




Transgender and Nonbinary Services August 2021

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
1 BeTheGeneration Know Your Status! Get Tested!	2 Transgender Coming Out Group Virtually Via ZOOM 7:00pm-8:30pm	3 Aromantic and Asexual Discussion Group Virtually Via ZOOM 7:00pm-8:30pm	4 Trans Masculine Discussion Group Virtually Via ZOOM 7:00pm-8:30pm	5  ASL UPON REQUEST trans@thecentersd.org	6 Transgenero 2000 Virtually Via ZOOM 6:00pm Nonbinary Gender Identity & Exploration Virtually Via ZOOM 7:30pm-9:00pm	7 Transgender Discussion Group Virtually Via ZOOM 5:00pm-7:00pm
8	9 Transgender Coming Out Group Virtually Via ZOOM 7:00pm-8:30pm	10 Name & Gender Marker Changes Clinic RSVP: transclinic.sandiego@gmail.com	11 Diamond in the Rough Contact On Duty onduty@thecentersd.org Trans SOFFA: Significant Other, Friend, Family, or Ally Virtually Via ZOOM 5:00pm-6:30pm Trans Masculine Discussion Group Virtually Via ZOOM 7:00pm-8:30pm	12 Free Binder & Tucker Program trans@thecentersd.org	13 Nonbinary Gender Identity & Exploration Virtually Via ZOOM 7:30pm-9:00pm	14 Transgender Discussion Group Virtually Via ZOOM 5:00pm-7:00pm
15 HIV & HepC Testing Daily at The Center M-F 9am-7pm Sat 9am-2pm Free & Confidential	16 Transgender Coming Out Group Virtually Via ZOOM 7:00pm-8:30pm	17 Aromantic and Asexual Discussion Group Virtually Via ZOOM 7:00pm-8:30pm	18 Trans Masculine Discussion Group Virtually Via ZOOM 7:00pm-8:30pm	19	20 Nonbinary Gender Identity & Exploration Virtually Via ZOOM 7:30pm-9:00pm	21 Transgender Discussion Group Virtually Via ZOOM 5:00pm-7:00pm
22	23 Transgender Coming Out Group Virtually Via ZOOM 7:00pm-8:30pm	24 San Diego Trans Military Discussion Group Virtually Via ZOOM 7:00pm-8:30p sdtransmil@gmail.com	25 Diamond in the Rough Contact On Duty onduty@thecentersd.org Trans SOFFA: Significant Other, Friend, Family, or Ally Virtually Via ZOOM 5:00pm-6:30pm Trans Masculine Discussion Group Virtually Via ZOOM 7:00pm-8:30pm	26 Free Binder & Tucker Program trans@thecentersd.org	27 Transgenero 2000 Virtually Via ZOOM 6:00pm Nonbinary Gender Identity & Exploration Virtually Via ZOOM 7:30pm-9:00pm	28 Transgender Discussion Group Virtually Via ZOOM 5:00pm-7:00pm
29	30 Transgender Coming Out Group Virtually Via ZOOM 7:00pm-8:30pm	31 Finding Your Voice Workshop Virtually Via ZOOM 5:30pm-6:45pm				



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ASL UPON REQUEST trans@thecentersd.org

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 or 619.692.2077 x162.

1st and 3rd Tuesday, August 3rd and 17th, 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 trans@thecentersd.org or 619.692.2077 x 162

August 31st, 5:30pm-6:45pm, Finding Your Voice 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 August 31st by special guest 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. For more information, accessibility requests, and a ZOOM invitation contact our transgender services at trans@thecentersd.org or 619.692.2077 x162

1st Tuesday of each month, August 3rd, 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, August 24th, 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

Wednesday, August 11th and 25th, 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, August 11th and 25th, 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 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.

Viernes 6 y 27 de Agosto, 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 quieren 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

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 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 or 619.692.2077 x156.