



Gender and Sex Development Program Resource List

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CHICAGO AREA ORGANIZATIONS PROVIDING SUPPORT TO TRANSGENDER INDIVIDUALS

Ann & Robert H. Lurie Children's Hospital Gender Program

Gender development services provides advocacy, training, mental health, and medical care aimed at supporting the physical, mental and social health of patients and their families as youth progress through gender identity development.

<https://www.luriechildrens.org/en-us/care-services/specialties-services/gender-program/Pages/index.aspx>

Howard Brown Health Center

Howard Brown offers medical and social services to lesbian, gay, bisexual, transgender and queer individuals in Chicago.

<http://howardbrown.org/>

Center on Halsted <http://www.centeronhalsted.org/youth.html>

Center on Halsted is the Midwest's most comprehensive community center dedicated to advancing community and securing the health and well-being of the Lesbian, Gay, Bisexual, Transgender and Queer (LGBTQ) people of Chicagoland.

Youth Outlook <http://www.youth-outlook.org>

Youth Outlook is the only agency in the DuPage, Kane, and DeKalb counties of Illinois dedicated solely to serving LGBTQ youth. They provide wellness education on a variety of topics, leadership development, education programs, and social space. They offer Drop in Centers for LGBTQ+ Youth, Youth Leadership Groups and Community Education and Professional Development

Contact: info@youth-outlook.org

360 Youth Services <https://www.360youthservices.org/>

Transitional Housing Programs for Youth Experiencing Homelessness
Mens, Womens and LGBTQ program for youth ages 18-24. Requirements to enter program: experiencing homelessness, in the age range, no residency requirements

Contact: Carolyn Wahlskog- Program Manager of LGBTQ Program
cwahlskog@360youthservices.org or 331-215-7388 ext 1168, Call for intake

El Rescate- <https://prcc-chgo.org/programs/el-rescate/>

El Rescate's Basic Center is an initiative of the Puerto Rican Cultural Center which aims to address the needs of youth facing housing instability. The center's mission is to provide identity affirming support services to youth ages 12-17. Free and confidential services include: case management, health and wellness, clothing closet, education and employment, housing referrals. For more information, contact Milagros Perez at 872-829-2654 or at milagrosp@prcc-chgo.org. Hours are Monday-Friday 9-5 or by appointment.

ILLINOIS STATEWIDE ORGANIZATIONS PROVIDING SUPPORT FOR TRANSGENDER INDIVIDUALS

Illinois Safe Schools Alliance <http://www.illinoissafeschools.org/>

The mission of the Illinois Safe Schools Alliance (the Alliance) is to promote safety, support and healthy development for lesbian, gay, bisexual, transgender, and questioning (LGBTQ) youth, in Illinois schools and communities, through advocacy, education, youth organizing and research.

ACLU of Illinois

The ACLU of Illinois fights for transgender people's rights to be themselves and live their lives free from discrimination. Our advocacy supports people who are transgender in overcoming discrimination in employment, housing, schools and other public accommodations, including restrooms. We're working to insure that transgender people have access to the health care they need and are able to secure accurate identity documents and name changes. The ACLU has advocated for measures to protect the safety of transgender people in their interactions with the police and while in jail or prison and for the parental rights of transgender parents.

Transgender People and the Law, Frequently Asked Questions:
https://www.aclu.org/sites/default/files/field_pdf_file/lgbttransbrochurelaw2015electronic.pdf

Know your Rights: A Guide for Transgender and Gender Nonconforming Students:
https://www.aclu.org/sites/default/files/field_document/070616-tgncstudentkyr_brochure.pdf

Schools In Transition: A Guide for Supporting Transgender Students in K-12 Schools:
https://www.aclu.org/sites/default/files/field_document/schools_in_transition_6.3.16.pdf

Secret Facebook Group: Illinois Parents of Transgender and Gender Diverse Children

This is a secret group for parents of transgender and gender non-conforming children who live in the state of Illinois. No one else on Facebook will see that you are in this group, or see your posts in this group. The group helps us connect, share resources, and support our children in Illinois. For more information or to join the group, please email Sarah Langley at GenderDiverseKid.IL@gmail.com

NATIONAL RESOURCES

National Organizations

GLSEN (The Gay, Lesbian, Straight Education Network) <http://www.glsen.org/>

A prominent organization supporting GLBT youth. They have resources about creating safe and supportive environments for students.

The Trevor Project <http://www.thetrevorproject.org/>

The Trevor Project is the leading national organization focused on crisis and suicide prevention efforts among lesbian, gay, bisexual, transgender and questioning youth.

PFLAG National <https://pflag.org/>

PFLAG National is the nation's largest family and ally organization. Uniting people who are lesbian, gay, bisexual, transgender, and queer (LGBTQ) with families, friends, and allies, PFLAG is committed to advancing equality and full societal affirmation of LGBTQ people through its threefold mission of support, education, and advocacy.

Trans Lifeline (US: 877-565-8860) <https://www.translifeline.org/>

Provides culturally competent services to Trans and gender nonconforming people in crisis; works with stakeholders within and without the Trans community to end Trans suicide; Empower Trans people to help other Trans people in the darkest moments of their lives.

Crisis Textline www.crisistextline.org

Offers free 24/7 support for people in crisis. To contact, text HOME to 741741

CITY OF CHICAGO ORGANIZATIONS PROVIDING SUPPORT TO TRANSGENDER INDIVIDUALS

Support/ Social Groups for Youth

Broadway Youth Center TYRA Drop In

HIV prevention program and safe space for transgender, gender non-conforming, and questioning youth 12-24

Where: Broadway Youth Center, 4009 N. Broadway, Chicago **When:** Thursdays, 5-7 PM

Contact: Trisha Holloway trishah@howardbrown.org

Translate

May offer a free facilitated support group for transgender and gender nonconforming youth or parents of trans and gender nonconforming kids. Contact katie@augustynfamilyservices.com for more information.

Quest (LGBTQ but not gender nonconforming specific)

<http://www.ucanichicago.org/our-programs/healing-trauma/>

12 week group designed to provide support for LGBTQ-identified adolescents (ages 13-24) and young adults through art therapy and facilitated discussions. The group will focus on:

- 1) Understanding and accepting personal identity
- 2) Strengthening communication and coping skills
- 3) Building health support systems
- 4) Planning, setting and achieving goals

Contact: Michelle Grimes 773-279-3730 Michele.Grimes@ucanichicago.org

Support/ Social Groups for Parents in Illinois

PTI-Chicago

“We are a spin-off Chapter of PFLAG. Our chapter was founded solely as a support for Parents & families of transgender sons and daughters. Our group is very welcoming, so if you or anyone you know would benefit from a support group for parents please pass on this info.”

Where: Center on Halsted, 3656 Halsted, Chicago

When: Second Thursday of the month 7pm – 9pm

Contact: ptichicago1@gmail.com for further information

PFLAG Metro Chicago (LGBT but not gender non-conforming specific)

Where: Center on Halsted Senior Room Location 3656 N Halsted Chicago 60613

When: Chapter meetings held the third Sunday, 2 p.m. – 4:15 p.m.

Contact: pflagchicagometro@pflagillinois.org 630-415-0622

<https://www.pflagillinois.org/category/pflag-chicago-metro/>

NORTHWEST SUBURB ORGANIZATIONS PROVIDING SUPPORT TO TRANSGENDER INDIVIDUALS

Medical Resources

Open Door Health Center: Elgin Location <https://odhcil.org/>

Open Door, in addition to providing counseling services to transgender and gender non-conforming people, provides hormone therapy for those undergoing transition. Open door offers a wide range of medical and behavioral health services at its locations.

1665 Larkin Ave. Elgin, IL 60123

Phone: 847.695.1093

Hours: M - F: 8:30A-4:30P and by appointment

Support/ Social Groups for youth

Be Empowered Counseling Services <http://www.bempoweredcounseling.com/groups/>

West Dundee, IL support group and counseling services. Please click on hyper link for more details. Offers an LGBTQ+ Allies group for members of the community to discuss issues, make connections, and find support (not gender nonconforming youth specific).

Where: 600 Spring Hill Ring Rd. Suite #301, West Dundee, IL 60118

When: 1st and 3rd Wednesday each month, 12:00-1:00 pm and 5:00-6:00pm

Contact: Brianna Sorenson 630-410-1129

Pinwheels Meet up Group <http://www.pinwheels.us/>

Pinwheels is a network of families embracing their children's gender non-conformity in a kind and loving manner. Our support group focuses on providing a monthly meeting place for parents to connect with other families by sharing information and experiences. There are two groups, a parent discussion group and a children's playgroup.

Where: Contact for the location, 2 support groups in Chicago, 1 in Northwestern suburbs and one in South suburbs

When: Monthly **Contact:** livethetruth@gmail.com

Pride Youth Programs: Youth Services Glenview/ Northbrook

A variety of programs and support groups for Transgender and LGBTQ youth of different ages, a complete list of all opportunities and upcoming events can be found [here](#).

Where: 3080 West Lake Ave, Glenview, IL 60026.

Contact: Lizzy, Youth Program Manager, at Lizzy.Appleby@ysgn.org or 847.724.2620 x121.

prideLittles/Skittles – Transgender kids and siblings (ages 4-9)

When: Monthly on first Sundays 1-3pm, Youth Services

Transgender and gender expansive children ages 4-9 and their siblings are invited to a 2-hour playgroup at Youth Services! Playgroup will be facilitated by August Hupp, Pride Youth Program Coordinator. Adult family members are invited to attend a concurrent support group facilitated by Youth Services' clinical staff. To join, please contact Lizzy.Appleby@ysgn.org or 847.724.2620 x121.

prideSUPPORT: Fruit Loops – LGBTQ+ Group (grades 5-7)

When: Weekly by session, Tuesdays 5:30- 7:00pm

This support group for LGBTQ+ youth in grades 5-7 is an opportunity to build relationships and get support related to sexual and gender identity. Facilitated by Jess Coon, MSW, group includes a check-in, discussion topic, and opportunities to socialize with other participants. Those who wish to join this group should reach out to Lizzy Appleby, Youth Program Manager, at Lizzy.Appleby@ysgn.org to schedule an intake.

prideSUPPORT: Alphabet Soup LGBTQ+ Group (grades 8-9)

When: Weekly by session, Thursdays 5:30- 7:00pm

This support group for LGBTQ+ youth in grades 8-9 is an opportunity to build relationships and get support related to sexual and gender identity. Facilitated by August Hupp, group includes a check-in, discussion topic, and opportunities to socialize with other participants. Those who wish to join this group should reach out to Lizzy Appleby, Youth Program Manager, at Lizzy.Appleby@ysgn.org to schedule an intake.

prideSUPPORT: SWAG- Trans/ Nonbinary High School Group (grades 9-12)

When: Weekly by session, Tuesdays 6:00- 7:30pm

This support group for trans and nonbinary youth in grades 9-12 is an opportunity to build relationships and get support related to gender identity. Facilitated by August Hupp, group includes a check-in, discussion topic, and opportunities to socialize with other participants (with pizza!). Those who wish to join this group should reach out to Lizzy Appleby, Youth Program Manager, at Lizzy.Appleby@ysgn.org to schedule an intake.

prideSUPPORT: KINSHIP- LGBTQ+ High School Youth of Color Group

When: Weekly by session, Mondays 5:30- 7:30 pm

KINSHIP is a support group for queer, trans, non-binary and/or genderfluid high school youth of Color. It is an opportunity for young people with these intersecting identities to build community, share experiences, and learn from each other. Those who wish to join this group should reach out to Lizzy, Youth Program Manager, at Lizzy.Appleby@ysgn.org to schedule an intake.

prideSOCIAL Drop In (ages 12-19)

Where: Grayslake Library, 100 Library Lane in Grayslake, IL

When: 1st Thursdays, 5:30-8:00

This social and recreational drop-in is a chance for LGBTQ+ youth to build relationships with each other and hang out. Participants do a brief check-in for introductions, and then enjoy a loosely structured activity, such as game night, art/craft night, movie night, etc. Programming is facilitated by Youth Services staff and volunteers, and snacks are provided. RSVP not required; youth can just show up!

prideLEAD: LGBTQ+ Youth Leaders (ages 14-19)

prideLEAD is a group of 18 LGBTQ+ youth ages 14-19 who provide leadership for all Pride programs. Youth Leaders apply in the spring to commit to participating during the school year. They meet regularly to brainstorm new projects, plan events, and create additional resources for LGBTQ+ youth in the suburbs, building valuable skills for college and career. Leaders act as a voice for LGBTQ+ youth in the community, providing education to youth and adults about sexual and gender identity. Interested in applying for next year? Reach out to Lizzy.Appleby@ysgn.org to be added to our list of interested youth.

prideAUTHENTIC: LGBTQ+ Young Adult Drop In Group (ages 18+)

When: 2nd Tuesday of every month, 6:15- 7:45pm

LGBTQ+ young adults ages 18+ are invited to this twice-monthly meetup for exploring and embracing all gender experiences! Come hang out, have some snacks, and make some new friends. New members are always welcome on 2nd Tuesdays! The second monthly meeting is often an outing or event. To get updates on when group is happening, text @prideya to 81010. Questions? Contact Lizzy Appleby at Lizzy.Appleby@ysgn.org

Support/ Social Groups for Parents in Illinois

McHenry PTI (PFLAG Parents of Transgender Meeting)

<https://www.pflagillinois.org/category/pflag-parents-of-transgender-mchenry/>

When: 4th Wednesday of the month at 7pm

Where: Tree of Life Unitarian Church, 5603 W Bull Valley Rd., McHenry IL 60050

Contact: Marya Flynn at 262-745-5143 for more information

North Shore PTI

<https://www.pflagillinois.org/category/pflag-parents-of-transgender-north-shor/>

When: 3rd Sunday of the month at 6 PM

Where: Winnetka Presbyterian Church, 1255 Willow Rd, Winnetka, IL 60093

Parents of Transgender Persons Therapy Support Group -

<http://www.guidedpathpsychologicalservices.com/Groups.en.html>

This group provides education and support to parents of transgender and gender expansive people. The meetings are facilitated by Daniel Frett, MS, LCPC, NCC, a therapist at Guided Path. It is expected that persons participating are willing to commit to attending an initial four sessions in order to promote the group identity.

Where: 201 E. Dundee Rd, Palatine, IL 60074

When: 2nd Sunday of each month, 1:30-3:30 PM

Cost: \$30 per person/\$45 per couple per session. Insurance companies may provide benefits for groups. A sliding scale fee is available when needed.

Contact: Dan Frett at 630-915-6472 or email danfgpps@gmail.com

WESTERN SUBURB ORGANIZATIONS PROVIDING SUPPORT TO TRANSGENDER INDIVIDUALS

Medical Resources

Open Door Health Center: Aurora Location <https://odhcil.org/>

Open Door, in addition to providing counseling services to transgender and gender non-conforming people, provides hormone therapy for those undergoing transition. Open door offers a wide range of medical and behavioral health services at its locations.

157 S. Lincoln Ave., Ste. K, Aurora, IL 60505

Phone: 630.264.1819 **Hours:** M-F, 8:30A - 4:30P

Planned Parenthood of Illinois Aurora Clinic:

<https://www.plannedparenthood.org/health-center/illinois/aurora/60504/aurora-health-center-3483-90430>

PPI Aurora Clinic offers the following services specifically for clients who identify as LGBT:

- Hormone Therapy for Transgender Clients
- [Transgender Healthcare Services](#)

Payment is expected at time of service unless other arrangements have been previously made. Some LGBT services may be covered by your insurance. If you want to use your insurance, please be sure to bring in your insurance information at the time of your visit.

3051 E New York St., Aurora, IL 60504

Phone: (630) 585-0500

Support/ Social Groups for youth

Youth Outlook-Transcend West Chicago & Naperville, IL (ages 14-20 years)

Transcend runs similarly to our other drop in centers but focuses more specifically on gender identity. Whether you identify as Transgender, Queer, Questioning, Ally or anything in between, we welcome you to join us (14-20 year olds)

Where: DuPage Unitarian Universalist Church, 1828 Old Naperville Road, Naperville, IL

When: Every Wednesday 6:30-9:00 p.m.

Contact: nancy.mullen@youth-outlook.org

Support/ Social Groups for Parents in Illinois

Thrive Parent Group

Thrive Parent Group (for parents currently parenting teens)- meets on the 1st and 3rd Wednesday during Transcend.

Where: DuPage Unitarian Universalist Church, 1828 Old Naperville Road. Naperville, IL

When: 1st and 3rd Wednesday 6:30-9:00 p.m.

Contact: nancy.mullen@youth-outlook.org

SOUTHWEST SUBURB ORGANIZATIONS PROVIDING SUPPORT TO TRANSGENDER INDIVIDUALS

Support/ Social Groups for youth

Pinwheels Meet up Group <http://www.pinwheels.us/>

Pinwheels is a network of families embracing their children's gender non-conformity in a kind and loving manner. Our support group focuses on providing a monthly meeting place for parents to connect with other families by sharing information and experiences. There are two groups, a parent discussion group and a children's playgroup.

Where: Contact for the location, 2 support groups in Chicago, 1 in Northwestern suburbs and one in South suburbs **When:** Monthly **Contact:** livethethruth@gmail.com

Gendernauts & Grow

An affirming space for gender expansive, transgender, agender, lesbian, gay, queer, bisexual, LGBTQ high school aged teens.

When: the 2nd Friday of the month 5:30pm to 7:00pm

Where: 10725 S. Western Ave, in the second floor offices of Beverley Therapist

Contact: Bonn Wade at 773-330-2544 or email wadebonn@gmail.com

CENTRAL AND SOUTHERN IL ORGANIZATIONS PROVIDING SUPPORT TO TRANSGENDER INDIVIDUALS

LGBTQ Centers

Uniting Pride Center (Champaign County) <http://www.unitingpride.org/>

A multi service agency, for youth and adults, to support and promote human care, education, and community building activities directed at furthering the well-being and development of LGBTQA community of Champaign County.

Phoenix Center Springfield www.phoenixcenterspringfield.org

An LGBTQ community center for Springfield that also provides HIV/AIDS prevention and education to the community

Support/ Social Groups for youth

Central Illinois Pride Health Center

<https://centralillinoispridehealthcenterdotorg.wordpress.com/>

We offer social support and resources to the LGBTQ community of Central Illinois. Once we have a space, we'll be offering medical and mental care along with continual social support. We currently operate a weekly youth group ages 13-19 years old for LGBTQ+ allies on Fridays. We'll offer primary care from birth to death. facebook.com/pridehealthcenter

Where: PO Box 441, Bloomington, IL 61702 **Contact:** 815-893-7459,

TranSupport Group <http://www.phoenixcenterspringfield.org/am-i-transgender/>

The TranSupport Group is for transgender individuals, their partners or spouses, family members, and friends. Group is facilitated by Cindy Martsch, LCSW and Tracy McCaffrey

When: The third Thursday of each month, 6:30-8:30pm

Where: The Phoenix Center, 109 E Lawrence Ave, Springfield, IL 62704

Contact: 217-528-5253

Rainbow Café Safe Space (LGBTQ not gender-nonconforming youth specific)

<http://www.rainbowcafe.org/>

Welcome to Rainbow Cafe, a SAFE SPACE social/support group for high school age gay, lesbian, bisexual, and transgender youth in Southern Illinois. We also welcome those youth questioning their orientation and youth members' heterosexual friends.

When: every Friday evening from 7-10 pm

Where: Giant City Plaza, 1320 S Giant City Road, Suite F, Carbondale, IL (left side of building, look for the sign in the window)

Contact: For more information call 815-408-6963

Support/ Social Groups for Parents in Illinois

The Phoenix Center Parent Group (LGBT but not gender non-conforming specific)

<http://www.phoenixcenterspringfield.org/proud-parents/>

This group is for parents or parental figures of children who identify as lesbian, gay, bisexual, transgender, gender neutral, gender fluid, gender non-binary or any other term that falls under the “queer umbrella”. This group will be facilitated by Brennen Bradley M.S.

When: 6:30-8 p.m. the first Monday of the month

Where: The Phoenix Center, 109 E Lawrence Ave, Springfield, IL 62704

PFLAG- Sauk Valley chapter (LGBTQ but not gender non-conforming specific)-

<https://www.pflagsaukvalley.org/services.html>

Offers parent support and youth supported connected through Youth Outlook chapter. Offer scholarships for LGBTQ students attending college.

Contact: 815-408-0604 <https://www.facebook.com/PFLAGSAUKVALLEY>

ONLINE SUPPORT GROUPS AND RESOURCES

Gender spectrum online discussion groups:

<https://www.genderspectrum.org/groups>

Register now for online discussion groups to connect with peers in a safe space. The online groups can be joined by video, audio or chat and all youth groups are facilitated by trans and gender expansive adults.

Support/ Social Groups for Youth

Pre-teen Group: Open to all youth ages 11-12, join others from all across the country in a safe space to share experiences around gender

When: Mondays Feb. 25- March 18 2019 at 4:30pm PST/ 6:30pm CST **Register:** [here](#)

For more information: Email Jena Hackman at jhackman@genderspectrum.org

Teen Group: The teen group is a great way to meet other young people, share experiences, ask questions, and just hang out together.

When: Wednesdays Feb. 20- March 13, 2019 at 5:30pm PST/ 7:30pm CST **Register:** [here](#)

Support/ Social Groups for Parents and Other Adult Family Members

Navigating Gender and Race: A discussion group for parents of color raising gender diverse kids.

When: This group will meet spring of 2019, dates and times TBA **Register:** [here](#)

For more information: Contact Pam Wool at pwool@genderspectrum.org

Raising Non-Binary Kids: This online discussion group is a safe space for parents and other adult family members to discuss feelings and experiences around parenting a non-binary child.

When: Wednesday Feb. 20th, 2019 at 7:00 pm CST and Feb. 27th, 2019 at 11:00 am

Register: [here](#) **For more information:** Contact Pam Wool at pwool@genderspectrum.org

Faith and Gender: A discussion group for parents and other adult family members of gender diverse youth.

When: Tuesday March 26th- April 9th, 2019 at 8:00pm CST **Register:** [here](#)

For more information: Contact Austen Hartke at ahartke@genderspectrum.org

Facilitators Support Group: This group is for anyone who runs a group that serves youth and/or families that want to learn about issues related to gender and youth.

When: The first Thursday of the month at 1 pm CST **Register:** [here](#)

Comunicar a miembros de la familia y amigxs acerca de la identidad de género de su hijx: Una discusión grupal para padres y otros adultos miembros de la familia. Este grupo de discusión es un espacio seguro para hablar sobre sus sentimientos y experiencias relacionadas con la comunicación con su familia y amigxs sobre el género de su hijx. Este grupo estará en español.

Fechas/ Horarios: Este grupo se reunirá cuatro veces. Las horas y fechas exactas deben ser determinadas. **Regístrate:** [ahora](#)

Para más información: Póngase en contacto con espanol@genderspectrum.org

SUPPORT GROUPS AND SERVICES OUTSIDE OF ILLINOIS

Support Groups

[Boston Support Group](#) The Center for Special Needs (CCSN) at TUFTS in Downtown Boston group contains parents of gender-non-conforming boys and girls. Click the link to email Dr. Ellen Perrin, the group's coordinator.

[DC Area Support Group:](#) Family support group through the Children's National Health System, 202-476-5980. The CNMC group is co-facilitated by Mrs. Catherine Tuerk, MA, RN, CS. Email: pgroup@childrensnational.org

[Bay Area, CA Gender Spectrum Group](#) Gender Spectrum offers a monthly support and information group in Emeryville, CA for parents of gender variant and transgender children. We meet regularly to discuss what gender variance means to our children and our families. Contact info@genderspectrum.org or 510-788-4412

[Portland Transactive Gender Center:](#) Family Support group and 3 support groups offered by age. Fees apply.

[Seattle Children's Support Group:](#) Different support groups for parents and transgender youth separated by age. See website and scroll to bottom for description of 4 available groups. For more information contact Aidan Key at 1-855-4 GENDER (1-855-443-6337) or by email: info@genderdiversity.org

[St. Louis Transparent Support Group](#) Our purpose is to provide support, information and resources to help parents confidently navigate their gender independent child's personal journey of self-discovery to authentic living. We meet on the third Thursday of every month at St. Louis Children's Hospital (1 Children's Place St. Louis, MO 63117) 6:30 pm to 8:30 pm in Room PL27. Please contact support.team@transparentusa.org for meeting location details.

[Crown Point Indiana Support Group:](#) weekly support group for members of the LGBTQIA+ community and their families. It is free of charge, completely anonymous, and positively affirming. For more information contact nataliel@crowncounseling.org

[Grand Rapids Support Group,](#) runs free support group for LGBTQ youth ages 13-17. For more information call at 616-458-3511 or email: info@grpride.org

Mental Health Services

Pine Rest Christian Mental Health Services: 616-281-6363 x 4776. Contact line for Brie Walter-Rooks, LMSW-CAADC, LGBT affirming and can see clients with most insurance providers, including clients with Medicaid

RELIGIOUS AND SPIRITUAL SUPPORT SERVICES

Affirming Christian Churches:

Many denominations have identifiers to let you know a church is supportive. There are, however, supportive churches that do not have that status, and supportive churches have various degrees of affirming sexual orientation, gender identity, and gender expression/presentation. It's a good idea to call the pastor of the church first. Still, the list below is a decent starting point:

- American Baptists: AWAB (Association of Welcoming and Affirming Baptists): <http://www.awab.org>
- Evangelical Lutheran Church in America: RIC (reconciling in Christ): <https://www.reconcilingworks.org>
- Metropolitan Community Churches: Founded as primarily gay and lesbian. <http://www.mcc.org/>
- Presbyterian Church (USA): MLP (More Light Presbyterians): <https://mlp.org/>
- United Church of Christ: ONA (Open and Affirming): <https://openandaffirming.org/>
- United Methodists: RMN (Reconciling Ministries Network): <http://www.rmnetwork.org/>
- St. John's United Church of Christ in Evanston is a small (ten to fifteen in worship) Open and Affirming congregation who called an out transgender woman as pastor. Yet they have a fairly traditional worship service including some old familiar hymns. Worship begins at 10:15 AM on Sunday. On the first Sunday of each month, we offer communion to anyone who chooses to partake. <http://www.stjohnsuccevanston.org/>

Also, see <https://www.gaychurch.org/> as many (but not all) of those churches may be open to transgender and gender-nonconforming people.

Other Christian Resources:

Catholic Parents of LGBTQ children: <https://fortunatefamilies.com/>

Austen Hartke is the creator of the YouTube series “Transgender and Christian,” which seeks to understand, interpret, and share parts of the Bible that relate to gender identity and the lives of transgender individuals. Austen is a graduate of Luther Seminary’s Master of Arts program in Old Testament/Hebrew Bible Studies, and is the winner of the 2014 John Milton Prize in Old Testament Writing from the same institution. He has spoken at conferences all over the country, including The Reformation Project Conference in Atlanta, the Gay Christian Network Conferences in Houston and in Pittsburg, and the 2016 Philadelphia Transgender Health Conference. Currently Austen lives in St. Paul, Minnesota, where he is working on a collection of biblical and modern narratives from gender-Expansive people of faith, to be published with Westminster John Knox Press in Spring of 2018. As a transgender person of faith, his greatest passion is helping other trans and gender-Expansive people see themselves in scripture. <http://austenhartke.com/trans-faith-resources/>

Unclobber: A book written by a straight Christian pastor relaying both his journey to becoming LGBTQ affirming while giving a theological basis for supporting and affirming LGBTQ people. It goes through each of the 6 or 7 so called “clobber” verses and gives a theological argument as to why those biblical verses are not talking about sexuality as we understand it today. It is a great read for Christian parents who may be struggling to reconcile their child’s gender/sexuality if they’ve always believed that being queer is incongruent with a Christian faith.

<https://www.amazon.com/UnClobber-Colby-Martin/dp/066426221X>

Understanding Gender Dysphoria: This book offers a Christian perspective on transgender issues that eschews simplistic answers and appreciates the psychological and theological complexity of gender identity. It can be purchased on [amazon.com](https://www.amazon.com).

Jewish Resources:

Beth Emet Synagogue (<http://bethemet.org/>) is open to and affirming of transgender people, and has had trans youth in leadership roles. Their rabbi may be able to recommend other resources.

Keshet is a national organization that works for full LGBTQ equality and inclusion in Jewish life
<https://www.keshetonline.org/>

<https://chiefrabbi.org/wp-content/uploads/2018/09/The-Wellbeing-of-LGBT-Pupils-A-Guide-for-Orthodox-Jewish-Schools.pdf>

Muslim Resources:

<http://www.muslimalliance.org/>

Masjid al-Rabia is a Muslim community center in Chicago, IL where everyone is welcome.

<https://masjidalrabia.org/>

Pagan Resources:

Honouring Queer and Non-Binary Forms of Nature (Article) “The need for a form of nature-worship I could relate to. A strong interest in social justice and inclusivity. My best friend’s gay cat. All of these things played a heavy part my interest in queer, gender Expansive, and non-binary forms of nature. I had originally intended to include this as a small section of my article “God, Goddess, and Other: Fertility faiths and queer identities,” but I quickly realized it would take much, much more space than that to do the topic justice.” <http://www.spiralnature.com/spirituality/honouring-queer-non-binary-forms-nature/>

The magic in-between: Exploring tarot and non-binary identity <http://littleredtarot.com/tarot-and-non-binary-identity/>

Interfaith Networks:

The Trans Faith Network <https://www.transfaith.info/>

Transfaith™ is a national non-profit that is led by transgender people. We are a multi-tradition, multi-racial, multi-gender organization working to support transgender spiritual/cultural workers and their leadership in community. We work closely with many allied organizations, secular, spiritual, and religious, transgender-led and otherwise.

PFLAG

Title- Faith in our Families: Parents, Families and Friends talk about Faith, Sexual Orientation and Gender Identity

PFLAG is working to make sure that all people who are lesbian, gay, bisexual, transgender, and queer are not only valued by society, but take pride in and value themselves. We do this through providing peer-to-peer support, educating people on the issues that are important to the community, and advocating for inclusive policies and laws.

<https://www.pflag.org/sites/default/files/Faith%20In%20Our%20Families.pdf>

SUMMER CAMPS 2019

SUMMER CAMPS FOR TRANSGENDER YOUTH

Camp Aranu'tiq

A summer camp for transgender youth ages 8-15 (due to high demand, they only accept new campers ages 8-13, those 14+ are required to have attended the camp prior to 2019).

Cost: \$1,110 per week for families that can afford it, they offer a subsidized rate of \$775 per week for families who cannot afford the actual cost of camp

Dates: July 7-13 (space limited); July 21-27 (space available)

Location: New Hampshire, they offer a shuttle service from Boston- Logan Airport

For more information: Details can be found at camparanutiq.org or email CEO and founder Nick M Teich at nick@harborcamps.org

Camp 10 Trees

This year Camp 10 trees is hosting their first ever session of Trans Camp for trans, non-binary and gender variant youth ages 8-17.

Dates: August 25-29, 2019

Location: Washington State

For more information: <http://camptentrees.org/summer-camp/>

Camp Laurel

Free resident camp program for transgender/ non-binary youth ages 10-17. The program is based on traditional camp programs, but caters to the unique mental and physical health of youth who are transgender or gender nonconforming.

Cost: The camp is free to attend

Dates: July 8-13, 2019; early enrollment for returning campers and low income campers is from Dec. 10, 2018- February 1, 2019.

Location: Big Bear Lake California

For more information: <https://www.laurel-foundation.org/programs/programs-for-transgnc-youth/>

LGBTQ+ SUMMER CAMPS

IL Safe Schools Alliance Action Camp

The Action Camp is a 5 day sleepaway camp in August that brings together leaders from GSAs across the state to learn from one another and shape their safer schools movement. Action Camp is open to GSA leaders who are rising 8th graders through rising seniors in high school.

Dates: August 5th- 9th Location: Illinois

For more information: <http://www.illinoissafeschools.org/youth>.

Camp Out-

CampOut family camp is a four day camp for LGBTQ individuals and their families. They offer camp wide evening programs and a variety of camp traditions, activities, and games.

Cost: \$2,500 flat rate per family (for a private cabin); share a cabin with family of friends \$350 per adult, \$250 for ages 5-17, children 4 and under are free; random cabin assignment- \$275 per adult, children 5-17 \$225, children 4 and under are free.

Dates: Friday August 16th-Monday, August 19, 2019

Location: Michigan

For more information: <https://www.lwgcwc.com/camp-out/>

Camp True Colors

A camp for LGBTQ+ youth ages 7-17 years old, for youth ages 14-17 years old there is the opportunity to participate in a leadership program that includes team building and an overnight camping experience.

Cost: They charge fees on a sliding scale based on a families' ability to pay, camp fees can be as low as \$50

Dates: June 15-19 (ages 14-17), June 8-12 (ages 14-17), and July 30-Aug. 3 (ages 7-13)

Location: Willow River, MN

For more information: <http://www.oneheartland.org/camps-and-programs/camp-true-colors/>

UWM Pride Summer Camp- UWM Pride Discovery Camp is designed to inspire LGBT+ high school students (ages 13-17) to embrace their multiple identities and gain a better understanding of

marginalized identities through community building, activism, self-expression, and connections in the LGBTQ communities. Pride Discovery Camp provides a unique camp experience that empower and enriches students with confidence and leadership skills and encourages campers to realize their full potential.

Pride Discovery Camp Dates are TBD.

For more information: <https://uwm.edu/lgbtrc/programs/annual-programs/pride-camp/>

RESOURCES FOR TRANSGENDER STUDENTS

Trans Student Educational Resources <http://www.transstudent.org/>

Trans Student Educational Resources is a youth-led organization dedicated to transforming the educational environment for trans and gender nonconforming students through advocacy and empowerment.

Beyond the Binary: A Tool Kit for Gender Identity Activism in Schools

<http://transgenderlawcenter.org/wp-content/uploads/2012/07/99640173-Beyond-the-Binary.pdf>

Transgender Rights Toolkit: A Legal Guide for Trans People and Their Advocates

<http://www.lambdalegal.org/publications/trans-toolkit>

NAME CHANGE

Transformative Justice Law Project Name Change Mobilization -

<http://tjlp.org/services/name-change-mobilization/>

During the Name Change Mobilization attorneys and trained volunteers assist transgender and gender non-conforming folks file petitions to change their names legally at the Daley Center in downtown Chicago. Volunteers provide follow-up support services by accompanying folks to their court dates and helping them navigate the subsequent name change processes at the Department of Motor Vehicles, Social Security Office, Department of Vital Records, etc.

Where: 12th floor of the Daley Center 50 W. Washington Chicago, IL Room 1202

When: Last Friday of every month 9:00AM-3:00PM

Contact: namechange@tjlp.org

John Marshall Law School - <https://www.jmls.edu/clinics/pro-bono/projects.php>

<https://www.jmls.edu/clinics/pro-bono/pdfs/name-change-services.pdf>

312-427-2737 ext 477, email: probono@jmls.edu

Chicago Land LGBTQ Service Directory:

<http://chicagolgbtservices.org/>

Guide to Name and Gender Marker Changes (IL)

https://www.iwu.edu/lgbt/name_change_in_illinois.pdf

Thorough PDF by Equality Illinois detailing all of the steps for changing your legal name and identity documents in Illinois

OUTlaw's Translegal Name Change & Gender Marker Project

Contact: outlawtranslegal@gmail.com <https://www.facebook.com/outlawtranslegal/>

Location: Lesar Law Building, 1150 Douglas Drive, Carbondale, Illinois 62901

LEGAL RESOURCES

Center on Halsted- <http://www.centeronhalsted.org/programs.html>

If you or someone you know is in need of legal consultation from an attorney with an understanding of legal issues in the lives of LGBTQ people, we can help. Though Center on Halsted does not have a licensed attorney on staff, we work with a group of volunteer attorneys to host regular clinics and provide referrals to area attorneys with experience in the LGBTQ community.

TransLife Center www.chicagohouse.org

Recognizing the specific legal barriers transgender people face in accessing safe and affirming housing, employment, and medical care- especially transgender women of color who have been homeless and/or incarcerated- The TransLegal Program provides holistic and affirming legal services, self help legal assistance, and legal education to transgender people to support the overall mission of the TransLife Center and the personal success of it's participants. To learn more about the TransLegal Program, you may contact the TLC's TransLegal staff at 773-248-5200 ext 414 or by email: mpahl@chicagohouse.org

The Transformative Justice Law Project of Illinois <http://tjlp.org>

We provide free, zealous, life-affirming, and gender-affirming holistic criminal legal services to low-income and street based transgender and gender non-conforming people targeted by the criminal legal system. TJLP takes referrals from organizations or through word of mouth. If you would like more information about our legal services or how to contact our project attorney, please email us at legal@tjlp.org

Where: 203 N. LaSalle, Suite 2100 Chicago, IL 60601

Contact: (312)558-1472 info@tjlp.org

TRANS YOUTH POLICE AND LAW RESOURCES

First Defense Legal Aid

First Defense Legal Aid provides free, 24-hour, legal representation to people in Chicago Police Department custody and educates Chicagoans about how to protect their constitutional rights. They offer free Know-Your-Rights Workshops and have wallet cards <https://www.first-defense.org/community/>. Their 24-hour hotline will send a free lawyer to someone who is being held in police custody: 1-800-529-7374 Site: <https://www.first-defense.org/>

Lambda Legal

Lambda Legal would like hear of any trans or gender nonconforming youths who, due to the actions of the Trump administration, DOE, and DOJ:

- Are stopping or delaying their efforts to transition or express their true selves
- Begin to be or see an increase in bullying, harassment, etc.
- Have any changes in school policy or treatment by teachers, administrators, or other staff
- Or any other troubling behavior or actions as a result of this rescission

Please contact Lambda Legal (below) immediately. They want to see if there is anything they can do to help, including potentially litigating on your behalf. Even if you are unsure if anything could be done, please contact Lambda. Lambda is also trying to collect stories and information as to the results of these sorts of actions. You can contact Lambda through the following link:

<http://www.lambdalegal.org/trans-students>

Or by contacting Alexis (below) via email. They will make sure that you receive a timely response from the appropriate Lambda Legal Regional Office near you.

Alexis Paige- Legal Assistant-pronouns: she/her/they/their; Lambda Legal Midwest Regional Office
105 W. Adams, 26th Floor Chicago, IL 60603-6208

Tel 312-663-4413 ext. 336 Fax 312-663-4307 apaige@lambdalegal.org www.lambdalegal.org

ACLU

“What To Do If You’re Stopped by Police, Immigration Agents, or FBI”

<https://www.aclu.org/know-your-rights/what-do-if-youre-stopped-police-immigration-agents-or-fbi>

D.C. Trans Coalition

D.C. Trans Coalition “Know Your Rights!” Pamphlet:

<https://dctranscoalition.files.wordpress.com/2011/08/dctc-kyr-book-sept-20112.pdf>

Free Write Jail Arts & Literacy

Free Write Jail Arts & Literacy has multimedia materials with Know-Your-Rights information. They use a comic book and a music video (10 Street Law Commandments,

<https://www.youtube.com/watch?v=VRDIuY3bxJc>) to explain rights to youth. Site:

www.freewritejailarts.org/

ONLINE RESOURCES FOR PARENTS, EDUCATORS, & ALLIES

Gender Spectrum www.genderspectrum.org

Raising children who don’t fit neatly into male or female boxes brings a wealth of questions and uncertainties. Here you will find information and support to assist you in your search for answers.

Families in TRANSition: A Resource Guide for Parents of Trans Youth

<https://www.rainbowhealthontario.ca/resources/families-in-transition-a-resource-guide-for-parents-of-trans-youth/>

Families in TRANSition: A Resource Guide for Parents of Trans Youth is the first comprehensive Canadian publication (created by Central Toronto Youth Services) to address the needs of parents and families supporting their Trans children. It summarizes the experiences, strategies, and successes of a working group of community consultants – researchers, counselors, parents, advocates as well as Trans youth themselves.

Schools in Transition: A Guide for Supporting Transgender Students in K-12 Schools

<http://www.hrc.org/resources/schools-in-transition-a-guide-for-supporting-transgender-students-in-k-12-s>

Schools in Transition is a guide written for administrators, teachers, parents, and other adults who work with youth and covers topics ranging from basic concepts of gender and the importance of affirming gender identity to best practices for restroom access and working with unsupportive parents.

Welcoming Schools <http://www.welcomingschools.org/>

Welcoming Schools is an LGBT-inclusive approach to addressing family diversity, gender stereotyping and bullying and name-calling in K-5 learning environments. They have a useful booklist which can be found here.

American Psychological Association <http://www.apa.org/topics/lgbt/transgender.aspx>

This downloadable pamphlet from the APA answers questions about transgender people, gender identity and gender expression.

Trans Youth Family Allies (TYFA) - <http://www.imatyfa.org/>

TYFA works to empower children and families by partnering with educators, service providers and communities, to develop supportive environments in which gender may be expressed and respected. They envision a society free of suicide and violence in which all children are respected and celebrated.

Lambda Legal: Working With Transgender and Gender-Nonconforming Youth

<http://www.lambdalegal.org/know-your-rights/working-with-transgender-youth>

Lambda Legal offers information and resources about legal obstacles and challenges transgender youth face and legal rights that they have.

Gender Creative Kids Resource Library

<http://gendercreativekids.ca/resources/>

Gender Creative Kids offers a resource library for parents/ caregivers, educators, service providers, and transgender youth in a variety of different areas including books or DVDs, research reports, policy documents, and sample advocacy materials.

LGBTQ Student Guide to Bullying and Cyberbullying:

<http://www.onlineschools.org/lgbtq-student-guide/>

<http://www.onlineschools.org/student-bullying-guide/>

Online schools offers two resource guides- one specifically on LGBTQ students and one on bullying in schools. The one on LGBTQ students includes information about the specific challenges faced by LGBTQ youth and how to advocate for them.

Lurie Children's Model Policy for Student Gender Support:

<https://www.luriechildrens.org/globalassets/media/pages/specialties--conditions/programs/gender-development/documents/model-policy-for-student-gender-support2.pdf>

This model policy created by Lurie Children's Hospital provides guidance on best practices for school districts on the inclusion of transgender and gender nonconforming youth.

WEBSITES AND BLOGS FOR PARENTS

GLSEN AND HRC in K-12 Schools:

[GLSEN: Gay Lesbian & Straight Education Network](#)

[Human Rights Campaign: Welcoming Schools](#)

Trans Student Equality Resources and Teaching Tolerance in K-12 Schools:

[Trans Student Equality Resources](#)

[Teaching Tolerance](#)

Jewish Parents of Transgender Kids Facebook Group:

Search "Parents of Jewish Transgender Kids" on Facebook to find the "front door" group and request to join.

<https://gendercool.org/> - A national story telling campaign spotlighting remarkable stories of transgender young people

Supportive Parent Blogs:

[Labels Are For Jars](#)

[Raising my Rainbow](#)

[Transparenthood](#)

BOOKS

For Parents

[The Transgender Child: A Handbook for Families and Professionals](#)

[Gender Born, Gender Made: Raising Healthy Gender-Nonconforming Children](#)

[Transgender Explained For Those Who Are Not](#)

For Children

Ages 3-7:

[Annie's Plaid Shirt](#)

[Introducing Teddy](#)

[My Princess Boy](#)

[10,000 Dresses](#)

[Be Who You Are](#)

[All I Want To Be Is Me](#)

[Jacob's New Dress](#)

[I am Jazz](#)

Ages 8-12:

[George](#)

[Lily and Dunkin](#)

[Gracefully Grayson](#)

[Being Jazz](#)

[The Pants Projec](#)

VIDEOS

Below are links to videos interviewing the Director of the Program (Dr. Garofalo, MD PHD) on transgender related issues.

[WTTW](#)

[Chicago Tonight Video](#)

[Dr. Oz Video](#)

TSA screening video for transgender travelers: <https://www.youtube.com/watch?v=0SLI3Q1bIrs>

Queer Kid Stuff- Imagining a Kid and More Equal Future. Kid Friendly educational videos including song and history

<https://www.youtube.com/channel/UCecsVoeJcsXbAra7Sl4mOPw>

ADDITIONAL SUPPORT MATERIALS

If you are concerned about your child's gender behaviors: A Guide for Parents

By Children's National Medical Center (PDF brochure)

https://www.rainbowhealthontario.ca/wp-content/uploads/woocommerce_uploads/2014/08/PARENT%20FLYER.pdf

Our Trans Loved Ones: Questions and Answers for Parents, Families, and Friends of People Who Are Transgender & Gender Expansive

<https://pflag.org/sites/default/files/Our%20Trans%20Loved%20Ones.pdf>

Discussing Gender Issues

https://www.genderspectrum.org/images/stories/Discussing_Gender.pdf

Answers to Your Questions About Transgender Individuals and Gender Identity

By the American Psychological Association

<http://www.apa.org/topics/sexuality/transgender.pdf>

Puberty Blocker Information



Puberty Blockers

Reviewed by: Dr. Johanna Olson of Children's Hospital Los Angeles

What are they and why are they used?

Children whose gender identity differs from their assigned birth sex often suffer from body dysphoria (an intense dislike of their body). This discomfort stems from the fact that they don't feel their body matches their internal experience of themselves. In other words, the body and the brain are not congruent with each other. Puberty brings about unwanted secondary sexual characteristics like breast development and menstruation in natal females and growth of facial hair and an Adam's apple in natal males. The development of secondary sexual characteristics can be devastating to a child with gender dysphoria.

Puberty Inhibitors (puberty blockers, GnRh analogues, puberty suppressors, hormone suppressors) are medications prescribed by a physician to suppress or inhibit puberty. The medications work by suppressing the production of sex hormones (testosterone and estrogen) thereby preventing the development of undesired secondary sexual characteristics. The effects of puberty inhibitors are reversible. Suppressing puberty in gender dysphoric children prior to cross gender hormone therapy has several advantages and can often be life saving. These advantages include a reduction in depression and/or anxiety, better social integration with peers, eliminating the need for future surgeries, and improved mental health for the child.

When are they prescribed and how do they work?

Ideally, puberty blockers are started in the second stage of sexual maturation, Tanner Stage 2, in youth who meet the criteria for prescription (psychological evaluation and various blood tests). The two main methods of administration are monthly injections or a surgical implant in the arm. The inhibitors (blockers) are used until, or if, cross gender hormone therapy begins.

If cross gender hormone therapy is to occur, the timetable varies for each individual. There are several factors that a physician considers in determining readiness. These include age, maturity, therapist recommendation, physical development including current height and weight, as well as other important factors. Once cross gender hormone therapy begins puberty inhibitors are stopped and puberty begins to occur along the correct trajectory.

Cost and Insurance Coverage

Many insurance plans will not pay for puberty inhibitors and they can be cost prohibitive. However, as the argument for medical necessity of treatment for youth with gender dysphoria has become more pervasive, insurance companies have recently become more likely to pay for suppression of puberty with hormone blockers. The implant is effective for approximately one year; however, may last months longer and effectiveness can be checked by blood test. The cost varies from \$4,500-\$15,000 and must be inserted by a surgeon. Monthly injections are approximately \$1,200 per month. This will not include the cost of other necessary treatment such as: blood work, x-rays, and office visits with the physician.

What if my child has already reached puberty?

Some families don't know about puberty inhibitors until their child has surpassed Tanner Stage 2 and some children don't disclose their gender dysphoria to their families until they have surpassed Tanner Stage 2. There is still help for these children. Natal females may be prescribed medications to stop menstruation and some children may still receive benefit from puberty inhibitors. Contact a qualified physician for an assessment of your child's situation.

