

Local and Statewide Centers

- **The Santa Cruz Diversity Center: 1117 Soquel Avenue, Santa Cruz, CA 95061; 831-425-5422; www.diversitycenter.org; Email: info@diversitycenter.org**
 - We fulfill our mission to enhance the lives and promote fairness for LGBTQ people by: developing LGBTQ youth leaders in local middle and high schools, who help teach acceptance and promote positive LGBTQ messages to their peers; creating connections, building community, and reducing isolation among LGBTQ seniors, veterans, youth, and the Latino/a community; teaching acceptance and providing support for transgender individuals; educating the community at-large about key legislative issues that impact LGBTQ rights and equality.
- **Billy DeFrank LGBT Community Center: 938 The Alameda, San Jose, CA 95126; 408-293-2429; www.defrank.org**
 - Lesbian, gay, bisexual and transgender people of all ages and backgrounds find resources at the Center that are not available elsewhere. Our mission is to provide a broad array of opportunities and programs, a dedicated and caring staff, a corps of volunteers, and a spirit of community that celebrates the many facets of our broad-based Lesbian, Gay, Bisexual and Transgender constituency.
- **San Francisco LGBT Community Center: 1800 Market Street, San Francisco, CA 94102; 415-865-5555; www.sfcenter.org; Email: info@sfcenter.org**
 - Free services like career counseling, job fairs, computer lab, social activities, mentorships, youth meals, daycare, various workshops and much more. Here they can connect with other LGBT people and organize to secure our equal rights. The Center is truly the heart, home and hands of the San Francisco LGBT community.
- **Pacific Center for Human Growth: 2712 Telegraph Ave., Berkeley, CA 94705; 510-548-8283; www.pacificcenter.org; Email: info@pacificcenter.org**
 - Pacific Center provides low cost counseling, peer-facilitated support groups, a drop-in after school youth program, a graduate-level clinical training program, a LGBTQ resource and lending library along with many other services.
- **Rainbow Community Center of Contra Costa County: 3024 Willow Pass Road, Ste. 200, Concord, CA, 94519; 925-692-0090; <http://rainbowcc.org/>; Email: rcc@rainbowcc.org**
 - Rainbow Community Center (RCC) fills a unique need by providing a safe, clean and sober space for LGBTQ people to interact, network, and become active members of the community. RCC offers many programs and services that benefit the physical and mental health of the LGBTQ community.

Local Counseling/Therapy

- **C.A.T.S. (Counseling and Therapy Services): Community Human Services; Seaside Location: 1178 Broadway, Seaside, CA 93955 (831-394-4622); Salinas Location: 433 Salinas Street, Salinas, CA 93901 (831-757-7915); <http://www.chservices.org/mental-health/c-a-t-s/>**
 - C.A.T.S., or Counseling and Therapy Services, aims to provide a supportive space in which individuals and their families can talk confidentially with LGBT-friendly staff and LGBT-identified professionals. Individuals, couples and their families can receive counseling for issues including: Grief, loss and depression, anxiety and coming out, dating and relationships, gender identity and intersexuality, living with HIV/AIDS, raising children in LGBT families, adjusting to a loved one's LGBT identity and/or HIV/AIDS status, living in a homophobic culture, and violence.
- **Family Service Agency of the Central Coast: 104 Walnut Ave., Suite 208, Santa Cruz, CA 95060; 831-728-9970 (Watsonville); 831-423-9444 (Santa Cruz); <http://fsa-cc.org/rainbow-counseling/>**
 - Our therapists help gay, lesbian, bisexual, transgender, intersexed, queer, and questioning adults, youth, couples, and their families. If you would like help with any of the following topics, or any others regarding gender identity, please call one of our offices and tell us about your interest in the Rainbow Counseling Program: Coming out, relationships, family dynamics, gender identity, grief, children of GLBTIQ parents, parents of GLBTIQ children, life transitions, and living in a heterosexist culture.

Local Social Events

- **Franco's (aka Norma Jean's): 10639 Merritt St, Castroville, CA; 831-633-2090; <https://www.facebook.com/Francos831?fref=ts>**
 - Caters mostly to Latino community, but everyone welcome. Good mix of gay men and lesbians, as well as many trans folks. Excellent DJs spin Latin dance music. Drag shows at midnight. Open Saturdays only 9:00pm-2:00am. \$5 cover before 10:30pm; \$10 cover after.
- **TGIF Social Group**
 - Social group "TGIF" meets one Friday per month (dates vary; usually from 5-7PM). Since Monterey does not have an "official" gay bar, organizers host the

event at gay-friendly local bars each month. To be put on the mailing list and receive announcements from TGIF, e-mail tgifmonterey@gmail.com and ask to be put on the list. Men and women welcome.

- **East Village Café: 498 Washington Street, Monterey, CA; 831-373-5601;**
<http://www.eastvillagecoffeelounge.com/>
 - Check the East Village Cafe's calendar for their occasional LGBT nights or call for more info. Men and women welcome.
- **Fab Friday Social Event: <http://santacruzgaymen.org/>**
 - Monthly gay men's social "Fab Friday." Each month, the organizers pick a different venue, usually a bar, for the event. See their website for more info. Organizers say they prefer this to be a men's event.
- **Gay/Lesbian Email Network for the Monterey Area.:**
<https://groups.yahoo.com/neo/groups/gaymonterey/info>
 - The GayMonterey Yahoo Group provides an easy way for you to announce local events, meetings, reunions, etc. for the GLBTIQ Community of Monterey/Salinas and surrounding areas. Membership is restricted to protect members' privacy but most requests are quickly approved.

Local and Bay Area Spirituality

- **Bay Area American-Indian Two Spirits: <http://www.baaits.org/>**
 - BAAITS is a community-based volunteer organization offering culturally relevant activities for Gay, Lesbian, Bisexual, Transgender and Intersex Native Americans, their families and friends.
- **Unitarian Universalist Church of the Monterey Peninsula: <http://www.uucmp.org/>**
 - The Unitarian Universalist Church of the Monterey Peninsula is a vibrant, progressive community that welcomes people who seek an inclusive, diverse and thoughtful approach to religion.

National Organizations

- **Human Rights Campaign: <http://www.hrc.org/>**

- As the largest civil rights organization working to achieve equality for lesbian, gay, bisexual and transgender Americans, the Human Rights Campaign (HRC) represents a force of more than 1.5 million members and supporters nationwide — all committed to making HRC's vision a reality.
- **PFLAG: <http://community.pflag.org/Page.aspx?pid=194&srcid=-2>**
 - PFLAG is the nation's largest organization uniting people who are LGBTQ with parents, families, friends, and allies.
- **National Gay and Lesbian Task Force: <http://www.thetaskforce.org/>**
 - The National LGBTQ Task Force advances full freedom, justice and equality for LGBTQ people.
- **Lesbian, Gay, Bisexual, Transgender Returned Peace Corps Volunteers: <http://lgbbrpcv.org/>**
 - We are an organization of gay, lesbian, bisexual and transgender people and others who are Peace Corps volunteer alumni, current volunteers, former and current staff members and friends.
- **Consortium of Higher Education LGBT Resource Professionals: <http://www.lgbtcampus.org/>**
 - The combined vision and mission of the Consortium is to achieve higher education environments in which lesbian, gay, bisexual, and transgender students, faculty, staff, administrators, and alumni have equity in every respect.
- **Point Foundation: The National LGBTQ Scholarship Fund: <http://www.pointfoundation.org/>**
 - Point Foundation (Point) is the nation's largest scholarship-granting organization for lesbian, gay, bisexual, transgender and queer (LGBTQ) students of merit.
- **American Civil Liberties Union: <https://www.aclu.org/>**
 - The ACLU works in the courts, legislatures and communities to defend and preserve the individual rights and liberties guaranteed to all people in this country by the Constitution and laws of the United States.

- **Campus Activism:** <http://www.campusactivism.org/>
 - Strengthens progressive social movements around the world through the sharing of contacts, event information, ideas and resources.
- **Equality California:**
<http://www.eqca.org/site/pp.asp?c=kuLRJ9MRKrH&b=5609559>
 - Equality California is California's premier statewide lesbian, gay, bisexual and transgender civil rights organization focused on creating a fair and just society.
- **Gay and Lesbian Alliance Against Defamation:** <http://www.glaad.org/>
 - As a dynamic media force, GLAAD tackles tough issues to shape the narrative and provoke dialogue that leads to cultural change.
- **GetEqual.org:** <http://www.getequal.org/about.html>
 - GetEQUAL exists to serve and build the constituency of everyday Americans – LGBTQ and straight – who are willing and ready to demand full equality.
- **Lambda Legal Defense and Education Fund:** <http://www.lambdalegal.org/>
 - Founded in 1973, Lambda Legal is the oldest and largest national legal organization whose mission is to achieve full recognition of the civil rights of lesbians, gay men, bisexuals, transgender people and those with HIV through impact litigation, education and public policy work.
- **National Center for Lesbian Rights:** <http://www.nclrights.org/>
 - NCLR is a non-profit, public interest law firm that litigates precedent-setting cases at the trial and appellate court levels; advocates for equitable public policies affecting the LGBT community; provides free legal assistance to LGBT people and their legal advocates; and conducts community education on LGBT issues.
- **OII Intersex Network:** <http://oiiinternational.com/>
 - The Organisation Internationale des Intersexués – OII – is a decentralized global network of intersex organizations.

- **Out and Equal Workplace Advocate:** <http://www.outandequal.org/>
 - Out & Equal Workplace Advocates is the world's premiere nonprofit organization dedicated to achieving lesbian, gay, bisexual and transgender workplace equality.
- **Pride at Work:** <http://www.prideatwork.org/>
 - Pride At Work is a nonprofit organization that represents LGBT union members and their allies.

International Organizations

- **International Gay and Lesbian Human Rights Commission:** <http://iglhrc.org/>
 - The International Gay and Lesbian Human Rights Commission (IGLHRC) is a leading international organization dedicated to human rights advocacy on behalf of people who experience discrimination or abuse on the basis of their actual or perceived sexual orientation, gender identity or expression.
- **International lesbian, gay, bisexual, trans and intersex association:** <http://ilga.org/>
 - The International Lesbian, Gay, Bisexual, Trans and Intersex Association, is the world federation of national and local organizations dedicated to achieving equal rights for lesbian, gay, bisexual, trans and intersex (LGBTI) people.
- **OUTFront! Amnesty International:** <http://www.amnestyusa.org/our-work/issues/lgbt-rights>
 - Amnesty International is a global movement of people fighting injustice and promoting human rights.

Health Resources Online

- **Guide for LGBTQ People Choosing Health Care Plans:**
<http://strongfamiliesmovement.org/lgbt-health-care-guide>
 - Strong Families is a multiyear national initiative to change the way people think, feel and act in support of families.
- **Gay and Lesbian Medical Association:** <http://www.glma.org/index.cfm?nodeid=1>

- GLMA's mission is to ensure equality in healthcare for lesbian, gay, bisexual and transgender (LGBT) individuals and healthcare providers.
- **The National Coalition for LGBT Queer Health Resources:**
<http://www.healthhiv.org/sites-causes/national-coalition-for-lgbt-health/>
 - The Coalition is committed to improving the health and well-being of lesbian, gay, bisexual, and transgender individuals through federal and local advocacy, education, and research.
- **Northwest Network of BTLG Survivors of Abuse:** **<http://nwnetwork.org/>**
 - The NW Network of Bisexual, Trans, Lesbian and Gay Survivors of Abuse works to end violence and abuse by building loving and equitable relationships in our community and across the country.
- **San Francisco Sex Information:** **<http://sfsi.org/>**
 - Free, confidential, accurate, nonjudgmental information about sex. Ask us questions by phone at 415-989-SFSI (7374) or by email at ask-us@sfsi.org
- **LGBT Addiction Rehabilitation Information:**
<http://www.projectknow.com/research/gay-lesbian-bisexual-transgender-rehab/>
 - If you or a loved one is suffering from addiction and a gay, lesbian, bisexual, transgender rehab center is right for you, call 1-888-994-4211 for the best treatment options available.

Crisis Lines

- **Trans Lifeline:** (877) 565-8860; **<http://www.translifeline.org/>**
 - This line is primarily for transgender people experiencing a crisis. This includes people who may be struggling with their gender identity and are not sure that they are transgender.
- **The Trevor Project:** **Trevor Lifeline (866) 488-7386; TrevorText - Text the word “Trevor” to 1-202-304-1200 (standard text messaging rates apply and available on Fridays 1:00-5:00 p.m. PT); TrevorChat - Available 7 days a week (12:00-6:00 p.m. PT); <http://www.thetrevorproject.org/pages/get-help-now>**

- The leading national organization providing crisis intervention and suicide prevention services to lesbian, gay, bisexual, transgender and questioning (LGBTQ) young people ages 13-24.
- **Rape, Abuse, and Incest National Network (RAINN): (800) 656-HOPE (4673);**
<https://rainn.org/get-help/national-sexual-assault-hotline>
 - This nationwide partnership of more than 1,100 local rape treatment hotlines provides victims of sexual assault with free, confidential services around the clock.
- **National Domestic Violence Hotline: (800) 799-SAFE (7233);**
<http://www.thehotline.org/help/>
 - Operating around the clock, seven days a week, confidential and free of cost, the National Domestic Violence Hotline provides lifesaving tools and immediate support to enable victims to find safety and live lives free of abuse.
- **National Suicide Prevention Lifeline: (800) 273-TALK (8255);**
<http://www.suicidepreventionlifeline.org/gethelp.aspx>
 - The National Suicide Prevention Lifeline is a 24-hour, toll-free, confidential suicide prevention hotline available to anyone in suicidal crisis or emotional distress.
- **Red Nacional de Prevención del Suicidio: (888) 628-9454;**
<http://www.suicidepreventionlifeline.org/gethelp/spanish.aspx>
 - Cuando el centro contesta su llamada, usted estará hablando con una persona que le escuchará, le hará preguntas y hará todo lo que esté a su alcance para ayudarlo.

Other Resources

- **Coming Out: <http://queer.ucsc.edu/resources/comingout.html>**
 - The Coming Out Project helps LGBT, as well as straight-supportive people live openly and talk about their support for equality at home, at work and in their communities each and every day.
- **LGBTQ Historical Society: <http://www.glbthistory.org/>**

- The Gay, Lesbian, Bisexual, Transgender Historical Society collects, preserves and interprets the history of GLBT people and the communities that support them.
- **Rainbow Speakers and Friends:**
<https://www.facebook.com/RainbowSpeakersAndFriends>
 - Rainbow Speakers and Friends is a volunteer group that presents representative panels of the LGBTQI (Lesbian, Gay, Bisexual, Transgender, Questioning, Queer, Intersex) community.
- **Resources for Family and Allies: <http://queer.ucsc.edu/resources/family.html>**
 - Welcome, parents, families, and allies to our Family and Allies section. Here allies and parents may find resources to educate themselves, friends, and families on LGBTQ information regarding their student or friends.
- **Equality California:**
<http://www.eqca.org/site/pp.asp?c=kuLRJ9MRKrH&b=5609559>
 - Equality California is California's premier statewide lesbian, gay, bisexual and transgender civil rights organization focused on creating a fair and just society.