LGBTQIA+ COMMUNITY RESOURCES LIST

Amara is pleased to share this curated list of resources and supports for our LGBTQIA+ community. We try our best to vet each resource prior to adding it to our list, but we cannot vouch for any of the services listed by these organizations/agencies. If you have a negative experience with a resource listed here, please contact amara@amarafamily.org and let us know.

Please note that resources for the LGBTQ+ youth community are continually changing. We try to keep our list as up-to-date and current as possible, but it is always a work in progress. If you know of a great resource that is not on our list, please email us at amara@amarafamily.org so we can add it.

National

Name	Description	Contact
American Civil Liberties Union (ACLU)	ACLU works to defend and preserve the individual rights and liberties guaranteed by the Constitution and laws of the United States. Their LGBT works to ensure that LGBT people can live openly without discrimination and enjoy equal rights, personal autonomy, and freedom of expression and association.	Website: https://www.aclu.org/issues/lgbtq-rights
Family Acceptance Project	The Family Acceptance Project® is a research, intervention, education and policy initiative that works to prevent health and mental health risks for lesbian, gay, bisexual and transgender (LGBT) children and youth, including suicide, homelessness and HIV – in the context of their families, cultures and faith communities. They use a research-based, culturally grounded approach to help ethnically, socially and religiously diverse families to support their LGBT children.	Website: https://familyproject.sfsu.edu/
GLSEN	A national organization with local resources too. Their mission is to create safe and affirming schools for all, regardless of sexual orientation, gender identity, or gender expression. They have tools to help create and support Gay-Straight Alliance in schools and other resources around ensuring school is a safe space for LGBTQ+ youth.	Website: https://www.glsen.org
GSA Network	GSA Network is a next- generation LGBTQ racial and gender justice organization that empowers and trains queer, trans, and allied youth leaders to advocate, organize, and mobilize an intersectional movement for safer schools and healthier communities.	Website: https://www.gsanetwork.org/

Human Rights Campaign (HRC)	HRC advocates for LGBTQ equality and educates the public about LGBTQ issues. They are one of the largest civil rights organizations working to achieve LGBTQ equality. HRC has a program called "All Children, All Families" which focuses on achieving safety, permanency, and well-being by improving practice with LGBTQ youth and families; especially those involved with the foster system.	Website: https://www.thehrcfoundation.org/professional-resources/all-children-all-families-online-learning-archive
RAD Remedy	RAD Remedy's mission is to connect trans, gender non-conforming, intersex, and queer folks to accurate, safe, respectful, and comprehensivecare in order to improve individual and community health.	Website: https://radremedy.nationbuilder.com/
Transgender Map	This free website helps show how to make a gender transition. It tells about gender identity and gender expression, as well as the social, legal, and medical ways to make a transgender transition. It has lists of people who can help. You can learn how to pay for transition. There is also help for young people and their families.	Website: https://www.transgendermap.com/
Two spirit and native LGBTQ Youth	Raising the physical, mental, social, and spiritual health of American Indians and Alaska Natives to the highest level. Healthy communities and quality health care systems through strong partnerships and culturally responsive practices.	Websites: LGBTQ-Two-Spirit Workgroup: https://www.ihs.gov/lgbt/lgbtq2swg/ Family and Friends of LGBTQ: https://www.ihs.gov/lgbt/family/ Teens and Young Adults: https://www.ihs.gov/lgbt/health/yadults/

State

Name	Description	Contact
Camp Ten Trees	A nonprofit residential camp in Washington State. Camp Ten Trees strives to create a socially-just, youth empowered camp community for youth of LGBTQ and nontraditional families. Their summer camp is for teens and allies ages 13-17 and youth of LGBTQ families ages 8-17.	Website: http://camptentrees.org Facebook: @camptentrees

		(best way to contact is through Facebook or email) Phone: 206-288-9568
Center for Children and Youth Justice	To create better lives for generations of children and youth by reforming the child welfare and juvenile justice systems. That all children, youth, and young adults are healthy, safe and thriving; cared for by their community; valued as they are; and have a sense of belonging.	Website: https://ccyj.org/about-us/
Coordinated Care	Local health plan treating the whole person by removing barriers to care and connecting members to what they need. As a Coordinated Care member, you can choose to enroll in care management to get support exploring or pursuing gender-affirming services. Care management is confidential and is one of the no-cost benefits of being a Coordinated Care member.	Email: fostercaremgmt@coordinatedcarehealth.com Phone: 1-844-354-9876 TDD/TTY: 1-866-862-9380 Use the phrase: "I want care management" or "I need to speak with a care manager."
Lavender Rights Project	Lavender Rights Project (LRP) advances a more just and equitable societyby providing low-cost civil legal services and community programming centered in values of social justice for trans and queer low-income people and other marginalized communities.	Website: https://www.lavenderrightsproject.org/
Peer Seattle	To provide peer emotional support and development services to: a. Washington state residents impacted by temporary or chronic addiction, mental health, and/or HIV/AIDS or other sexually transmitted diseases. b. Target disparately impacted communities through site expansion operated as a dba of Peer Washington named for location and guided by a charter identifying the target community served. c. Maintain safe space for members identified as lesbian, gay, bisexual, transgender, gender non-conforming or other sexual minorities at all our locations regardless of the target community. d. Services shall be open to any person impacted by addiction, mental health or HIV/AIDS; however, outreach for each site will be directed toward the community identified in the site charter.	Website: https://www.peerseattle.org/about

	e. The work is done in a spirit of safety, trust, inclusiveness and celebration of individual differences.	
QLAW	QLaw Association is an association of LBGT legal professionals and their friends. Serving as a voice of LGBT lawyers and other legal professionals in the State of Washington on issues relating to diversity and equality in the legal profession, in the courts, and under the law.	Website: http://www.q-law.org/
Trans Families	Trans Families inspires hope, increases understanding, and creates a visible pathway to support trans and gender diverse children, and all those who touch their lives. Trans Families is a nonprofit organization that has been supporting transgender people and their families since 2008. Formerly called Gender Diversity, we are also the force behind the annual conference Gender Odyssey. Today, they run parent support groups, a trans youth leadership program, special topics groups, and youth support groups, with more programs in development. Before COVID-19, their groups were all in person. Now they are all online, available for families everywhere.	Website: https://transfamilies.org Phone: 1-855-443-6337 Email: https://transfamilies.org/about/contact-us/#1603212595809-3d4de887-93ce
Washington State LGBTW Commission	The Washington State LGBTQ Commission works to improve the state's interface with the lesbian, gay, bisexual, transgender, queer, two-spirit, and intersex community, identify the needs of its members, and ensuring that there is an effective means of advocating for LGBTQ equity in all aspects of state government.	Website: https://lgbtq.wa.gov/

Region 1: Adams, Asotin, Chelan, Douglas, Ferry, Garfield, Grant, Lincoln, Okanogan, Pend Oreille, Spokane, Stevens, Whitman counties

Name	Description	Contact
Odyssey Youth Movement	Odyssey Youth Movement promotes equity for LGBTQ+ youth in the Inland Northwest through youth-driven programs and community education. They have resources for youth, guardians, schools, and for youth living in out-of-home care.	Website: http://www.odysseyyouth.org/ Facebook: https://www.facebook.com/odysseyyouth?ref=br_tf

Triple Point	Triple Point group is for lesbian, gay, bisexual, transgender, intersex, queer and questioning youth ages 11-18. Triple Point exists to empower LGBTQ+ youth and allies by providing education, safety, support and acceptance. They provide a safe place where youth can make positive connections, learn about community resources, receive the support they need, as well as participate in regular meetings with other LGBTQ+ youth and group leaders. They also provide support in their schools for LGBTQ+ youth and education to LGBTQ+ allies and community members.	Website: https://www.childrenshomesociety.org/clarkcowlitz/

Region 2: Benton, Columbia, Franklin, Kittitas, Klickitat, Walla Walla, Yakima Counties

Name	Description	Contact
The Space in Yakima County	The Space is resource center for Yakima-area LGBTQ youth.	Facebook: https://m.facebook.com/TheSpaceLGBTQYakima/?locale2=gl_ES

Region 3: Island, San Juan, Skagit, Snohomish, and Whatcom Counties

Name	Description	Contact
GLBTQ Loving Ourselves, Becoming Empowered (GLOBE)	In 1993 a couple of local queer youth approached an out gay man who worked in HIV Prevention in Public Health of the Snohomish Health District. They asked for help because they had noplace to meet, no one to seek advice from and nothing supportive. At that time, HIV dollars werebeing ″thrown″ at public health in attempts to curb theepidemic. It was widely known that HIV/AIDS was hitting the gay population hard, so the youth group wascreated as a program for HIV/AIDS Prevention through public health. The health district supported the program by having two Health Educators facilitate the group – one gay man and one lesbian. It was a 2- hour weekly meeting that was held at the local health district. Each week the facilitators would lead discussions, play games, watch movies, etc. The premise was always about HIV Prevention - including addressing stigma, homophobia, self esteem, healthier life choices around sex, etc. At that time, it was for GLBTQA, ages 14 - 20. The age limitations of the group were picked because of local and federal laws: in the state of Washington, a 14 year old can access reproductive health services without parental consent. Things like STD testing, HIV testing, contraception, discussions about safer sex, etc. could be handled without breaching any confidentiality. The upper age of 20 was established because of the legal drinking age. They have weekly meetings on Wednesday from 6-8 pm.	Website: http://www.globeyouth.com/index.php

Northwest Youth Services	Since 1976, Northwest YouthServices has been the doorway to safety and the pathway to progress for thousands of young lives. Much has changed in our communities during those years. What has not changed is our commitment to supporting the uniquenessof each youth served. Northwest Youth Servicescollaborates with at-risk, runaway and homeless youth to foster self-reliance.	Website: https://www.nwys.org/ Whatcom Office Phone: (360) 734-9862 Fax: (360) 734-4720 TTY/TDD services number is 1-800- 833-6388 Skagit Office Phone: (360) 336-1988 Fax: (360) 755-3671

Region 4: King County

Name	Description	Contact
Gay City	Promoting wellness in LGBTQ communities, by providing health services, connecting people to resources, fostering arts, and building community, Gay City offers a wellness center, LGBTQ resource and referral program, volunteer crew, and an arts program that all provide ways for the LGBTQ community to gather, connect, find voice, and serve.	Website: https://www.gaycity.org Email: Youth Program-queercore@gaycity.org
Ingersoll Gender Center	An organization of, by and for transgender and gender diverse people that provides mutual support through peer led support groups, advocacy in navigating resources, community organizing, and education - all in the pursuit of collective self-determination. Ingersoll Gender Center runs a monthly book club, provides support and recommendations for healthcare access, holds a Saturday social group, a peer support group, support and advocacy for economic justice, and community financial assistance.	Website: https://ingersollgendercenter.org Email: info@ingersollgenderc enter.orgPhone: 206-849-7859
King CountyTrans Resource & Referral Guide	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. It includes directories for employment resources, disability support, crisis support, youth, people of color, health services, housing, legal aid, a list of events, and much more. Paper copies are available atrequest.	Website: https://kctransguide.org/
Lambert House	Center for lesbian, gay, bisexual, transgender, and questioning youth that empowers youth through the development leadership, social, and life skills. For youth 22 and younger. Offers over 20 different programs, activities, resources, and services on an on-going year-round basis. Requires the youth to complete a one-time 20- minute orientation during their first visit.	Website: http://www.lamberthouse.org Phone: 206-322-2515

NWNetwork	A network of Bi, Trans, Lesbian, and Gay survivors of abuse which works to end violence and abuse by building loving and equitable relationships in our community and across the country. The NW Network provides support for survivors, community engagement and education, and youth programs and activities. Specifically has a youth leadership board in which trans youth are particularly encouraged to apply.	Website: https://www.nwnetwork.org Email: info@nwnetwork.org Phone: 206-568-7777
POW! (Proud Out and Wonderful!)	POW! is a weekly confidential group which provides safe space for LGBTQ and allied youth and young adults ages 13-21 to build community and promote social justice through empowerment, leadership and advocacy in South King County. Join us for our weekly group and community events. POW! is a community wellness service of Navos Mental Health Solutions.	Website: https://www.gaycity.org/2017/10/18/p-o-w-proud-wonderful/ Phone number: (206)326-9103
Seattle Children's Hospital Gender Clinic	Provides gender-affirming care to people up to 21-years of age. Uses a case management approach; will provide external referrals if needed. Provides counseling and support group referrals, hormone therapy, puberty blockers, mental health assessments, etc. Requires a referral from a social worker or a therapist. They also recommend coordination with a PCP, if assistance is needed with that, call the Care Navigator.	Website: http://www.seattlechildrens.org/clinics-programs/gender-clinic/ Schedule an Appointment Phone: 206-987-2028 Care Navigator Phone: 206-987-8319

Region 5 - Pierce & Kitsap County

Name	Description	Contact
My Purple Umbrella	My Purple Umbrella addresses harassment, intimidation, and bullying so all children learn to treat one another with dignity, compassion, and respect. They have programs that can train the community on terminology, risks, and ways to support LGBTQ youth. They also have whole school and after school programs that are a preventative approach in creating thriving environments for all children.	Website: https://mypurpleumbrella.org/ Facebook: https://www.facebook.com/mypurpleumbrella/

Oasis Youth Center	Oasis transforms the lives of queer youth by creating a safe place to learn, connect, and thrive. The Oasis YouthCenter offers access to community resources, advocacy, prevention programs, educational support/advocacy, leadership developmentand much more.	Website: http://www.oasisyouthcenter.org Email: oasis@oasisyouthcenter.org Phone: (253)671-2838
Prism	Group of LGBTQ youth, ages 13-19, who come together to support one another, build one another up, and learn important things in the meantime. This includes discussions around specific topics, socializing, events and fun. Prism is a program of Multicare, or Good Samaritan Behavioral Healthcare.	Facebook: @puyallupPrism Email: sarah.sanderson@multicare.org Phone: (253)697-8440
RainbowCenter	Through education, advocacy, and celebration, the Rainbow Center expands resources and safe space for the lesbian, gay, bisexual, transgender, queer, and allies (LGBTQA) community.	Website: http://www.rainbowcntr.org/ Email: info@rainbowcntr.org Phone: (253)383-2318
Tmen	Tacoma Tmen is a peer- facilitated discussion group for people who were assigned female at birth, who do not identify as female. This includes those who identify as male, men of trans experience, FtM, trans men, transmasculine, trans*, genderqueer, genderfluid, gender-non-conforming, non-binary, or are questioning their gender identity.	Website: http://tacomatmen.com/ Email: transmen@rainbowcntr.org
Q Youth Resources	Q Youth Resources is an all-volunteer non-profit that provides a safe space for gender and sexual minority (GSM) youth. We support youth development through skill building, activities and resources that build confidence and empower GSM youth. One of their most popular programs is The Q Center, a drop-in center for LGBTQ+ youth and their allies. They also have a Pink Prom.	Website: http://qyouthresources.org/about-us/ Facebook: facebook.com/theqcenter

Region 6 - Clallam, Clark, Cowlitz, Grays Harbor, Jefferson, Lewis, Mason, Pacific, Skamania, Thurston, Wahkiakum Counties

Name	Description	Contact
NewBoyZ Club	Support group that is open to people who identify as FTM Transgender, Transmasculine, Genderqueer, other non-female genders, as well as questioning their gender identity. The group is confidential; therefore, one must contact the facilitators of the group through their website in order to get the location and details. Ages 18 and older.	Website: https://thenewboyzclub.com

Pizza Klatch	Pizza Klatch provides support for LGBTQ+ youth in Thurston County Washington. The youth participants and their allies represent intersectionality across a range of ethnicity, economic class, skin color, religious beliefs and abilities. Pizza Klatch allows at-risk youth to form a sense of, and connection to, community within schools, enhancing well-being of LGBTQ, Two Spirit and allied youth. Participation in Pizza Klatch helps students share healthy coping skills, build confidence and connect to community resources. In addition to weekly support groups, Pizza Klatch offers professional development training and Technical Assistance to school administrators and staff aimed at increasing awareness and improving the safety for LGBTQ+ students in schools.	Website: http://pizzaklatch.org/
Rainbow Center-Olympia	Rainbow Center is virtual community center for Olympia and surrounding communities servicing the gay, lesbian, bisexual, transgender, and allied people.	Website: https://www.rainbowcntr.org/
Stonewall Youth	An organization of youth, activists, and allies that empowers lesbian, gay, bisexual, trans, queer, questioning, intersex, and asexual (LGBTQQIA) youth to speak for themselves, educate their communities, and support each other. LGBTQ+ youth looking to join should be 21 or under.	Website: http://stonewallyouth.org/ Email: info@stonewallyouth.org Phone: (360) 842-7884