



# Transgender Services June 2019

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
						1 Transgender Discussion Group 5:15pm
2 HIV & HepC Testing Daily at The Center M-F 9am-7pm Sat 9am-2pm Free & Confidential	3 Mobile Medical Unit (The Center) 3-7pm  Transgender Coming Out Group 7pm	4  Community Food Distribution (The Center) 9am – Open to all	5	6  Non-Binary Gender Identity&Exploration (1 <sup>st</sup> & 3 <sup>rd</sup> Thurs) 7:30pm	7  Transgenero 2000 6pm in Latino Services 1st & last Friday of month	8  Transgender Discussion Group 5:15pm
9	10 Mobile Medical Unit (The Center) 3-7pm  Transgender Coming Out Group 7pm	11  Name & Gender Marker Change Clinic 6:30pm	12  “Diamonds in the Rough” Trans Women/Transfeminine Support Group – Midday Contact OnDuty for more info  Trans Masculine Discussion Group 7pm (2 <sup>nd</sup> & 4 <sup>th</sup> Wed)  Trans SOFFA 7pm (2 <sup>nd</sup> & 4 <sup>th</sup> Wed)	13  Free Legal Clinic (The Center) 9:30am-12pm	14	15  Transgender Discussion Group 5:15pm
16  BeTheGeneration Know Your Status! Get Tested!	17 Mobile Medical Unit (The Center) 3-7pm  Transgender Coming Out Group 7pm	18  Transgender Game Night (3rd Tuesday Monthly) 6pm	19	20  Non-Binary Gender Identity&Exploration (1 <sup>st</sup> & 3 <sup>rd</sup> Thurs) 7:30pm	21	22  Transgender Discussion Group 5:15pm
23	24 Mobile Medical Unit (The Center) 3-7pm  Transgender Coming Out Group 7pm	25  Senior Food Bank 1pm Contact Senior Services for more info  Trans Veterans & Military Group (94th Aero squadron, 8885 Balboa Ave) 7pm	26  “Diamonds in the Rough” Trans Women/Transfeminine Support Group – Midday Contact OnDuty for more info  Name & Gender Marker Change Clinic 6:30pm  Trans Masculine Discussion Group 7pm (2 <sup>nd</sup> & 4 <sup>th</sup> Wed)  Trans SOFFA 7pm (2 <sup>nd</sup> & 4 <sup>th</sup> Wed)	27  Free Legal Clinic (The Center) 9:30am-12pm	28  Transgenero 2000 6pm in Latino Services 1st & last Friday of month	29  Transgender Discussion Group 5:15pm

## **MORE INFORMATION ON OUR TRANSGENDER SERVICES:**

### **\*NEW Support Group- Wednesday, June 12 & 26, 7pm Trans SOFFA (Significate Other, Friend, Family or Ally)**

This group is to help the folks (Significant Others, Friends, Family, or Allies!) who love and care for our Trans family. Transitioning can be hard on both parties, and this group can help guide/support you through the journey you will also endure. Currently meeting every 2nd and 4th Wednesday night at The Center. For more information, contact our transgender services at [trans@thecentersd.org](mailto:trans@thecentersd.org) or 619.692.2077 x109

### **\*TRANS SOCIAL- NEW DAY- 3rd Tuesday of Each Month, Transgender Game Night**

Please join us for a night of laughs, fun, and unforgettable memories at our monthly Transgender Game Night! Third Tuesday of Every Month. 6pm-830pm. For more information, contact transgender services at [trans@thecentersd.org](mailto:trans@thecentersd.org) or 619.692.2077 x109

### **\*NEW DATE AND LOCATION- 4th Tuesday, 7pm, Trans Veterans and Military Support Group**

Meet other Veterans and active duty Trans folks to support and share resources for smoother transitions within the military and VA agencies, great place to share your hopes and struggles. This group meets on the 4th Tuesday at 94th Aero Squadron, 8885 Balboa Ave, San Diego, CA 92123. For more information, contact transgender services at [trans@thecentersd.org](mailto:trans@thecentersd.org) or 619.692.2077 x109

### **Mondays, 3pm, Mobile Medical Unit at The Center**

The Family Health Centers of San Diego Mobile Medical Unit will be located in The Center's parking lot every Monday from 3-7 pm! Services include basic primary care, immunizations, PEP & PrEP (through Rx), STD screening & treatment, chest/breast cancer screening, family planning, pap smears, pregnancy testing, hormone therapy and sick & well visits. Contact The Center at 619.692.2077 x208 to make an appointment!

### **Mondays, 7pm, Transgender Coming Out Group**

This group supports transgender people in all stages of exploring gender identity. Open to transgender women (MTF), transgender men (FTM), non-binary/genderqueer/gender non-conforming people, people who are intersex and those questioning their gender identity. SOFFAs (significant others, friends, family, allies) are welcome to attend with their transgender loved ones. For more information, contact our transgender services at [trans@thecentersd.org](mailto:trans@thecentersd.org) or 619.692.2077 x109

### **May 7, 9am, Community Food Distribution Site – Open to all**

The San Diego LGBT Community Center hosts a distribution site once a month for the Community Cares Project of the San Diego Food Bank. On the first Tuesday of every month, 9-10:30 am, visit The Center's parking lot for food distribution. For more information, visit the San Diego Food Bank website.

### **\*NEW DAYS 2nd Tuesday and 4th Wednesday of Each Month, Name & Gender-Marker Changes Free Legal Clinic**

\*\*\* USD Pride Law is sponsoring the Transgender Name and Gender Marker Change Program to provide legal assistance to trans\* individuals seeking name and gender-marker changes through the San Diego County court system. Law students and attorney volunteers will assist eligible clients in completing the requisite applications and navigating the process of obtaining a name and/or gender marker change. Appointments are available at The Center on the second Tuesday and fourth Wednesday of each month. To schedule an appointment email Helen at [transclinic.sandiego@gmail.com](mailto:transclinic.sandiego@gmail.com).

**Wednesday, June 12 & 26, Midday, "Diamond in the Rough" TransWomen/Transfeminine Support Group** Therapist-lead support group for transgender women and transfeminine individuals, topics vary. Group is closed format and must meet with group facilitator prior to

joining. Contact Paty 619.692.2077 x200 for more information or email [onduty@thecentersd.org](mailto:onduty@thecentersd.org).

### **Wednesday, June 12 & 26, 7pm, Trans Masculine Discussion Group**

Discussion group for male-identified, questioning or self-identifying on the male spectrum folks who were assigned female at birth. For more information, contact transgender services at [trans@thecentersd.org](mailto:trans@thecentersd.org) or 619.692.2077 x109

### **Thursday, June 6 & 20, 7:30pm, Non-Binary Gender Identity and Exploration**

This is a discussion and support group for non-binary, genderqueer, and gender non-conforming individuals. Anyone who identifies with any part of the non-binary gender spectrum or anyone questioning/exploring their gender identity is welcome to join. This group also serves as a social gathering space for non-binary individuals, and casual social interaction is integrated with more structured discussion. 1st and 3rd Thursdays monthly, 7:30-8:45pm. For more information, contact [trans@thecentersd.org](mailto:trans@thecentersd.org) or 619.692.2077 x109

### **Thursday, June 13 & 27, 9:30-11:30am, Free Legal Clinic**

The Access to Law Initiative, a project of California Western School of Law, will now be holding its legal clinic here at The Center on the second and fourth Thursday of each month from 9:30-11:30am. At these clinics, attorneys will be available for free, 30-minute consultations to help evaluate legal issues. No appointment is required. For more information, contact transgender services at [trans@thecentersd.org](mailto:trans@thecentersd.org) or 619.692.2077 x109

### **Viernes, junio 7 & 28, 6pm, Grupo de apoyo: Transgenero 2000**

Este grupo se lleva a cabo de 6pm a 8pm, es un grupo abierto a familias, amigos y personas que quieran comprender y dar apoyo a personas transgenero, en este grupo se dan diferentes temas educativos y tambien se comparten sus experiencias de la vida. Viernes primero y cuarto mensual.

### **Saturdays, 5:15pm, Transgender Discussion Group**

A discussion and support group for transgender and trans-questioning folks ages 18 and up. Meet lots of different members of the Trans and Gender Non-binary community. Discuss ideas and share resources. Occurs every Saturday except when the Center is closed for Holidays or LGBT events. For more information, contact transgender services at [trans@thecentersd.org](mailto:trans@thecentersd.org) or 619.692.2077 x109

### **Check Out Our Testing Hours!**

Free HIV and Hepatitis C testing is available at The Center Monday-Friday 9am-8pm (last test at 7pm) and Saturday 10am-4pm (last test at 3pm). You can make an appointment or get more information by calling 619.692.2077 x101.

### **\*\*Under 25 and Looking for Transgender Resources?**

Cris Sotomayor, Youth Services Manager, is available to help transgender youth 25 and younger with accessing resources such as support groups, housing, surgery, hormones, mentorships, mediations with families and schools, name and gender change and more! Contact them at [csotomayor@thecentersd.org](mailto:csotomayor@thecentersd.org) or 619.692.2077 x132

**Find out more at:** [www.thecentersd.org/programs/transgender-services/](http://www.thecentersd.org/programs/transgender-services/) or [www.facebook.com/TGCenter/](https://www.facebook.com/TGCenter/)