

TRANS RESOURCE & REFERRAL GUIDE 2017 KING COUNTY

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**TRANS RESOURCE
& REFERRAL GUIDE
2017 KING COUNTY**

A NOTE ON TRANS

When we use the term “trans” in this guide, we include anyone whose gender identity and/or expression does not match the gender norms that mainstream society attaches to their gender assigned at birth. There are many in our community, especially those from other cultural groups, who use different terms, such as two spirit, fa ‘afafine, bakla, and many more. This guide is for you.

GUIDE DISCLAIMER

The King County Trans Resource and Referral Guide (TRRG) was produced by the Coalition Ending Gender-Based Violence under a grant awarded by the King County Department of Community and Human Services Behavioral Health and Recovery Division. The opinions, findings, conclusions or recommendations expressed in this document are those of the contributors and do not necessarily reflect the official position or policies of King County or the Coalition Ending Gender-Based Violence. Contact the Coalition at endgv.org or 206-568-5454.

GUIDE WEBSITE

The online version of the Guide can be found at **KCTRANSGUIDE.ORG**

QUESTIONS, COMMENTS, CORRECTIONS OR WANT MORE PAPER COPIES?

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ORGANIZATIONAL COLLABORATORS

Coalition Ending Gender-Based Violence / Disability Liberation Front / Fred Hutch HIV Vaccine Trials Unit / Entre Hermanos / Gay City / Gender Justice League / Ingersoll Gender Center / NW Network of Bi, Trans, Lesbian & Gay Survivors of Abuse / Pride Foundation.

OUR AWESOME WORK GROUP & SUPPORTERS

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Entre Hermanos and Dynamic Language

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Melissa and Evelyn Dickinson at The Logical Alternative
• logalt.net

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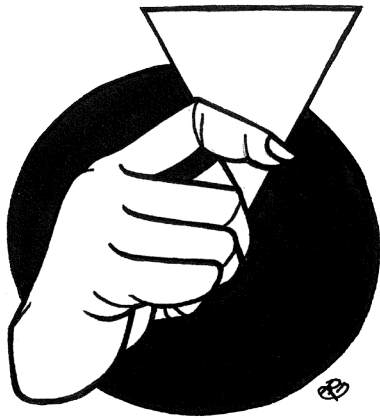
TO THE AMAZING DISABLED TRANS COMMUNITY IN KING COUNTY

Hands that spin poetry out of the air, bodies that drool and limp, aching bodies propped up with floral canes, minds that see the future- society often labels the gorgeous diversity of our genders, bodies, and minds as dangerous and subversive. Something to lock away and hide, abuse, and destroy. As disabled trans people, we are told that our needs are too much. But we have already lived through trauma, forced institutionalization, abuse, police violence, war, poverty, neglect, incarceration, detention. We have survived. Our ancestors have fought and died for us to be here. We have faced the fragility of the human body and mind. And most of all, we have supported each other when others stopped caring, if they ever did. We redefine what it means to live and love in a world that was never built for us in the first place.

While we had hoped to include more access info for each provider in this guide, being on crip time, it just wasn't possible. With this in mind, we created a much more expansive Google Document that will continue to be updated. The links are listed in the Disability Resources section. This document includes more of the underground resources so many of us depend on that we weren't able to include in the formal guide.

You deserve care, you deserve to access the resources you want and need, and you deserve to be loved exactly as you are. Remember: you hold the secrets of inter-sectionality, interdependence, creative problem solving, resilience, and courage that our world desperately needs. You are the ones we have been waiting for.





TO OUR WONDERFUL PROVIDERS IN KING COUNTY

We are glad you found this guide! Whether you are thinking of, about to or already providing crisis support, physical or behavioral care, youth services, domestic or sexual violence advocacy services, shelter or housing, legal services, or any other type of human services, please consider reading this guide and participating in ongoing learning about providing support for trans people.

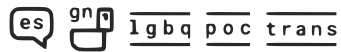
Trans people still face discrimination and stigma that can prevent us from accessing health and human services programs. Many trans people may not have adequate, or any, health care coverage, and may not have the emotional, community or family support to navigate complex service systems.

By the time many of us have arrived at your office or prac-

tice, we have probably had a number of poor experiences with providers who did not provide services from a trans competent approach. Overall, we are less likely to verbalize problems, have a historical lack of screening, have delayed treatment, and have poorer health in comparison to your cisgender patients.

We want to partner and collaborate with you for the best services possible! Please treat us as the experts on our own bodies and histories – we are all different: We respond to treatment and services differently and have different ideas about how we want to engage with you and service systems. We don't expect you to be perfect or know everything, but we do expect respect and honor of our self-determination and agency related to our bodies and our lives.

ACTIVISM



ENTRE HERMANOS

Promotes the health and well-being of the Latino/a gay, lesbian, bisexual, transgender, and questioning community in a culturally appropriate environment through disease prevention, education, support services, advocacy and community building. Hosts a trans support group that meets on the 1st Saturday of each month.

entrehermanos.org • 1105 23rd Ave, Seattle
• 206-322-7700 • fernando@entrehermanos.org



GENDER JUSTICE LEAGUE

A grassroots activist collective that focuses on community building, leadership development, education and advocacy. They host Trans Pride Seattle, Gender Justice Awards, and Say My Name Legal Clinics.

genderjusticeleague.org • 1122 E. Pike St. #969, Seattle
• info@genderjusticeleague.org



INGERSOLL GENDER CENTER

An all-volunteer organization for transgender, gender variant and genderqueer people that focuses on direct peer support, community building, education and advocacy.

ingersollcenter.org • 517 E Pike St, Lower Level, Seattle
• 206-849-7859 • info@ingersollgendercenter.org



LGBT COMMISSION OF THE CITY OF SEATTLE

Addresses and presents the concerns of lesbian, gay, bisexual, and transgender citizens of Seattle to the mayor, city council, and all city departments through recommendation of legislation, policy, programs, and budget items.

seattle.gov/lgbt • 810 Third Avenue, Suite 750, Seattle
• 206-684-4500 • marta.idowu@seattle.gov



LGBTQ ALLYSHIP

Builds power among LGBTQ communities and allies in Washington through community organizing, education, advocacy, and developing grassroots leadership. Their Trans Advocate Program is for trans and gender non-conforming workers whose labor rights have been violated.

allyship.org/programs/trans-gender-non-conforming-justice
• 1105 23rd Avenue, Seattle • 206-930-6668
• info@allyship.org



SOCIAL JUSTICE FUND

Giving Projects engage members in a deep process of learning about race, class, fundraising and social change. The Gender Justice Giving project focuses on LGBTQ justice, reproductive justice and family security.

socialjusticefund.org • 1904 Third Ave, Suite 806, Seattle
• 206-624-4081 • info@socialjusticefund.org

ARTS



BLANKET FORT FILMS

A nonprofit film production company that empowers filmmakers from underrepresented communities (LGBTQ, POC, and women) through cost-free access to motion picture education and gear.

blanketfortfilms.org • 1515 12th Avenue, Suite E, Seattle
• 206-251-0530 • blanketfortfilmsllc@gmail.com



GAY CITY ARTS

Collaborates with local LGBTQ artists to galvanize an audience for queer arts, foster the development of LGBTQ artists and works, and facilitate artistic excellence that is accessible.

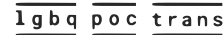
gaycity.org/arts • 517 E Pike St, Seattle



GENDER TENDER

A performance and teaching project that prioritizes transgender, non-binary and multiracial perspectives in process and presentation.

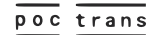
gendertender.tumblr.com • syniva.weebly.com
• synivawhitney@gmail.com



#LULUNATION @ HOLLOW EARTH RADIO

A talk show led by queer & trans people of color to create stories that represent us at the intersections. Tune in Tuesdays, 7–9 PM.

hollowearthradio.org/programs/57



LIONS MAIN ART COLLECTIVE

A Seattle-based community of queer and trans artists that showcases innovative and interdisciplinary art.

lionsmain.org



TRANSLATIONS FILM FESTIVAL

An annual film festival that provides the Pacific Northwest with a venue for films by, for, and about transgender people and the issues facing the transgender community.

threedollarbillcinema.org/programs/translations



CRISIS SUPPORT



THE NORTHWEST NETWORK OF BISEXUAL, TRANS, LESBIAN, AND GAY SURVIVORS OF ABUSE

The support line is for LGBTQ people experiencing relationship problems. Line is staffed by queer and trans folks, many of whom are survivors of violence.

nwnetwork.org • 206-568-7777 • info@nwnetwork.org

trans

TRANS LIFELINE

The support line is primarily for transgender people experiencing a crisis. This includes people who may be struggling with their gender identity and are not sure that they are transgender. The hotline is completely staffed by transgender people.

translifeline.org • 877-565-8860

DISABILITY SUPPORT

ABUSED DEAF WOMENS ADVOCACY SERVICES

Empowers Deaf and DeafBlind survivors of domestic violence, sexual assault and harassment to transform their lives. Provides comprehensive services to individuals and families, community education, and advocacy on systems and policy issues.

adwas.org • 8623 Roosevelt Way NE, Seattle 98115
• 206-922-7088 • adwas@adwas.org

AUTISTIC SELF ADVOCACY NETWORK

Empowers Autistic residents of Washington to have our voices heard in society's conversations about us.

facebook.com/AutisticAdvocacyWA
• indigowombat@yahoo.com



D CENTER AT UNIVERSITY OF WASHINGTON

A disabled student center run by and for disabled, chronically ill, deaf, mad and/ or neurodivergent students at the UW. A space for disabled students to meet, build community, share skills, create events and create disability culture and activism on campus.

depts.washington.edu/dcenter/wordpress • University of Washington, Mary Gates Hall 024 • 206-685-0949 • dcenter@uw.edu

DISABILITY SUPPORT



DISABILITY RIGHTS WASHINGTON

Advances the dignity, equality, and self-determination of people with disabilities. Works to pursue justice on matters related to human and legal rights.

- disabilityrightswa.org • 315 5th Ave S Ste 850, Seattle, WA
 • 206-324-1521 / 800-562-2702 (in WA State)
 • info@dr-wa.org



HEARING SPEECH AND DEAF CENTER

Provides services that empower Deaf and hard of hearing people to live independent and productive lives with full access to rights, privileges, and opportunities. Assists clients in understanding and obtaining appropriate accommodations needs in accordance with the ADA.

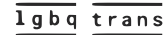
- hsrc.org • 1625 19th Ave E, Seattle, WA
 • 206-323-5770 • seattle@hsrc.org



NORTHWEST ACCESS FUND

Provides funding to people with disabilities in Washington and Oregon to purchase assistive technology and achieve greater independence.

- nwaccessfund.org • 1437 South Jackson Street, Suite #302
 Seattle 98144 • 206-328-5116 (Phone) / 206-328-5126 (Fax)
 / 1-888-494-4775 (TTY) • info@nwaccessfund.org



NW CHRONICALLY ILL & DISABLED TRANS & QUEER FOLKS FOR DISABILITY JUSTICE!

This group is for radical chronically ill, neuroatypical, deaf, and disabled queer and/or trans folks living in Oregon and Washington. This is an open discussion forum with a focus on radical queer, trans, and disability justice and politics.

- facebook.com/groups/949462741741024

OPEN DOORS FOR MULTICULTURAL FAMILIES

Provides culturally and linguistically appropriate information, resources and services for diverse families who have family members with developmental disabilities and special health care needs.

- multiculturalfamilies.org/wordpress • 24437 Russell Rd., Suite # 220 Kent, WA 98032
 • 253-216-4479 • multiculturalfamilies.org/wordpress



RAD CARE

Radical Accessible & Decolonizing Community Care works to provide better services to those most disenfranchised by society (QTPOCs who also have disabilities, who are also sex workers, are active drug users, are homeless and/or participate in street economies) through leadership and economic opportunities.

- radicalcare.org • info@radicalcare.org

DISABILITY SUPPORT

SEATTLE PUBLIC LIBRARY EQUAL ACCESS PROGRAM (LEAP)

Provides adaptive equipment and specialized library programs for blind, deaf, deaf-blind, hard-of-hearing, visually-impaired and other special needs patrons to participate in library activities and access library information.

[spl.org/audiences/library-equal-access-program-\(leap\)](https://spl.org/audiences/library-equal-access-program-(leap))

- 1000 4th Avenue, Level 1, Seattle
- 206-615-1380 • leap@spl.org

lgbq poc

SICK AND DISABLED QUEERS - PEOPLE OF COLOR AND MIXED RACE PEOPLE (FACEBOOK GROUP)

A Facebook discussion/support forum for queers who are POC or mixed race to talk about what's going on for us at the intersections of ability and race.

facebook.com/groups/183168535124802

EXPANDED DISABILITY RESOURCES

A document of all the disability resources in King County that didn't fit in this small booklet. Includes additional deaf and hard of hearing resources, mental health resources, and more.

<https://goo.gl/LU35Jc>

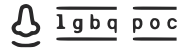
FOR MORE RESOURCES ABOUT ACCESSIBILITY & DISABILITY JUSTICE, REFER TO PAGE 67.



FOR ELDERS

GAY CITY'S ELDER RESOURCES PAGE

gaycity.org/elders



GENERATIONS AGING WITH PRIDE

Provides health and wellness, information and referral, training and enrichment classes for all LGBTQ people age 50 and up. Classes are sponsored by Lifelong Recreation.

generationsagingwithpride.org • 206-684-4240

MAYOR'S OFFICE FOR SENIOR CITIZENS

Provides older adults with professional, confidential information and referrals to caregiver support, credit-debt relief and financial planning, homecare resources, housing options, long-term care solutions and more.

seattle.gov/humanservices/services-and-programs/mayor%E2%80%99s-office-for-senior-citizens • 700 5th Ave Suite 5800, Seattle • 206-386-1001

NORTHWEST LGBT SENIOR CARE PROVIDERS NETWORK

An informal network of senior care providers working together to provide advocacy and quality of care for the LGBT seniors in Washington.

nwlgbtseniorcare.org • 206-849-3511 davidh@livingcarelifestyles.com



SOUND GENERATIONS

Serves older adults and their loved ones in Washington state through a network of community connections and services.

soundgenerations.org • 206-448-5757

• info@soundgenerations.org



EMPLOYMENT RESOURCES

JOB OPPORTUNITIES

trans

CAREER FAIRS AND JOB WORKSHOPS PAGE @ INGERSOLL GENDER CENTER

ingersollcenter.org/career_fairs_and_job_workshops

lgbq

SEATTLE QUEER JOBS

Postings about jobs openings, jobs searches, and other queer/trans job resources.

facebook.com/groups/1507630536215179

JOB TRAINING & SUPPORT

PEACE FOR THE STREETS BY KIDS FROM THE STREETS (PSKS)

Offers education, employment and housing support to help homeless youth become engaged, self sufficient members of the community.

psks.org • 206-726-8500 • krista@psks.org

ada  gn  trans

STEEP @ INGERSOLL GENDER CENTER

Provides employment support for transgender and gender non-conforming people in the Greater Seattle Area. Meets every first Wednesday from 7 - 9 PM at Seattle Counseling Service.

ingersollcenter.org • 1216 Pine Street Suite #300 Seattle

WASHINGTON DIVISION OF VOCATIONAL REHAB

Provides services to individuals who want to work but need assistance due to a physical, sensory, cognitive or mental disability. A DVR counselor works with each individual one-on-one to design a customized plan to achieve the desired job goal.

dshs.wa.gov/ra/division-vocational-rehabilitation

LABOR RIGHTS

FAIR WORK CENTER

A hub for workers to understand and exercise their legal rights, improve working conditions and connect with community resources. Provides a monthly legal clinic and an LGBTQ-friendly intake process.

fairworkcenter.org • 5308 Martin Luther King Jr. Way b#102 Seattle • 1-844-485-1195 • help@fairworkcenter.org

es

SEATTLE OFFICE OF LABOR STANDARDS

Provides confidential and free investigations of complaints, outreach to workers, resources and referrals. LGBTQ-friendly intake process.

seattle.gov/laborstandards • 810 3rd Avenue Suite 750, Seattle • 206-684-4

HEALTH SERVICES

CLINICS



CEDAR RIVER CLINICS

Provides abortions, birth control, well woman care, and LGBTQ wellness services, including specialized transgender care based on the informed consent model.

Services include hormone therapy, surgical referrals, post-surgical follow up, and clerical services. Two days per month are dedicated to LGBTQ wellness services.

cedarriverclinics.org • 263 Rainier Ave South #200, Renton / 509 Olive Way Suite 1454, Seattle / 1401-A Martin Luther King Way, Tacoma • 800-572-4223

• Friends@CedarRiverClinics.org



COUNTRY DOCTOR

A community clinic in Capitol Hill that provides primary care services and an on-site pharmacy. Also has a walk-in after hours clinic at the Swedish Cherry Hill location. Offers a sliding scale for patients without insurance. No walk-ins, call to schedule an appointment.

countrydoctor.org/country-doctor-community-clinic

• 500 19th Ave E, Seattle • 206-299-1600

NEIGHBORCARE HEALTH YOUTH CLINIC AT 45TH STREET

Provides gender affirming services for youth and young adults who are currently homeless or have been homeless. By appointment and walk-in.

Services include: primary medical care, acupuncture, mental health counseling, drug and alcohol counseling, HIV counseling, dental care, yoga classes, naturopathy, meditation, massage, health education, social service referrals and outreach.

neighborcare.org/clinics/neighborcare-health-45th-street

• 1629 North 45th Street, Seattle • 206-633-3350



SEATTLE COUNSELING SERVICE

Offers mental health and addiction services for GLBT community in the form of individual and family/couples counseling, groups, and psychiatric services. Works with trans individuals specifically in regards to transition.

seattlecounseling.org • 1216 Pine St #300, Seattle

• 206-323-1768

FREE HIV/STI TESTING



CENTER FOR MULTI-CULTURAL HEALTH

Monday through Friday, 9 AM–5 PM.

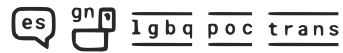
By appointment and walk-in.

multi-culturalhealth.org • 1120 E Terrace St, Seattle

• 206-461-6910 ext 212 • austin@cschc.org

HEALTH SERVICES

FREE HIV/STI TESTING (CONT.)



ENTRE HERMANOS

Mondays, 1–4:30 PM. By appointment and walk-in.

entrehermanos.org/en/hiv-prevention • 1105 23rd Ave, Seattle



GAY CITY HEALTH PROJECT

Monday through Friday, 3–8 PM, Saturday 12:30 - 5 PM. By appointment and walk-in.

gaycity.org/testing • 517 E Pike St, Seattle • 206-860-6969



LIFELONG

Monday through Friday, 8:30 AM–5 PM. By appointment and walk-in.

l1aa.org • 1016 E. Pike St, 3rd Floor, Seattle • 206-957-1600

OUT OF THE CLOSET (AHF)

Mon through Sat, 11 AM - 7 PM, Thurs 3 - 7 PM. Testing provided by Gay City. Walk-in only.

1016 E. Pike St, Seattle



PEOPLE OF COLOR AGAINST AIDS NETWORK (POCAAN)

HIV testing focused on people of color. Monday through Friday, 10 AM–4 PM. By appointment and walk-in.

pocaan.org/POCAAN • 1609 19th Avenue, Seattle • 206-322-7061

PLANNED PARENTHOOD

Call to make an appointment. No walk-ins.

2001 E Madison, Seattle • 800-769-0045

SEATTLE AREA SUPPORT GROUPS

Tuesday and Thursdays, 6–8 PM. By appointment or walk-in.

sasgcc.org • 115 15th Ave E #201, Seattle • 206-322-2437

PROVIDER REFERRAL



INGERSOLL GENDER CENTER'S PROVIDER DATABASE

A database of trans competent medical and mental health providers compiled through an ongoing community collaboration.

ingersollcenter.org/providers



MYTRANSHEALTH

A national curated database of trans competent providers.

mytranshealth.com

HEALTH SERVICES

PROVIDER REFERRAL (CONT.)

lgbq

QUEER HEALTHCARE ACCOUNTABILITY COALITION (QUHAC)

A database of LGBTQ competent healthcare providers in Seattle compiled by LGBTQ and allied residents.

quhac.gaycity.org

lgbq trans

SEATTLE QUEER/TRANS OF COLOR THERAPISTS

A community-generated spreadsheet of Seattle area therapists of color who are either queer/trans, or queer/trans friendly.

<https://goo.gl/0nXlzc>

lgbq

SEATTLE QUEER HEALTH

A Facebook group for Seattle queer community members to post and ask about healthcare providers, experiences, information, and community events.

facebook.com/groups/772691886154113

es gn

WELL ON BEACON

A collaborative health project located in North Beacon Hill. Contact individual practitioners directly for services.

thewellonbeacon.com • 3001 Beacon Ave. S, Seattle



HOUSING & SHELTER

DISCLAIMER

The housing crisis in Seattle is acute. Like the other resources in this Guide, we can't guarantee that the shelters listed here will provide you with a trans-inclusive, welcoming experience. Also, rent for housing in Seattle has skyrocketed over the past years. We recommend that you get on permanent housing waiting lists as soon as you can. We also encourage you to reach out to people in your community to find out about group houses, cooperatives, and trans-friendly property managers that are accepting new applicants.

The homeless services system is very complex. Many homeless shelter/housing programs can only be accessed through the "Coordinated Entry for All" system by calling 211. In theory this system is supposed to make service access simpler and more responsive to individual needs; however, in an environment where services cannot meet the demand, the process can be frustrating. We encourage you to be clear about your needs and your right to fair treatment, but know that not everyone who needs housing can be served.

FOR MORE INFORMATION, SEE

kingcounty.gov/depts/community-human-services/housing/services/homeless-housing/coordinated-entry.aspx

RENTALS

SEATTLE QUEER HOUSING

An online space for Seattle's queer and trans/genderqueer community to share queer & trans/genderqueer specific housing opportunities/needs in the Seattle area.

facebook.com/groups/700739079944771

TRANSGENDER ROOMMATES AND HOUSING

This national group is for connecting trans people who are looking for a place to live with those who can offer a place to live.

facebook.com/groups/GROUPTRH

LOW-INCOME HOUSING

APT FINDER

aptfinder.org

ARCH HOUSING

archhousing.org/renters/apartment-lists.html • 16225 NE 87th Street, Suite A-3 Redmond • 425-861-3676

• info@archhousing.org

BELLWEATHER HOUSING

bellwetherhousing.org/find-an-apartment

• 1651 Bellevue Ave Seattle • 206-623-0506

• bellwether@bellwetherhousing.org

CAPITOL HILL HOUSING

capitolhillhousing.org • 1620 12th Avenue, Suite 205 Seattle

• 206-329-7303 • info@capitolhillhousing.org

HOUSING & SHELTER

LOW-INCOME HOUSING (CONT.)

RENTON HOUSING AUTHORITY

rentonhousing.org • 2900 NE 10th St. Renton
• 425-226-1850

SEATTLE HOUSING AUTHORITY LOW INCOME HOUSING

seattlehousing.org/housing/public

YWCA LANDLORD LIASION PROJECT

landlordliaisonproject.org/tenants/

ADULT SHELTERS

DESC EMERGENCY SHELTER

Provides a nightly place to sleep and a hot meal for up to 383 people across four locations:

- The Morrison: 517 Third Avenue (men and women)
- Queen Anne Shelter: 157 Roy Street (men)
- 505 Third Avenue (men)
- Kerner-Scott House: 510 Minor Avenue North (women)

desc.org/emergencyshelter.html

LIFELONG

Refers eligible clients to HIV-dedicated units within non-profit and for-profit owners of affordable housing.

l1aa.org/services/housing • 206-957-1717

LIHI TINY HOUSES

A development company that builds tiny house villages and homeless encampments:

- Ballard Encampment: 2826 NW Market Street, Seattle • 206-390-9292
- Interbay Encampment: 3234 17th Avenue W, Seattle • 206-356-4484
- Othello Village: 7544 Martin Luther King Jr. Way S, Seattle • 425-615-0800
- Tiny House Village: 1419 22nd Avenue, Seattle • 206-601-0999

lihi.org/tiny-houses

SHARE SHELTERS

Provides nightly shelter (men, women, co-ed) at 11 indoor shelters, each able to hold 10-30 people.

Screenings for night shelters are at 6 PM on Tuesday, Wednesday, Friday and Saturday, and at 1 PM on Mondays and Thursdays.

sharewheel.org/share-screening-calendar

THE SOFIA WAY

Provides meals, laundry, showers, computers and phones, resource referrals, and rotating service providers. Hours are 8 AM - 12:30 PM Monday to Friday. Nightly shelter accommodates 21 beds. Drop-ins from 6:45 PM to 7:45 AM

Prescreen form: sophiaway.org/sophias-place-prescreen • sophiaway.org • 3032 Bellevue Way NE Bellevue • 425-896-7385

HOUSING & SHELTER

ADULT TRANSITIONAL HOUSING

YWCA

Provides transitional housing and weekly advocacy meetings for families to create self-sufficiency plans.

ywcaworks.org/page.aspx?pid=415 • 1118 Fifth Ave, Seattle
425-226-1266 • gcuster@ywcaworks.org

THE ALOHA INN

Allows a stay up to two years while saving money for permanent housing to get out of homelessness. Provides job assistance, counseling, vision and dental care, free clinic on Sunday, and a computer lab.

alohainn.org

JUBILEE WOMEN'S CENTER

Serves low-income women in the community with classes on technology, life skills and job readiness, along with a free clothing boutique, community referrals, and computer lab.

jwcenter.org • 620 18th Avenue East, Seattle • 206-324-1244

ELIZABETH GREGORY HOME

Serves single homeless cis and trans women in the greater Seattle area by providing transitional housing, a day center and case management services

eghseattle.org • 1604 NE 50th St, Seattle
• 206-729-0262 • info@eghseattle.org

YOUTH HOUSING & OTHER NECESSITIES



NEW HORIZONS

In addition to providing case management, employment training, weekday breakfasts, and evening drop-ins, offers 20 beds for emergency youth shelter, and 12 beds for transitional shelter. Gender-neutral sleeping areas available. A faith-based organization that is intentionally welcoming to LGBTQ people.

Drop-In: Sun 6 - 9 PM, Mon-Thurs 7 - 9 PM

Breakfast: Mon-Fri 8 - 8:45 AM

Young Adult Emergency Shelter: Sun-Thurs 9:30 PM - 7:30 AM

nhmin.org • 2709 3rd Avenue, Seattle • 206-374-0866

• info@nhmin.org



ORION CENTER (YOUTH CARE)

Provides nightly emergency shelter for up to twenty 18-24 year olds, where they can also do their laundry and take a hot shower. Also offers meals and drop-in services to youth up to age 22 who are homeless or in unstable housing.

Breakfast: Monday-Friday, 8:30 - 9 AM

Lunch: Monday-Friday, 12:30 - 1 PM

Dinner: Monday, Wednesday, Thursday, Friday, 6 - 6:30 PM

youthcare.org • 1828 Yale Avenue, Seattle

• 206-622-5555 • info@youthcare.org

HOUSING & SHELTER

YOUTH HOUSING & OTHER NECESSITIES (CONT.)



PSKS

Provides shelter and support services for youth experiencing homelessness. Runs several youth programs, including:

- LEAP Internship, a resilience oriented youth development program.
- Queer Youth Community Organizing Internship, a track within LEAP focused on community organizing and advocacy for homeless LGBTQ youth.
- HYPE, a peer-driven day program teaching self-advocacy. HYPE participants get access to hot meals, shelter, laundry and the technology center. HYPE Drop-in Center: M, Tu, W, F 12 to 3 PM.
- Overnight Shelter: Nightly 9:30 PM to 7:30 AM

psks.org • 1609 19th Ave #100, Seattle
• 206-726-8500 • QYCO@PSKS.org

ROOTS

Provides shelter for up to 45 young adults, ages 18-25 on a night-by-night basis. Call or arrive between 8 - 8:30 PM, and ask to be put on the list for shelter. Friday Feast is an all-ages meal every Friday between 5:30 and 7:00PM.

Also provides on-site case management (Monday – Thursday) and referral to other support and transitional services.

rootsinfo.org • 1415 NE 43rd St Seattle
• 206-632-1635 • info@rootsinfo.org

l g b q

UNIVERSITY DISTRICT YOUTH CENTER (YOUTH CARE)

Provides a daily lunch, material necessities, and sanitary services for youth. Drop-in Hours: Monday-Thursday 1 - 3:30pm
4516 15th Ave NE, Seattle

YMCA HOME HOST PROGRAM

For young adults ages 18-24. Provides safe, short-term, supportive housing to young people who are homeless or at risk of becoming homeless. Host families provide up to 6 months of support services to a young person as they work toward stabilization.

ymcayas.org • 2100 24th Ave S, Suite 250, Seattle
• 206-749-7540 • acceleratorhosthome@seattleyymca.org

YOUTH TRANSITIONAL HOUSING

l g b q

ISIS AT RAVENNA HOUSE (YOUTH CARE)

A Transitional Living Program for youth ages 18-22, housing the GLBTQA community.

youthcare.org/our-programs/shelter-and-housing/transitional-housing/isis-ravenna-house
• 206-694-4500 • info@youthcare.org

BABES @ YWCA

A peer support program for women and families affected by HIV.

babesnetwork.org • 1118 Fifth Ave, Seattle 98101
• 206-720-5566 • the_staff@babesnetwork.org

HIV/AIDS SUPPORT



ENTRE HERMANOS

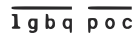
Grupo positivo support group for Latinos living with HIV. Includes a meal, social interaction, and a presentation.

entrehermanos.org • 1105 23rd Ave, Seattle
• 206-322-7700 • ernando@entrehermanos.org

LIFELONG

Case managers work one-on-one with people living with HIV/AIDS, including assistance with medical insurance, housing, groceries and meals, and recovery support services.

l1aa.org • 1016 E. Pike St, 3rd Floor, Seattle
• 206-957-1600



PEOPLE OF COLOR AGAINST AIDS NETWORK (POCAAN)

A multicultural AIDS prevention organization that provides advocacy, emotional support, gatherings, chemical dependency support, and peer support for HIV+ individuals.

pocaan.org • 1105 23rd Ave, Seattle • 206-322-7061



SEATTLE AREA COMMUNITY SUPPORT GROUPS & COMMUNITY CENTER (SASG)

A peer led drop-in support group for individuals coming to terms with an HIV/AIDS diagnosis. This group meets on the first and third Wednesdays of each month from 7:30 - 9 PM.

sasgcc.org/support • 115 15th Ave. E., Suite 201 Seattle
• 206-322-2437



MORE INFO on free HIV/STI testing on page 28.

GOVERNMENT SERVICES



211*

2-1-1 Community Resources Online (CRO) is a database of health and human services in Washington State. It includes more than 5,000 services and 1,500 agencies.

crisisclinic.org/education/2-1-1-community-resources

<http://win211.org/es/>

ORCA LIFT

A reduced transit fare for use on King County's Metro buses, Link light rail, express buses, water taxis, and streetcars. ORCA LIFT cards can be used for Metro buses for only \$1.50 per trip, any time of the day.

kingcounty.gov/depts/health/locations/health-insurance/coverage/enrollment-assistance/ORCA-LIFT-card.aspx

https://www.soundtransit.org/sites/default/files/orca_spanish.pdf

WASHINGTON APPLE HEALTH MEDICAID

In Washington state, Medicaid is called Apple Health.

hca.wa.gov/free-or-low-cost-health-care/apple-health-medicaid-coverage

WASHINGTON BASIC FOOD PROGRAM

Supplemental Nutrition Assistance Program (SNAP), called Basic Food in Washington, helps low income people with monthly benefits to buy food.

dshs.wa.gov/esa/community-services-offices/basic-food



WASHINGTON HEALTH PLAN FINDER

An online marketplace for individuals, families, and small businesses to find, compare, and enroll in Qualified Health Plans and Washington Apple Health (Medicaid)

wahealthplanfinder.org/_content/Homepage.html

https://www.wahealthplanfinder.org/_content/es/Homepage.html

WASHINGTON STATE UNEMPLOYMENT

If you recently lost your job, you may be eligible for unemployment benefits with the state.

esd.wa.gov/unemployment

<https://esd.wa.gov/espanol>

DISCLAIMER

211 is a centralized phone number you can call to find help for getting food, jobs, housing, legal, medical assistance and many other resources. As trans people, we know that we might or might not get a sensitive, informed response from many places we go for help, and 211 is no exception. However, in addition to the other resources listed in this guide, calling 211 is another way to start your search for basic needs resources in the King County area.

LEGAL AID



ACLU WASHINGTON

The ACLU of Washington is the state affiliate of the ACLU, a national civil rights and civil liberties organization.

aclu-wa.org/how-get-legal-help-aclu

- 901 Fifth Avenue, Suite 630 Seattle • 206-624-2180



CLEAR HOTLINE (NORTHWEST JUSTICE PROJECT)

Offers a toll-free legal advice hotline for low-income individuals in cases affecting basic human needs such as family safety and security, housing preservation, protection of income and more.

nwjustice.org/clear-hotline • 401 Second Avenue S, Suite 407 Seattle • 1-888-201-1014 / 1-888-387-7111 (for senior over 60) / 1-800-833-6384 (for the deaf and hard of hearing)

LEGAL VOICE

Pursues justice for all women and girls in the Northwest through litigation, legislative advocacy and education.

legalvoice.org • 907 Pine Suite 500, Seattle
• 206-682-9552 • info@LegalVoice.org

NORTHWEST IMMIGRANT RIGHTS PROJECT

Advances the rights of immigrants through direct legal services, systemic advocacy, and community education.

nwirp.org/get-help • 615 2nd Avenue Suite 400 Seattle
• 206-587-4009



Q-LAW LEGAL CLINIC

Offers a free 30-minute consultation with a volunteer attorney. Attorneys are specially trained to discuss legal issues commonly faced by members of the LGBTQ community. Clinic is held the third Thursday of each month, 7 - 9 PM. Call to schedule a consultation.

qlawfoundation.org/lgbtq-legal-clinic.html
• 206-235-7235 • info@qlawfoundation.org

SEATTLE OFFICE FOR CIVIL RIGHTS

Enforces laws against illegal discrimination in employment, housing, public accommodations and contracting within Seattle city limits.

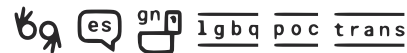
seattle.gov/civilrights • 810 3rd Avenue Suite 750 Seattle
• 206-684-4500

WASHINGTON STATE HUMAN RIGHTS COMMISSION

Prevents discrimination in Washington state through the fair application of the law, efficient use of resources, and establishment of productive partnerships in the community. If you believe you have been the target of discrimination due to your gender identity, you may file a claim with the HRC. See page 87 for more details.

hum.wa.gov • 711 S. Capitol Way, Suite 402 Olympia
• 1-800-233-3247

LOVED ONES SUPPORT



CAMP TEN TREES

One-week and weekend outdoor camps in the spring, summer and fall for LGBTQ young people and youth of LGBTQ families. Ages 8 - 17.

camptentrees.org • 206-288-9568
• info@camptentrees.org



COLAGE-SEATTLE

Programs and resources for youth with an LGBTQ parent to connect with a supportive community of peers. Also hosts social events such as potlucks, volunteer activities, and themed-parties.

colage.org • 509 10th Ave E
• 855-4-COLAGE • seattle@colage.org



GENDER DIVERSITY

Offers medical/mental health provider referral & consultations and hosts monthly support groups to help families navigate a wide range of issues related to supporting their transgender & gender diverse children. Meets monthly on Sunday afternoons. See website for times.

genderdiversity.org/family-support-groups
• Seattle Children's Hospital • 1-855-4GENDER
• maryirons71@gmail.com



GENDER ODYSSEY

An international conference focused on the needs and interests of transgender and gender diverse people. Offers a Kids Day Camp for kids while parents are attending programming.

genderodysseyfamily.org



PFLAG BELLEVUE/EASTSIDE

A chapter of PFLAG National serving residents of East King County communities. Meets the third Thursday of each month, from 7 to 9 PM
pflagbellevue.org/lgbq-resources • 1934 108th Avenue, Bellevue 98004 • 206-325-7724 • info@bellevue-pflag.org



PFLAG SEATTLE & RENTON

Hosts monthly meetings in Seattle and Renton for anyone who seeks a safe place for education, understanding, acceptance and support.

seattle-pflag.org • 1111 Harvard Ave (Seattle First Baptist)
• 206-325-7724 • info@pflagseattle.org



QUEER PARENT NETWORKING DINNER

A time to meet other LGBTQ families and parents, share a meal together, and talk about issues that are affecting your lives. Childcare is provided. Dinners take place every 2nd Thursdays of the month from 6 - 8 PM at the NW Network's Community Engagement Space.

nwnetwork.org/events/2017/1/12/queer-parent-networking-dinner
• 206-568-7777 • qpnd@nwnetwork.org

FOR NATIVE PEOPLES & PEOPLE OF COLOR

lgbq

SEATTLE BAYAN QUEER COLLECTIVE

A collective of queer and trans folx that are working towards liberation for people in the 206 area code.

facebook.com/base206 • bayanusa.pnw@gmail.com

trans lgbq

DARQNESS SEATTLE

A queer and trans people of color party and arts collective. Hosts regular dance and music events around the Seattle area.

facebook.com/darqneseattle

lgbq

EMERALD CITY BLACK PRIDE

Sponsors Emerald City Black Pride in Seattle. This occurs annually in August, with additional events throughout the year to celebrate LGBTQ people of color.

facebook.com/ECBlackPride

es gn lgbq poc trans

ENTRE HERMANOS

Promotes the health and well-being of the Latino/a gay, lesbian, bisexual, transgender, and questioning community in a culturally appropriate environment. Hosts a trans support group that meets on the 1st Saturday of each month.

entrehermanos.org • 1105 23rd Ave, Seattle • 206-322-7700
• fernando@entrehermanos.org

NORTHWEST TWO SPIRIT SOCIETY

This group is open to those who identify as Two-Spirit and our valued Allies. Two-Spirit are those who are Aboriginal/First Nation/Native American/American Indian/Alaskan Native, Metis, Inuit and Gay/Lesbian/Bisexual/Transgender. Provides cultural and ceremonial support to two spirit people, especially young people and their families.

facebook.com/groups/nw2spiritsociety/ • hcalflookingsr@yahoo.com

gn ada gn lgbq poc trans

QTPOC ADVOCACY GROUP @ GENDER JUSTICE LEAGUE

Queer and trans of color community members (and allies) come together and to talk about the pressing issues that they face on a day to day basis. Meets on the 3rd Tuesday of each month.

genderjusticeleague.org/about

lgbq poc trans

QTPAX

An intergenerational collective of Black trans, queer & gender non-binary community organizers in the greater Seattle area creating Black trans & queer-centered spaces for activism, art, healing, and socializing.

253-234-7649 • qtpax@sypp.org

ada lgbq

SEATTLE QUEER & TRANS PEOPLE OF COLOR HAVEN

A private Facebook group for Queer and Trans people of color. Offers support and resource sharing on jobs, housing, health, arts events, and more.

facebook.com/groups/501345283326544

FOR NATIVE PEOPLES & PEOPLE OF COLOR

l g b q p o c

SPOCS (SEATTLE PEOPLE OF COLOR SALON)

A network of artists, activists, academics, organizers of color in Seattle. Meets monthly to hold artists salons, community dialogs and discuss issues regarding the cultural life of Seattle. Open to all people of color.
facebook.com/groups/spocs

l g b q

TRIKONE NW

A vibrant, diverse group of individuals creating a social, supportive, educational, and political space for LGBTQ+ South Asians, their family, friends, and community.
trikonenw.org • trikonenorthwest@gmail.com

U.T.O.P.I.A. SEATTLE

A Fa'afafine organization with at least 75% of its membership identifying as Fa'afafine. Our mission is to create a safe space for Pacific Islander Lesbian, Gay, Bisexual, Transgender, Queer, and Intersex (LGBTQI) communities in advocating for social justice, education and overall wellness.

facebook.com/utopiaseattle/ • utopiaseattle.org
• mail@utopiaseattle.org

RECOVERY

AL-ANON/ALATEEN, AA, NA

While there are no trans specific groups, there are many “gay” meetings in the greater Seattle area that are attended by trans people. For a complete listing, call the 24-hour line and inquire directly.

seattle-al-anon.org • 206-625-0000
• ais@seattle-al-anon.org

l g b q

SEATTLE AREA SUPPORT GROUPS

Provides support to LGBTQ people affected by HIV/AIDS and those living with chronic health conditions, addiction/recovery, mental health, and social support through 1-on-1 peer support and peer group facilitated programs.

sasgcc.org • 115 15th Ave E #200 • 206-322-2437

ada gn l g b q

SEATTLE COUNSELING SERVICE

Offers two trans-friendly addiction services. One is an abstinence based program that offers groups and individual based support. The second, Project NEON is a harm reduction program for users of crystal meth and is aimed at educating the community through peer support.

seattlecounseling.org • 1216 Pine St #300 • 206-323-1768

SOCIAL LIFE

l g b q p o c

AZUQAR QUEER LATINX DANCE NIGHT

A dance night for the Latinx community to feel at home with the music we grew up with.

facebook.com/azuqar.dance/

l g b q t r a n s

EMERALD CITY SOCIAL CLUB

A social and educational organization for the transgender community in Seattle.

theemeraldcity.org • Ravenna • 425-827-9494

NIGHT CRUSH

A monthly dance party in Seattle for queers and their legit allies.

facebook.com/Night-Crush-662006387250261

t r a n s

PINK CRUSH SOCCER

An all-gender queer and trans indoor soccer team. All skill levels are welcome! Games are on Sunday evenings as part of Arena Sports indoor adult soccer league.

facebook.com/groups/570687019614335

SEATTLE GENDERQUEER/TRANS WOMEN & NON-BINARY PEOPLE

facebook.com/groups/SeattleGQTWNB

t r a n s ada 

SEATTLE NONBINARY COLLECTIVE

A community of non-binary folks with regularly hosted meetups, social events, and workshops.

enbycollective.org

t r a n s

SEATTLE TRANS SOCIAL

Hosts social events for the Trans community and its allies.

facebook.com/SeattleTransSocial16

l g b q

THE ABBEY OF ST JOAN - SISTERS OF PERPETUAL INDULGENCE

An order of 21st century nuns working to raise money for AIDS charities, fight for queer rights, and do safer sex outreach.

facebook.com/theabbeyofsaintjoan


• sisters@theabbey.org

t r a n s

TRANSGENDER WASHINGTON NETWORK

A Facebook group for trans people in Washington state.

facebook.com/groups/1634925830091351

l g b q ada 

UW QUEER STUDENT COMMISSION

Supports and educates queer UW students, other student groups, community groups and UW faculty.

qsc.asuw.org

SPIRITUALITY & RELIGION

trans

BETHANY UNITED CHURCH OF CHRIST

bethanyseattle.org • 6230 Beacon Ave. S., Seattle
• 206-725-7535 • office@bethanyseattle.org

CENTER FOR SPIRITUAL LIVING

spiritualliving.org • 5801 Sand Point Way NE, Seattle
• 206-527-8801

lgbq

EMERALD CITY METROPOLITAN COMMUNITY CHURCH

mccseattle.org • 1415 NE 43rd Street
• 206-325-2421 • info@mccseattle.org

GAY CITY'S SPIRITUALITY AND RELIGION PAGE

gaycity.org/spirituality-religion

JEWISH VOICE FOR PEACE

jvpseattle.org

ada 

KADIMA RECONSTRUCTIONIST COMMUNITY

kadima.org • 832 32nd Ave, Seattle, WA 98122
• 206-547-3914 • office@kadima.org
• RabbiDavid@Kadima.org

trans

LIBERATION UNITED CHURCH OF CHRIST

mylucc.org/home • 832 32nd Avenue

NEW BEGINNINGS CHRISTIAN FELLOWSHIP

thenbcf.org/article/8/all-are-welcome
• 19300 108th Ave SE, Renton • 425-282-6220

lgbq poc

NOOR: LGBTQI MUSLIMS OF SEATTLE

noorseattle.tumblr.com • seattle.qtm@gmail.com

SEATTLE INSIGHT MEDITATION SOCIETY

seattleinsight.org • 2729 6th Ave S, Seattle
• 206-659-5546

DISCLAIMER

The spiritual and religious centers listed in this guide were drawn from community member recommendations on an online discussion on a trans Facebook group.



SPIRITUALITY & RELIGION

SHAMBHALA MEDITATION CENTER OF SEATTLE

seattle.shambhala.org • 3107 E Harrison St, Seattle
• 206-860-4060

UNIVERSALIST UNITARIAN CHURCH OF SEATTLE

uuchurch.org • 6556 35th Ave NE, Seattle, WA 98115
• 206-525 8400

WALLINGFORD UNITED METHODIST CHURCH

wallingfordumc.org • 2115 N 42nd St, Seattle, WA 98103
• 206-547-6945 • office@wallingfordumc.org

SURVIVOR SUPPORT & ADVOCACY



API CHAYA QUEER NETWORK PROGRAM

Works to build skills within Asian Pacific Islander (API) LGBTIQ communities, raise the visibility of our community and concerns, and support survivors of violence through advocacy and safety planning.

206-467-9976 • info@apichaya.org



COALITION ENDING GENDER-BASED VIOLENCE LOCAL SERVICES

A list of King County domestic violence, sexual assault, and trafficking programs of organizational members of the Coalition Ending Gender-Based Violence. The Coalition itself does not provide direct services.

206-568-5454 • endgv.org



THE NORTHWEST NETWORK OF BISEXUAL, TRANS, LESBIAN, AND GAY SURVIVORS OF ABUSE

Provides advocacy and safety planning support for LGBTQ survivors of dating, domestic and sexual violence and stalking. Provides individual support to LGBTQ young people who have experienced or are at risk for any type of crime victimization or harm.

206-568-7777 • info@nwnetwork.org

TRANS SUPPORT GROUPS



ALL TRANS SUPPORT GROUPS BY INGERSOLL

A place for trans, gender variant, genderqueer, questioning, friends, family and community allies to come together for information and mutual support. Meets every Wednesday, no exceptions.

ingersollcenter.org/supportgroup • 517 E Pike Street, Seattle • 206-849-7859 • ingersollgender@gmail.com



THE UW Q CENTER

A student run resource center at the UW that hosts a Gender Discussion Group, Queer Mentoring Program, and Safe(r) Zone Workshops.

depts.washington.edu/qcenter/wordpress • HUB 315 • 206-897-1430 • uwqcenter@gmail.com



WASHINGTON GENDER ALLIANCE

Weekly support meetings run by trained peer facilitators to help people who are questioning their gender, coming to terms with their gender identity, negotiating the coming out process, or navigating transition.

washingtongenderalliance.com • 17018 15th Ave NE, Shoreline, Room 130 • 360-445-2411 • info@washingtongenderalliance.com

FOR YOUTH

HEALTH SERVICES

45TH STREET CLINIC (NEIGHBORCARE TEEN CLINIC)

Gender affirming services for youth and young adults ages 12-23 who are currently homeless or have been homeless at some point in the last 12 months. See Health Services section for more information on services.

neighborcare.org/clinics/neighborcare-health-45th-street
 • 1629 N 45th St, Seattle WA • 206-633-7650



NW NETWORK

Provides LGBTQ specific advocacy and safety planning support youth and young adults who have experienced or are at risk for any kind of victimization or harm.

nwnetwork.org • 206-568-7777 • info@nwnetwork.org



TEEN FEED

Provides meals, community connections and support coordination to all homeless, at-risk, and food insecure youth and young adults.

teenfeed.org • 4740 B University Way NE Seattle
 • 206-522-4366 • info@teenfeed.org



SEATTLE CHILDREN'S GENDER CLINIC

Gives gender-affirming care to transgender or gender nonconforming people up to 21 years old. Doctors have special training in adolescent medicine, hormones (endocrinology) and emotional health.

seattlechildrens.org/clinics-programs/gender-clinic
 • 4800 Sand Point Way NE, Seattle, WA • 206-987-2028

SUPPORT GROUPS

BGLAD @ YOUTH EASTSIDE SERVICES

A weekly confidential support group held in Bellevue. Meets every Thursday from 6 - 8 PM. Counselors are licensed mental health practitioners with specialized training specifically for with children, young adults, and families.

youtheastsidesideservices.org
 • 16510 NE 79th Street, Redmond • 425-556-2370



GENDER DIVERSITY

A youth-led support group for trans and gender diverse youth. Up to age 20. Meets monthly on the 3rd Sunday, 4:30 - 6:30 PM. Call/email for address and directions.

genderdiversity.org • 855-443-6337
 • info@genderdiversity.org

FOR YOUTH

SUPPORT GROUPS (CONT.)

l g b q

POW! @ NAVOS

For LGBTQ and allied youth ages 13-21. Get support, talk about successes and challenges, make friends, work on social justice projects, participate in community events, and have tons of fun.

navos.org/pow • 1033 SW 152nd St, Burien • 206-326-9112

l g b q

LGBTQ, QUESTIONING, AND ALLIED YOUTH DROP-IN GROUP AT RAYS

Serves children and youth from birth to age 24. Strengthens the lives of children, youth, and families by restoring hope and stability in the face of emotional conflict, substance abuse, and poverty.

rays.org • 1025 South 3rd St Renton, WA
• 425-271-5600 • sarahh@rays.org

POWERFUL VOICES

Provides an employment program, case management, and empowerment programs for girls in middle schools and juvenile detention.

powerfulvoices.org/programs/index.shtml
• 1620 18th Avenue, Suite 100 Seattle, WA • 206-860-1026
• info@powerfulvoices.org

ARTS & LEADERSHIP

l g b q

CAMP TEN TREES

One-week and weekend outdoor camps in the spring, summer and fall for LGBTQ young people and youth of LGBTQ families. Ages 8 - 17.

camptentrees.org • 206-288-3568
• info@camptentrees.org

l g b q

DIVERSE HARMONY

Presents music that allows youth of diverse backgrounds to share their love of music and be accepted for who they are. Ages 13-22.

diverseharmony.org • 206-389-5858

l g b q

LGBTQ DISCUSSION GROUP @ MAPLE VALLEY COMMUNITY CENTER

A group for discussing LGBTQ issues in a safe and respectful environment. Open to all teens.

maplevalleycc.org/teencenter • 22010 SE 248th Street, Maple Valley • 425-432-1272 • lauran@maplevalleycc.org

FOR YOUTH

ARTS & LEADERSHIP (CONT.)

l g b q

HEYO @ LIFELONG

Through peer-to-peer outreach and education, reduces stigma around queer issues and promotes healthy sexual choices. Meetings occur on the first and last Wednesdays of every month from 6 - 8 PM. Open to all LGBTQ & allied youth ages 16 - 24.

ltaa.org/heyo • 206-328-8979

l g b q

OUTSPOKEN SPEAKERS BUREAU

A diverse group of LGBTQ and allied youth and adults dedicated to challenging oppression and violence through community education and story telling. For youth ages 14-23.

nwnetwork.org • 206-568-7777

PEACE ON THE STREETS BY KIDS FROM THE STREETS (PSKS)

Programs act as stepping stones to transition youth from the streets to self-sufficiency. See entry in Housing section for more info.

l g b q

REEL QUEER YOUTH

A video production and media literacy training for LGBTQ youth and their allies ages 13-20.

threedollarbillcinema.org/programs/RQY

ada gn l g b q p o c

SEATTLE YOUNG PEOPLE'S PROJECT

A grassroots community-based organization creating space for anti-racist, intersectional feminist youth of color-led, adult-supported community organizing.

sypp.org • 6218 Beacon Ave S, Seattle • 253-234-7649
• info@sypp.org

YOUTH CARE

Provides programs and services for streetkids, runaway, homeless and at-risk youth. See entry in Housing section for more information.

YOUTHSPEAKS

Provides arts integration, out-of-school arts and teen leadership programs for youth. Queer and trans-friendly environment.

artscorps.org/programs/teen-programs/youth-speaks-seattle

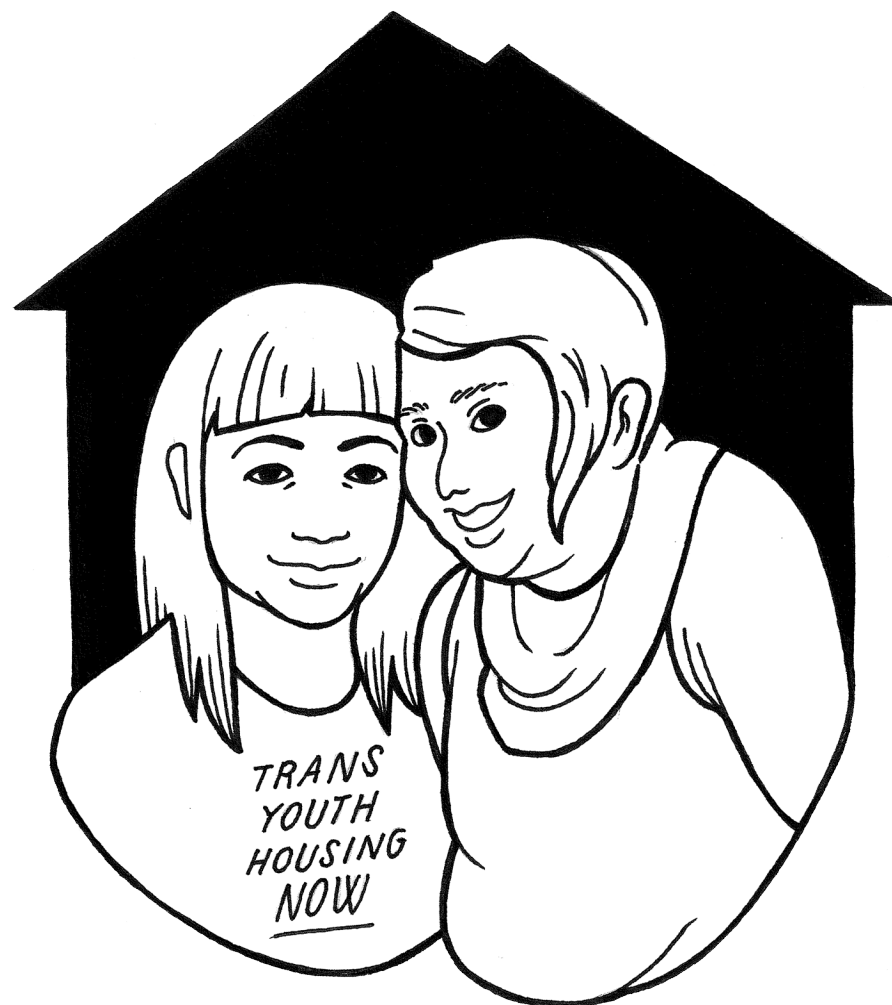
• 4408 Delridge Way SW, Suite 110, Seattle
• 206-722-5440 • info@artscorps.org



CHALLENGES TRANS PEOPLE FACE

Trans people commonly face a multitude of barriers when trying to access basic services and support, or even simply while living day to day. This includes experiencing:

- Poverty
- Homelessness
- Unemployment
- Bullying in schools
- Violence
- Social stigma
- Discrimination
- Bathroom anxiety or harassment
- Substandard medical care
- Rejected identity documents
- Invasive questions or assumptions about our bodies



GENDER DIVERSITY

Understand that trans people are as diverse as any other group of people you serve and share a community with. Like all people, we present ourselves in a myriad of ways; there is no one way to “look” or be trans. We identify along a spectrum of sexual orientations. We may or may not decide to transition, whether that is through social presentation or medical treatments or procedures. We get to decide when, to whom, and how to disclose that information. Many of us face additional stress navigating institutional barriers due to our race, ability, mental health, legal status, and more.

A NOTE ON DISABILITY ACCESS

Disabled trans people experience an incredible amount of systemic barriers to care and basic services every single day. Even if services are trans friendly, if they’re not accommodating to our disabilities, we will still be unable to access them. Some common examples of access include wheelchair accessible facilities and bathrooms, ASL interpreters, enforced scent free policies and elevators that work consistently. Ongoing discrimination, questioning of our competence, and risk of violence and abuse are reasons many disabled trans people experience fear, anxiety, or hesitation when trying to access

services. Providing a welcoming environment requires a willingness to listen and make adjustments as needed. Access is a process, and flexibility is key.

Because access can mean so many different things, it’s essential to make your services and workplaces as accessible as possible, to the widest range of people possible. In many cases, this is required by law. Making a commitment to accessibility in your workplace can be a daunting task, so we’ve included some resources for you to the right to help you navigate the federal and Washington State laws that protect disability rights. We’ve also included an accessibility audit with which you can thoroughly review every aspect of your workplace. Many of the organizations listed in the disability support section on page 17 can also give in-person trainings on accessibility.

Understand that trans access and disability access are closely intertwined. That all bodies deserve care. That making a commitment to access is an ethical and political act. By improving and embracing your accessibility practices, using the strategies mentioned above and the resources listed below, you will send the message that each of us is invaluable and indisposable exactly as we are. We hope you will use this guide to live out that commitment to accessibility.

ACCESSIBILITY
RESOURCES

NORTHWEST ADA CENTER

nwadacenter.org

**WASHINGTON STATE HUMAN
RIGHTS COMMISSION**

hum.wa.gov

**RADICAL ACCESS MAPPING
PROJECT ACCESSIBILITY AUDIT**

tinyurl.com/radaccmap

SINS INVALID

sinsinvalid.org

MIA MINGUS

leavingevidence.wordpress.com

THE ICARUS PROJECT

theicarusproject.net

**LEAH LAKSHMI
PIEPZNA-SAMARASINHA**

brownstargirl.org/blog

ELI CLARE

eliclare.com/what-eli-offers/lectures

POC ONLINE CLASSROOM

poconlineclassroom.com/health

DISABILITY
JUSTICE
RESOURCES



ADVOCACY & REFERRALS

Improve your skills as an advocate to trans communities by learning how to treat us as whole and autonomous beings, and educating your colleagues and organizational leaders about gender diversity. When connecting us to other services, one thing you can do is to call ahead and ask questions about the policies and practices of that organization. When you do this, we as trans people can make a more informed choice about our options while maintaining our privacy.

IMPORTANT NOTE

Do not disclose personal or identifying information about someone you are advocating for unless you have been given explicit permission to do so!

BASIC SCRIPT

After introducing yourself and explaining why you are calling, here are some good questions you can ask:

1. Are you familiar with working with trans people in your program/service? Have you served trans people before?
2. Do you have trans people on staff in your program/service?

3. Are there designated staff people in your program/service that work with trans people?
4. Have staff received any training on working with trans communities? Do you have gender-neutral bathrooms, showers, and sleeping areas? How has your staff handled gender segregation in the past with trans participants?
5. If a person's legal identification reflects a different name or gender designation, will this affect their ability to access services?
6. Do you have any other policies that might impact this person in accessing your program/service? Is there anything else I should tell this person before they contact your organization?
7. Is there anything else I should tell this person before they contact your organization?
8. Do you have any questions or concerns about this referral?

ANOTHER NOTE

If a provider indicates that a trans person is unwelcome or ineligible for services based on their gender identity or expression, refer to page 87 for more information, including How to File a Discrimination Complaint.

PROVIDER TRAINING & EDUCATION

There are a wealth of resources for providers on how to increase access and support for LGBTQ people in the programs and services you offer. While providers do not need to be experts, it can be helpful to have outside educational support, facilitation, or consulting. We believe that increasing access to trans communities results in improving services for everyone.

DEMONSTRATE ACCESS

A free resource website with ideas and tools designed to help service providers identify barriers and make changes in policy and practice to increase access for LGBTQ communities.

demonstrateaccess.org

GENDER DIVERSITY

Works with K-12 schools to create gender-inclusive learning environments; offers referrals for additional resources; and provides education about transgender and gender diversity issues to organizations, professionals, and service providers.

genderdiversity.org

GENDER JUSTICE LEAGUE

Provides training on social justice issues related to trans identities, experiences, gender identity and expression, and compliance with state non-discrimination law in workplaces, medical and mental health settings, and educational institutions.

genderjusticeleague.org

INGERSOLL GENDER CENTER

Provides training for transgender, gender variant and genderqueer people working within organizations, and the people who support them, from the perspective of mutual support and education.

ingersollcenter.org

NW NETWORK OF LGBT SURVIVORS OF ABUSE

Technical assistance and training program supports adult and youth service providers, community groups, educators, and organizations working to prevent and respond to abuse, both within LGBT community and mainstream settings.

nwnetwork.org

CEDAR RIVER CLINICS TRANS HEALTH CARE KIT

A peer-reviewed toolkit that offers basic training modules for front-line and clinical staff. Account registration required.

cedarriverclinics.org/transtoolkit/trans101

OUTSPOKEN SPEAKERS BUREAU

A diverse group of LGBTQ and allied youth and adults that provides a wide variety of trainings and workshops for youth, educators, advocates and community members on how to support LGBTQ youth.

nwnetwork.org/youth-programs-and-activities



PROVIDER TRAINING & EDUCATION

SAFE SCHOOLS COALITION

Offers trainings, presentations, and resources on LGBTQ issues in schools and supports students, families, and educators who do not feel welcome at school.

safeschoolscoalition.org

WASHINGTON GENDER ALLIANCE

Hosts a speakers bureau available for engagements at any school, professional group, or community organization.

washingtongenderalliance.com/

PROVIDER GROUPS

THERAPISTS AND PHYSICIANS CONSULT GROUP @ INGERSOLL

A bi-monthly meeting for medical and mental health providers who work with trans, genderqueer, and gender variant clients and their families to network, consult, share resources and learn from one another.

To join, log into your Google account, and click Apply for Membership on this site: groups.google.com/forum/#!forum/ingersollconsult

NW LGBT SENIOR CARE PROVIDER NETWORK

A monthly informal network of senior care providers of all kinds working together to provide advocacy and quality of care for the LGBT seniors of Washington State. Members include senior centers, community service providers, private attorneys, fiduciaries and financial planners, home care and home health agencies, housing, insurance, and more. Sign up on the mailing list on their website.

nwlgbtseniorcare.org/

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SELF ADVOCACY

Trans and gender-nonconforming people have a long history of having to advocate for ourselves due to the discrimination, prejudice and stigma we experience. We are worthy of dignity, respect, and a life free of discrimination and violence. Here are some tips for how we can advocate for ourselves when we feel we have been treated unjustly.

- **First, take a moment to assess for yourself:**
 - **What do you want for yourself? What's your goal in responding?**
 - **How much energy do you want to invest in this?**

Even though the discrimination you experienced is wrong, you do not have to challenge it, especially if you don't feel safe, fear backlash, or feel too angry or upset to want to respond.
 - **What resources do you have for helping the situation change?**

It can be draining to advocate for yourself. Do you have a self-care plan? Do you have friends or community members who can help you advocate?
 - **Who should you advocate to? In some cases, this might be directly to the person, in others it might be via more formal feedback or to a supervisor.**

- **Keep a log.** It's very helpful to be specific when making a request i.e. "I've been misgendered by the receptionist during my last three visits" is more effective than "I am always being misgendered here."
- **Express your needs rather than judgments of the person or organization** i.e. "I need my housing to be safe for me" is often more effective than "You are being transphobic."

THIS PORTION WAS ADAPTED FROM

transrightsbc.ca/wp-content/uploads/2015/11/Self-Advocacy-for-Trans-People-Final.pdf

UPDATING ID DOCUMENTS

HOW TO CHANGE YOUR NAME IN KING COUNTY

File a Petition for Name Change with a clerk in a King County District Court. Bring your Photo ID. Effective October 9, 2015, the King County District Court fee for name changes is \$171 cash only. Additional certified copies are \$5 per copy.

FOR OFFICIAL INSTRUCTIONS, VISIT:

kingcounty.gov/courts/district-court/name-changes.aspx



HOW TO CHANGE YOUR GENDER DESIGNATION ON YOUR DRIVER'S LICENSE IN WASHINGTON

Complete the “Change of Gender Designation Request” PDF form and pay a \$10 fee for an updated card. The form requires a licensed physician to complete the second half, but does not require any specific gender-related or surgical treatment. If you need to find a physician to complete this form for you, please refer to the health clinic links on page 26.

“CHANGE OF GENDER DESIGNATION REQUEST” PDF:

dol.wa.gov/driverslicense/genderchange.html

FOR OFFICIAL INSTRUCTIONS, VISIT:

dol.wa.gov/driverslicense/genderchange.html

HOW TO CHANGE YOUR BIRTH CERTIFICATE IN WASHINGTON

The State of Washington allows you to change your name and gender on your birth certificate without any requirements of clinical treatment. You must submit a letter with your personal contact information and a letter from your physician, or a certified court order of your correct name/gender.

FOR OFFICIAL INSTRUCTIONS, VISIT:

doh.wa.gov

HOW TO CHANGE YOUR U.S. PASSPORT

Changing the gender marker on your passport is a similar process to changing your Washington State driver's license, including a letter from your physician.

Changing your name on your existing passport requires providing a court order for name change.

FOR INSTRUCTIONS ON CHANGING YOUR U.S. PASSPORT, CHECK OUT:

transequality.org/sites/default/files/docs/kyr/passports_2014.pdf

FOR INFORMATION ON HOW TO CHANGE YOUR SOCIAL SECURITY CARD, CHECK OUT:

<https://transgenderlawcenter.org/archives/13376>

YOUR RIGHTS IN WASHINGTON STATE

The Washington Law Against Discrimination (WLAD) protects trans people from violence, threats, and bullying in public school, and from discrimination based on gender expression or gender identity (actual or perceived) in:

- Public accommodations (such as restaurants, hotels, and public schools)
- Housing (renting, buying, selling)
- Employment in public workplaces, and private workplaces with 8+ employees
- Credit transactions (such as loans and credit cards)
- Insurance transactions (such as health insurance)

The Washington State Human Rights Commission (HRC) investigates civil rights complaints under WLAD.

On the county level, King County bans discrimination in places of public accommodation, housing, employment, and education. On the city level, both Seattle and Burien ban discrimination in places of public accommodation, housing, and employment.

If you or someone you know has experienced discrimination due to sex, gender, or gender identity/expression, legal advocates can help you to take legal action. Find out more about

legal support services on page 44 of this guide, or contact one of the offices below to initiate a complaint.

INFORMATION ADAPTED FROM THE ACLU OF WASHINGTON STATE:

<https://aclu-wa.org/docs/rights-transgender-people-washington-state>

HOW TO FILE A DISCRIMINATION COMPLAINT

CITY OF SEATTLE OFFICE OF CIVIL RIGHTS

206-263-2446 • seattle.gov/civilrights

KING COUNTY OFFICE OF CIVIL RIGHTS

206-263-2446

• kingcounty.gov/depts/civil-rights.aspx

WASHINGTON STATE HUMAN RIGHTS COMMISSION

1-800-233-3247

• hum.wa.gov/ComplaintProcess/Index.html

OFFICE OF SUPERINTENDENT OF PUBLIC INSTRUCTION

360-725-6162 • k12.wa.us

BATHROOM LAWS

For many trans and gender non-conforming people, using gender separated public restrooms can be a highly stressful experience. On June 6th 2016, the City of Seattle passed an All-Gender Restroom Ordinance that mandates that all public single-occupancy bathrooms be open by people of any gender identity or sex. Signage should be present and indicate that the restroom is open to all genders.

If you find a public building in violation of this ordinance, FILE A COMPLAINT WITH THE SEATTLE OFFICE OF CIVIL RIGHTS:

206-684-4500

seattle.gov/civilrights/file-complaint

FOR MORE DETAILS ON THIS ORDINANCE, PLEASE VISIT:

<https://seattle.gov/civilrights/programs/gender-justice-project/all-gender-restrooms/frequently-asked-questions>

If you have a smartphone, DOWNLOAD REFUGE RESTROOMS TO SEE ALL SINGLE-OCCUPANCY ALL-GENDER RESTROOMS IN YOUR AREA:

refugerestrooms.org/

If you need support around this, REACH OUT TO WASHINGTON SAFE ALLIANCE:

wasafealliance.org/

ANNUAL EVENTS

MARCH 31

TRANS DAY OF VISIBILITY

MAY

TRANSLATIONS FILM FESTIVAL

threedollarbillcinema.org/programs/translations

JUNE

TRANS PRIDE SEATTLE

transprideseattle.org/

RAINBOW HEALTH FAIR

gaycity.org/rainbowhealth/

AUGUST

GENDER ODYSSEY

genderodyssey.org/

FALL

GENDER JUSTICE AWARDS