gender, and two, that you have received “appropriate clinical treatment.” The signed letter or signed statement must include the physician’s license number. Physician can include licensed medical, naturopathic and mental health practitioner.

A letter from a doctor is not required if you are doing a name change only.

SOCIAL SECURITY

If you are receiving SSI, SSDI or Medicare benefits, you will need to inform them, so they can update that information as well. It takes only about a week to get a new Social Security card, but it will take over a month to get a new Medicare card. You will get a letter at the SSA office that same day that you can use until you get your updated Social Security card in the mail.

BIRTH CERTIFICATE

You’ll want to obtain a certified copy of your birth certificate from your state of birth if you plan to modify it. Some states are much easier than others and requirements are changing constantly.


Arizona is among several states that will amend birth certificates to reflect changes to names and gender designation. Additional copies of birth certificates are $35 at vital records offices; please provide certified change of name order from Maricopa, SSN card and a picture ID.

STATE IDENTIFICATION CARD/DRIVERS LICENSE

Changing your gender marker and name through the Arizona Department of Transportation and Motor Vehicles Department requires that you apply for a new license (duplicate) in person at any MVD office. To request your gender noted on your record to be changed, the letter or signed statement from any licensed physician is required. The letter must be presented within three months from the date the statement was signed. Please also bring your copy of the change of name order, SSN card and the fee for duplicate ID which can cost anywhere from $10-$12 USD.
Within the medical community, transgender people face significant barriers to healthcare and healthcare access. What is important is the overall goals for community organizations. The selected clinics listed will have professional experience in treating transgender individuals.

**Maricopa Integrated Health Systems – MIHS**
Gender Clinic (2nd Thursday each month)
2525 East Roosevelt Street, Phoenix, AZ 85008
Phone: 602-344-1015

**McDowell Healthcare Center - MIHS**
1101 N. Central Ave Suite 204, Phoenix AZ 85004
Phone: 602 344 6550

**Southwest Center Transgender Services**
1101 N. Central Ave. Suite 200, Phoenix AZ 85004
https://swhiv.org/get-healthy/transgender-services/
Phone: 602-307-5330

**Peacework Arizona**
Free basic primary health care
Sundays 2803 W. Clarendon Ave. Phoenix
Jonathon Beebe-Guidice of Arcoiris
paxnovo@gmail.com

**Youth and Families First**
11024 N. 28th Dr. Suite 110, Phoenix 85029
www.yffaz.org
Phone: 623-435-6840
FTM/MTF/Gender non-binary/Adults/teens/children
Individual and Family Counseling/ Personal Coaching/WPATH
AHCCCS only
This section is intended for those seeking medical care from professional providers around the greater Phoenix and Maricopa County area.

Healthcare providers range from Primary Care Physicians, Endocrinologists, OBGyns,

**INFORMED CONSENT:**
Trans* people are encouraged to use Informed Consent as the standard of care for health. ICATH is based on the principle that trans people are able to decide what is best for themselves and their bodies, foregoing the requirement that trans people need to go to therapy to obtain gender affirming services.

For more information: icath.org

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**Dr. Burt Webb, MD**
Scottsdale Center for Women’s Health
8415 N. Pima Suite 210, Scottsdale AZ 85258
(480) 425-8700
www.scottsdaleobgyn.com
Takes all insurances
Serves FtMs, MtFs, 18 years +, HRT and GYN

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**Carol Williams, NP**
McDowell Health Care Center
1101 N. Central Ave. Suite 204, Phoenix, AZ
(602) 344-6550
Accepts all types of insurances/COPA sliding fees.
Follows WPATH, Therapist letters,
Serves FtM, MtF, Non-Binary, 18 years+, HRT

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**Carolyn Fuller, ND**
Southwest Center
1101 N Central Ave, Suite 200, Phoenix, AZ 85004
(602) 307-5330
cfuller@swhiv.org
http://swhiv.org
FTM/MTF/Non-binary/adults/teens
HRT/PCP

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**Catharine Cesal, MD**
Pediatrician
http://www.nspeds.com/providers/dr_catharine_cesal_md.aspx
Dr. Edward Holland, MD  
Endocrinologist  
30+ years experienced Endocrinologist  
East Valley Pediatric Endocrinology  
1400 N. Gilbert Rd. Suite L, Gilbert, AZ 85234  
(480) 464-8600  
FTM/MTF/Under 18  
HRT/Hormone Suppression

Dr. Lua Bletsky, MD  
Endocrinologist  
5700 W. Chandler Rd. Suite 1, Chandler, AZ 85226  
(480) 899-0350  
HRT

Mandeep Brar, MD  
Endocrinologist  
18700 N. 64th Drive Suite 205, Glendale AZ 85308  
(623) 561-3250 Fax (623) 561-3259  
FTM/MTF/18+  
HRT, accepts most insurances, has sliding scale/Medicaid

Dr. Megan Schendel-Dillman, MD  
OBGYN Women’s Clinic Maricopa Integrated Health Services  
2525 E. Roosevelt St. Phoenix, AZ 85008 2nd Floor  
(602) 344-5407  
FTM/18+/Offers referrals for under 18  
HRT/all GYN services  
Accepts most insurances/COPA sliding fees, Informed Consent

Dr. Melanie Cloonan-Schulte, MD  
595 N. Dobson Rd. Suite D76, Chandler, AZ 85224  
(480) 821-0788  
FTM/MTF  
HRT/PCP

Dr. Shel-Don Legarreta, MD  
Adult Medicine, CJ Harris Cigna  
1920 E. Baseline Rd. Tempe, AZ 85283  
(480) 345-5000  
FTM/MTF/18+  
HRT/PCP  
Only accepts Cigna insurance

Dr. Tala Dajani, MD  
Endocrinologist  
15600 N. Black Canyon Hwy Suite C-102, Phoenix, AZ 85053  
(623) 748-4700  
www.pedendophx.com  
FTM/MTF/Under 18  
HRT/Hormone Suppression
Dr. V. Chulini, MD

Pediatrician

602-933-0251
vchulani@phoenixchildrens.com

Under 18, hormones

Works with SWC for HIV/AIDS and 1 in 10 youth

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Tracy King, RN, MS, ANP-C

Thompson Medical Group

13460 N. 94th Drive L-2, Peoria 85381

623-583-7400
Therapists can aid in trans people’s lives by providing care for mental health, substance abuse, trauma and disorders.

Informed consent

WPATH – The World Professional Association for Transgender Health publishes SOC or Standards of Care which are updated frequently. These SOC recommends a mental health evaluation for those starting hormone therapies.

For more information please review protocols at www.wpath.org

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**Dalena Watson, LPC**

[www.musicandimagery.com](http://www.musicandimagery.com)

dalenaw@musicandimagery.com

(480) 775-6423

FTM/MTF/Non-Binary/Adults/Teens

Individual & Family counseling/EMDR/open and affirming Spirituality

Accepts Aetna/Blue Cross-Blue Sheid/Tricare

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**Dianne Gottlieb, LMFT, BCPC, MS**

Scottsdale Therapy

10245 E. ViaLinda, Suite 109, Scottsdale, AZ, 85258

(480) 314-0055

[www.scottsdaletherapy.com](http://www.scottsdaletherapy.com)

dianne@schottdaletherapy.com

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**Duffy McMahon, MA**

Vail Court 1 W.Elliot Rd. Tempe, AZ 85284

(480) 755-0222

duffymc84@gmail.com

FTM/MTF/Non-Binary/Adults/Teens

Counseling/WPATH

No insurance/Sliding fees

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**Elijah Palles, Counselor**

Southwest Center

North Central Ave Suite 200, Phoenix

(602) 595-8108

epalles@swhiv.org

Individual Counseling

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**Gary Lovejoy, PhD Licensed Psychologist**
4500 S Lakeshore Dr. #415, Tempe, AZ 85282
(480) 756-1669
FTM/MTF/Non-Binary/Gender Fluid/Agender/Gender NonConforming/Questioning
Counseling/Psychotherapy
Most Insurances, except AHCCCS
WPATH/Informed Consent

Gina De Simone, PsyD
www.childpsychaz.com
drgina@childchaz.com
7330 N. 16th St. Suite C-2000, Phoenix, AZ 85020
(602) 795-1670 (x1)
FTM/MTF/Non-Binary/Teens/Adults/Children
Individual and Family Counseling
Blue Cross-Blue Shield

Judy O’Donaghue, PhD
Drjudy1729@aol.com
(480) 894-2425
FTM/MTF/Non-Binary/Adults/Teens
Counseling/Therapist Letter
Accepts most insurances/Sliding Fees
WPATH

Louise Welter, PsyD
414 S. Mill Ave #210 Tempe, AZ 85281
(480) 415-2152

Mary Brasch, MA, MA LPC
3040 E. Cactus Rd #4, Phoenix, AZ 85032
(602) 494-1515
Debrash96@aol.com
www.marybrasch.com
FTM/MTF/Non-Binary/Adults/Teens
Counseling/Group Therapy
WPATH/Therapist Letter
No insurance taken/Sliding Fees

Michael “Mischa” Peck, MA, MSW, PhD,
Q Counseling Service LLC, Live Fully, Completely, Passionately!
301 E. Bethany Home Road, Suite C-296, Phoenix 85012
602-570-2373
docpeck@qcounseling.com
docpeck@gmail.com
FTM/MTF/Non-binary/Gender Queer/Gender Non-conforming/
Children/teens/adults Individual and Family Counseling/ EMDR Therapist
Some insurances/Sliding Fees for trans* persons
WPATH/Therapist letter
20+ years experience
Speaker/Lecturer/Organizational and Clinical Consultant

“Dr. Peck has worked as a professor, therapist, and community organizer. He has participated in grassroots activism, including a history of marching with ACTUP and Queer Nation. Currently, he maintains his clinical practice and presents about issues of sexuality and gender at various academic, professional, and community based conferences and events. He also volunteers..."
with Arizona Trauma Recovery Network and with Phoenix LGBT Pride. Dr. Peck identifies within the Trans* spectrum.”

Morgan Grey, LPC EXAT
www.thepowercompanyaz.com
morgangrey@thepowercompanyaz.comn
(480) 612-0031
FTM/MTF/Adults/Teens/Children
Counseling/Individual/Couples/Families
No insurance taken3r

Ryan Sheade LCSW
Integrated Mental Health Associates
8130 E Cactus Rd Suite 520, Scottsdale 85260
480-261-5015
www.integratedmha.com
FTM/MTF/Gender non-conforming
Blue Cross/Blue Shield, MHN, Medicaid
WPATH/Therapist letter
8+ years experience

Sandra Nettles, LCSW
Deer Valley Counseling
2301 W. Dunlap, Phoenix, AZ
(480) 409-2322
3200 N. Dobson Rd, Suite 101, Chandler, AZ
85284
(480) 461-0813
FTM/MTF/Non-Binary/Adults/Teens
Counseling/Therapist Letter
Blue Cross – Blue Shield, Sliding scale fees

Shellie Ruge, LAC
Therapist
3260 N.Hayden Rd, Scottsdale,AZ 85251
(480) 804-0326

Danielle Fragnito, LPC, LISAC
602-509-6974
Licensed Professional Counselor
Licensed Independent Substance Abuse Counselor
Certified EMDR Therapist
Life Coach
10201 South 51st Street, Suite 110
Phoenix, Arizona 85044
602-509-6974
dfragnito.com

Terry Galler, MA, LPC
www.terrygaller.com terry@terrygaller.com
(602) 909-0042
FTM/MTF/Adults/Teens
Counseling/WPATH/Therapist Letter
Accepts:Blue Cross- Blue Shield, United HealthCare,Aetna, Sliding fees

Trayci Prince, MA, LPC, NCC
1540 E.Maryland Ave Phoenix,AZ 85014
(602) 695-5168
Trayciprince.counseling@gmail.com
FTM/MTF/Adults/Teens
Individual & Family Counseling/WPATH/EMDR/CBT
Valery Kemper, Phd
623-536-7956

Michael Belus, PhD
2266 S. Dobson Rd #2000, Mesa 85202
Counseling
In many cases, treatment for gender dysphoria and apart of some transition journeys will include surgical care for: gender reassignment surgery, sex reassignment, genital reconstruction, vaginoplasty, masecatomy.

Though most of our own transgender community seek surgeons outside of the state, we do have board certified and experienced surgeons in Arizona that are both competent and transgender knowledgeable.

Dr. Toby Meltzer, MD, PC Plastic Surgeon
7025 N. Scottsdale Rd. Suite 302, Scottsdale 85253
480-657-7006
www.tmeltzer.com tmeltzer@tmeltzer.com info@tmeltzer.com
FTM/MTF/Adults (some exceptions)
All SRS surgeries + all types of plastic surgery
Part of Kaiser/Group Health/takes Care Credit/Cash up front, bills insurance for reimbursement
WPATH/ 20+ years experience

Dr. Dana Balderrama, MD, Plastic Surgeon
1945 Mesquite Ave, Suite D, Lake Havasu City 86403
928-453-9487
www.balderramamd.com info@balderramamd.com
FTM/MTF(top surgeries)/adults
Some insurances/Care Credit
WPATH/10+ years experience

Dr. Raad Taki, MD, Plastic Surgeon
4580 E. Camp Lowell Dr, Tuscon 85712
520-881-3232
www.takiplasticsurgery.com
FTM/MTF/adults/some under 18
Care Credit
WPATH
The local community provides transgender individuals a safe and welcoming space. Our own LGBTQ community resources have agencies and organizations that offer assistance and follow through with what they offer or provide you with someone. Our community resources are geared toward improving the quality of life for transgender people to become successful throughout all levels of transition. There is no doubt that individuals can benefit from the resources provided by our local community.

**Lambda Phoenix Center**
www.lamdaphx.org

**LGBTQ Consortium**
www.lgbtconsortium.com

**The Queer Undocumented Immigrant Project**
www.facebook.com/AzQuip

**Phoenix Pride LGBTQ Center**
www.phoenixpridelgbtcenter.org

**PFLAG Phoenix**
www.pflagphoenix.org

**Trans* Spectrum of Arizona**
www.transspectrum.org

**Equality Arizona Trans Council**

**Northern Arizona University LGBTQA Resources and Support**
Transgender Resources
http://nau.edu/lgbtqa/transgender-resources/

**University of Arizona LGBTQ Affairs**
Transgender Resources
http://lgbtq.arizona.edu/transgender-resources

**Arizona State University’s LGBTQA Coalition**

**Maricopa Community Colleges Equality Maricopa**
Transgender people face some of the harshest forms of discrimination and harassment. These crisis hotlines are a source of support for individuals in any crisis as it relates to transitions and gender nonconformity.

<table>
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<th>CRISIS RESPONSE NETWORK</th>
<th>Offers services to any individual that is experiencing a behavioral health emergency.</th>
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<tr>
<td></td>
<td>24/7 and every day of the year</td>
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<tr>
<td></td>
<td>Local: 602-222-9444</td>
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<td>TTY: 602-274-3360</td>
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<tr>
<th>Q NETWORK</th>
<th>A 24 hour support helpline for LGBTQ youth and allies.</th>
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<tr>
<td></td>
<td>Toll Free: 800-527-4747</td>
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<td>Local: 480-436-4925</td>
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<th>TRANSLIFELine</th>
<th>A non-profit dedicated to transgender people. The hotline is staffed and operated by trans people who are ready to respond to whatever support needs members of the community might have.</th>
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<td></td>
<td>On call 24/7 for crisis support.</td>
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<td><a href="http://www.translifeline.org">www.translifeline.org</a></td>
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<tr>
<td></td>
<td>Toll Free: 877-565-8860</td>
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If you or someone you know is struggling with difficult thoughts or emotions, there are people who can help by lending a listening ear.
Support groups are important for Trans and gender non conforming people who need a safe and supportive environment to stay connected, decrease isolation and get resources. Typically, support services share experiences, knowledge and emotional support while maintaining confidentiality.

Being in support groups can help develop skills related to transitioning and can complement more professional and formal treatments.

Support groups can be facilitated by trained individuals, peer members of the community, or certified therapists. They meet on a regular basis to discuss their transition and provide mutual support for one another.

Groups generally do not cost members to join or require medical insurance.

| **Parents of 18 and Under** |
| Support group to empower children, teens and their families. |
| Support meetings take place in Phx every 4th Sunday of every month in a confidential location. |

| **Phx Trans Feminine** |
| Confidential and safe support group for trans-feminine identified or questioning individuals. Any and all places on the spectrum welcomed: non-hormonal, non-surgical, some or all medical transitions. |
| 11a – noon Trans Feminine
Noon – 1p Joint SOFFA meeting |
| Meetings are on the 2nd and 4th Saturday’s of the month. Phoenix Pride LGBT Center, 801 North 2nd Avenue, Phoenix, AZ 85003. |

| **Phx Trans Masculine** |
| Confidential and safe support group for trans-masculine identified or questioning individuals. |
| 11a- 12p Phx Trans Masculine Meeting
12p- 1p Joint SOFFA Meeting |
| Meetings are on the 2nd and 4th Saturday’s of the month Phoenix Pride LGBT Center, 801 North 2nd Avenue, Phoenix, AZ 85003. |

| **SOFFA Support Groups** |
| Support groups for SOFFA’s or Significant Other, Family, Friends and Allies of trans identified individuals. The second hour is generals a joint meeting. |
| 11a – 12p SOFFA’s
12p-1p Joint Meeting |
| Meetings are on the 2nd and 4th Saturday’s of the month at the Phoenix Pride LGBT Center, 801 North 2nd Avenue, Phoenix, AZ 85003. |

| **Third Space** |
| 12p – 1p Third Space Meeting |
| Meetings are on the 2nd and 4th Saturday’s of the month Phoenix Pride LGBT Center, 801 North 2nd Avenue, Phoenix, AZ 85003. |
**ONE*N*TEN Trans* Group**

**Mission:** To provide youth with resources for what may come through gender expression or gender transition. To provide a safe space to achieve their own transition or gender identities and create acceptance of themselves and tolerance of others.

The one·n·ten Trans* Group is run by Program Coordinator and Trans FTM, Nicholas Fletcher, as well as volunteers that embrace the Trans* umbrella, pangender, cisgender allies, MTF, and non-conforming-gender adult volunteers. Collectively the volunteers are focused on empowering the youth and the future community through programs of basic life-changing skills, advocating for youth to understand different ways to educate themselves and others. The programming focuses on providing a base education and emphasizes the fact that being Trans* is a part of nature and there is nothing wrong with fitting anywhere along the Trans* spectrum.

5:30 – 7:30PM  
2nd & 4th Sundays of every month at the Youth Center 3660 N. 3rd St, Phoenix, AZ 85012

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**TRANS GENDER HARMONY**

Transgender Harmony is a Phoenix area support group for the entire transgender community. We have been meeting continuously for over fifteen years and as we cruise through the second decade of the 21st Century, we see our community is changing. Our goal is to continue providing relevant support to Transgender people, their partners, family and friends throughout the Valley. We are here for you.

TG-Harmony meetings are held the second and fourth Saturday each month. Doors are open by 7:00 pm and meetings are scheduled from 7:30 to 9:00 pm. Snacks and soft drinks are provided.

The 1st meeting each month (the second Saturday) includes a free group, educational therapy session that meets from 6 pm to 7 pm. Doors open just before 6:00 pm.

Casa de Cristo church, 1029 E. Turney, north of Indian School Road and west of 12th Street in Phoenix. See the map in the Contact Us section.

https://sites.google.com/site/transgenderharmony/home

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**PFLAG Support Groups**

PFLAG Phoenix – Parents, Families and Friends of Lesbians and Gays (and bisexual, transgender, and those “questioning” (LGBTQ) – serves the greater Phoenix/Valley of the Sun metropolitan area, and supports other PFLAG chapters throughout Arizona.

http://www.pflagphoenix.org/Support/meetings.html

https://community.pflag.org/transgender
**FLAGSTAFF TRANS* GROUP**

The Flag Trans* group is dedicated to individuals that identify as Transgender, Genderqueer, or questioning. The group is a place where Trans* students can share and discuss their experiences in a safe and welcoming environment.

Meets every Monday from 7 - 9 pm at Flagstaff Federated Community Church, 400 W. Aspen Avenue, Flagstaff, AZ 86001

For additional information contact: LGBTQA@nau.edu

**GENDER SPECTRUM SUPPORT GROUP**

This group is designed for UA students who are dealing with gender identities outside of the traditional binary system, whether transitioning from the gender assigned at birth, identifying as some combination of genders, neither gender, or questioning the role of gender in their lives. Terms such as transsexual, two-spirit, neutrois, agender, gender-queer, gender-fluid, transgender (and more) have been used to describe these identities. The low cost ($5 per group, billable to Bursar’s,) is for those who might need support and/or therapy to process their gender identity, deal with family and friends' reactions, identify options of a transition process, and gather resources and support for issues related to gender.

Mondays from 3pm-4pm Admin Conference Room C312, Third Floor Campus Health, University of Arizona

For more information contact: 520-621-3334 or vandervoort@health.arizona.edu

**EAST VALLEY T SUPPORT GROUPS**

Combined groups for significant others, family, friends, allies and transgender or gender non conforming individuals to come together for support through shared storytelling, issue hashing, social justice, and emotional compassion. East Valley T Support Groups are hosted by the LGBTQ Alliance of Mesa Community College and facilitated by members of Trans* Spectrum of Arizona and trans community members. Open to transgender community and allies.

Every third Saturday of the month from 11am-2pm Social/Cultural Buidling near SC22N and SC21N.
The transgender community is filled with a diverse population of individuals that are willing to advocate, bring awareness and give presentations. The following section is intended for those seeking speakers for workshops, training, panels and conferences.

PROFESSIONAL TRAINING/ TRANS 101 / PERSONAL STORIES

Stephanie Sherwood stephanie@transspectrum.org
Jesse Nyland Jesse@transspectrum.org
Julian Melson julian_melson@yahoo.com 602-403-5899
Antonia D’Orsay Tonidorsay@msn.com
Christopher O’Connor chris@transspectrum.org 480-579-8619
Milo Neild miloneild@gmail.com
Micheal Woodward michael@lgbtqa.com 520-977-4714
Erica Keppler azerica@hotmail.com 602-614-9665

TRANS 101/ TRANS for TRANS TRAINING

H.E.R.O
http://www.herophoenix.org/trans.html
liliana@herophoenix.org
training@herophoenix.org

TRANS* SPECTRUM OF AZ INFO@TRANSSPECTRUM.ORG
Dr. Michael Peck docpeck@qcounseling.com

TRANS AND GENDER NON-BINARY PERSONS WITH DISABILITIES
Xander McDonald Xmcdnd@gmail.com