




# Transgender Services May 2021

| SUNDAY   | MONDAY   | TUESDAY  | WEDNESDAY   | THURSDAY  | FRIDAY   | SATURDAY   |
|--|--|--|---|---|--|--|
|  |  |  |   |   |  | 1<br><b>Transgender Discussion Group</b><br>Virtually Via ZOOM<br>5:00pm-7:00pm  |
| 2<br><b>BeTheGeneration</b><br>Know Your Status!<br>Get Tested!  | 3<br><b>Transgender Coming Out Group</b><br>Virtually Via ZOOM<br>7:00pm-8:30pm                                    | 4<br><b>Finding My Voice: Voice Feminization Workshop</b><br>Virtually Via ZOOM<br>5:30pm-6:45pm<br><br><b>Aromantic and Asexual Discussion Group</b><br>Virtually Via ZOOM<br>7:00pm-8:30pm   | 5<br><b>Trans Masculine Discussion Group</b><br>Virtually Via ZOOM<br>7:00pm-8:30pm   | 6<br><br><b>ASL UPON REQUEST</b><br><a href="mailto:trans@thecentersd.org">trans@thecentersd.org</a> | 7<br><b>Nonbinary Gender Identity &amp; Exploration</b><br>Virtually Via ZOOM<br>7:30pm-9:00pm<br><br><b>Transgenero 2000</b><br>Virtually Via ZOOM<br>6:00pm  | 8<br><b>Transgender Discussion Group</b><br>Virtually Via ZOOM<br>5:00pm-7:00pm  |
| 9  | 10<br><b>Transgender Coming Out Group</b><br>Virtually Via ZOOM<br>7:00pm-8:30pm                                   | 11<br><b>Finding My Voice: Voice Feminization Workshop</b><br>Virtually Via ZOOM<br>5:30pm-6:45pm  | 12<br><b>Diamond in the Rough</b><br>Contact On Duty<br><a href="mailto:onduty@thecentersd.org">onduty@thecentersd.org</a><br><br><b>Trans SOFFA: Significant Other, Friend, Family, or Ally</b><br>Virtually Via ZOOM<br>5:00pm-6:30pm<br><b>Trans Masculine Discussion Group</b><br>Virtually Via ZOOM<br>7:00pm-8:30pm     | 13  | 14<br><b>Nonbinary Gender Identity &amp; Exploration</b><br>Virtually Via ZOOM<br>7:30pm-9:00pm  | 15<br><b>Transgender Discussion Group</b><br>Virtually Via ZOOM<br>5:00pm-7:00pm |
| 16<br><b>HIV &amp; HepC Testing Daily at The Center</b><br>M-F 9am-7pm<br>Sat 9am-2pm<br>Free & Confidential | 17<br><b>Transgender Coming Out Group</b><br>Virtually Via ZOOM<br>7:00pm-8:30pm                                   | 18<br><b>Name &amp; Gender Marker Changes Clinic</b><br>RSVP:<br><a href="mailto:transclinic.sandiego@gmail.com">transclinic.sandiego@gmail.com</a><br><br><b>Finding My Voice: Voice Feminization Workshop</b><br>Virtually Via ZOOM<br>5:30pm-6:45pm<br><br><b>Aromantic and Asexual Discussion Group</b><br>Virtually Via ZOOM<br>7:00pm-8:30pm | 19<br><b>Trans Masculine Discussion Group</b><br>Virtually Via ZOOM<br>7:00pm-8:30pm  | 20  | 21<br><b>Nonbinary Gender Identity &amp; Exploration</b><br>Virtually Via ZOOM<br>7:30pm-9:00pm  | 22<br><b>Transgender Discussion Group</b><br>Virtually Via ZOOM<br>5:00pm-7:00pm |
| 23<br>30   | 24<br><b>Transgender Coming Out Group</b><br>Virtually Via ZOOM<br>7:00pm-8:30pm<br><br><b>Closed Memorial Day</b> | 25<br><b>San Diego Trans Military Discussion Group</b><br>Virtually Via ZOOM<br>7:00pm-8:30p<br><a href="mailto:sdtransmil@gmail.com">sdtransmil@gmail.com</a><br><br><b>Finding My Voice: Voice Feminization Workshop</b><br>Virtually Via ZOOM<br>5:30pm-6:45pm  | 26<br><b>Diamond in the Rough</b><br>Contact On Duty<br><a href="mailto:onduty@thecentersd.org">onduty@thecentersd.org</a><br><br><b>Trans SOFFA: Significant Other, Friend, Family, or Ally</b><br>Virtually Via ZOOM<br>5:00pm-6:30pm<br><br><b>Trans Masculine Discussion Group</b><br>Virtually Via ZOOM<br>7:00pm-8:30pm | 27  | 28<br><b>Nonbinary Gender Identity &amp; Exploration</b><br>Virtually Via ZOOM<br>7:30pm-9:00pm<br><br><b>Transgenero 2000</b><br>Virtually Via ZOOM<br>6:00pm | 29<br><b>Transgender Discussion Group</b><br>Virtually Via ZOOM<br>5:00pm-7:00pm |



# Transgender Services May 2021



ASL UPON REQUEST [trans@thecentersd.org](mailto:trans@thecentersd.org)

## **Project TRANS 1:1 Peer Support and Case Management Services**

**Office Hours: Monday, Wednesday, and Friday from 1:00pm-4:00pm.**

Did you need assistance completing your Name & Gender Marker Changes petition? Let's check if you qualify for the fee waiver! Perhaps you obtained your decree and have next steps questions, or want to complete an affidavit to amend a birth certificate. Don't forget to ask about our Free Binder & Tucker Program! For more information, contact Naya Marie Velazco, she/her/hers, Transgender Services Coordinator, at [nvelazco@thecentersd.org](mailto: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 (AMAB), transgender men (AFAB), nonbinary/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](mailto:trans@thecentersd.org) or 619.692.2077 x162.

## **1st and 3rd Tuesday, May 4th and 18th, 7:00pm-8:30pm, Aromantic and Asexual Discussion Group**

This is a support and discussion group for all people who identify on the aromantic spectrum, or asexual spectrum, or both. Those questioning are also welcome. Aromantic is a romantic orientation defined as having little to no romantic attraction or desire. Asexuality is a sexual orientation defined as having little to no sexual attraction or desire. Like all sexualities and romantic orientations, there is a spectrum of experiences, in which all are valid. For more information, accessibility requests, and a ZOOM invitation contact Naya Marie Velazco, She/Her/Hers, at [nvelazco@thecentersd.org](mailto:nvelazco@thecentersd.org) or 619.692.2077 x 162

## **Tuesdays, 5:30pm-6:45pm, Finding My Voice: Voice Feminizing Workshop**

Join us as we harmonize in community to discover our true authentic voices individually and collectively! In our workshop series we explore the fundamentals of sound, breath support, pitch, resonance, body language, and how all of these simultaneously help us find our own unique sound! We will be visited monthly by special guests like Kelly Owen Le Roux, MA CCC-SLP, she/her, licensed and certified Speech Language Pathologist and founder of Amplified Voice & Speech, specializing in gender affirming voice therapy and other leading healthcare professionals. For more information, accessibility requests, and a ZOOM invitation contact our transgender services at [trans@thecentersd.org](mailto:trans@thecentersd.org) or 619.692.2077 x162

## **1st Tuesday of each month, May 4th, 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.

## **4th Tuesday, May 25th, 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 [sdtransmil@gmail.com](mailto:sdtransmil@gmail.com)

## **Wednesday, May 12th and 26th, 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](mailto: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](mailto:trans@thecentersd.org) or 619.692.2077 x162.

## **Wednesday, May 12th and 26th, 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](mailto:trans@thecentersd.org) or 619.692.2077 x 162.

## **Fridays, 7:30pm-9:00pm, Nonbinary Gender Identity and Exploration**

This is a discussion and support group for nonbinary, 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](mailto:trans@thecentersd.org).

## **Viernes 7 y 28 de Mayo, 6pm, Grupo de apoyo: Transgenero 2000**

Este grupo se lleva a cabo de 6:00pm a 7:30pm, 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. Primer y último viernes de cada mes. para más información y solicitudes de accesibilidad póngase en contacto con [trans@thecentersd.org](mailto:trans@thecentersd.org)

## **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](mailto: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 x 211.

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

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

Yey Morales, 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 Yey at [mmorales@thecentersd.org](mailto:mmorales@thecentersd.org) or 619.692.2077 x156.