



Outlet LGBTQ+ Youth Resource List

Youth support and counseling services (local)

Outlet Program – Adolescent Counseling Services, Director Anthony Ross

Office: 650-424-0852 or x107

643 Bair Island Rd. Suite 301, Redwood City, CA 94063

Groups held in Mountain View, Redwood City, and San Mateo.

LGBTQ youth services program - Provides peer support groups in English and Spanish, counseling & community, leadership training & advocacy, and LGBTQ+ awareness education. www.projectoutlet.org

The LGBTQ Youth Space- Family and Children's Services, San Jose and Palo Alto, CA. Coordinator, Cassie Blume

Office: (408) 343-7940

452 S. First St. San Jose, CA 95113

Offers confidential counseling to LGBTQ youth ages 16-24. Counseling drop-in hours are Wednesdays 4 p.m. to 7:30 p.m. Services are available for eligible youth and young adults covered by Medi-Cal, Medicare, and major insurance carriers, as well as those who are uninsured. However, they will not turn anyone away. www.youthspace.org

Parent/Family Support

Groups for Parents with Trans* children or teens: Transfamily Support Group of Santa Clara County – Phone: 650-218-9536 / email: santaclaratransfam@gmail.com <http://santaclaratransfamilysupport.net/> Parent group providing support for each other, and community connections. See “Local Support Groups” for various group info and locations.

PFLAG (Parents, Families and Friends of Lesbians and Gays) Phone: (408) 270-8182

PFLAG is a monthly support group open to parents, spouses, siblings, and friends of lesbians and gays. San Jose meetings take place at United Church of Christ at 1980 Hamilton Ave., San Jose, CA on the 2nd Wednesday of each month at 7:30 p.m. Gilroy meetings are provided as needed. Redwood City general meetings are on the 2nd Monday of each month at 7pm. Sequoia Union High School District offices, 480 James Street, Redwood City. Redwood City Group for parents with trans* teens meets once a month on a Saturday at the Redwood City Public library. Email TransYouth@pflagsanjose.org for more information. www.pflagsanjose.org

SOMOS Familia Phone: (510)725-7764 email: somosfamiliarabay@hotmail.com

P.O. Box 320746, San Francisco, CA 94116

Somos Familia supports Latino families with children who are lesbian, gay, bisexual, transgender or queer (LGBTQ) and conducts education to create family and community acceptance. The group was started by two mothers to support other families with similar experiences. www.somosfamiliarabay.org

Family Acceptance Project Phone: fap@sfsu.edu

San Francisco State University 3004 – 16th Street, #301 San Francisco, CA 94103

The Family Acceptance Project™ is a research, intervention, education and policy initiative that works to prevent health and mental health risks for lesbian, gay, bisexual and transgender (LGBT) children and youth, including suicide, homelessness and HIV. We use research-based, culturally grounded approach to help ethnically, socially and religiously diverse families to support their LGBT children. www.familyproject.sfsu.edu

Crisis Hotlines

The Trevor Project - Hotline: 1-866-488-7386

The Trevor Project is the leading national organization focused on crisis and suicide prevention efforts among LGBTQ youth. www.thetrevorproject.org

Trans Lifeline – (877) 565-8860

Trans Lifeline is a non-profit dedicated to the well being of transgender people. We run a hotline staffed by transgender people for transgender people. Trans Lifeline volunteers are ready to respond to whatever support needs members of our community might have. This is a FREE helpline run by volunteers and supported by the community. <http://www.translifeline.org/>

School Topics

GLSEN (Gay, Lesbian and Straight Education Network) research, tools, campaign info, and lesson planning

Office: (212) 727-0135 GLSEN is an educational advocacy organization that works to make schools safer and more inclusive for LGBT students and staff. www.glsen.org

Gay Straight Alliance (GSA)

Gay Straight Alliance Network is a youth led organization that connects school based Gay Straight Alliances to each other and community resources through peer support, leadership development and training. www.gsanetwork.org

Trans/gender Specific

Gender Spectrum Office: (510)567-3977 (research, tools, lesson plans and concepts)

Raising children who do not fit neatly into male or female boxes brings a wealth of questions and uncertainties. Here you will find information and support to assist you in your search for answers. www.genderspectrum.com

TransYouth Family Advocates (TYFA) Info: 1-888-462-8932

Parents, family, friends and caring adults are dedicated to educating and raising public awareness about the medical and cultural challenges faced by children with gender variant and gender questioning identities and the families who love them. www.imatyfa.org

****Most of these websites also have a variety of other helpful resources listed. They are also great sites to read through to further educate yourself on LGBTQ youth, as well as find lesson plans, research, and tools.**