

Trans Care Resource Guide



www.pppsgv.org
626.798.0706

[Community Resources](#)

Trans Wellness Center – *provides comprehensive resources and services for trans & non-binary people all under one roof.*

3055 Wilshire Blvd, Suite 360
Los Angeles, CA 90010
(323) 993-2900
www.mytranswellness.org

Bienestar – *provides sexual health services, mental health, and substance use, case management, peer navigation, food bank, housing services, as well as prevention education for the Latinx community. (Multiple locations in Los Angeles & San Gabriel Valley)*

3131 Santa Anita Ave, Suite 109
El Monte, CA 91733
(866) 590-6411 / (626) 444-9453
www.bienestar.org

Translatin@ Coalition – *a drop-in center that provides daily food distribution to all trans folks. As well as support to survivors of immigration detention and incarceration.*

3055 Wilshire Blvd, Suite 350
Los Angeles, CA 90010
(833) 847-2331
www.translatinacoalition.org

The Wall Las Memorias – *created the Trans Connection Program targeting trans women of color. Services offered under the Trans Connection program include HIV/AIDS prevention and testing, substance abuse counseling, support groups, and safe sex practice counseling. They also host support groups for GNC/NB folks of color.*

5619 Monte Vista St.
Los Angeles, CA 90042
(323) 257-1056 ext. 31
www.thewallasmemorias.org

Surgical Transition Doctors

Mort Rizvi

Procedures: breast augmentation, orchiectomy, vaginoplasty (inversion), labiaplasty, and facial feminization
Insurance Accepted: most major insurances, and Medi-Cal.
Huntington Orthopedics Main Office
39 Congress Street
Second Floor
Pasadena, CA 91105
(626) 486-9494

Gil and Zol Kryger

Procedures: breast augmentation, facial feminization, and body contouring
Insurance Accepted: Medi-Cal: LA Care, Gold Coast Health Plan, HMO: Facey Med Grp, PPO, and Self-Pay.
947 Thousand Oaks Blvd, Thousand Oaks, CA 91360
(805) 777-3877
<https://www.drkryger.com>

Maurice Garcia

Procedures: breast augmentation, orchiectomy, vaginoplasty (inversion), vaginoplasty (zero-depth), vaginoplasty (intestinal), labiaplasty, facial feminization, body contouring, electrolysis with local anesthesia
Insurance Accepted: straight Medi-Cal programs are accepted. Other programs may require the patient to get an authorization and letter of authorization to be seen.
West Medical Office Tower - Urology
8635 W. 3rd St., Suite 1070W
Los Angeles, CA 90048
(310) 423-1500
<https://www.cedars-sinai.org/>

***Contact Patient Navigator for more information, and my resources on different clinics and procedures**

Fertility/Tissue Preservation

California Cryobank Storage – *has worked with folks of different relationships, and genders in preserving tissue and create accessible fertility options for the whole LGBTQIA+ community. They offer a “PRIDE” discount for folks who are interested in preserving tissue for possible future family planning.* Insurance Accepted: No insurance needed.

11915 La Grange Ave.
Los Angeles, CA 90025
(310) 443-5244 ext. 7316
<https://www.cryobank.com/lgbtq-families/>

Fairfax Cryobank Inc. – *is dedicated to providing tissue preservation at competitive prices, and a long history of working with people who would like to preserve tissue for folks across the gender spectrum.* Insurance Accepted: No insurance needed.

65 N. Madison Ave. Suite 610
Pasadena, CA 91101
(626) 432-1681
<https://fairfaxcryobank.com/>

Surgical Transition Clinics

Cedars Sinai – *Transgender Surgery and Health Program offers a network of health care providers that are trained and knowledgeable on trans related health, from different surgical transitioning procedures to primary health care providers.*

Insurance accepted: Straight Medi-Cal Programs. Other programs may require authorization and letter of authorization to be seen.

(Multiple Locations) - list of service providers available upon request.

(310) 423-1500

www.cedars-sinai.org/programs/transgender-surgery-and-health/contact-us.html

Kaiser – *health plans do offer coverage for gender-affirming care. Their specialist team consists of clinicians from surgery, internal medicine, endocrinology, gynecology, psychiatry, social services, and nurse care coordinators.*

(multiple locations)

Transgender Care Nurse Coordinators

Contact Line:

(323) 857-3818

Insurance accepted: Kaiser only

www.thrive.kaiserpermanente.org

UCLA Gender Health Program – *provides healthcare for children, adolescents, and adults who are transgender or gender diverse that is sensitive to everyone’s individual needs. Services offered are primary care, different medical transition options, including hormones, and case management.*

(Multiple locations)

(310) 267-4334

Insurance Accepted: Accepts most major insurance plans and LA Care.

Call 1-800-UCLA-MD1 (800-825-2631) to find out more about your coverage and what UCLA can do for you.

www.uclahealth.org/gender-health

St. John's Transgender Health

Program – *provides comprehensive transgender health services that go beyond health services. They take into consideration whole-person needs and have different advocates that help in those areas; housing, legal, insurance enrollment, and more.*

326 W 23rd St

Los Angeles, CA 90007

(323) 541-1411

Insurance accepted: Medi-Cal, Medicare, and many other insurance plans. They have benefits counselors at all health centers to help patients determine their eligibility for insurance programs. For uninsured patients, they offer services on a sliding scale cash basis.

<http://www.wellchild.org/transgender-health-program/>

HIV/AIDS Treatment Resources

APLA Health Trans Connections – *is an HIV Prevention Program for trans people of color, ages 18-29. They offer testing, linkage to care for those who are newly or previously diagnosed with HIV, fun events, and more. They can connect patients for HIV treatment right next door.*

3741 S La Brea Ave

Los Angeles, CA 90016

(323) 628-3996

<https://aplahealth.org/services/trans-connections/>

APLA Health – *offers care for LGBT and other underserved communities of people living with and affected with HIV. Their programming includes testing and care, primary care, support services, and more.*

Multiple locations in Los Angeles and Antelope Valley

Insurance accepted: Sliding scale, MediCal, MediCare, some PPOs, and HMOs. Check the website for more information.

Main Line: (213) 201-1600

Client Hotline: (213) 201-1500

<https://aplahealth.org/>

Bienestar – *provides medical treatment and care for anyone living with HIV, as well as other services like mental health, education, food bank, housing, and support groups.*

5326 E. Beverly Blvd.

Los Angeles, CA 90022

Insurance accepted: MediCal, MediCare, most major insurances, and some HMOs. If uninsured, then they can help you get insurance through Covered California or determine your eligibility for medical and drug assistance programs.

(866) 590-6411 ext. 113

<https://www.bienestar.org/>

JWCH Institute Inc. – *a private non-profit health agency that offers primary medical care, homeless health care, HIV services, and specialty care. They provide wrap-around services for their patients in many areas.*

Multiple Locations (including Pasadena, and Hacienda Heights)
(866) 733-5924

Insurance Accepted: MediCal, and more. Insurance specialist onsite to help enroll folks who are uninsured.

<http://jwchinstitute.org/>

Mental Health Resources

LA Gender Center – *is a network of therapists who are experienced with working in the trans/GNC community who can assist with affirming health care and mental*

health services. They offer individual and couples counseling, counseling for children, adolescents, and their families, as well as support groups.

Multiple locations (check website or with Patient Navigator)
Insurance accepted: LAGC therapists are not in-network with any insurance plans. They can provide clients with a receipt that they can submit to their insurance to create a health care claim for direct reimbursement. Some of their clinicians can bill insurances directly.

(310) 475-8880

www.lagendercenter.org

Queer Healing Oasis – is an intentional healing space offering mental health services. Their mission is to provide affordable mental health services to queer, trans, and gender-non-conforming people from a trauma-informed lens.

110 N Maclay Ave, Suite 107

San Fernando, CA 91340

(818) 233-1079

Insurance accepted: Based on a sliding scale fee

www.queerhealingoasis.com

Pacific Clinics – offers specialized programs and supportive services for recovery and wellness. They provide different programming for folks of different ages and backgrounds, including mental health, substance use disorder treatment, housing and homelessness support services, employment services, wellness centers, and integrated care.

Insurance accepted: Medi-Cal Part B, financial assistance, and sliding scale fee.

Multiple locations (check website or with Patient Navigator)

www.pacificclinics.org

Foothill Family – provides a broad range of community-based mental health and social services to at-risk children and families in the San Gabriel Valley. They work with children and families through counseling, social services, education, and mental health for all ages.

For programs and services call (626) 993-3000

www.foothillfamily.org

East Valley Community Health – provides unique treatment plans to serve each client or family's specific needs, including individual therapy for children and adults, couples' therapy, prenatal support groups, anxiety/depression support groups, referrals, and other resources.

Multiple locations (check website or with Patient Navigator)

1555 S Garey Ave

Pomona, CA 91766

(626) 919-4333 ext. 4200

www.evchc.org

Didi Hirsch – provides mental health services for adults, children, and young adults/teens. They also provide psychiatric services and medication support.

Multiple locations

1540 East Colorado St.

Glendale, CA 91205

(310) 390-8896

Insurance Accepted: Medi-Cal and Medic-Aid part B and uninsured patients.

<https://didihirsch.org/>

Counseling for All Seasons – is a private practice counseling. The lead therapist is Melissa Lopez, LCSW. Services include individual and couples therapy and sessions in Spanish. Although Melissa has worked with folks of different background, she

works primarily with folks who identify within the LGBTQIA+/GNC community.
107 S. Fair Oaks Ave. #312
Pasadena, CA 91105
(323) 841-9950
Accepted Payment Methods: Cash, Check, Sliding Scale, Electronic payment (PayPal, Square, etc.), and Victims of Crime. Also works with folks who pay out of pocket or have United Healthcare and have mental health coverage as part of their plan. The average cost per session is sliding scale from \$80 to \$150.
<https://www.counseling4allseasons.com/>

Mental Health Institute Pasadena

– is an integrative mental health outpatient center that offers the community state of the art psychiatric and psychological services to promote mental health and well-being. They have providers who have a focus on working with LGBTQ+ folks.
200 E. Del Mar Blvd., Ste #200
Pasadena, CA 91105
(626) 723-3099 call or text
Insurances Accepted: sliding scale, offer superbills.
<http://mhi-pas.com/>

Our Best Selves – *offers therapy for individuals, group, family, couples, children (age 0-12), teenagers (age 13-18) LGBTQIA+, womxn of color, immigrants, youth, nonprofit workers, and abuse survivors.*
Multiple locations
440 S Marengo Ave
Pasadena, CA 91101
(213) 986-6229
Insurance Accepted: Cash, Check, Sliding Scale, Electronic payment (PayPal, Square, etc.)
<http://ourbestselvestherapy.com/>

Webs of Well Being – *is a private practice and consulting business dedicated to deepening individual and collective healing through offering psychotherapy, trauma-informed yoga + meditation, and politicized, healing-centered consulting.*
440 S Marengo Ave
Pasadena, CA 91101
(562) 661-9813
Insurance Accepted: Cash, Check, Sliding Scale, Electronic payment (PayPal, Square, etc.)
<https://www.websowellbeing.com/>

Domestic Violence and Sexual Assault Resources

Peace Over Violence – *is a multicultural, community-based, and volunteer-centered organization dedicated to building healthy relationships, families, and communities free from sexual, domestic, and interpersonal violence. They provide crisis intervention services and violence prevention education and legal services.*
892 N Fair Oaks Ave, Suite D
Pasadena, CA 91103
(626) 584-6191
www.peaceoverviolence.org

Angel Step Inn – *has a 24-hour hotline, emergency shelter (with considering of patient's gender identity), counseling, education on DV and substance use, case management, as well as, a children's program.*
(323) 780-4357
www.angelstepinn.org/home.aspx

LGBTQ+/GNC/NB

Resources

San Gabriel Valley LGBTQ Center –
offers different programs to anyone under the LGBTQ+ umbrella. They offer peer lead support groups, community events, and have a hotline for linkages for services in your area.

Prince Erik Hall

2607 Santa Anita Ave

Arcadia, CA 91006

(Open during programming)

(626) 578-5772

www.sgvlgbtq.org

LA LGBT Center Transgender

Health Program –

Offers medical providers who specialize in the care of trans/GNC/NB people who are considering transition, or are in the process, or have already transitioned with primary medical care, gender-affirming hormone therapy, pre-post-surgical care, trans-sensitive pelvic and prostate exams.

Multiple locations

McDonald /Wright Building

1625 N Schrader Blvd

Los Angeles, CA 90028

(323) 993-7400

www.lalgbtcenter.org

The LGBT Center OC – Transitions Health and Wellness

The program helps to guide the trans community, & their families throughout their transition. They offer hormone services, legal services, and host community events.

1605 N Spurgeon St

Santa Ana, CA 92701

(714) 953-5428 ext. 338

www.lgbtcenteroc.org

The LGBT Center Long Beach –

Transitions Health and Wellness program helps to guide the trans community, & their families throughout their transition. They offer hormone services, legal services, and host community events.

1605 N Spurgeon St

Santa Ana, CA 92701

(714) 953-5428 ext. 338

www.lgbtcenteroc.org

Adore LA – *is a queer community of faith experiencing God in unconventional ways. They host groups and community gatherings to create community.*

1733 N. New Hampshire Ave.

Los Angeles, CA 90027

(747) 228-2662

<http://adorela.org/adorela>

San Diego LGBT Community

Center – *offers services to everyone under the LGBTQ+ umbrella. Project Trans is their transgender services program that offers many services including different support groups (look online at calendar), free legal name change and gender marker change clinics, support letters for surgeries, insurance assistance, and more.*

1807 Robinson Ave, Suite 106

San Diego, CA 92103

(619) 692-2077 ext 109

<https://thecentersd.org/>

Trans/GNC Support Groups

San Gabriel Valley LGBTQ Center

Transgender Peer Support Group – Peer lead trans and GNC support group.

4th Thursday of every month, 7 pm – 9 pm.

Contact: Camila Camaleon –
camila@sgvlgbtq.org
Prince Erik Hall – Parlor Room
2607 Santa Anita Ave
Arcadia, CA 91006
www.sgvlgbtq.org

Pasadena PFLAG – a monthly support group for parents, family members, allies, and LGBTQ+ folks.
1st Tuesday of the month, 7 pm – 9 pm.

301 N. Orange Grove Blvd.
Pasadena CA 91102
<http://www.pflagpasadena.org/>

San Gabriel Valley API PFLAG
SGV API Support Group – a monthly support group for parents, family members, allies, and LGBTQ+ folks with Asian, Pacific-Islander, or South Asian heritage.

4th Sunday of every month, 3 pm – 5 pm.

Contact: RSVP online
Sage Granada Park Methodist Church
(Yokoi Chapel)
1850 W. Hellman Ave.
Alhambra, CA 91803
www.sangabrielvalleyapipflag.com/support-group.html

Trans Wellness Center –
Tool Box 2.0 – A transmasculine support space and discussion group.
Every Friday, 5:30 pm – 7:30 pm.

Contact: Jesse – (213) 375-3830 ext. 1803

TransAction Program – A social support group for transgender women at any time in their transition. Food is available.

Every Monday, Wednesday, and Friday, 1 pm – 3 pm.

Contact: (323) 993-2900
3055 Wilshire Blvd. Suite 300
Los Angeles, CA 90010

www.mytranswellness.org/calendar/

The Wall Las Memorias Project
Las Sirenas – Trans lead peer support group for trans-women of all ages. Foos and refreshments are available. Every last Wednesday of the month, 6:30 pm – 8 pm.

Contact: Angela Cristobal –
angela.cristobal@twlmp.org
5619 Monte Vista St.
Los Angeles, CA 90042
Enby Entities – A trans, non-binary/GNC and questioning discussion group, 18+.

Every second and fourth Thursday of the month, 7 pm – 8:30 pm.

Contact: Adam Reyes –
adam.reyes@twlmp.org
800 W. 6th St. Suite 750
Los Angeles, CA 90017

South Bay LGBT Center
Q Faith Community – faith-based lgbt+ support group.

Sundays 2 pm – 3 pm

Free 2B LGBT – a peer support group for teens (13-18)

Wednesdays 5 pm – 7 pm

Trans, GNC, NB, Gender Fluid Social Support Group – is a group for all trans people at all stages and gender variance, and for anyone who is questioning their gender identity and needs someone to talk to.

Wednesdays 7 pm – 9 pm

Young Adults Group – social support group (18-28)

Thursdays 6 pm – 8 pm

(310) 328-6550

16610 Crenshaw Blvd.

Torrance, CA 90504

<http://southbaycenter.wixsite.com/southbaylgbtcenter>

OUTreach Center
Trans Support and Significant Other Groups – meets on the second Saturday of the month at The

OUTreach Center from 6 pm to 8 pm. Trans people and allies are welcome.

Contact: email

Allison@OUTreachCenterAV.org

44845 Cedar Avenue, Lancaster, CA 93534

(661) 92-PRIDE (661-927-7433)

<https://outreachcenterav.org/index.html>

Housing Resources

Art House – transitional housing through L.A. CADA. Special accommodations for trans/GNC folks who are accessing their services.

1646 N. Fair Oaks Ave.

Pasadena, CA 91103

(626) 314-3333

www.lacada.com

Hope House – transitional housing through Trans Latin@ Coalition. Help candidates to save money to help out after six-month program is complete. Require valid ID, TB test, payment of \$500, and pay stubs to show current job.

(833) 847-2331 ext. 204 or ext. 201

www.translatinacoalition.org

Ascencia – provides a range of housing and programs to assist people out of homelessness. They provide comprehensive services for adults who are homeless, including street outreach, case management, and shelter. They advise folks to come in a little before they open since they start intake at 7 am sharp.

1851 Tyburn St

Glendale, CA 91204

(818) 246-7900

www.ascenciaca.org

St. John's Well Child and Family Center Homeless Services

Program – includes homeless services case management and community outreach for hard-to-reach populations to increase access to primary medical, dental, behavioral health care and support services for homeless and housing insecure patients.

326 W 23rd St

Los Angeles, CA 90007

323) 541-1600 ext. 4090

<http://www.wellchild.org/homeless-health-services/>

Trans Wellness Center – referrals to housing resources for clients recently released from detention/incarceration, housing for HIV positive homeless clients, referrals to youth housing through Highland LA LGBT Center.

3055 Wilshire Blvd, Suite 360

Los Angeles, CA 90010

(323) 993-2900

www.mytranswellness.org

Bienestar – Housing Program is designed to help people whose health conditions make it difficult for them to pay their rent and utilities. They offer assistance with paying rent/mortgage, monetary grants to help move into a new permanent living space, and getting connected to other emergency and transitional housing programs.

(Multiple locations in Los Angeles, San Fernando Valley & San Gabriel Valley)

(866) 590-6411 ext. 124

www.bienestar.org

APAIT – case managers provide wrap-around housing case management services for folks who are HIV+/living with AIDS, living in or moving to LA county, and meet their income restrictions.

3055 Wilshire Blvd, Suite 300

Los Angeles, CA 90010

(213) 375-3830
<http://apaionline.org>

Healthy Housing Foundation – *support services with sustainable, affordable housing for folks who are homeless and low-income population.*

Multiple Locations
(323) 841-6237
<https://www.healthyhousingfoundation.net/>

Legal Resources

Bet Tzedek – *provides free expert legal advice and representation to low-income residents of Los Angeles County. Services offered are to help with legal name/gender marker change.*

3250 Wilshire Blvd, 13th Floor
Los Angeles, CA 90010-1577
(323) 549-5894
www.bettzedek.org

Lambda Legal – *offers advice and legal representation for lesbians, gay men, bisexuals, transgender people, and those with HIV through impact litigation, education, and public policy work.*

Western Regional Office
4221 Wilshire Blvd, Suite 280
Los Angeles, CA 90010-3512
(213) 382-7600
www.lambdalegal.org

Transgender Law Center – *work toward changing law, policy, and culture so that the trans community can live safe and free to express their authentic selves. They also have many online resources that folks can access to help through different stages of their transition process.*

1629 Telegraph Ave. Suite 400
Oakland, CA 94612
(510) 587-9696

Collect line for inmates and detainees:
(510) 380-8229
www.transgenderlawcenter.org/

Employment

TransCanWork – *is dedicated to helping the trans community achieve higher levels of success through their workshops, speaking engagements, educational outreach & Transgender-Inclusivity Training. They offer direct linkages to employers for employment opportunities.*

1733 N New Hampshire Ave
Hollywood, CA 90027
(213) 787-7448
www.transcanwork.org

Transgender Economic Empowerment Project – *is a program that provides support for those looking trans-friendly jobs, support for coming out in the workplace, and developing longterm career goals by improving employability and financial coaching.*
(323) 860-3713
<https://lgbtcenter.org/social-service-and-housing/transgender/employment>

Substance Use Resources

Las Encinas – *offers a wide range of mental health care services, with a special focus on the treatment of psychiatric and chemical dependency issues. The Pasadena Mental Health hospital provides a variety of inpatient and outpatient care programs, including inpatient detox, inpatient psychiatric stabilization, chemical dependency rehabilitation, residential treatment, partial hospitalization, and intensive outpatient services.*

2900 East Del Mar Blvd.
Pasadena, CA 91107
(626) 795-9901
Insurance Accepted: most PPO and
HMO insurances, as well as Medi-Care
and MediCal. You can find out more
information when calling their intake
line (written above)
<https://www.lasencinashospital.com/>

Mid Valley Outpatient – offers
services to help patients throughout
their recovery. From individual and
group counseling, HIV/STI education,
and lots more. They work on a sliding
scale, and intakes are made by
appointment.

3131 Santa Anita Ave
El Monte, CA 91733
(626) 453-3432
[www.socialmodelrecovery.org/mid-
valley-outpatient](http://www.socialmodelrecovery.org/mid-valley-outpatient)

L.A. CADA – in-patient, out-patient,
and residential services for folks in
recovery. They work with youth, adults,
and families. They also offer prevention
care for HIV.

Multiple Locations
(562) 906-2676
www.lacada.com

Food Resources

Union Station Homeless Services –
day center for individuals 18+,
breakfast served daily 9:00 a.m.-9:45
a.m., lunch served daily 12:00 p.m.-
12:45 p.m., showers provided daily
7:00 a.m.-12:00 p.m. (first come, first
serve), on-site medical services Tues
8:00 a.m.-12:00 p.m. & Fri 8:00 a.m.-
12:00 p.m.
412 S Raymond Ave
Pasadena, CA 91105
(626) 240-4550

**East San Gabriel Valley Coalition
for the Homeless** help folks by
providing emergency and transitional
shelter programs, food/meals for
patients, assistance with basic needs
(hygiene, clothing, and transportation),
and offers referrals for other housing
programs, jobs, education, and
healthcare.

In the St. Martin De Porres Center
St. John Vianney Church
1345 Turnbull Canyon Road
Hacienda Heights, CA 91745
(626) 333-7204
www.esgvch.org

Speech Therapy

LA Speech Therapy Solutions –
aims to teach patients how to master
their voice through a variety of
methods so that they may feel their
voice matches their gender.

Appointments are done over Skype.
Patients must call to make an
appointment.
(323) 522-6071
www.tgvoicetherapy.com/

Pryde Voice and Speech Therapy –
Eryn Gitelis works with folks along the
trans/gender spectrum voice
modification, voice disorders,
articulation disorders, autism spectrum
disorders. Eryn regularly volunteers
at Trans* Lounge, located and
presented by the Los Angeles LGBT
center, providing voice feminization
workshops.

Marina del Rey, CA 90292 – call to find
rates and schedule appointments
(310) 439-1223
[https://www.prydevoiceandspeechthe
rapy.com/](https://www.prydevoiceandspeechtherapy.com/)

*Youtube also has videos with tips to
help.

Youth Services

Youth Moving On Peer Resource Center – works with youth (16-25).

They offer individualized case management, well-being & mental health groups, job skills workshops, career & educational planning. They also offer life skills and linkages to resources. At their center, they have a computer lab, centralized support services, food, hygiene products, and school supplies. They also host an LGBTQ+ support group called Embracing Identities.

456 E Orange Grove Blvd, Suite 140
Pasadena, CA 91104
(626) 756-6010

www.youthmovingon.org

My Friend's Place – works with homeless youth (ages 16-25). They have a Safe Haven Program, which is a day shelter. Services offered are showers/hygiene products, hot meals, documentation assistance, and daily emergency services for companion animals. Their Transformative Education program offers creative life skills activities. Finally, their Health and Well Being Program offers education on things like partner violence, substance use/abuse, mental health issues, and sexual health.

5850 Hollywood Blvd
Los Angeles, CA 90028
1-888-YOUTH-50

www.myfriendsplace.org

Children's Hospital Transyouth Health and Development – is dedicated to providing affirming care for transgender and gender diverse children, adolescents, young adults, and their families. As one of the oldest and largest trans youth programs, the Center partners with youth and their

families to advance the field through innovative practice, training, and research.

5000 Sunset Blvd, 4th Floor
Los Angeles, CA 90027
(323) 361-5372

www.chla.org/the-center-transyouth-health-and-development

Jovenes Inc. – helps youth, ages 18-25, end their cycle of homelessness. Located in Boyle Heights and serving communities throughout Southeast LA County, Jovenes goes deep with our youth focusing on not only their needs for housing but also healthcare, education, employment, and trauma recovery.

1208 Pleasant Avenue
Los Angeles, CA 90033
(323) 260-8035

<https://www.jovenesinc.org/>

Hotline Resources

Trans Lifeline – is a national trans-led organization dedicated to improving the quality of trans lives by responding to the critical needs of the community with direct service, material support, advocacy, and education.

(877) 565-8860

www.translifeline.org

Trevor Project – is the leading national organization providing crisis intervention and suicide prevention services to lesbian, gay, bisexual, transgender, queer & questioning (LGBTQ) young people under 25. They have a hotline available 24 hours a day. TrevorChat is an online instant messaging program where you can speak with a counselor (Mon-Sun 3am-10pm PT). Also, the Trevor Support Center is a place where LGBTQ youth and allies can find answers to FAQs and explore resources

related to sexual orientation, gender identity, and more.
(866) 488-7386 or text START to 678678
www.thetrevorproject.org

Online/App Resources

Apps:

Testo Memo – highly rated app for reminding folks about the date of their injections.

Available: Android

Cost: Free

Eva MTF – a voice-training app for trans people who want to change their pitch.

Available: Apple

Cost Free, In-App Purchases

Refuge Restroom – map of safe restrooms for trans, intersex, and GNC folks.

Available: Android, Apple

Cost: Free

1 Degree – community resources available in your area.

Available: Android, Apple

Cost: Free

Pacifica – offers a range of mental health tools for folks who would like to learn more about their diagnosis.

Available: Android, Apple

Cost: Free

Smoking Free; Quit Smoking Now – Over 20 different, evidence-based, techniques to help you become - and stay - smoke-free.

Available: Apple

Cost: Free, in-app purchases

211 – app, phone number, and website that can help you connect to different resources in your community.

Available: Android, Apple

Cost: Free

Online:

The NBULA – Non-Binary Union of Los Angeles (NBULA) is a collective of non-

binary, genderqueer, gender non-conforming, and intersex advocates in Los Angeles. They post events going on in the community. They are on Instagram (@the_nbula) and Facebook.

<https://www.facebook.com/TheNBULA/>

Out 2 Enroll – help connect LGBTQ+ communities with health insurance coverage options available under the Affordable Care Act. They also can help find LGBTQ+, friendly health care providers in your area.

<https://out2enroll.org/>

Trans Equality – website with lots of resources and information on all things related to trans rights; health care, insurance, airports, name change, etc.

<https://transequality.org/>

Dollar Shave Club – affordable skincare products. Different products and subscription options.

<https://www.dollarshaveclub.com/>

Binding 101 – for folks interested in learning how to bind safely.

<https://transguys.com/features/chest-binding>

GC2B – the first gender-affirming apparel company that is trans-owned and operated that offers affordable chest binders.

<https://www.gc2b.co/>

Point5cc – free binder program is designed to help trans youth and adults who cannot otherwise safely obtain or afford a binder.

<https://pointofpride.org/chest-binder-donations/>

Inclusive Sexual Health Education – inclusive, comprehensive, supportive educations on sexuality and relationships.

<http://www.scarleteen.com/>

Surgery Payment Resource

These resources are intended to give folks an idea of what options you have to be able to pay off any gender-affirming surgical procedures. They may all have different application dates and requirements, so please pay close attention to those details.

Online:

Care Credit – Finance cosmetic surgery and other beauty procedures with CareCredit's convenient monthly payments and promotional financing options.
<https://www.carecredit.com/>

GoFundMe – an online resource to help fundraise for surgeries.
<https://www.gofundme.com/>

Jim Collins Foundation – helps provide financial assistance to transgender people for gender-affirming surgeries. They raise money to fund gender-affirming surgeries for those

why would want and need surgeries, but cannot pay for it themselves.
<https://jimcollinsfoundation.org/>

Community Kinship Life – provide the Trans community with the tools needed to achieve their personal goals while having a sense of community and kinship. Membership includes unlimited assistance with insurance review and appeal assistance and Surgery Buddy Assistance.
<https://cklife.org/>

Nerdwallet – phone app and website. Offers great advice for different options on paying for gender-affirming surgeries.
<https://www.nerdwallet.com/blog/guide-paying-transgender-surgeries/>

If you have any questions or would like to know more information, please call the Patient Navigator for Planned Parenthood of Pasadena & San Gabriel Valley at (626) 798-0706 ext. 126