

## Bienestar

<http://www.bienestar.org/eng/page/29/Home-Page.html>

BIENESTAR is a unique non-profit social service organization dedicated to positively impacting the health and well-being of the Latino community and other underserved communities in Southern California. Founded in 1989, the organization uses an innovative and compassionate peer-to-peer model that is 100% culturally relevant to its constituents. Clients are met with understanding and acceptance that builds trust and fosters a unique sense of family.

### Population

- LGBT youth
- Gay/bisexual men
- Transgender

### Services

- HIV answers, can discuss questions on chat
- Resources on where to find HIV testing in your area
- Housing assistance, contact Romina Tejada, [rtejeda@bienestar.org](mailto:rtejeda@bienestar.org)
- Peer support through counseling activities
- Treatment education

### Contact information

- **ADDRESS**

**BIENESTAR**  
**Headquarter Offices**  
**5326 East Beverly Blvd**  
**Los Angeles, CA 90022**

- **E-MAIL**

[info@bienestar.org](mailto:info@bienestar.org)

- **TELEPHONE**

**(323) 727-7896**

- **Facebook**

**Bienestar Famiia**

- **Twitter**  
**@BIENESTAR.ORG**
- **Youtube**  
**Videos Bienestar 1**

## **Bisexual Resource Center**

*Population:* This website seeks to affirm and support bi+ and bisexual individuals, and educate about members of the bisexual or bi+ community. These terms are umbrella terms for people who recognize and honor their potential for sexual and emotional attraction to more than one gender (pansexual, fluid, omniseual, queer, and all other free-identifiers).

*Services offered:*

- Provides education for viewers about the definition of bisexuality
- Provides resources for bisexual elders and youth
- Opportunities for volunteership
- Opportunities for maintaining connections with others in the community
- Offers a mailing list

*Website:* [biresource.org](http://biresource.org)

## **Center of Excellence for Transgender Health**

The Center of Excellence for Transgender Health endorses a mission to increase access to comprehensive, effective, and affirming health care services for trans communities with an ultimate goal to improve overall health and well-being of transgender individuals through the development and implementation of programs to address the unique health needs of trans communities.

The Center of Excellence for Transgender Health offers a number of programs aimed at address health disparities and improving health care in trans communities including:

- Programs and services relating to HIV prevention and research studies
- Community based research to address unique needs of trans populations
- Evidence-based protocols for primary care treatment
- Enhancing engagement and treatment and quality of HIV care for transgender women of color
- A learning center to access literature regarding health concerns and medical treatment of transgender persons
- Fact sheets and research summaries regarding trans wellness and health concerns
- A connection center to locate a trans affirmative healthcare provider in your area
- A calendar to stay up to date on issues and developments in transgender healthcare

The Center of Excellence for Transgender Health may be accessed at URL:

<http://transhealth.ucsf.edu/trans?page=home-00-00>

## GLSEN

GLSEN, the Gay, Lesbian & Straight Education Network\*, is an organization that seeks to create safer environments in schools for LGTBQ+ students, K-12. The organization was founded in the 1990s by teachers and has its roots in Massachusetts. The organization believes that all students deserve a safe and affirming environment to learn and grow. GLSEN hopes to accomplish this goal through research and advocacy efforts from both local and national legislation as well as through education policies.

### Services:

- Information for and assistance with creating LGBTQ+ affirmative clubs/programs for students in their local school (e.g., GSA, Gay Straight-Alliance)
- Safe Space Kits offered for purchase to help educators create safe and inclusive learning environments for LGBTQ+ students
- Programs (including, but not limited to):
  - Changing the Game: An education and advocacy program focused on addressing LGBTQ+ issues in school-based athletic and physical education programs
  - GLSEN's Ally Week: student-powered program where LGBTQ+ students and LGBTQ+ educators lead conversations on what they need from their allies in school.

### Location:

- Headquarters: 110 William Street, 30<sup>th</sup> Floor, New York, NY 10038
- Website: <https://www.glsen.org>
  - [info@glSEN.org](mailto:info@glSEN.org) (for inquiries)
- YouTube: <https://www.youtube.com/user/GLSENvideo>
- Contact phone number: 212-727-0135
- There are also chapters across the nation in several states.
- Arizona has 3 chapters:
  - GLSEN Phoenix, P.O. Box 2386 Phoenix, AZ 85002
  - Phone: 602-705-9780
  - [info@glSENphoenix.org](mailto:info@glSENphoenix.org) (for inquiries)

- GLSEN Tucson, 3135 E. Sampra Lane Tucson, AZ 85716
- Phone: 480-776-4936
- Email: [tucson@chapters.glsen.org](mailto:tucson@chapters.glsen.org)
  
- GLSEN Yuma, 4722 W. 28<sup>th</sup> Place Yuma, AZ, 85364
- Email: [yuma@chapters.glsen.org](mailto:yuma@chapters.glsen.org)

## GLSEN.org

GLSEN.org is the website for the GLSEN organization, which is dedicated to reducing and eliminating school-based bullying and harassment of LGBTQ+ students across the United States. GLSEN is a national organization with individual chapters in many U.S. states. GLSEN provides training and education opportunities on how schools, faculty, and students can create a more inclusive environment for their LGBTQ+ peers. Their services include:

- Conducting research into education for K-12 schools on LGBTQ+ issues
- Creating LGBTQ+ education resources for educators that are developmentally-appropriate
- Partnering with school policy makers on how to create and implement safe schools policies
- Training educators on how to create safe, supportive spaces for LGBTQ+ students
- Supporting GSA Clubs in schools
- Through GLSEN's Phoenix chapter, people can get involved with the LGBTQ+ community and promoting the need for safe spaces
- Through GLSEN's Phoenix chapter, people can get connected with LGBTQ+ advocacy, legal, community, and crisis resources

GLSEN main website:

<https://www.glsen.org/>

GLSEN Phoenix Chapter:

<https://www.glsen.org/chapters/phoenix>

GLSEN Phoenix Mailing Address, Phone, and E-mail address:

GLSEN Phoenix

P.O. Box 2386

Phoenix, AZ 85002

602.705.9780

[info@glsenphoenix.org](mailto:info@glsenphoenix.org)

GLSEN Phoenix Chapter -> Resources:

[https://www.glsen.org/chapters/phoenix/resources\\_2015](https://www.glsen.org/chapters/phoenix/resources_2015)

## The Human Rights Campaign

The Human Rights Campaign is nationwide civil rights organization that works to end discrimination against LGBTQ+ persons and promote equality. They are a 501(c)3 organization with charities that work to educate child welfare professionals, offer professional development for schools seeking to reduce bully and embrace family diversity, promote safety and well-being for LGBTQ youth, report on equity for LGBTQ patients in healthcare facilities, educational outreach addressing health and aging concerns, religious and faith-based outreach and education for intersectional populations within the LGBTQ community, workplace equality, youth and campus engagement, global advocacy and business engagement.

They have a myriad of resources for an array of issues. These resources include LGBTQ-friendly agencies that are searchable by location, as well as FAQs and articles about the following subject areas:

Adoption	HIV / AIDS
Allies	International
Bisexuality	Marriage
Campus & Young Adults	Parenting
Children & Youth	Recursos en espanol
Coming Out	Religion & Faith
Communities of Color	State & Local Advocacy
Federal Advocacy	Transgender
Hate Crimes	Transgender Children
Health & Aging	Workplace

<https://www.hrc.org/>



## **Immigration Equality (immigrationequality.org)**

- Serving Population:  
Anyone identifies as a LGBTQ+ and/or HIV-positive immigrant.
- Service provided:
  - Legal assistance on immigrational process
  - Education on your immigrational rights
  - DACA assistance
  - Pro Bono services available
  - Assistance to LGBTQ+ 1)asylum seekers, 2)individuals detained by the immigration department, 3)individuals who are living with HIV trying to immigrate to US
- Contact Info:
  - “Get Legal Help”: <https://www.immigrationequality.org/get-legal-help/#contactform>
  - Legal emergency: (212)-714-2904; during the day each weekday (EST);  
Emergency situations could include:
    - You are in a detention facility. We take collect calls.
    - You are in immediate danger of being deported.
    - Your lawful status in the U.S. is about to expire.

## **It Gets Better Project**

Itgetsbetter.org

This website/movement is aimed to empower and uplift LGBTQ+ youth worldwide. Individuals from the LGBTQ+ community are encouraged to share their stories to inspire hope in younger generations. Tens of thousands of videos have been shared of people testifying to their experiences as LGBTQ+ and overcoming their lowest feelings.

- Services available:
  - Education:
    - Finding Pride: Official Discussion and Activity Guide. Video lessons plans (geared for middle schoolers and high school students)
  - Connecting with others:
    - Using social media platforms to meet more people in the LGBTQ+ community for discussion and encouragement.
    - Facebook: [www.facebook.com/itgetsbetterproject](http://www.facebook.com/itgetsbetterproject)
    - Twitter: @itgetsbetter
    - Tumblr: [itgetsbetterproject.tumblr.com](http://itgetsbetterproject.tumblr.com)
    - Instagram and Youtube also available
  - Inspire Others or Get Inspired:
    - Watch videos of celebrities and people all over the world share their stories.
    - Create and upload a video of your story to give hope to others.
  - Resource Center:
    - National Suicide Prevention Hotline: (800)-273-8255
    - The Trevor Project (ages 13-24) (866)-488-7386
    - GLBT National Help Center
      - Hotline: (888)-843-4564
      - Youth Talk-line: (800)-246-7743
- Contact Information:
  - ItGetsBetter.org
  - Contact: [info@itgetsbetter.org](mailto:info@itgetsbetter.org)

- Mailing Address: It Gets Better Project. 11- S. Fairfax Ave, #A11-71, Los Angeles, CA 90036

## **National Center for Transgender Equality (NCTE)**

### **Population they serve:** Trans People

- “The National Center for Transgender Equality is the nation’s leading social justice advocacy organization winning life-saving change for transgender people.”

### **Services offered:**

- Racial and Economic Justice Initiative (REJI) – advocacy group for trans people of color (includes issues of detention in correctional facilities and immigration)
- Trans Legal Services Network (TLSN) - Helps trans people navigate the legal system in regards to the name and gender change process
  - Online ID Documents Center with state-by-state info
- Voices for Trans Equality (VTE) – Free-to-join advocacy group for trans people and allies
- Families for Trans Equality (FTE) – Free-to-join network of families with trans kids
- Includes links for the following additional resources on their website (at the bottom of the “contact us” page in the “about us” tab):
  - Suicide and violence hotlines
  - Legal help
  - Community/support groups

### **Contact:**

**Website:** <https://transequality.org/>

**Phone Number:** 202-642-4542

## **The Trevor Project**

Website: [www.thetrevorproject.org](http://www.thetrevorproject.org)

Hotline: 1-866-488-7386 24/7/365

Texting: Text “Trevor” to 1-202-304-1200 (Available M-F 3pm – 10pm EST; 12pm-7pm PT)

Online chatting tool: TrevorChat is instant messaging with a counselor available 7 days/week between 3pm-10pm ET / 12pm-7pm PT

Information: The Trevor Project is a national organization providing crisis intervention and suicide prevention services to lesbian, gay, bisexual, transgender and questioning (LGBTQ) young people ages 13-24.

## Love Has No Labels

<http://lovehasnolabels.com>

The intended population for the website “Love Has No Labels” is for all people no matter age, race, or affectional orientation! Love has no labels is an online platform for people to share real stories addressing the bias they have faced as a member of a marginalized group. It is also a place to educate yourself and others about what it means to have bias and how to address it. Although, this is not intended solely for those who identify as LGBTQ+, there are a plethora of educational resources on this website including helpful tips on how to be an action-oriented ally.

Check out or follow the following social media links for more information:

<https://www.facebook.com/LoveHasNoL/>

<https://twitter.com/lovehasno>

[https://www.instagram.com/lovehasno /](https://www.instagram.com/lovehasno/)

### Services:

- Share your story
- Test your biases
- Join the movement
- Fight the Bias
- Advocate and Educate (including information for allies)

## **PFLAG Phoenix**

This online resource that also offers monthly support groups is intended for parents, families, and friends of/and lesbians, gays, bisexual, transgender, and ‘questioning’ individuals.

PFLAG promotes the health and well-being of gay, lesbian, bisexual, and transgender persons, their families and friends through:

- Support, to cope with an adverse society
- Education, to enlighten an ill-informed public
- Advocacy, to end discrimination and to secure equal civil rights

PFLAG provides opportunity for dialogue about sexual orientation and gender identity, and acts to create a society that is healthy and respectful of human diversity.

PFLAG offers many services including:

- A confidential helpline
- Knowledge through their website educational page
- Assistance in finding ways to get involved in the community through the advocacy webpage
- Speakers to come to companies through their Speaker’s Bureau webpage
- Local monthly support groups in Tempe, the 1st Friday of each month, from 7:00pm-8:30pm at Dayspring United Methodist Church at 1365 E. Elliot Rd, Tempe, AZ.

Website: <http://pflagphoenix.org/contact-us/>

Email: [info@pflagphoenix.org](mailto:info@pflagphoenix.org)

Helpline: (602) 843-1404

## The Trevor Project

**Population served:** Leading national organization providing crisis intervention and suicide prevention services to lesbian, gay, bisexual, transgender and questioning (LGBTQ) young people ages 13-24.

**Website:** <https://www.thetrevorproject.org/>

### Services offered:

- Trevor Lifeline (suicide prevention): 866-488-7386 (24/7/365)
- TrevorChat: online instant messaging with a counselor daily from 12pm-7pm
- TrevorText: Text “Trevor” to 1-202-304-1200. Standard text messaging rates apply. Available Monday through Friday, 12pm–7pm
- TrevorSpace: <https://www.trevorspace.org>, online safe space forum for LGBTQ young people
- Trevor Support Center: <https://www.thetrevorproject.org/resources/trevor-support-center/#sm.0000n11fkper5f14u5s13loemw71d>, FAQ answers and resources ranging from coming out to sexual health



## **The Trevor Project**

The Trevor Project is the leading national organization providing crisis intervention and suicide prevention services to lesbian, gay, bisexual, transgender and questioning (LGBTQ) young people ages 13-24.

### **Services:**

- 24/7 Suicide Lifeline (866-488-7386)
- TrevorChat (instant messaging)
- TrevorText (texting crisis line – text “trevor” to 1-202-304-1200)
- TrevorSpace (social network for LGBTQ youth)
- Trevor Support Center
- Suicide Prevention Education & Resources

**Website:** [thetrevorproject.org](http://thetrevorproject.org)

**Hotline:** Trevor Lifeline at 866-488-7386

**Contact:** [info@thetrevorproject.org](mailto:info@thetrevorproject.org)

### **Trans Student Educational Resources**

**Population:** Trans Student Educational Resources focuses on the issues most relevant to the creation of educational environments that are safe for trans and gender non-conforming youth from kindergarten to university. They are a youth-led organization, with the goal of training young people to advocate for themselves and others through the provision of training and resources, while also directly advocating for policy changes at an institutional level.

### **Services:**

- Youth leadership training
- Scholarships
- Publishing of educational material
- Promotion of representation of media

- Workshops on community issues
- Referral to other resources
- Provision of resources for self-advocacy

**Online:**

Website: <http://www.transstudent.org/>

Facebook: <https://www.facebook.com/transstudent/>

Email: [TSER@transstudent.org](mailto:TSER@transstudent.org)

## True Colors Fund

<https://truecolorsfund.org/>

True Colors Fund is a nonprofit organization working toward ending homelessness among at risk LGBTQ+ youth, through advocacy, training and education, and youth collaboration programs. The mission of this organization is not only to end homelessness in the LGBTQ+ community, but to also help create a world where young people can live as their authentic selves.

### ➤ Services

- Advocacy: work with government officials at the federal, state, and local levels to ensure:
  - Youth do not experience homelessness based on their affectual orientation or gender identity
  - Funding, policies, and protection programs in the event homelessness does occur for LGBTQ+ youth
- Training and Education:
  - Host conferences and workshops to educate various sectors (education, child welfare, faith-based organizations, juvenile justice system, etc) on the issues surrounding LGBTQ+ youth homelessness and provide tools needed to prevent this occurrence
- Youth Collaboration Programs:
  - Designed to foster leadership development and advocacy skills for LGBTQ+ youth who are at risk of being homeless
  - Designed to give a voice to at risk LGBTQ+ youth, so as to provide an opportunity for them to play an active role in finding a solution to homelessness for their community
  - Provide opportunities to learn about careers, specifically in the theatre industry
  - Provide opportunities to create and implement a six-month community project
- Resources:

- The 40 to None Network: addresses the issue of 40% of LGBTQ+ youth being homeless and provides free online connection to community resources, service providers, advocates, etc
  - True Inclusion Directory: list of safe, inclusive locations in your community
- Contact information:
- <https://truecolorsfund.org/>
  - Phone number: (212) 461-4401
  - To email, follow link and input information: <https://truecolorsfund.org/contact-us/>
  - Mailing Address:
    - True Colors Fund  
311 West 43rd Street, 12th Floor  
New York, NY 10036

## Local Resources

The following is a list of local resources within the valley. The list is organized alphabetically

## **Arizona Men of Leather ([arizonamenofleather.com](http://arizonamenofleather.com))**

- **Serving Population:**

male identified leather man's social club. It is a space for individuals who seek and live the Leather/SM/Fetish lifestyle. It provides opportunities for friendship, mentoring, education and support of the community.
- **Service provided:**
  - Friendship with other local members
  - Mentorship from veteran members
  - Continuing education about the community
  - Support network for in and out of the club
- **Valley location:**
  - Club Meetings(use "contact us" page on the web)—second Saturday every month at 7:30 pm, conference room, 2<sup>nd</sup> floor of Motel 6. Address: 4727 E. Thomas Rd. Phoenix AZ 85018
  - Social Gathering(members only)—every 1<sup>st</sup> and 3<sup>rd</sup> Wednesday of the month, Hob Nobs. Address: 149 W. McDowell Rd. Phoenix AZ 85003
  - Home Bar(open to all)—Anvil, find us here every second Saturday of the month after meetings, a place to socialize. Address: 2424 E Thomas Road. Phoenix AZ

## **Arizona Trans Youth & Parent Organization (AZTYPO)**

Arizona Trans Youth and Parent Organization is a support group to empower children, teens and their families in a supportive and inclusive environment in which gender may be freely expressed and respected.

The group is held once a month and is comprised of a peer support group for the parents and a supervised interactive social/play group for the youth and children ages 4-18. The teens group (7th grade and older) is open to trans youth only.

Parents, legal guardians and extended family can discuss the challenging issues, raise questions, seek and share resources, and listen to the experiences of others. By talking to each other and sharing experiences, a family can best support their children in their gender identity and gender expression.

The meetings take place in Phoenix on the 2nd Sunday every month. To get the meeting time and location, send an email to [contact@aztypo.org](mailto:contact@aztypo.org).

### **Services:**

- Monthly support groups led by parents
- Trans youth teen support groups
- Childcare during meetings
- Education outreach to assist and train schools, teachers, staff, and administrators working with trans youth

**Website:** <http://aztypo.org>

**Location:** undisclosed Phoenix location

## Gay Golden Girls

This group is for women over the age 40 who identify as lesbians. The majority of their meetings occur in the West Valley but they accept members from all over the Valley. This is a social group which could be beneficial for developing or expanding social supports.

This group does regular social outings, such as:

- Hiking
- Film Festival
- Shooting
- Lesbian Social Network
- Brunch
- Pride Night at the opera
- Trans support groups
- Karaoke
- Rock Climbing
- Dinner
- Movie nights discussing gender issues
- Texas Holdem
- Obstacle race teams
- Walks
- 1-in-10 benefits
- Yoga
- Dating discussions
- Culture Festival outings
- Habitat for Humanity
- Volunteer gardening
- Square dancing
- Rodeos
- Cocktails
- Horse Racing
- Food bank volunteering
- Vegan food festivals
- Dinah Shore in Palm Springs
- No H8 photo shoots
- Beer Festivals

<https://www.meetup.com/find/events/lgbtq/>



## Lambda Phoenix Center

- Population
  - serve individuals from the LGBT community
- Mission
  - To provide a safe and supportive community space for individuals and families in the metro Phoenix LGBT community recovering from alcoholism and other addictions.
- Services
  - Substance use issues
  - Specific groups
    - Alcoholic anonymous groups
    - Crystal meth anonymous
    - Gamblers anonymous
    - Narcotics anonymous
  - Dates
    - Range from 6am-6pm
    - Seems to be open 24/7
- Contact information
  - **Recovery Center:**  
2622 North 16th Street  
(at Virginia Avenue)  
Phoenix, AZ 85006
  - **Mailing Address:**  
P.O. Box 21211  
Phoenix, AZ 85036
  - **Website:** <https://www.lambdaphx.org/contact>

## **Lambda Phoenix Center**

Lambda Phoenix Center is a community center build with the aim to support LGBTQ+ people that are recovering or struggling with issues pertaining to alcoholism and other addictions.

Lambda has a Phoenix-based support center which hosts many 12-step recovery program meetings. Their services include:

- A Phoenix-located community support center
- Multiple 12-step recovery programs for alcoholism or other addiction issues, which include:
  - Alcoholics Anonymous
  - Al-Anon
  - Crystal Meth Anonymous
  - Gamblers Anonymous
  - Narcotics Anonymous
  - Adult Children of Alcoholics
  - Sexual Compulsives Anonymous
- Meetings spaces for the LGBTQ+ community
- Additional resources and contacts for LGBTQ+ people struggling with addiction issues

Lambda Phoenix Recovery Center can be found at:

2622 North 16<sup>th</sup> Street (at Virginia Ave)

Phoenix, AZ 85006

Lambda Mailing Address:

P.O. Box 21211

Phoenix, AZ 85036

Lambda Phoenix Center can be contacted on their website at:

<https://www.lambdaphx.org/contact>

## **Lesbian and Bisexual Coming Out and Support Group (Trayci Prince, NCC, LPC)**

Population: This support group is intended to serve lesbian and bisexually identified women.

Services offered: bi-monthly group meetings (every other Saturday) to foster supportive discussion, including topics such as:

- Coming out spectrum
- Emotional adjustment
- Grief
- Disclosure
- Internal and external homophobia
- Relationship development
- Identity development
- Self-esteem
- Occasional guest speakers (with group consent)

Address:

1540 East Maryland Avenue

#200

Phoenix, Arizona 85014

Phone: 602-714-2568

Website:

[https://www.psychologytoday.com/us/groups/lesbian-and-bisexual-coming-out-support-group-phoenix-az/58202?sid=1517425353.399\\_15184&county=Maricopa+County&state=AZ&spec=185&ref=1&tr=ResultsName](https://www.psychologytoday.com/us/groups/lesbian-and-bisexual-coming-out-support-group-phoenix-az/58202?sid=1517425353.399_15184&county=Maricopa+County&state=AZ&spec=185&ref=1&tr=ResultsName)

Hours: Every other Saturday, 4:30 — 5:30

## **LGBTQ Consortium**

LGBTQ Consortium is a prevention coalition comprised of community members, businesses, non-profits, politicians, service agencies and advocacy groups who work together to create plans for positive change within Maricopa County. It was initially founded to identify and reduce substance abuse disparities within the LGBTQ community. It is now intended to be a “hub for networking, resources, information, brainstorming and collaboration to create a healthier, stronger, more vibrant LGBTQ community.” There are many subcommittees (Training and Ed, Q Youth, Safe Out) that will address particular issues within the LGBTQ community. On their website, there are many blog posts about recent LGBTQ in the news, health care, press releases, etc. LGBTQ Consortium members meet once monthly. Anyone is welcome to join a monthly meeting!

### **Services:**

- Provides a platform for advocacy and opportunities for LGBTQ+ and allies to discuss the most relevant issues
- Talk hotlines
- Monthly advocacy meetings
- Educational resources and blogs online
- Social Justice platform
- Provides educational workshops

### **Location:**

801 E. Camelback Road  
Phoenix, AZ 85014 United States

### **Meetings:**

Fourth Friday of each month 10:30-12:00

### **Contact Info:**

You can send a correspondence online <http://www.lgbtqconsortium.org/contact-us/>

The following members are the Consortium Leaders if there is a subcommittee of particular interest:

**Jason Vail Cruz:** *Co-Chair of the LGBTQ Consortium*

**Trey Jenkins:** *Co-Chair of the LGBTQ Consortium*

**Shane Sangster:** *Chair, Q-Youth Subcommittee*

**Tasha Menaker:** *Chair, Social Justice Subcommittee*

## Mulligan's Manor

Mulligan's Manor is a non-profit organization that serves LGBTQ+ youth in the valley. Specifically, they are a group home that houses youth ages 12-18. They are the first and only group home in Arizona that serves the LGBTQ+ community. Additionally, the group home serves heterosexual and at-risk youth alongside their LGBTQ+ residents. The organization's goal is to build a safe and positive community for adolescents who have been displaced, experienced trauma, separation from family and/or need refuge.

### Services Offered:

- Behavioral Health Services
  - Psychiatry/Medicine Checks (prescription, refills and evaluation)
  - Developmental Disability Evaluations (including, but not limited to Autism)
  - Therapy/Counseling services
- Peer-to-peer mentoring (e.g., from community volunteers to group home residents)
- On-going and continuous (24/7) care for residents by licensed professionals and House-Parents
- Educating youth how to utilize resources available to them to develop life skills (e.g., cooking, cleaning, hygiene, employment seeking, career & education exploration and shopping skills)

### Location:

- 4701 S. Lakeshore #1 Tempe, AZ 85282\*
- 480-831-8727
  - ext 1 for the Behavioral Health and Administrative Office
  - ext 2 for the Group Home
- Fax: 480-287-9054
- Hours of operation (for the Behavioral Health and Administrative Office):
  - Monday – Friday: 8:00am to 8:00pm
  - Saturday & Sunday: Available by request
- <https://www.mulligansmanor.com>

## **Mulligan's Manor Behavioral Health**

Address: 4701 S. Lakeshore #1, Tempe, AZ 85282

Phone: (480) 831—8727 ext. 1 for Behavioral Health / ext. 2 for Group Home

Fax: (480) 287-9054

Email: [info@mulligansmanor.org](mailto:info@mulligansmanor.org)

Website: [www.mulligansmanor.com](http://www.mulligansmanor.com)

Hours of Operation: M-F 8am – 8pm; Saturday/Sunday appointments available by request

Information: Mulligan's Manor BH started out as the first non-profit group home to serve at-risk LGBTQI+ youth. They then opened their behavioral health agency to have providers specialize in working with LGBTQI+ community members. They offer the following services: psychiatry/medicine checks, developmental disability evaluations, and therapy. They currently accept AHCCCS and Aetna insurance.

## One•n•ten

**Population served:** The primary population that one•n•ten serves is LGBTQ youth and young adults ages 14-24. They serve youth and young adults from all socioeconomic and cultural backgrounds and aim to create a safe space where they can learn to improve both self-esteem and self-acceptance.

**Location:** Downtown Phoenix Youth Center is located at 1101 N Central Ave., Phoenix, AZ 85004. The center is open Monday-Friday from 3pm-7pm. Phone: 602-400-260; Email: [office@onenten.org](mailto:office@onenten.org); Website: <http://onenten.org>

Weekly groups take place at a variety of satellite office locations:

- Mondays in Mesa, 7pm-8:30pm
  - Unity of Mesa 2700 E. Southern Ave., Mesa, AZ 85204
  - Program Coordinators: Bobby Beverly ([bobby@onenten.org](mailto:bobby@onenten.org)), Tally Iskovitz ([tally@onenten.org](mailto:tally@onenten.org))
- Wednesdays in West Valley, 7pm-8:30pm
  - Devereux 11024 N. 28th Drive Ste. 110, Phoenix, AZ 85029
  - Contact: Kado Stewart ([kado@onenten.org](mailto:kado@onenten.org))
- Wednesdays in Scottsdale, 7pm-8:30pm
  - Jewish Community Center 12701 N. Scottsdale Rd., Scottsdale, AZ 85260
  - Program Coordinator: Tally Iskovitz ([tally@onenten.org](mailto:tally@onenten.org))
- Thursday Nights in Tempe, 7pm-8:30pm
  - Westside Multigenerational Center/Boys and Girls Club 715 W. 5th St., Tempe, AZ 85281
  - Program Coordinator: Victor Medina ([victor@onenten.org](mailto:victor@onenten.org))
- Thursday Nights in Queen Creek, 6pm-7:30pm
  - Earth Spirit Center 25251 S. Power Rd., Queen Creek, AZ 85142
  - Program Coordinator: Erin Dow ([erin@onenten.org](mailto:erin@onenten.org))

### Services offered:

- Housing program for 40 homeless LGBTQ youth



- Pro-bono legal services
- Health services (e.g., STD screenings, minor surgical procedures) on Thursday 3:30pm-6pm
- Suicide prevention program
- Dental services
- Online high school
- Career skills workshop
- Variety of groups (including a Trans\* group)
- Summer camp

## One N Ten (1N10)

This nonprofit organization is for LGBTQ individuals between the ages of 14 and 24. There are a variety of programs that span all over the Metro-Phoenix area which have specific focuses and age groups. The Phoenix Youth Center is open to the full age range Mon-Wed, open to ages 11-17 on Thursdays and open to ages 18-24 on Fridays.

- Services offered:
  - Suicide Prevention Program
  - Individual counseling services
  - Q High
    - Online high school diploma program
  - Satellite Locations
    - Programs include guest speakers, group discussions, art, music, dance, community activism
  - Healthcare services at the Youth Center offering medical aid
    - Thursdays, 4-6pm
  - Trans Group
    - 10am-12pm on the 2<sup>nd</sup> and 4<sup>th</sup> Sunday at the Phoenix Youth Center
  - Housing
    - Apply for the POND program for homeless youth
    - Safe-place site for runaways under age 18
  - OUTdoors! Camp
    - Develop leadership skills, teamwork, respect, growth and development.
- Addresses and Contact Information:
  - Main location: The Phoenix Youth Center: 1101 N. Central Ave, #104, Phoenix, AZ 85004. Open Monday-Friday 3-7pm. P: (602)-400-2601
  - Satellite locations:
    - Mondays in Mesa 7-8 30pm: Unity of Mesa. 2700 E. Southern Ave, Mesa, AZ 85204
    - Tuesdays in Flagstaff 7-8 30pm: email Nicole Snow at [nicole@oneten.org](mailto:nicole@oneten.org) for location.

- Wednesdays in West Valley 7- 8 30pm: Devereux. 11024 N 28<sup>th</sup> Dr, #110, Phoenix, AZ 85029
  - Wednesdays in Scottsdale 7-8 30pm. Jewish Community Center. 12701 N Scottsdale Rd, Scottsdale, AZ 85260
  - \*Thursdays in Tempe 7-8 30pm. Westside Multigenerational Center: 715 W 5<sup>th</sup> St, Tempe, AZ 85281
  - Thursdays in Queen Creek 6-7 30pm. Earth Spirit Center. 25251 S Power Rd, Queen Creek, AZ 85142
- [Onenten.org](http://Onenten.org)

## **Out@ASU and the Rainbow Coalition**

Out@ASU serves LGBTQIA+ identifying students attending Arizona State University. This resource promotes creating a campus environment that is safe and supportive for LGBTQIA+ identifying students. Out@ASU encourages educational opportunities, advocacy, fostering an affirming environment for LGBTQIA+ students and allies.

Out@ASU provides:

- Easy to access online resources for LGBTQIA+ identify including:
  - Health and wellness resources
  - Financial aid and scholarships
  - Gender neutral restrooms
  - Sexual assault resources
  - Study abroad opportunities
  - Trans resources
  - Student services
  - Academic programs and workshops
  - Contact for the EMPACT suicide prevention
  - Contact information for the Q-Line – a 24 hour local crisis hotline for LGBTQIA+ youth, family members, and straight allies
- Easy access to community and national resources, as well as trans-specific resources
- Link to faculty guide for trans student inclusion in the classroom

Out@ASU may be access through Educational Outreach and Student Services at ASU, and at URL: <https://eoss.asu.edu/out>

ASU Students may also with the Rainbow Coalition, the umbrella group for LGBTQIA+ student organizations across all campus location, which provides

- Programming, events, and advocacy for LGBTQIA+ students and member organization
- Resources for LGBTQIA+ members of the ASU community
- Social events aimed to foster connection and support across LGBTQIA+ identifying students across ASU campuses.

The Rainbow Coalition and sponsored events may be accessed at URL:  
<https://orgsync.com/12324/chapter>

## **Trans Queer Pueblo**

**Population:** Trans Queer Pueblo is a community organization focused on meeting the needs of, and advocating for, LGBTQ+ migrants of color.

**Services:** Trans Queer Pueblo focuses on issues directly affecting LGBTQ+ migrants of color and on developing community-based responses to those challenges based on principles of social justice, democratic governance, mutual aid, and community leadership.

Their activities include:

- Employment and job training opportunities
- Operation of a free primary care clinic called Clinica Liberacion
- Organization of community events
- Legal defense for imprisoned community members
- Advocacy for inclusion of people of color in LGBT communities
- Community education about issues like access to healthcare
- Financial and economic development for their target population
- Empowering migrants through education and policy change

**Location:** 1726 E. Roosevelt St, Phoenix, Arizona

### **Online:**

Website: <https://transqueerpueblo.wixsite.com/tqpueblo>

Facebook: <https://www.facebook.com/transqueerpueblo/>

Email: [trans.queer.pueblo@gmail.com](mailto:trans.queer.pueblo@gmail.com)

## **Trans Spectrum of Arizona (TSAZ): Empowering Transgender and Gender Non-Conforming Individuals and Allies**

TSAZ is a local resource that provides service, support, and a social outlet for transgender and gender non-conforming individuals and their allies.

TSAZ offers a number of support groups including:

- A trans-feminine group
  - Meets the 2nd and 4th Saturday of the month from 11am-12:30pm
- A trans-masculine group
  - Meets the 2nd and 4th Saturday of the month from 11am-12:30pm
- A gender non-conforming group
  - Meets the 2nd and 4th Saturday of the month from 12pm-1pm
- A Parents of Transgender & Gender Variant Under 18 group
  - Meets on the 4th Sunday every month at a confidential location.
- A trans-masculine significant others, family, friends, and allies (SOFFA's) group
  - Meets the 2nd and 4th Saturday of the month from 11am-12pm
- A trans-feminine SOFFA's group
  - Meets the 2nd and 4th Saturday of the month from 11am-12pm

Meeting location:

First Church  
1407 North 2nd Street  
Phoenix, AZ 85004

Phone Number: (480) 382-3757

Email: [info@transpectrum.org](mailto:info@transpectrum.org)

Website: <https://tsaz.org/>



## **Southwest Center for HIV/AIDS**

(located in The Parsons Center for Health and Wellness)

**Population they serve:** Has something for everyone in the LGBTQ+ community!

There are, however, specific services for:

- People living with or at-risk of contracting HIV/AIDS
- Transgender individuals

### **Services Offered:**

- Free walk-in HIV/STI testing (donations encouraged)
- LGBT-competent Primary Care
  - HIV care & treatment
  - PrEP
  - Hormone Replacement Therapy (HRT)
- Behavioral Health services (therapy and support groups)
- Case Management services
- Alternative medicine and naturopathic medicine
- HIV/AIDS support and educational groups and events
- Help navigating the AHCCCS application process
- Job resource center
- Legal assistance
- Positive Peer Prevention (P3) – Teen HIV/AIDS prevention program (13-18 yrs)
- Various social support, educational, and advocacy events

### **Location**

- **Address:** 1101 N. Central Avenue, Suite 200 Phoenix, AZ 85004  
(Located on the corner of Portland St. and Central Ave. right next to One n Ten)
- **Phone Number:** 602-307-5330
- **Website:** <https://swhiv.org/>
- **Hours:**  
Monday: 8-5

Tuesday: 8-7

Wednesday: 8-5

Thursday: 8-7

Friday: 8-3

Saturday/Sunday: Closed

## Stonewall Institute: Drug and Alcohol Treatment Center

<https://stonewallinstitute.com/>

Stonewall Institute Treatment Center is dedicated to providing supportive and affirmative therapeutic services to all persons, specifically those who identify in the LGBTQ+ community. Every staff member at the center has been trained in LGBTQ Clinical Competency and operates off the Stonewall Model, which are the center's guiding principles for affirmative counseling. Stonewall Institute offers a variety of services, specifically working with individuals seeking Drug and Alcohol Treatment services.

### ➤ Services:

- Clinical Evaluation: assess for substance use and co-occurring issues
- Drug and Alcohol Treatment: intensive outpatient treatment (three nights a week for ten weeks) that help clients identify underlying issues that contribute to substance use and dependence, and assists in creating healthy coping skills to maintain long-term sobriety
- Aftercare Services: services to assist an individual maintain long-term sobriety that include: individual addiction counseling, family or couples counseling, vocational counseling, coordination of care with other mental health providers, sober living resources (i.e.: Half-way House), ongoing relapse prevention programs, connecting to community resources such as a 12-step program
- DUI Services: collaborates with justice and municipal courts to screen, educate, and treat DUI related issues
- AZ DUI Revocation Evaluation: services to help individuals be considered for the reinstatement of driving privileges
- Training and Consultation: trainings geared toward educating on LGBTQ+ Cultural Competency that are tailored for behavioral health organizations, small businesses, educational institutions, faith-based communities, government agencies, and corporations
- AZ Traffic Pros: traffic survival school to assist with resolving DUIs, out of state tickets, and court-ordered mandates

➤ Contact information:

- <https://stonewallinstitute.com/>
- Address: 4020 N. 20th St. Suite 302 Phoenix, AZ 85016
- Phone number: (602) 535-6468
- Fax number: (602) 595-8695
- To email, follow link and input information:  
<https://stonewallinstitute.com/contact-us/>
- Hours of operation:
  - Monday- Friday: 10am-8:30pm
  - Saturday: 9am-5:30pm
  - Sunday: closed