

**empowering transgender
and gender non-conforming
individuals and allies**



TRANSGENDER **Resource Guide**

>>HOW TO USE THIS GUIDE

Hello –

Thank you for taking the time to read our Transgender Resource Guide for the greater Phoenix Area. This guide was compiled and researched by the Phoenix Transgender Resource Committee, transgender advocates, their allies and community members for transgender individuals seeking resources to aid in their transition. It focuses primarily on free or low cost community based resources available for the wellness of transgender lives.

In addition to providing resources, this guide includes instructions on how to apply for Arizona Adult Change of Name, SSN Gender Marker Changes. It is organized into categories we found relevant to transitional needs and can be found in the Table of Contents. Each category will include a short synopsis on their relevance and benefits to the transgender community. The categories each include an easy to find icon as showed to the left.

Readers are strongly encouraged to use the resources provided and outlined in the Transgender Resource Guide as the information is current and helpful but please keep in mind that we cannot guarantee that all individuals utilizing the resources will have positive or affirming experiences. We hope this is a great place to start as this is the first of many editions of the guide with expansions, mobile friendly, visually compatible and Spanish guides to come.

If you have any additional resources that can benefit the transgender community in Arizona or would like to give feedback or become involved, please do not hesitate to email:

transresourceguide@yahoo.com

- Phoenix Transgender Resource Guide Committee



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TRANSGENDER Resource Guide

There are specific terms that are used frequently in the transgender community both from trans* people and those who are allies. This section is a list of common terms used as language for transgender individuals.

Though these terms are simply identified, not everyone will agree on the usage or explanation and it is likely that any description can apply to some or none.

Cisgender: A term describing anyone who is not transgender, gender nonconforming or questioning; a non-transgender person (i.e., a cisgender man or cisgender woman) means that the individual was socialized and still identifies and expresses as the gender assigned to them at birth, and is comfortable doing so.

Crossdresser: One who wears clothing considered "inappropriate" by society for one's gender for comfort, performance, sexual gratification or any other purpose(s). An old term is Transvestite, and as this is considered offensive by a lot of people, it should not be used unless a person self-identifies using it

Drag Queen/Drag King: An individual who dresses in an exaggerated, over-the-top or "camp" feminine or masculine manner in order to perform. Depending on the type of performance the performers might also go a more "realistic" feminine or masculine look, rather than trying for "camp."

FTM: Female-to-Male individuals, assigned female at birth who now identify as men
Gender Expression: How one wears and performs one's gender, through clothing, language, physical movement, body modification, etc; this is also one way that a person may communicate their gender identity to other people.

Gender Identity: An individual's self-perception as male, female, both, neither, or another configuration of gender; this may or may not match their sex, their legal sex at birth or their current legal sex.

Gender Nonconforming: A person who may or may not identify as transgender, but who has a gender identity, gender expression and/or gendered behavior(s) that are outside of the binary of masculine male and feminine female; for example a butch lesbian or a flamboyant gay man could be described as gender nonconforming. This term does not require a person to identify as such to be applied appropriately.

Gender Role: The social role one plays with regard to gender; there are two roles as defined by society, that of a "man" (dominant in a relationship, assertive, not emotional, enjoys sports, etc.) and that of a "woman" (non-dominant in a relationship, passive, empathetic/emotional, enjoys cooking, etc.) This is based on stereotypes of appropriate behavior, appearance, etc. that are often sexist and very offensive and restricting.

Gender: Sometimes defined as the social concept that is attached to one's biological package (often referred to as one's "sex"), including how you feel, how you behave, etc. It can also be an umbrella term that includes all of the following 5 pieces (and more).



Genderqueer: One whose gender identity lies outside the binary male/female, often somewhere on the continuum between male and female or entirely outside of the gender binary system, sometimes changing on a regular basis.

Intersex: One born with an anatomy and/or physiology that differs from the cultural and medical "ideals" of male and female, including genitals, gonads, hormone production and/or genotypes that are considered non-standard; most individuals who are intersex do not identify as transgender and the intersex community is not part of the trans community. [This term is included in order to help avoid confusion of the trans and intersex communities.]

Legal Sex: Your sex as the local, state and federal governments see you. The "F" to "M" marker on someone's state ID, driver's license, social security card, birth certificate, etc. A person's legal sex at birth and one's legal sex later in life may or may not match; also, all documentation may or may not be the same.

MTF: Male-to-Female individuals, assigned male at birth who now identify as women
Sex: The biological "package," so to speak, of genitals (internal and external), gonads (organ and hormone levels and gametes produced) and genetics (chromosomes) used to classify people as "male" or "female."

Sexual Orientation: A person's sexual, emotional, erotic, romantic, physical and psychological attractions for other people

SOFFA: Abbreviation for "significant others, family, friends and allies" of trans people/community

Transgender: An umbrella term for anyone whose gender identity(s) and/or gender expression(s) don't fit social ideas and norms of gender, which can include transsexuals, crossdressers, genderqueer people, and other gender nonconforming individuals; depending on how the community is defined, the term may or may not be used to be inclusive of SOFFAs. In order for the term to be applied appropriately, a person must self-identify as transgender (trans).

Transsexual: Individuals assigned one gender at birth, who now identify and live as what most people would consider the "opposite" gender. They may or may not use hormones and surgical procedures to help bring their bodies, voices, and other physical "cues" more in line with cultural expectations for the gender in which they're living [This includes both MTF and FTM individuals]



What To's and What Not To's

DO

- If you're not sure about someone's desired name or pronouns, ask rather than assume.
- Names and Pronouns to trans* people are very important! To show respect as you would like to also be shown respect, be sure to always use the person's preferred name and pronouns!
- Some people prefer "them" "they" "their" to his/him or she/her. Sometimes people change which pronouns they prefer. Best rule of thumb is that if you don't know then ask.
- Just as no one else gets to decide for you what your gender is, you don't get to decide for someone else. If someone tells you they are a man or a woman, take them for their word that they know better than you do since they've lived in their bodies and minds their whole lives.

DO NOT

- It is not ok to ask someone you don't know well what their name used to be or what surgeries they have had.
- Calling someone derogatory names such as "tranny" "he-she" "she-male" or "it", or calling someone who identifies or expresses their gender as female "a man", or visa-versa for someone who identifies as male, is not only disrespectful, but also forceful and even an act of violence.

*Lastly, **always** treat trans* people with the same respect you would like to be treated.



>> DOCUMENTATION

DOCUMENTATION

LEGAL NAME CHANGE All residents for Maricopa County

<https://www.superiorcourt.maricopa.gov/sscDocs/pdf/cvnca10pz.pdf>

You don't need a lawyer to change your name in Maricopa County. All the forms and instructions are available for download through the Self Serve Center. You can download the entire packet or each piece individually. The instructions will tell you what to fill out, how many copies to make, and where to go to turn it in.

There is one set of for adults with minor children

https://www.superiorcourt.maricopa.gov/SuperiorCourt/Self-ServiceCenter/Forms/CivilCases/civil_cvnccl.asp

Another for those without minor children:

https://www.superiorcourt.maricopa.gov/SuperiorCourt/Self-ServiceCenter/Forms/CivilCases/civil_cvnca1.asp

To get a hearing date, follow the instructions, turn in the application and pay the filing fees. If you cannot afford the filing fees, there is a payment plan available. You will be given a slip of paper for you to call 3-5 business days later to schedule a court hearing. It takes about a month. If you are married, you will need to get a notarized document from your spouse. If you have brought your birth certificate, the judge will add a request to the order that the birth certificate be changed. This does not automatically change the birth certificate; it simply gives you a little legal oomph towards getting it changed should you need it. Following the hearing, you can (should) immediately go get a certified copy of the name change order.

This section is intended for those who seek to change documentation such as Name Change in Maricopa County, changing Gender Marker and IDs, Passport and Birth Certificate.

THE JUDGE WILL ASK SOME QUESTIONS:

- Are you a resident of the county where you are filing this request?
AND,
- Are you asking the Court to change your name, **AND,**
- Are you an adult 18 years or older, **AND,**
- Are you prepared under penalty of perjury to inform the Court whether you have ever been convicted of a felony and whether there are any pending charges against you for a felony or other offense involving false statements or misrepresentation of identity, **AND,**
- Do you understand that the name change will neither harm your rights nor release you from any obligations or liabilities incurred under your current name, **AND,**
- Do you swear that you are not changing your name to that of another person for the purpose of committing any crime or furthering any offense involving fraud or misrepresentation of identity?



GENDER MARK CHANGE

In order to get the gender marker changed, you'll need a letter from a licensed physician saying two things, one, that you are that you are "irrevocably committed" to changing your gender, and two, that you have received "appropriate clinical treatment." The signed letter or signed statement must include the physician's license number. Physician can include licensed medical, naturopathic and mental health practitioner.

A letter from a doctor is not required if you are doing a name change only.

SOCIAL SECURITY

If you are receiving SSI, SSDI or Medicare benefits, you will need to inform them, so they can update that information as well. It takes only about a week to get a new Social Security card, but it will take over a month to get a new Medicare card. You will get a letter at the SSA office that same day that you can use until you get your updated Social Security card in the mail.

BIRTH CERTIFICATE

You'll want to obtain a certified copy of your birth certificate from your state of birth if you plan to modify it. Some states are much easier than others and requirements are changing constantly.

Lambda Legal maintains an up-to-date list of states. <http://www.lambdalegal.org/know-your-rights/transgender/changing-birth-certificate-sex-designations>

Arizona is among several states that will amend birth certificates to reflect changes to names and gender designation. Additional copies of birth certificates are \$35 at vital records offices; please provide certified change of name order from Maricopa, SSN card and a picture ID.

STATE IDENTIFICATION CARD/DRIVERS LICENSE

Changing your gender marker and name through the Arizona Department of Transportation and Motor Vehicles Department requires that you apply for a new license (duplicate) in person at any MVD office. To request your gender noted on your record to be changed, the letter or signed statement from any licensed physician is required. The letter must be presented within three months from the date the statement was signed. Please also bring your copy of the

 change of name order, SSN card and the fee for duplicate ID which can cost anywhere from \$10-\$12 USD.



>> HEALTHCARE CLINICS

HEALTHCARE CLINICS

Maricopa Integrated Health Systems – MIHS

Gender Clinic (2nd Thursday each month)

2525 East Roosevelt Street, Phoenix, AZ 85008

Phone: 602- 344-1015

McDowell Healthcare Center- MIHS

1101 N. Central Ave Suite 204, Phoenix AZ 85004

Phone: 602 344 6550

Southwest Center Transgender Services

1101 N. Central Ave. Suite 200, Phoenix AZ 85004

<https://swhiv.org/get-healthy/transgender-services/>

Phone: 602-307-5330

Peacework Arizona

Free basic primary health care

Sundays 2803 W. Clarendon Ave. Phoenix

Jonathon Beebe-Guidice of Arcoiris

paxnovo@gmail.com

Youth and Families First

11024 N. 28th Dr. Suite 110, Phoenix 85029

www.yffaz.org

Phone: 623-435-6840

FTM/MTF/Gender non-binary/Adults/teens/children

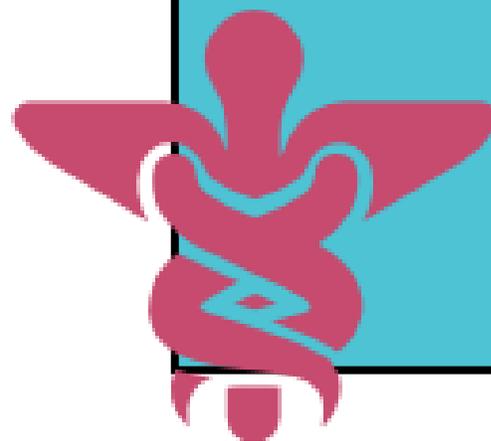
Individual and Family Counseling/ Personal Coaching/WPATH

AHCCCS only

Within the medical community, transgender people face significant barriers to healthcare and healthcare access.

What is important is the overall goals for community organizations.

The selected clinics listed will have professional experience in treating transgender individuals.



>>Doctors

HEALTHCARE PROVIDERS

Dr. Burt Webb, MD

Scottsdale Center for Women's Health

8415 N. Pima Suite 210, Scottsdale AZ 85258

(480) 425-8700

www.scottsdaleobgyn.com

Takes all insurances

Serves FtMs, MtFs, 18 years +, HRT and GYN

Carol Williams, NP

McDowell Health Care Center

1101 N. Central Ave. Suite 204, Phoenix, AZ

(602) 344-6550

Accepts all types of insurances/COPA sliding fees.

Follows WPATH, Therapist letters,

Serves FtM, MtF, Non-Binary, 18 years+, HRT

Carolyn Fuller, ND

Southwest Center

1101 N Central Ave, Suite 200, Phoenix, AZ 85004

(602) 307-5330

cfuller@swhiv.org

<http://swhiv.org>

FTM/MTF/Non-binary/adults/teens

HRT/PCP

Catharine Cesal, MD

Pediatrician

http://www.nspeds.com/providers/dr_catharine_cesal_md.aspx

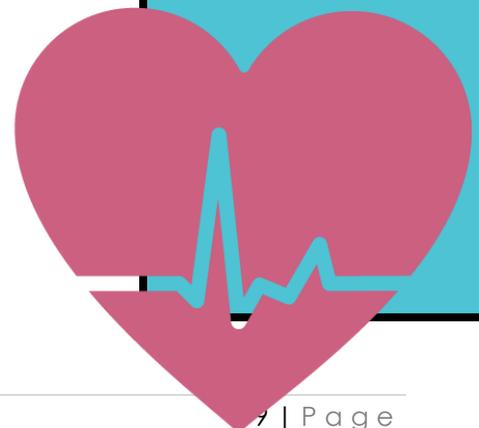
This section is intended for those seeking medical care from professional providers around the greater Phoenix and Maricopa County area.

Healthcare providers range from Primary Care Physicians, Endocrinologists, OBGyns,

INFORMED CONSENT:

Trans* people are encouraged to use Informed Consent as the standard of care for health. ICATH is based on the principle that trans people are able to decide what is best for themselves and their bodies, foregoing the requirement that trans people need to go to therapy to obtain gender affirming services

For more information: icath.org



Dr. Edward Holland, MD

Endocrinologist

30 + years experienced Endocrinologist
EastValley Pediatric Endocrinology
1400 N. Gilbert Rd. Suite L, Gilbert, AZ 85234
(480) 464-8600
FTM/MTF/Under 18
HRT/Hormone Suppression

Dr. Lua Bletsy, MD

Endocrinologist

5700 W. Chandler Rd. Suite 1, Chandler, AZ
85226
(480) 899-0350
HRT

Mandeep Brar, MD

Endocrinologist

18700 N. 64th Drive Suite 205, Glendale AZ
85308
(623) 561-3250 Fax (623) 561-3259
FTM/MTF/18+
HRT, accepts most insurances, has sliding
scale/Medicaid

Dr. Megan Schendel-Dittman, MD

**OBGYN Women's Clinic Maricopa
Integrated Health Services,**

2525 E. Roosevelt St. Phoenix, AZ 85008 2nd
Floor
(602) 344-5407
FTM/18+/Offers referrals for under 18
HRT/all GYN services
Accepts most insurances/COPA sliding fees,
Informed Consent



Dr. Melanie Cloonan-Schulte, MD

595 N. Dobson Rd. Suite D76, Chandler, AZ
85224
(480) 821-0788
FTM/MTF
HRT/PCP

Dr. Shel-Don Legarreta, MD

Adult Medicine, CJ Harris Cigna

1920 E. Baseline Rd. Tempe, AZ 85283
(480) 345-5000
FTM/MTF/18+
HRT/PCP
Only accepts Cigna insurance

Dr. Tala Dajani, MD

Endocrinologist

15600 N. Black Canyon Hwy Suite C-102,
Phoenix, AZ 85053
(623) 748-4700
www.pedendophx.com
FTM/MTF/Under 18
HRT/ Hormone Suppression

Dr. V. Chulini, MD

Pediatrician

602-933-0251

vchulani@phoenixchildrens.com

Under 18, hormones

Works with SWC for HIV/AIDS and 1 in 10 youth

Tracy King, RN, MS, ANP-C

Thompson Medical Group

13460 N. 94th Drive L-2, Peoria 85381

623-583-7400



THERAPISTS & COUNSELLORS

>> Therapists & Counsellors

Therapists can aid in trans people's lives by providing care for mental health, substance abuse, trauma and disorders.

Informed consent

WPATH – The World Professional Association for Transgender Health publishes SOC or Standards of Care which are updated frequently. These SOC recommends a mental health evaluation for those starting hormone therapies.

For more information please review protocols at www.wpath.org



Dalena Watson, LPC

www.musicandimagery.com

dalenaw@musicandimagery.com

(480) 775-6423

FTM/MTF/Non-Binary/Adults/Teens

Individual & Family counseling/EMDR/open and affirming Spirituality

Accepts Aetna/Blue Cross-Blue Shield/Tricare

Dianne Gottlieb, LMFT, BCPC, MS

Scottsdale Therapy

10245 E. Via Linda, Suite 109, Scottsdale, AZ, 85258

(480) 314-0055

www.scottsdaletherapy.com

dianne@schottsdaletherapy.com

Duffy McMahon, MA

Vail Court 1 W. Elliot Rd. Tempe, AZ 85284

(480) 755-0222

Duffymc84@gmail.com

FTM/MTF/Non-Binary/Adults/Teens

Counseling/WPATH

No insurance/Sliding fees

Elijah Palles, Counselor

Southwest Center

North Central Ave Suite 200, Phoenix

(602) 595-8108

epalles@swhiv.org

Individual Counseling

Gary Lovejoy, PhD Licensed Psychologist

4500 S Lakeshore Dr. #415, Tempe, AZ 85282
(480) 756-1669

FTM/MTF/Non-Binary/Gender Fluid/Agender/Gender Non-Conforming/Questioning

Counseling/Psychotherapy

Most Insurances, except AHCCCS

WPATH/Informed Consent

Gina De Simone, PsyD

www.childpsychaz.com

drgina@childchaz.com

7330 N. 16th St. Suite C-2000, Phoenix, AZ 85020

(602) 795-1670(x1)

FTM/MTF/Non-Binary/Teens/Adults/Children

Individual and Family Counseling

Blue Cross-Blue Shield

Judy O'Donoghue, PhD

Drjudy1729@aol.com

(480) 894-2425

FTM/MTF/Non-Binary/Adults/Teens

Counseling/Therapist Letter

Accepts most insurances/Sliding Fees

WPATH

Louise Welter, PsyD

414 S. Mill Ave #210 Tempe, AZ 85281

(480) 415-2152

Mary Brasch, MA, MA LPC



3040 E. Cactus Rd #4, Phoenix, AZ 85032
(602) 494-1515

Debrash96@aol.com

www.marybrasch.com

FTM/MTF/Non-Binary/Adults/Teens

Counseling/Group Therapy

WPATH/Therapist Letter

No insurance taken/Sliding Fees

**Michael "Mischa" Peck, MA, MSW, PhD,
Q Counseling Service LLC, Live Fully,
Completely, Passionately!**

301 E. Bethany Home Road, Suite C-296,
Phoenix 85012

602-570-2373

docpeck@qcounseling.com

docpeck@gmail.com

FTM/MTF/Non-

binary/Gender Queer/Gender-non-conforming/

Children/teens/adults Individual and Family Counseling/ EMDR Therapist

Some insurances/Sliding Fees for trans* persons

WPATH/Therapist letter

20+ years experience

Speaker/Lecturer/Organizational and Clinical Consultant

"Dr. Peck has worked as a professor, therapist, and community organizer. He has participated in grassroots activism, including a history of marching with ACTUP and Queer Nation. Currently, he maintains his clinical practice and presents about issues of sexuality and gender at various academic, professional, and community based conferences and events. He also volunteers

with Arizona Trauma Recovery Network and with Phoenix LGBT Pride. Dr. Peck identifies within the Trans* spectrum."

Morgan Grey, LPC EXAT

www.thepowercompanyaz.com

morgangrey@thepowercompanyaz.com

(480) 612-0031

FTM/MTF/Adults/Teens/Children

Counseling/Individual/Couples/Families

No insurance taken3r

Ryan Sheade LCSW

Integrated Mental Health Associates

8130 E Cactus Rd Suite 520, Scottsdale 85260
480-261-5015

www.integratedmha.com

FTM/MTF/Gender non-conforming

Blue Cross/Blue Shield, MHN, Medicaid

WPATH/Therapist letter

8+ years experience

Sandra Nettles, LCSW

Deer Valley Counseling

2301 W. Dunlap,Phoenix, AZ

(480)409-2322

3200 N. Dobson Rd, Suite 101, Chandler, AZ
85284

(480) 461-0813

FTM/MTF/Non-Binary/Adults/Teens

Counseling/Therapist Letter

Blue Cross – Blue Shield, Sliding scale fees

Shellie Ruge, LAC

Therapist

3260 N.Hayden Rd, Scottsdale,AZ 85251

(480) 804-0326

Danielle Fragnito, LPC, LISAC

602-509-6974

Licensed Professional Counselor

Licensed Independent Substance Abuse

Counselor

Certified EMDR Therapist

Life Coach

10201 South 51st Street, Suite 110

Phoenix, Arizona 85044

602-509-6974

dfragnito.com

Terry Galler, MA, LPC

www.terrygaller.com terry@terrygaller.com

(602) 909-0042

FTM/MTF/Adults/Teens

Counseling/WPATH/Therapist Letter

Accepts:Blue Cross- Blue Shield, United
HealthCare,Aetna, Sliding fees

Trayci Prince, MA, LPC, NCC

1540 E.Maryland Ave Phoenix,AZ 85014

(602) 695-5168

Trayciprince.counseling@gmail.com

FTM/MTF/Adults/Teens

Individual & Family

Counseling/WPATH/EMDR/CBT



Valery Kemper, PhD

623-536-7956

Michael Belus, PhD

2266 S. Dobson Rd #2000, Mesa 85202

Counseling



>>Surgeons

SURGEONS

Dr. Toby Meltzer, MD, PC Plastic Surgeon

7025 N. Scottsdale Rd. Suite 302, Scottsdale 85253

480-657-7006

www.tmeltzer.com tmeltzer@tmeltzer.com info@tmeltzer.com

FTM/MTF/Adults (some exceptions)

All SRS surgeries + all types of plastic surgery

Part of Kaiser/Group Health/takes Care Credit/Cash up front, bills insurance for reimbursement

WPATH/ 20+ years experience

Dr. Dana Balderrama, MD, Plastic Surgeon

1945 Mesquite Ave, Suite D, Lake Havasu City 86403

928-453-9487

www.balderramamd.com info@balderramamd.com

FTM/MTF(top surgeries)/adults

Some insurances/Care Credit

WPATH/10+ years experience

Dr. Raad Taki, MD, Plastic Surgeon

4580 E. Camp Lowell Dr, Tuscon 85712

520-881-3232

www.takiplasticsurgery.com

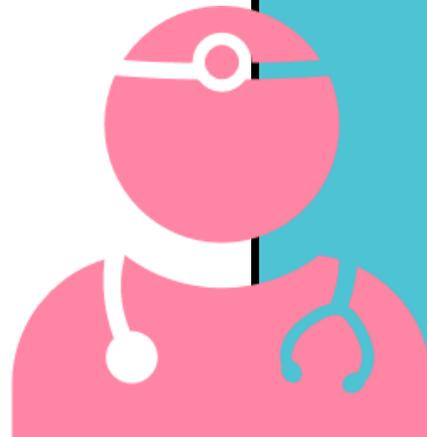
FTM/MTF/adults/some under 18

Care Credit

WPATH

In many cases, treatment for gender dysphoria and apart of some transition journeys will include surgical care for: gender reassignment surgery, sex reassignment, genital reconstruction, vaginoplasty, masecotomy.

Though most of our own transgender community seek surgeons outside of the state, we do have board certified and experienced surgeons in Arizona that are both competent and transgender knowledgeable.



LOCAL COMMUNITY

>> LOCAL COMMUNITY

The local community provides transgender individuals a safe and welcoming space.

Our own LGBTQ community resources have agencies and organizations that offer assistance and follow through with what they offer or provide you with someone

Our community resources are geared toward improving the quality of life for transgender people to become successful throughout all levels of transition. There is no doubt that individuals can benefit from the resources provided by our local community.

Lambda Phoenix Center

www.lamdaphx.org

LGBTQ Consortium

www.lgbtconsortium.com

The Queer Undocumented Immigrant Project

www.facebook.com/AzQuip

Phoenix Pride LGBTQ Center

www.phoenixpridelgbtcenter.org

PFLAG Phoenix

www.pflagphoenix.org

Trans* Spectrum of Arizona

www.transpectrum.org

Equality Arizona Trans Cousil

Northern Arizona University LGBTQA Resources and Support

Transgender Resources

<http://nau.edu/lgbtqa/transgender-resources/>

University of Arizona LGBTQ Affiars

Transgender Resources

<http://lgbtq.arizona.edu/transgender-resources>

Arizona State University's LGBTQA Coalition

offers support and programming for LGBT students on campus. Information, 480-965-8690, www.facebook.com/asulgbtq.

Maricopa Community Colleges Equality Maricopa



>>CRISIS HOTLINES

CRISIS HOTLINES

>>CRISIS RESPONSE NETWORK

Offers services to any individual that is experiencing a behavioral health emergency.

24/7 and every day of the year

Local: 602-222-9444

TTY: 602-274-3360

>>Q NETWORK

A 24 hour support helpline for LGBTQ youth and allies.

Toll Free: 800-527-4747

Local: 480-436-4925

>>TRANSLIFELINE

A non-profit dedicated to transgender people. The hotline is staffed and operated by trans people who are ready to respond to whatever support needs members of the community might have.

On call 24/7 for crisis support.

www.translifeline.org

Toll Free: 877-565-8860

Transgender people face some of the harshest forms of discrimination and harassment.

These crisis hotlines are a source of support for individuals in any crisis as it relates to transitions and gender nonconformity.

If you or someone you know is struggling with difficult thoughts or emotions, there are people who can help by lending a listening ear.



SUPPORT GROUPS

>> SUPPORT GROUPS

Support groups are important for Trans and gender non conforming people who need a safe and supportive environment to stay connected, decrease isolation and get resources. Typically, support services share experiences, knowledge and emotional support while maintaining confidentiality.

Being in support groups can help develop skills related to transitioning and can complement more professional and formal treatments.

Support groups can be facilitated by trained individuals, peer members of the community, or certified therapists. They meet on a regular basis to discuss their transition and provide mutual support for one another.

Groups generally do not cost members to join or require medical insurance.

PARENTS OF 18 AND UNDER

Support group to empower children, teens and their families.

Support meetings take place in Phx every 4th Sunday of every month in a confidential location,

PHX TRANS FEMININE

Confidential and safe support group for trans-feminine identified or questioning individuals. Any and all places on the spectrum welcomed: non-hormonal, non-surgical, some or all medical transitions.

11a – noon Trans Feminine
Noon – 1p Joint SOFFA meeting

Meetings are on the 2nd and 4th Saturday's of the month.
Phoenix Pride LGBT Center, 801 North 2nd Avenue, Phoenix, AZ 85003.

PHX TRANS MASCULINE

Confidential and safe support group for trans-masculine identified or questioning individuals.

11a- 12p Phx Trans Masculine Meeting
12p- 1p Joint SOFFA Meeting

Meetings are on the 2nd and 4th Saturday's of the month
Phoenix Pride LGBT Center, 801 North 2nd Avenue, Phoenix, AZ 85003.

SOFFA SUPPORT GROUPS

Support groups for SOFFA's or Significant Other, Family, Friends and Allies of trans identified individuals. The second hour is general a joint meeting.

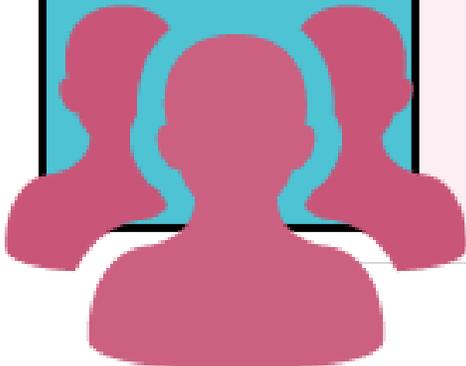
11a – 12p SOFFA's
12p-1p Joint Meeting

Meetings are on the 2nd and 4th Saturday's of the month at the Phoenix Pride LGBT Center, 801 North 2nd Avenue, Phoenix, AZ 85003.

THIRD SPACE

12p – 1p Third Space Meeting

Meetings are on the 2nd and 4th Saturday's of the month
Phoenix Pride LGBT Center, 801 North 2nd Avenue, Phoenix, AZ 85003.



PFLAG SUPPORT GROUPS

PFLAG Phoenix – Parents, Families and Friends of Lesbians and Gays (and bisexual, transgender, and those “questioning” (LGBTQ) – serves the greater Phoenix/Valley of the Sun metropolitan area, and supports other PFLAG chapters throughout Arizona.

<http://www.pflagphoenix.org/Support/meetings.html>

<https://community.pflag.org/transgender>

TRANSGENDER HARMONY

Transgender Harmony is a Phoenix area support group for the entire transgender community. We have been meeting continuously for over fifteen years and as we cruise through the second decade of the 21st Century, we see our community is changing. Our goal is to continue providing relevant support to Transgender people, their partners, family and friends throughout the Valley. We are here for you.

TG-Harmony meetings are held the second and fourth Saturday each month. Doors are open by 7:00 pm and meetings are scheduled from 7:30 to 9:00 pm. Snacks and soft drinks are provided.

The 1st meeting each month (the second Saturday) includes a free group, educational therapy session that meets from 6 pm to 7 pm. Doors open just before 6:00 pm.

Casa de Cristo church, 1029 E. Turney, north of Indian School Road and west of 12th Street in Phoenix. See the map in the Contact Us section.

<https://sites.google.com/site/transgenderharmony/home>

ONE*N*TEN TRANS* GROUP

MISSION: TO PROVIDE YOUTH WITH RESOURCES FOR WHAT MAY COME THROUGH GENDER EXPRESSION OR GENDER TRANSITION. TO PROVIDE A SAFE SPACE TO ACHIEVE THEIR OWN TRANSITION OR GENDER IDENTITIES AND CREATE ACCEPTANCE OF THEMSELVES AND TOLERANCE OF OTHERS.

The **one n ten** Trans* Group is run by Program Coordinator and Trans FTM, **Nicholas Fletcher**, as well as volunteers that embrace the Trans* umbrella, pangender, cisgender allies, MTF, and non-conforming-gender adult volunteers. Collectively the volunteers are focused on empowering the youth and the future community through programs of basic life-changing skills, advocating for youth to understand different ways to educate themselves and others. The programming focuses on providing a base education and emphasizes the fact that being Trans* is a part of nature and there is nothing wrong with fitting anywhere along the Trans* spectrum.

5:30 – 7:30PM

2nd & 4th Sundays of every month at the Youth Center 3660 N. 3rd St, Phoenix, AZ 85012



FLAGSTAFF TRANS* GROUP

The Flag Trans* group is dedicated to individuals that identify as Transgender, Genderqueer, or questioning. The group is a place where Trans* students can share and discuss their experiences in a safe and welcoming environment.

Meets every Monday from 7 - 9 pm at Flagstaff Federated Community Church, 400 W. Aspen Avenue, Flagstaff, AZ 86001

For additional information contact: LGBTQA@nau.edu

GENDER SPECTRUM SUPPORT GROUP

This group is designed for UA students who are dealing with gender identities outside of the traditional binary system, whether transitioning from the gender assigned at birth, identifying as some combination of genders, neither gender, or questioning the role of gender in their lives. Terms such as transsexual, two-spirit, neutrois, agender, gender-queer, gender-fluid, transgender (and more) have been used to describe these identities. The low cost (\$5 per group, billable to Bursar's,) is for those who might need support and/or therapy to process their gender identity, deal with family and friends' reactions, identify options of a transition process, and gather resources and support for issues related to gender.

Mondays from 3pm-4pm Admin Conference Room C312, Third Floor Campus Health, University of Arizona

For more information contact: 520-621-3334 or vandervoort@health.arizona.edu

EAST VALLEY T SUPPORT GROUPS

Combined groups for significant others, family, friends, allies and transgender or gender non conforming individuals to come together for support through shared storytelling, issue hashing, social justice, and emotional compassion. East Valley T Support Groups are hosted by the LGBTQ Alliance of Mesa Community College and facilitated by members of Trans* Spectrum of Arizona and trans community members. Open to transgender community and allies.

Every third Saturday of the month from 11am-2pm Social/Cultural Buidling near SC22N and SC21N.



SPEAKERS & TRAINING

>> SPEAKERS/TRAINING

The transgender community is filled with a diverse population of individuals that are willing to advocate, bring awareness and give presentations.

The following section is intended for those seeking speakers for workshops, training, panels and conferences.

PROFESSIONAL TRAINING/ TRANS 101 / PERSONAL STORIES

Stephanie Sherwood stephanie@transpectrum.org

Jesse Nyland Jesse@transpectrum.org

Julian Melson julian_melson@yahoo.com 602-403-5899

Antonia D'Orsay Tonidorsay@msn.com

Christopher O'Connor chris@transpectrum.org 480-579-8619

Milo Neild miloneild@gmail.com

Michael Woodward michael@lgbtqa.com 520-977-4714

Erica Keppler azerica@hotmail.com 602-614-9665

TRANS 101/ TRANS for TRANS TRAINING

H.E.R.O

<http://www.herophoenix.org/trans.html>

liliana@herophoenix.org

training@herophoenix.org

TRANS* SPECTRUM OF AZ INFO@TRANSPECTRUM.ORG

Dr. Michael Peck docpeck@qcounseling.com

TRANS AND GENDER NON-BINARY PERSONS WITH DISABILITIES

Xander McDonald Xmcdnd@gmail.com

