Transgender Services May 2020

<table>
<thead>
<tr>
<th>SUNDAY</th>
<th>MONDAY</th>
<th>TUESDAY</th>
<th>WEDNESDAY</th>
<th>THURSDAY</th>
<th>FRIDAY</th>
<th>SATURDAY</th>
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<tr>
<td>BeTheGeneration Know Your Status! Get Tested!</td>
<td>Transgender Coming Out Group Virtually Via ZOOM 7:00pm-8:30pm</td>
<td>Community Food Distribution The Center 9:00am – Open to All</td>
<td>Trans Masculine Discussion Group Virtually Via ZOOM 7:00pm-8:30pm</td>
<td>Non-Binary Gender Identity &amp; Exploration Virtually Via ZOOM 7:30pm-9:00pm</td>
<td>Transgender Discussion Group Virtually Via ZOOM 5:00pm-7:00pm</td>
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<td>HIV &amp; HepC Testing Daily at The Center M-F 9am-7pm Sat 9am-2pm Free &amp; Confidential</td>
<td>Transgender Coming Out Group Virtually Via ZOOM 7:00pm-8:30pm</td>
<td>Trans Masculine Discussion Group Virtually Via ZOOM 7:00pm-8:30pm</td>
<td>Diamond in the Rough Contact On Duty <a href="mailto:onduty@thecentersd.org">onduty@thecentersd.org</a> Trans SOFFA: Significant Other, Friend, Family, or Ally Virtually Via ZOOM 5:00pm-6:30pm</td>
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<td>The Center CLOSED</td>
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<td>The Center CLOSED</td>
<td>Memorial Day The Center CLOSED</td>
<td>Senior Food Bank 1:00-3:00pm Contact Senior Services <a href="mailto:seniors@thecentersd.org">seniors@thecentersd.org</a> San Diego Trans Military Discussion Group Virtually Via ZOOM 7:00pm-8:30p</td>
<td>Trans Masculine Discussion Group Virtually Via ZOOM 7:00pm-8:30pm</td>
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San Diego LGBT Community Center, 3909 Centre St. San Diego CA 92103
For more information, contact: trans@thecentersd.org, 619-692-2077 x162
Transgender Services May 2020

Project TRANS 1:1 Peer Support and Case Management Services
Office Hours: Monday, Wednesday, and Friday from 1:00pm-4:00pm. For more information contact Naya Marie Velazco, She/Her/Hers, Transgender Services Coordinator, at nvelazco@thecentersd.org or text 858.215.6914.

Mondays, 7:00pm-8:30pm, 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. For more information and a virtual ZOOM invite contact transgender services at trans@thecentersd.org or 619.692.2077 x162.

1st Tuesday of Each Month, 9:00am-10:30am, 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, 9:00am-10:30am, visit The Center’s parking lot for food distribution. For more information, visit the San Diego Food Bank website.

Wednesday, May 13th and 27th, 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 On Duty 619.692.2077 x208 for more information and a virtual ZOOM invite email onduty@thecentersd.org.

Wednesdays, 7:00pm-8:30pm, 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 and a virtual ZOOM invite contact transgender services at trans@thecentersd.org or 619.692.2077 x162.

Wednesday, May 13th and 27th, 5:00pm-6:30pm, Trans SOFFA: Significant 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. For more information and a virtual ZOOM invite contact our transgender services at trans@thecentersd.org or 619.692.2077 x162.

Fridays, 7:30pm-9:00pm, 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. The group meets on the first and third Thursdays of every month. For more information and a virtual ZOOM invitation contact Transgender Services at trans@thecentersd.org.

If you’re interested in Non-Binary specific resources and peer support contact Michael Bowler, He/Him/His, at mxbowler@outlook.com

Tuesday, May 26th, 7:00pm-8:30pm, San Diego Trans Military Discussion 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. For more information and a ZOOM invite contact Angela Troska, She/Her/Hers, at sdtransmilitary@gmail.com

Saturdays, 5:00pm-7:00pm, 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, experiences and share resources. For more information and a virtual ZOOM invite contact transgender services at trans@thecentersd.org or 619.692.2077 x162

Check Out Our Testing Hours!
Free HIV and Hepatitis C testing is available at The Center Monday-Friday 9:00am-8:00pm (last test at 7:00pm) and Saturday 10:00am-4:00pm (last test at 3:00pm). All tests are presently by appointment only, please call 619.692.2077 x211.

Under 25 and Looking for Transgender Resources? **Under 25 and Looking for Transgender Resources?
Cris Sotomayor, They/Them/Theirs, 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 Cris at csotomayor@thecentersd.org or 619.692.2077 x132.

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