



# Transgender Services May 2018

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
		<p>1</p> <p><b>Community Food Distribution</b> 9am – <i>Open to all</i></p> <p><b>Name &amp; Gender-Marker Changes Clinic</b> 6:30pm</p>	2	<p>3</p> <p><b>ThursTAYs @ HYC</b> (Ages 18-24) 5:30-8:30pm</p> <p><b>Non-Binary Gender Identity &amp; Exploration</b> 7:30pm</p>	<p>4</p> <p><b>Transgenero 2000</b> 6pm in Latino Services <i>1st &amp; last Friday of month</i></p>	<p>5</p> <p><b>Transgender Discussion Group</b> 5:15pm</p>
<p>6</p> <p><b>HIV &amp; HepC Testing Daily at The Center</b> M-F 9am-7pm Sat 9am-2pm Free &amp; Confidential</p>	<p>7</p> <p><b>Mobile Medical Unit</b> (The Center) 3-7pm</p> <p><b>Transgender Coming Out Group</b> 7pm</p>	8	<p>9</p> <p><b>“Diamonds in the Rough”</b> Trans Women/Transfeminine Support Group – Midday <i>Contact OnDuty for more info</i></p> <p><b>FTM Discussion Group</b> 7pm (2<sup>nd</sup> &amp; 4<sup>th</sup> Wed)</p>	<p>10</p> <p><b>Free Legal Clinic</b> 9:30am-12pm</p> <p><b>ThursTAYs @ HYC</b> (Ages 18-24) 5:30-8:30pm</p> <p><b>Trans Veterans &amp; Military Group</b> 7pm</p>	11	<p>12</p> <p><b>Transgender Discussion Group</b> 5:15pm</p>
13	<p>14</p> <p><b>Mobile Medical Unit</b> (The Center) 3-7pm</p> <p><b>Transgender Coming Out Group</b> 7pm</p>	15	16	<p>17</p> <p><b>ThursTAYs @ HYC</b> (Ages 18-24) 5:30-8:30pm</p> <p><b>Non-Binary Gender Identity &amp; Exploration</b> 7:30pm</p>	18	<p>19</p> <p><b>Transgender Discussion Group</b> 5:15pm</p>
<p>20</p> <p><b>BeTheGeneration</b> Know Your Status! Get Tested!</p>	<p>21</p> <p><b>Mobile Medical Unit</b> (The Center) 3-7pm</p> <p><b>Project TRANS Meet &amp; Greet</b> 5-7pm</p> <p><b>Transgender Coming Out Group</b> 7pm</p>	<p>22</p> <p><b>Senior Food Bank</b> 1pm</p>	<p>23</p> <p><b>“Diamonds in the Rough”</b> Trans Women/Transfeminine Support Group – Midday <i>Contact OnDuty for more info</i></p> <p><b>FTM Discussion Group</b> 7pm (2<sup>nd</sup> &amp; 4<sup>th</sup> Wed)</p>	<p>24</p> <p><b>Free Legal Clinic</b> 9:30am-12pm</p> <p><b>ThursTAYs @ HYC</b> (Ages 18-24) 5:30-8:30pm</p> <p><b>Trans Veterans &amp; Military Group</b> 7pm</p>	<p>25</p> <p><b>Transgenero 2000</b> 6pm in Latino Services <i>1st &amp; last Friday of month</i></p>	<p>26</p> <p><b>CLOSED</b> for <b>Memorial Day Weekend</b></p>
<p>27</p> <p><b>CLOSED</b> for</p>	<p>28</p> <p><b>Memorial Day Weekend</b></p>	29	30	31		

## **WELCOME DEJA TO THE CENTER TEAM!**

*My name is Deja Cabrera and I am the Transgender Services Coordinator at The San Diego LGBT Community Center. I come to San Diego from the Pacific Pride Foundation in Santa Barbara, CA. I have experience in LGBTQ+ program support, PrEP outreach, HIV/Hep C education, prevention & testing. With over 8 years of experience working with non-profit and for-profit organizations, I have a vast knowledge in administration, event management, public relations, social media and marketing. My bubbly and friendly personality showcases my ability to work well with others. Being a transgender woman of color and transitioning publicly, I can fully appreciate and understand the importance of The Center's mission. I look forward to meeting you and to learn more about your ideas for The Center and to see how I can contribute. Please let me know how I can best support you.*

Feel free to welcome Deja at [dcabrera@thecentersd.org](mailto:dcabrera@thecentersd.org) or (619) 692-2077 ext. 109!

## **MORE INFORMATION ON OUR TRANSGENDER SERVICES:**

### **Monday, May 21, 5-7pm, Project TRANS Meet & Greet**

Drop in on Monday, May 21<sup>st</sup> from 5-7pm to meet our transgender and non-binary Center staff, as well as our new Transgender Services Coordinator, Deja Cabrera. We'd love to meet you, introduce you to some new folks in the community and share some resources. Drop by to say "hi" and grab a snack! Feel free to contact Deja with any questions – [dcabrera@thecentersd.org](mailto:dcabrera@thecentersd.org) or (619) 692-2077 ext. 109!

### **Mondays, 3pm, Mobile Medical Unit at The Center**

\*CANCELLED ON MONDAY, MAY 27 DUE TO MEMORIAL WEEKEND.

The Family Health Centers of San Diego Mobile Medical Unit will be located in The Center's parking lot every Monday from 3-7 pm! Services include basic primary care, immunizations, PEP & PrEP (through Rx), STD screening & treatment, chest/breast cancer screening, family planning, pap smears, pregnancy testing, hormone therapy and sick & well visits. Contact The Center at 619.692.2077 x208 to make an appointment!

### **Mondays, 7pm, Transgender Coming Out Group**

\*CANCELLED ON MONDAY, MAY 27 DUE TO MEMORIAL WEEKEND.

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. SOFFAs (significant others, friends, family, allies) are welcome to attend with their transgender loved ones. For more information, contact our transgender services at [trans@thecentersd.org](mailto:trans@thecentersd.org).

### **1<sup>st</sup> Tuesday of Each Month, 9am, Community Food Distribution – 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, 9-10:30 am, visit The Center's parking lot for emergency food. For more information, visit the San Diego Food Bank website.

### **1<sup>st</sup> Tuesday of Each Month, Name & Gender-Marker Changes Free Legal Clinic**

USD Pride Law is sponsoring the Transgender Name and Gender Marker Change Program to provide legal assistance to trans\* individuals seeking name and gender-marker changes through the San Diego County court system. Law students and attorney volunteers will assist eligible clients in completing the requisite applications and navigating the process of obtaining a name and/or gender marker change. Appointments are available at The Center on the first Tuesday of each month. To schedule an appointment, call 732.567.8394 or email [transclinic.sandiego@gmail.com](mailto:transclinic.sandiego@gmail.com).

### **Wednesday, May 9 & 23, Midday, "Diamond in the Rough" Trans Women/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 Paty 619.692.2077 x200 for more information or email [onduty@thecentersd.org](mailto:onduty@thecentersd.org).

### **Wednesday, May 9 & 23 7pm, FTM 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, contact transgender services at [trans@thecentersd.org](mailto:trans@thecentersd.org) or ext. 109

### **Thursday, May 10 & 24, 9:30-11:30am, Free Legal Clinic**

The Access to Law Initiative, a project of California Western School of Law, will now be holding its legal clinic here at The Center on the second and fourth Thursday of each month from 9:30-11:30am. At these clinics, attorneys will be available for free, 30-minute consultations to help evaluate legal issues. No appointment is required. For more information, call 619.692.2077.

### **Thursdays, 5:30pm, ThursTAYS for 18-24 year olds @ Hillcrest Youth Center**

This weekly space is open to LGBTQIA Transitional Age Youth (TAY) who are looking to connect with community and attend life skills workshops (ages 18-24 years old). There will be regular opportunities to learn about sexual health and identities. For more information, email [HYC@thecentersd.org](mailto:HYC@thecentersd.org).

### **Thursday, May 3 & 17, 7:30pm, 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. 1st and 3rd Thursdays monthly, 7:30–8:45pm. For more information, contact [trans@thecentersd.org](mailto:trans@thecentersd.org) or 619.692.2077 x109.

### **Thursday, May 10 & 24, 7pm, Trans Veterans and Military Support 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. This group meets on the 2<sup>nd</sup> and 4<sup>th</sup> Thursday at the Center at 7 pm. For more information, contact transgender services at [trans@thecentersd.org](mailto:trans@thecentersd.org) or ext. 109

### **Viernes, Mayo 4 & 25, 6pm, Grupo de apoyo: Transgenero 2000**

Este grupo se lleva a cabo de 6pm a 8pm, 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. Viernes primero y cuarto mensual.

### **Saturdays, 5:15pm, Transgender Discussion Group**

\*CANCELLED ON SATURDAY, MAY 26 DUE TO MEMORIAL WEEKEND.

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 and share resources. Occurs every Saturday except when the Center is closed for Holidays or LGBT events. For more information, contact transgender services at [trans@thecentersd.org](mailto:trans@thecentersd.org) or ext. 109

### **Check Out Our Testing Hours!**

Free HIV and Hepatitis C testing is available at The Center Monday-Friday 9am-8pm (last test at 7pm) and Saturday 10am-4pm (last test at 3pm). You can make an appointment or get more information by calling 619.692.2077 x101.

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

Our new trans youth services navigator, a.t. furuya, is available to help trans 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 them at [atfuruya@thecentersd.org](mailto:atfuruya@thecentersd.org) or 619.692.2077 x209.

Find out more at: [www.thecentersd.org/programs/transgender-services/](http://www.thecentersd.org/programs/transgender-services/) or [www.facebook.com/TGCenter/](https://www.facebook.com/TGCenter/)