

# Transgender Youth Resources

## Community

**Human Dignity Coalition** – works to advance and safeguard human rights. “We promote equality for the lesbian, gay, bisexual, transgender, queer, (LGBTQ) and allied community in Central Oregon.”

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

**Queer Youth Space (QYS)** – 5-7PM, 3<sup>rd</sup> Tuesday of each month, Downtown Health Center (1340 Wall St, Bend)  
All LGBTQ+ youth and allies from 13-20yo; chaperoned by an adult facilitator from Human Dignity Coalition

**Parents of Transgender Children Support Group** – 5-7PM, 3<sup>rd</sup> Tuesday of each month, Downtown Health Center (1340 Wall St, Bend)

Peer- and volunteer-run support group will meet to discuss the education, struggles, and ideas of their children’s journey and transition.

**PFLAG** (Parents and Friends of Lesbians and Gays)

[pflagcentraloregon.webs.com/](http://pflagcentraloregon.webs.com/)

Bend: 6:30-8:00PM, 2<sup>nd</sup> Tuesday of each month, Nativity Lutheran Church

Madras: 6:30-8:00PM, Last Thursday of each month, Madras United Methodist Church

**Child Center Group** – Facilitated by Therese Thompson, for tweens and teens. Ongoing, Bend.

541-728-0062

**Family Group** – Facilitated by Melissa Adams, LCSW & Erika Beard-Irvine, MD, for children, teens, and families.

Offered 2-3 times per year in Bend, 6 week series.

[melissaadamslcsw@gmail.com](mailto:melissaadamslcsw@gmail.com) or [erikabeard@gmail.com](mailto:erikabeard@gmail.com)

**OUT Central Oregon**

A Meetup that schedules outings and gatherings for LGBTQ Central Oregonians and their families.

[Meetup.com/OUTCentralOreognLGBTQ/](http://Meetup.com/OUTCentralOreognLGBTQ/)

**Saving Grace** – Domestic violence and sexual assault support to survivors of abuse and sexual assault.

541-389-7021

[saving-grace.org](http://saving-grace.org)

**The LOFT (Living Options for Teens)** – transitional living program for people 16-20 years old who are currently homeless or in unstable housing. Part of Cascade Youth & Family Services.

541-318-3436

**Big Brothers/Big Sisters** – LGBTQ mentors

541-312-6047

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

**School FAN Advocates** – can help with obtaining clothing.

**School Gay Straight Alliance (GSA)** – various local middle and high schools, check with your school.

**Alli Stickland**, Hair and Make-up Artist, specializes in supporting people who are socially transitioning

847-254-7336

**Tana Anderson**, Electrolysis

541-233-6619

**Traci Benjamin**, Electrolysis

541-318-3436

## National

Trans LifeLine, National Crisis Hotline (all staff members are transgender)  
877-565-8860

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

The Trevor Project  
866-488-7386

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

TransYouth Family Allies  
[imatyfa.org](http://imatyfa.org)

## Books

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

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

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

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

*When Kathy is Keith*  
Wallace Wong

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

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

## Social Networking

**Gender Spectrum** – online education, support and social networking for transgender teens and families.  
[genderspectrum.org](http://genderspectrum.org)

**The Gender Book** – Facebook community and online resources.  
[thegenderbook.com](http://thegenderbook.com)

**Trevor Space** – social networking site for LGBTQ youth ages 13-24 and their friends.  
[trevorspace.org](http://trevorspace.org)

**TransFamily** – online discussion boards for transgender youth and their parents or partners, spouses, and children of transitioning adults.  
[transfamily.org](http://transfamily.org)