



Transgender Services January 2018

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

MORE INFORMATION ON OUR TRANSGENDER SERVICES:

The Center is CLOSED Fri-Mon, December 29-January 1 for the New Year's Holiday & Sat-Mon, January 13-15 for Martin Luther King Day.

Mondays, 3pm, Mobile Medical Unit at The Center

***CANCELLED on Mondays, January 1 & January 15**

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 Mondays, January 1 & January 15**

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.

Tuesday, January 9, 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.

**Note: January's Community Food Distribution has been moved to the 2nd Tuesday of the month – January 9th.*

Tuesday, January 9 & 23, 9:30-11:30am, Free Legal Clinic

The Access to Law Initiative, a project of California Western School of Law, holds legal clinics the second and fourth Tuesdays of each month from 9:30-11:30am at The Center. 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.

Wednesday, January 10 & 24, 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.

Wednesday, January 10 & 24, 7pm, FTM Discussion Group & SOFFA Discussion Group

Support group for male-identified, questioning or self-identifying on the male spectrum folks who were assigned female at birth. Significant others are invited on the 2nd Wednesday of the month for joint discussion. On the 4th Wednesday of every month, anyone who is a SOFFA (significant other, friends, family or ally) of a Transgender person are welcome to join. For more information, contact transgender services at trans@thecentersd.org.

Tuesday, January 23, 1pm, Senior Food Bank

The Senior Food Bank provides food and nutritional education to eligible low-income seniors 60 years or older once a month. Eligible applicants can enroll in the program by applying in person the day-of at The Center or by calling the Jacobs & Cushman San Diego Food Bank. 866.350.3663

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.

Thursday, January 4 & 18, 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. Group facilitators bring topics of discussion while leaving plenty of space for group members to steer the conversation where they would like it to go. 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 1st and 3rd Thursdays monthly, from 7:30–8:45pm at The Center. For more information, contact David Vance at dvance@thecentersd.org or 619.692.2077 x109.

Thursday, January 11 & 25, 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 2nd and 4th Thursday at the Center at 7 pm. For more information, contact transgender services at trans@thecentersd.org.

Viernes, Enero 5 & 26, 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, January 13**

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.

Various Sundays, Transforming Family

This is a support group for families with gender-diverse children. Transforming Family provides a supportive environment for children, adolescents and their families to explore issues of gender identity. The goal is to empower children and families to create supportive and inclusive environments in which gender may be freely expressed and respected. The group meets on various Sundays. Sunday meetings welcome children as well, with a playgroup and teen support. This is a closed meeting at a private location. For more information or to join, please contact transgender services at trans@thecentersd.org.

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 or 619.692.2077 x209.

Find out more at: www.thecentersd.org/programs/transgender-services/ or www.facebook.com/TGCenter/