LGBTQ+ Resources for Adults

FCPS FAMILY RESOURCE CENTER 2334 GALLOWS ROAD, ROOM 105 DUNN LORING, VA 20127 703-2043941 FRC@FCPS.EDU

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The resources listed here are provided for informational purposes only. They do not reflect recommendations or endorsements by Fairfax County Public Schools (FCPS) or the FCPS Family Resource Center. Updated 3/2023

Social Opportunities/Gatherings

Dulles Triangles: The Social Club Outside the Beltway

https://www.dullestriangles.com/

Dulles Triangles is an inclusive social club with members from across the LGBTQ+ community. They host 6-8 Club-sponsored events every year, plus weekly Happy Hours, and many member-sponsored events, including bowling, movies, hiking, amusement parks, book clubs, billiards, dinners, drag shows

D.C. Area Transgender Ladies Socials and Events (DCATS)

https://www.meetup.com/washington-transgender-meetup/

This Is a group for transgender women, cross dressers, and transsexuals to get together socially in safe, transgender friendly venues. They have sister groups in Rehoboth beach, Baltimore, Annapolis, Fredericksburg and West Virginia.

Team DC

http://www.teamdc.org/

Team DC encourages and supports involvement in team and individual sports within the Lesbian, Gay, Bisexual and transgender (LGBT) and broader community in the Washington Metropolitan Area. To meet this objective, Team DC strives to promote excellence, integrity, and good sporting conduct in individual and team sports.

Transgender Education Association (TGEA)

https://tgea.org/

(703)371-3622

TGEA offers Second Friday for transgender community connection and support. Transgender, Gender Non-Binary, Gender Queer individuals, as well as Significant Others, Friends, Family, and Allies are welcome. TGEA offers separate breakout sessions for Parents of Transgender, Gender Non-Binary, and Gender Queer children, regardless of the age of the children. TGEA also offers separate sessions for teens and tweens, children, and transmasculine individuals. Please view the site for information on individual breakout sessions.

2nd Friday, 7:00-8:30 pm,
Metropolitan Community Church,
10383 Democracy Lane,
Fairfax, Virginia

Health and Wellness

Youth Tech Health: LGBTQ Youth Health

https://yth.org/resources/lgbtq-youth-health/

These resources offer training and webinars on how to provide optimal health services and health programs for LGBTQ youth, information on the health disparities experienced by LGBTQ youth, and resources regarding social support and advocacy relevant to LGBTQ youth.

US Department of Health and Human Resources: Protecting the Rights of Lesbian, Gay, Bisexual, Transgender, Queer, and Intersex (LGBTQI+) People

https://www.hhs.gov/ocr/lgbtqi/index.html

1-800-368-1019

OCR is the law enforcement agency within HHS that is responsible for guaranteeing that people are free from discrimination based on race, color, national origin (including primary language), disability, age, religion, and sex (including pregnancy, sexual orientation, and gender identity) by certain health care and human services. OCR also enforces a range of civil rights and health information privacy laws.

Children's National Hospital: Youth Pride Clinic

https://childrensnational.org/departments/adolescent-and-young-adult-medicine/youth-prideclinic

202-476-5744

The Youth Pride Clinic provides primary and specialty care services to lesbian, gay, bisexual, transgender and questioning/queer (LGBTQ) patients throughout the greater Washington, D.C., region.

The National LGBT Cancer Network

https://cancer-network.org/

212-675-2633

The National LGBT Cancer Network works to improve the lives of LGBT cancer survivors and those at risk through education and the importance of screening and early detection. They also provide training for healthcare providers to offer more culturally-competent, safe and welcoming care.

Inova Pride Clinic

https://www.inova.org/locations/inova-primary-care/pride-clinic

703-522-1175

The clinic provides the full range of preventive care, health screenings and chronic disease management. Their primary care doctors and team members are experienced in all LGBTQ+ specific healthcare needs.

HIPS: Advancing the health rights and dignity of people and communities impacted by sex work and drug use.

http://www.hips.org/

HIPS Helpline (24/7): 1800-676-4477

HIPS offers a 24/7 hotline to provide emotional support, schedule supplies deliveries, and get connected to health and supportive services.

Us Helping Us, Inc.

https://www.ushelpingus.org/

202-446-1100

Us Helping Us, People Into Living, Inc., is a community-based AIDS service organization committed to reducing HIV infection in the African-American community. Us Helping Us was incorporated in 1988 as a support group for HIV-positive black gay men. Today it is one of the largest black AIDS organizations in the Washington metropolitan area providing: HIV testing; STD screening; mental health services; case management; and treatment adherence to everyone, including heterosexual men and women, transgender individuals, and youth. 3636 Georgia Ave. NW Washington, DC 20010

Hotlines

- National Suicide Prevention Hotline: 1-800-273-TALK (8255)
- The Trevor Project Lifeline: 1-866-488-7386 The leading national organization focused on crisis and suicide prevention efforts among lesbian, gay, bisexual, transgender and questioning (LGBTQ) youth. The nation's only 24/7 crisis intervention and suicide prevention lifeline for lesbian, gay, bisexual, transgender and questioning young people ages 13 to 24.
- Stomp Out Bullying Helpchat Line: 1-877-NOBULLY (877-602-8559)
- The GLBT National Help Center Hotline: 1-888-THE-GLNH (888-843-4564)
- The GLBT National Help Center Youth Talkline: 1-800-246-PRIDE (800-246-7743)
- SAMHSA's National Helpline: 1-800-662-HELP (4357)
- Trans Lifeline 1-877-565-8860 Trans Lifeline provides a hotline staffed by transgender people, for transgender people — to provide individual support for the needs of members of the community.

Mental Health and Substance Abuse

Addictions.com: 25 LGBTQ Addiction and Mental Health Support Resources https://www.addictions.com/lgbtq-addiction-mental-health-resources/
1-800-926-9037

Provides information for the unique challenged for LGBTQ+ community members.

Mental Health America: LGBTQ+ Communities and Mental Health

https://mhanational.org/issues/lgbtq-communities-and-mental-health

1-800-969-6642

Discusses mental health issues that LGBTQ+ people may experience and provides resources.

The Trevor Project

https://www.thetrevorproject.org/

1-866-488-7386

The Trevor Project is the world's largest suicide prevention and crisis intervention organization for LGBTQ (lesbian, gay, bisexual, transgender, queer, and questioning) young people.

Association of Gay and Lesbian Psychiatrists

http://www.aglp.org/

This organization is a community of psychiatrists that advocates and educates on LGBTQ+ mental health concerns. The site includes a page of resources specifically for the LGBTQ+ community.

Children's Health: Mental Health in LGBTQ Youth

https://www.childrens.com/health-wellness/mental-health-in-lgbtq-youth

1-844-424-4537

Ways you can support mental health in LGBTQ children and teens.

LGBTQ and Trauma

https://nomatterwhatrecovery.com/trauma-and-the-lgbt-community/

323-797-5464

They provide a resource page to educate families, schools, and communities on mental health issues they're faced with and ways in which they can support them.

Triangle Club

https://triangleclub.org/

Serving Washing D.C.'s Recovery Community. The Triangle Club provides an LGBT-friendly environment for 12-step groups (AA, NA, Overeaters Anon., etc.) to hold their weekly meetings. They provide a clean, safe, dependable space those struggling with addiction can gather and hold meetings in accordance with the 12-Steps of recovery.

1638 R Street NW, Suite 120

Washington D.C.

NAMI: National Alliance on Mental Health

https://www.nami.org/Your-Journey/Identity-and-Cultural-Dimensions/LGBTQI

703-524-7600

Resources for the Lesbian, Gay, Bisexual, Transgender, Queer, Questioning, Intersex (LGBTQI*) community.

Legal Services and Supports

Advocates for Youth

http://www.advocatesforyouth.org/

202-419-3420

Advocates for Youth champions efforts that help young people make informed and responsible decisions about their reproductive and sexual health.

American Civil Liberties Union

https://www.aclu.org/issues/lgbt-rights

212-549-2500

Summary of ACLU publications and cases related to LGBTQ issues.

The National Center for Transgender Equality

http://transequality.org/

202-642-4542

The National Center for Transgender Equality (NCTE) is a 501(c)3 social justice organization dedicated to advancing the equality of transgender people through advocacy, collaboration, and empowerment.

National Gay and Lesbian Task Force (NGLTF)

http://www.thetaskforce.org/

202-393-5177

NGLTF was the first national lesbian, gay, bisexual, and transgender (LGBT) civil rights and advocacy organization. It remains a leading voice for freedom, justice, and equality.

Sylvia Rivera Law Project

http://srlp.org

212-337-8550

Works to guarantee that all people are free to self-determine gender identity and expression, regardless of income or race, and without facing harassment, discrimination, or violence.

Transgender Law and Policy Institute

https://transgenderlawcenter.org/

510-587-9696

A non-profit organization dedicated to engaging in effective advocacy for transgender people in society.

Legal Services of Northern Virginia

https://www.lsnv.org/

703-778-6800

LSNV is the largest legal aid organization in Virginia, helping thousands of clients each year in civil legal matters. We partner closely with other legal aid organizations, state, and local bar associations, as well as the courts to serve the region's low-income and needlest populations.

Intersex Campaign for Equality

https://www.intersexequality.com/

Advocates equality and human rights for intersex people, particularly the rights to physical integrity, self-determination, legal recognition and de-pathologization.

Hamkae Center

http://hamkaecenter.org/

703-256-2208

Hamkae Center organizes Asian Americans in Virginia for social, racial, and economic justice.

Trans Legal Advocates of Washington

http://www.translawdc.org/

TransLAW aims to meet these needs by serving trans clients for free in a clinic setting with our partnership with Whitman-Walker Health, by providing financial assistance to clients who might otherwise be unable to afford to change their name and gender markers on identity documents, and by training legal services organizations and legal professionals.

DASH District Alliance for Safe Housing

https://dashdc.org/housing-resource-center/find-safe-housing/lgbtqi/

202-636-1646

Provides housing resources for LGBTQI Domestic and Sexual Violence survivors.

Housing Discrimination and Persons Identifying a Lesbian, Gay, Bisexual, transgender, and/or queer/questioning)

https://www.hud.gov/program offices/fair housing equal opp/housing discrimination and persons identifying lgbtq

202-708-1112

Resources for people identifying as LGBTQ and believe they have experienced housing discrimination because of their actual or perceived sexual orientation or gender identity.

Support Groups

Northern Virginia

DCATS- D.C. Area Transmaculine Society

https://www.dcats.org/

DCATS (DC Area Transmasculine Society) is a trans-led nonprofit organization that serves to advance the lives of transmasculine folks by providing resources that help overcome the social, economic, and health-related barriers to living authentically. Founded in 1998 as a monthly support group, DCATS has transformed into an organization that offers a variety of services to meet the community's needs.

MAGIC (Metro Area Gender Identity Connection)

http://www.magicdc.org

A peer-facilitated transgender support group. Meets on the 3rd Friday of each month at 8 pm. Falls Church Presbyterian Church 225 E. Broad St., Falls Church, VA

PFLAG Arlington

http://pflagdc.org/?event=arlington

202-638-3852

2nd Tuesday, 7:30-9:00 pm, Unitarian Universalist Church of Arlington, 4444 Arlington Boulevard (intersection of South George Mason Drive and Route 50), Arlington, VA

PFLAG Fairfax

http://pflagdc.org/?event=fairfax

202-638-3852

1st Tuesday, 7:30-9:00 pm, Unitarian Universalist Congregation of Fairfax, Program Building, 2709 Hunter Mill Rd, Oakton, VA

Fairfax Trans Families (PFLAG)

https://bit.ly/3HEMA8L

202-638-3852 3rd Sunday, 3:00-5:00 pm, Metropolitan Community Church, 10383 Democracy Lane, Fairfax, VA

PFLAG Loudoun,

https://www.pflagloudoun.org/about 202-638-3852 4th Sunday, 4:00-6:00 pm, Unitarian Universalist Church of Loudoun, 20460 Gleedsville Road, Leesburg, VA

Transgender Education Association (TGEA)

https://tgea.org/

(703)371-3622

TGEA offers Second Friday for transgender community connection and support. Transgender, Gender Non-Binary, Gender Queer individuals, as well as Significant Others, Friends, Family, and Allies are welcome. TGEA offers separate breakout sessions for Parents of Transgender, Gender Non-Binary, and Gender Queer children, regardless of the age of the children. TGEA also offers separate sessions for teens and tweens, children, and transmasculine individuals. Please view the site for information on individual breakout sessions.

DC & Maryland

The DC Center for the LGBT Community

http://www.thedccenter.org

202-682-2245

The Center's mission is to celebrate, strengthen, and support community among the LGBT residents and organizations of Metropolitan Washington, DC.

2000 14th St NW, Suite 105

Washington, DC 20009

Military

The American Military Partner Association (AMDA)

https://modernmilitary.org/

202-328-3244

Formed through the merger of the American Military Partner Association and OutServe-SLDN, the Modern Military Association of America is the nation's largest non-profit organization dedicated to advancing fairness and equality for the LGBTQ+ military and veteran community.

American Veterans for Equal Rights

https://aver.us/

678-596-1311

American Veterans for Equal Rights (AVER) is a non-profit, non-partisan, chapter-based Veterans Service Organization of active, reserve, and veteran service members dedicated to full and equal rights and equitable treatment for all present and former members of the U.S. Armed Forces, especially the Lesbian, Gay, Bisexual, and Transgender current and prior military personnel who have been historically disenfranchised by armed forces policy and discriminatory laws governing military service and benefits.

Palm Center

https://palmcenterlegacy.org

The Palm Center uses scholarship to inform the national conversation about military policy concerning LGBTQ service members.

Veterans for Human Rights

http://vfhr.org/index.html

Veterans for Human Rights, Inc. (VFHR) was incorporated in 1993 as a non-partisan public benefit corporation, organized and operating under the laws of the State of Oregon. Currently the VFHR is a group of volunteer LGBTBQ Combat-Veterans with a focus on providing information to help guide and support LGBTQ Veterans and their families in Oregon.

Family and Parenting Resources

Johns Hopkins Health: Tips for Parents of LGBTQ Youth

https://www.hopkinsmedicine.org/health/wellness-and-prevention/tips-for-parents-of-lgbtq-youth

Johns Hopkins pediatricians and adolescent medicine specialists share steps you can take to keep your kid happy and healthy.

Gay Parents to Be

https://www.gayparentstobe.com/

Gay Parents To Be provides care for LGBTQ couples and individuals as they consider their options around building a family.

American Academy of Pediatrics: Coming Out: Information for Parents of LGBTQ Teens https://www.healthychildren.org/English/ages-stages/teen/dating-sex/Pages/Four-Stages-of-Coming-Out.aspx

Resources for families to support their children as they begin to discuss their sexuality.

American Academy of Pediatrics: Gender-Diverse and Transgender Children

https://www.healthychildren.org/English/ages-stages/gradeschool/Pages/Gender-Diverse-Transgender-Children.aspx

Resources for families to support their children with gender-diverse identities.

Parents, Families, and Friends of Lesbians and Gays (PFLAG)

http://www.pflag.org/

PFLAG's support and coming out pages provide support to help both family and friends of gay, lesbian, bisexual, and transgender (GLBT) people, and GLBT people themselves.

PFLAG Triangle

http://www.pflagtriangle.org/

An all-volunteer, not-for-profit organization dedicated to helping parents and their gay, lesbian, bisexual, transgender and questioning (lgbtq) children understand each other.

Movement Advancement Project: Family Support: Resources for Families of Transgender and Gender Diverse Children

https://www.lgbtmap.org/advancing-acceptance-for-parents

303-578-4600

Explains the importance of family acceptance in supporting transgender youth's mental health. This page also provides research and practical tips for supporting gender diverse children and youth.

The Family Acceptance Project

https://familyproject.sfsu.edu/

The Family Acceptance Project[®] is a research, intervention, education, and policy initiative to prevent health and mental health risks and to promote well-being for lesbian, gay, bisexual, transgender and queer-identified (LGBTQ) children and youth, including suicide, homelessness, drug use and HIV — in the context of their families, cultures and faith communities.

Healthychildren.org: Gender-Diverse and Transgender Children

https://www.healthychildren.org/English/ages-stages/gradeschool/Pages/Gender-Diverse-Transgender-Children.aspx

Defines terms and provides recommendations for parenting gender-diverse children and youth, including how to respond to identity disclosures and recognizing signs of mental health challenges.

Kidshealth.org: Sexual Attraction and Orientation

https://www.kidshealth.org/en/parents/sexual-orientation.html

Information for parents on how youth experience sexual attraction and orientation, as well as how you as a parent or guardian may feel about and deal with youth on this topic.

Arlington TransParent USA

https://www.facebook.com/TransParentArlingtonVA/

TransParent is a volunteer-led national not-for-profit based out of St. Louis providing connection, (for parents of transgender kids).

Planned Parenthood

https://www.plannedparenthood.org/learn/parents/identity

1-800-230-7526

Learn how to discuss sexual orientations and gender identities with children, and how to support them if they are LGBTQ.

Organizations

AGLA – Serving NoVA LGBTQ and Allies

https://agla.org/

Founded in 1981, AGLA is a 501(c)(3) nonprofit that serves Northern Virginia's LGBTQ and Allies. It's a nonpartisan organization open to all lesbian, gay, bisexual, transgender, queer or questioning (LGBTQ) people and allies. AGLA provides socials, fosters civic awareness, and engages in community service. Regardless of where you reside, AGLA welcomes you.

Equality Loudoun

https://www.eqloco.com/

703-646-1347

Equality Loudoun is a non-profit organization that advocates, educates, defends, and builds community to support LGBTQ+ equality in Loudoun County.

Equality Prince William County

https://www.equalityprincewilliam.org/

Equality Prince William is committed to recognizing the diversity of the Greater Prince William community.

Equality Stafford

https://www.facebook.com/EqualityStafford/

Equality Stafford is a community of parents, students, and allies in VA seeking inclusive policies for all.

NOVA Pride

https://www.facebook.com/novapride/

Northern VA Pride (NOVA Pride) - LGBTQ+ Pride for the Greater Northern Virginia area Facebook

VDH Virginia Department of Health

https://www.vdh.virginia.gov/adolescent-health/resources-for-lgbtq-youth/

Resources for LGBTQ Youth. This includes Q Chat Space is a new digital LGBTQ+ center where teens join live-chat, professionally facilitated, online support groups and Queer Kid Stuff, an LGBTQ+ and social justice website for kids and families.

NASW: National Association of Social Workers

https://bit.ly/3jujQWV

703-506-2893

This page provides tools and resources to enhance social workers' capacity to support LGBTQIAS+ people across the lifespan.

Anti-Violence Resources

Alexandria Safe Place

https://www.findhelp.org/city-of-alexandria--alexandria-va--alexandria-safe-place/5750597137989632

703-746-5400

Safe Place is a national youth outreach and prevention program for young people in need of immediate help and safety. As a community-based program, Safe Place designates businesses and organizations as Safe Place locations, making help readily available to youth in communities across the country. Locations include libraries, YMCA's fire stations, public buses, various businesses, and social service facilities.

Asian and Pacific Islander Queers United for Action (AQUA) DC

https://apiquadc.wordpress.com/

The primary mission of the DC Anti-Violence Project (DCAVP) is to work to reduce violence against Lesbian, Gay, Bisexual and transgender (LGBT) individuals (and those perceived as LGBT) through community outreach, education, and monitoring cases to ensure that the rights and dignity of LGBT victims are respected and protected. DCAVP also seeks to assist victims of anti-LGBT violence by advocating on their behalf, encouraging reporting, and providing a community of support.

Safe Space NOVA

http://safespacenova.org/

Safe Space NOVA is dedicated to providing a safe, accepting, and supportive environment to combat social stigmas, bullying, and other challenges faced by LGBTQ+ youth.

Education

Resources for LGBTQI+ Students us Department of Education

https://www2.ed.gov/about/offices/list/ocr/lgbt.html

The mission of the U.S. Department of Education's Office for Civil Rights (OCR) is to ensure equal access to education and to promote educational excellence through vigorous enforcement of civil rights in our nation's schools. To serve this mission, OCR enforces civil rights laws to protect all students from unlawful discrimination and harassment based on race, color, national origin, sex, disability, and age.

Gay, Lesbian, and Straight Education Network

http://www.glsen.org

212-727-0135

GLSEN is a national education organization ensuring safe schools for all lesbian, gay, bisexual and transgender students.

Campus PrideNet

http://www.campuspride.net/

704-277-6710

Campus PrideNet is a national online community and resource network committed to student leaders and campus organizations who work to create a safer campus environment free of homophobia, biphobia, transphobia, heterosexism and genderism at colleges and universities.

Human Rights Campaign: LGBTQ+ Inclusive Schools

https://welcomingschools.org/resources/lgbtq

Resources to help make schools more inclusive.

Human Rights Campaign: LGBTQ+ Welcoming Schools Signs

 $\underline{https://welcomingschools.org/resources/welcoming-schools-safe-school-signs}$

Posters for schools to promote inclusivity.

Healthy Lesbian, Gay and Bisexual Students Project

https://www.apa.org/pi/lgbt/programs/safe-supportive

The Safe and Supportive Schools Project promotes safe and supportive environments to prevent HIV and other sexually transmitted infections among adolescents.

Just the Facts: A Primer for Principals, Educators, and School Personnel

http://www.apa.org/pi/lgbt/resources/just-the-facts.aspx

202-336-5500

Just the Facts provides information and resources for principals, educators and school personnel who confront sensitive issues involving gay, lesbian and bisexual students.

Los Angeles Public Library

https://www.lapl.org/teens/books/young-adult-books-lgbt-parents

LGBTQIA - Young Adult Books with LGBTQIA Parents.

Best Colleges

https://www.bestcolleges.com/features/best-colleges-for-lgbt-students/

This ranking, in partnership with Campus Pride, looks at the top 25 LGBTQ+-friendly colleges. These institutions rank among the best in their efforts to support and provide academic, financial, and social resources for LGBTQ+ students.

NASP: National Association of School Psychologists

https://www.nasponline.org/x56401.xml

A Guide for educators and parents/guardians on supporting LGBTQ students with an IEP or 504 plan.

University of Illinois Chicago's Division of Specialized Care for Children (DSCC)

https://dscc.uic.edu/resources-for-lgbtq-youth-with-disabilities-and-their-families/

1-800-322-3722

Resources for LGBTQ+ Youth with Disabilities and Their Families

Employment

TransTech Social Enterprises

https://transtechsocial.org/

A social enterprise that provides education, support, and jobs for trans people facing high levels of discrimination.

Gay Center

https://gaycenter.org/career-services/

212-620-7310

Center Works helps LGBTQ+ young adults ages 18+ to confidently enter the job market, advance their careers, and become financially stable, all while building community with their peers.

Human Rights Campaign

https://www.hrc.org/resources/lgbt-professional-recruitment-events

202-628-4160

LGBTQ+ professional recruitment events.

Minnesota State University

https://www.minnstate.edu/careerexploration/documents/FINAL_LGBTQ.pdf (pdf)

LGBTQ Career Planning Resources: In this section, you will find resources and organizations that support lesbian, gay, bisexual, transgender, and queer (LGBTQ) individuals with their job.

Oberlin College

https://www.oberlin.edu/sites/default/files/content/office/career-center/documents/findinglgbtqcareerresources.pdf (pdf)

Finding LGBTQ Career Resources: Out and Equal Workplace Advocates: www.outandequal.org. National organization devoted to the lesbian, gay, bisexual, and transgender (LGBT) community in the workforce.

Wedding Officiants and Resources

Engayged Weddings

https://www.engaygedweddings.com/va/va-gay-wedding-officiants.html

1-855-436-5428

Resources for Virginia Gay and Lesbian Friendly Wedding planning, ceremony, reception, and honeymoon. Provides officiants for same-sex marriage ceremonies.

The DC Marriage Knot - Same Sex Marriage & Gay Civil Marriage

https://www.thedcmarriageknot.com/weddings/dc-same-sex-marriages-civil-gay-marriage/ Resources for same sex and gay wedding planning, ceremony, reception, and honeymoon.

Other Guides Available from the Family Resource Center

- LGBTQ+ Resource Guide for Children
- Family Support Resource Guide
- Special Needs Summer Camp Guide
- Respite Care Guide
- Adapted Sports and Recreation
- Family Resource Center Digital Resource Guide