

LGBTQ+ Community Resources List

Please note that resources for the LGBTQ+ youth community are continually changing. We try to keep our list as up to date and current as possible, but it is always a work in progress.

Amara cannot vouch for any of the services listed by these organizations/agencies. We try our best to vet a resource prior to adding it to our list, but if you have a negative experience with a resource listed here, please contact outreach@amaraputskidsfirst.org and let us know.

If, for any reason, you or the youth in your care do not feel comfortable reaching out to any of these resources, please let your case manager know and they can provide assistance.

National

Name	Description	Contact
Human Rights Campaign (HRC)	<p>HRC advocates for LGBTQ equality and educates the public about LGBTQ issues. They are one of the largest civil rights organizations working to achieve LGBTQ equality.</p> <p>HRC has a program called “All Children, All Families” which focuses on achieving safety, permanency, and well-being by improving practice with LGBTQ youth and families; especially those involved with the foster system.</p>	<p>Website: https://www.hrc.org/</p> <p>Website: https://www.hrc.org/resources/all-children-all-families-about-the-initiative</p>
GLSEN	<p>A national organization with local resources too. Their mission is to create safe and affirming schools for all, regardless of sexual orientation, gender identity, or gender expression. They have tools to help create and support Gay-Straight Alliance in schools and other resources around ensuring school is a safe space for LGBTQ+ youth.</p>	<p>Website: https://www.glsen.org/</p>
GSANetwork	<p>GSA Network is a next-generation LGBTQ racial and gender justice organization that empowers and train queer, trans, and allied youth leaders to advocate, organize, and mobilize an intersectional movement for safer school and healthier communities.</p>	<p>Website: https://www.gsanetwork.org/</p>

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<p>American Civil Liberties Union (ACLU)</p>	<p>ACLU works to defend and preserve the individual rights and liberties guaranteed by the Constitution and laws of the United States.</p> <p>Their LGBT project work to ensure that LGBT people can live openly without discrimination and enjoy equal rights, personal autonomy, and freed of expression and association.</p>	<p>Website: https://www.aclu.org/issues/lgbt-rights</p>
<p>Family Acceptance Project</p>	<p>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 – in the context of their families, cultures and faith communities. They use a research-based, culturally grounded approach to help ethnically, socially and religiously diverse families to support their LGBT children.</p>	<p>Website: https://familyproject.sfsu.edu/</p>
<p>RAD Remedy</p>	<p>RAD Remedy's mission is to connect trans, gender non-conforming, intersex, and queer folks to accurate, safe, respectful, and comprehensive care in order to improve individual and community health.</p>	<p>Website: https://radremedy.org/</p>

Statewide

Name	Description	Contact
<p>Camp Ten Trees</p>	<p>A nonprofit residential camp in Washington State. Camp Ten Trees strives to create a socially-just, youth empowered camp community for youth of LGBTQ and nontraditional families, LGBTQ youth, and their families. Their summer camp is for teens and allies ages 13-17 and youth of LGBTQ families ages 8-17.</p>	<p>Website: http://camptentrees.org</p> <p>Email: campdirector@camptentrees.org</p> <p>Facebook: @camptentrees</p> <p>(best way to contact is through Facebook or email)</p> <p>Phone: 206-288-9568</p>

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<p>Coordinated Care</p>	<p>Local health plan treating the whole person by removing barriers to care and connecting members to what they need. As a Coordinated Care member, you can choose to enroll in care management to get support exploring or pursuing gender-affirming services. Care management is confidential and is one of the no-cost benefits of being a Coordinated Care member.</p>	<p>Website: CoordinatedCareHealth.com Email: forstercaremgmt@coordinatedcarehealth.com Phone: 1-877-664-4613 TDD/TTY: 1-866-862-9380 Use the phrases: “I want care management” or “I need to speak with a care manager”</p>
<p>Gender Diversity Support Group</p>	<p>The Gender Diversity Family Support groups are for families with trans and gender-diverse children of all ages. They hold weekly peer support group for parents and guardians, with concurrent running groups for children/youth of attending parents/guardians. They screen all group attendees to ensure that the groups are safe.</p> <p>Gender Odyssey is an international annual conference held by Gender Diversity that holds workshops, training, discussions, and networking events, with a focus on community building.</p> <p>Gender Diversity also collaborates with The Arc of King County to run a support group for families and children at the intersection of gender fluidity and autism spectrum.</p>	<p>Website: http://www.genderdiversity.org/family-support-groups/ Email: info@genderdiversity.org (email to schedule an intake call prior to attending) Gender Odyssey Website: http://www.genderodyssey.org</p>
<p>PFLAG Washington State Council</p>	<p>PFLAG envisions a world where diversity is celebrated, and all people are respected, valued, and affirmed inclusive of their sexual orientation, gender identity, and gender expression. This is coalition of PFLAG chapters in Washington State. Their website contains a list of all PFLAG chapters throughout the State of Washington, as well as an</p>	<p>Website: https://www.pflagwsc.org Email: info@pflagwsc.org Phone: 425-441-6800</p>

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	array of resources and tools for support.	
Friends of Youth	Friends of Youth partners with youth and families to provide the relationships, resources and skills they need to attain personal growth and success. Project EQTY was a specific initiative to support LGBTQ+ youth who experience homelessness. They provide a broad range of services some of which include, homeless youth support, GED classes, crisis intervention, academic support, parenting classes, mental health counseling, etc. NOTE: This is a LGBTQ+ competent organization but not an exclusive LGBTQ+ space and specific services are offered in specific areas.	<p>Website: http://www.friendsofyouth.org/default.aspx</p> <p>Project EQTY Website: http://www.friendsofyouth.org/lgbtq.aspx</p> <p>Email: info@friendsofyouth.org</p> <p>Headquarters Phone: 425-869-6490</p> <p>24-Hour Hotline - emergency overnight shelter: 206-236-KIDS (5437)</p>
Lavender Rights Project	Lavender Rights Project (LRP) advances a more just and equitable society by providing low-cost civil legal services and community programming centered in values of social justice for trans and queer low-income people and other marginalized communities.	<p>Website: https://www.lavenderrightsproject.org/</p>
QLAW	QLaw Association is an association of LBGT legal professionals and their friends. Serving as a voice of LGBT lawyers and other legal professionals in the State of Washington on issues relating to diversity and equality in the legal profession, in the courts, and under the law.	<p>Website: http://www.q-law.org/</p>

Region 1 - Adams, Asotin, Chelan, Douglas, Ferry, Garfield, Grant, Lincoln, Okanogan, Pend Oreille, Spokane, Stevens, Whitman Counties

Name	Description	Contact
Odyssey Youth Movement	Odyssey Youth Movement promotes equity for LGBTQ+ youth in the Inland Northwest through youth-driven programs	<p>Website: http://www.odysseyyouth.org/</p> <p>Facebook:</p>

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	and community education. They have resources for youth, guardians, schools, and for youth living in out of home care.	https://www.facebook.com/odysseyyouth?ref=br_tf
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Region 2 - Benton, Columbia, Franklin, Kittitas, Klickitat, Walla Walla, Yakima Counties

Name	Description	Contact
The Space in Yakima County	The Space is resource center for Yakima-area LGBTQ youth.	Facebook: https://www.facebook.com/pg/TheSpaceLGBTQYakima/about/?ref=page_internal

Region 3 - Island, San Juan, Skagit, Snohomish, and Whatcom Counties

Name	Description	Contact
GLBTQ Loving Ourselves, Becoming Empowered (GLOBE)	<p>In 1993 a couple of local queer youth approached an out gay man who worked in HIV Prevention in Public Health of the Snohomish Health District. They asked for help because they had no place to meet, no one to seek advice from and nothing supportive.</p> <p>At that time, HIV dollars were being "thrown" at public health in attempts to curb the epidemic. It was widely known that HIV/AIDS was hitting the gay population hard, so the youth group was created as a program for HIV/AIDS Prevention through public health.</p> <p>The health district supported the program by having two Health Educators facilitate the group – one gay man and one lesbian. It was a 2-hour weekly meeting that was held at the local health district. Each week the facilitators would lead discussions, play games, watch movies, etc. The premise was always about HIV Prevention - including addressing stigma, homophobia, self esteem, healthier life</p>	Website: http://www.globeyouth.com/index.php

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	<p>choices around sex, etc. At that time, it was for GLBTQA, ages 14 - 20.</p> <p>The age limitations of the group were picked because of local and federal laws: in the state of Washington, a 14 year old can access reproductive health services without parental consent. Things like STD testing, HIV testing, contraception, discussions about safer sex, etc. could be handled without breaching any confidentiality. The upper age of 20 was established because of the legal drinking age.</p> <p>They have weekly meetings on Wednesday from 6-8 pm.</p>	
<p>Northwest Youth Services</p>	<p>Since 1976, Northwest Youth Services has been the doorway to safety and the pathway to progress for thousands of young lives. Much has changed in our communities during those years. What has not changed is our commitment to supporting the uniqueness of each youth served.</p> <p>Northwest Youth Services collaborates with at-risk, runaway and homeless youth to foster self-reliance.</p>	<p>Website: https://www.nwys.org/</p> <p>Whatcom Office</p> <p>1020 North State Street</p> <p>Bellingham, WA 98225</p> <p>Phone: (360) 734-9862</p> <p>Fax: (360) 734-4720</p> <p>TTY/TDD services number is 1-800-833-6388</p> <p>Skagit Office</p> <p>2021 E College Way Suite 216</p> <p>Mount Vernon, WA 98273</p> <p>Phone: (360) 336-1988</p> <p>Fax: (360) 755-3671</p>

Region 4 - King County

Name	Description	Contact
<p>Gay City</p>	<p>Promoting wellness in LGBTQ communities, by providing health services, connecting people to resources, fostering arts, and building community. Gay City offers a wellness center, LGBTQ resource and referral program, volunteer crew, and an arts program that all provide ways for the</p>	<p>Website: https://www.gaycity.org</p> <p>Email:</p> <p>Youth Program- queercore@gaycity.org</p> <p>Address: 517 E Pike St.</p> <p>Seattle, WA 98122</p>

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	LGBTQ community to gather, connect, find voice, and serve.	
Ingersoll Gender Center	An organization of, by and for transgender and gender diverse people that provides mutual support through peer led support groups, advocacy in navigating resources, community organizing, and education - all in the pursuit of collective self-determination. Ingersoll Gender Center runs a monthly book club, provides support and recommendations for healthcare access, holds a Saturday social group, a peer support group, support and advocacy for economic justice, and community financial assistance.	Website: https://ingersollgendercenter.org Email: info@ingersollgendercenter.org Phone: 206-849-7859 Address: 911 E Pike St., #221 Seattle, WA 98122
King County Trans Resource & Referral Guide	The King County Trans Resource and Referral Guide (TRRG) was produced by the Coalition Ending Gender-Based Violence under a grant awarded by the King County Department of Community and Human Services Behavioral Health and Recovery Division. It includes directories for employment resources, disability support, crisis support, youth, people of color, health services, housing, legal aid, a list of events, and much more. Paper copies are available at request.	Website: https://kctransguide.org/
Lambert House	Center for lesbian, gay, bisexual, transgender, and questioning youth that empowers youth through the development leadership, social, and life skills. For youth 22 and younger. Offers over 20 different programs, activities, resources, and services on an on-going year round basis. Requires the youth to complete a one-time 20-minute orientation during their first visit.	Website: http://www.lamberthouse.org Phone: 206-322-2515 Address: 1818 15th Ave. Seattle, WA 98122
The NW Network	A network of Bi, Trans, Lesbian, and Gay survivors of abuse which works to end violence and abuse by building loving and equitable relationships in	Website: https://www.nwnetwork.org Email: info@nwnetwork.org Phone: 206-568-7777

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	our community and across the country. The NW Network provides support for survivors, community engagement and education, and youth programs and activities. Specifically has a youth leadership board in which trans youth are particularly encouraged to apply.	
POW! (Proud Out and Wonderful!)	POW! provides a welcoming and supportive space for LGBTQ+ youth, ages 13-18 in South King County. LGTBQ+ for POW! includes youth that are questioning/trying to figure out their identity. They host open support groups that meet twice a week, as well as a closed 10-week group that requires an application process and focuses on social justice and leadership for LGBTQ+ youth.	Website: https://www.navos.org/get-help/children-youth-families/youth-young-adults/pow-lgbtq-youth-group/ Email: pow@navos.org Phone: Jennifer Fleenor - 206-618-9757 Denise Burningham - 206-229-6974 Facebook: @proudoutwonderful
Seattle Children's Hospital Gender Clinic	Provides gender-affirming care to people up to 21-years of age. Uses a case management approach; will provide external referrals if needed. Provides counseling and support group referrals, hormone therapy, puberty blockers, mental health assessments, etc. Requires a referral from a social worker or a therapist. They also recommend coordination with a PCP, if assistance is needed with that coordination, call the Care Navigator.	Website: http://www.seattlechildrens.org/clinics-programs/gender-clinic/ Schedule an Appointment Phone: 206-987-2028 Care Navigator Phone: 206-987-8319

Region 5 - Pierce & Kitsap County

Name	Description	Contact
My Purple Umbrella	My Purple Umbrella addresses harassment, intimidation, and bullying so all children learn to treat one another with dignity, compassion, and respect. They have programs that can train the community on terminology, risks, and ways to support LGBTQ youth.	Website: https://mypurpleumbrella.org/ Facebook: https://www.facebook.com/mypurpleumbrella/

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	They also have whole school and after school programs that are a preventative approach in creating thriving environments for all children.	
Oasis Youth Center	Oasis transforms the lives of queer youth by creating a safe place to learn, connect, and thrive. The Oasis Youth Center offers access to community resources, advocacy, prevention programs, educational support/advocacy, leadership development and much more.	<p>Website: http://www.oasisyouthcenter.org</p> <p>Email: oasis@oasisyouthcenter.org</p> <p>Phone: (253)671-2838</p> <p>Address: 2215 Pacific Ave. Tacoma, WA 98402</p>
Prism	Group of LGBTQ youth, ages 13-19, who come together to support one another, build one another up, and learn important things in the meantime. This includes discussions around specific topics, socializing, events and fun. Prism is a program of Multicare, or Good Samaritan Behavioral Healthcare.	<p>Facebook: @puyallupPrism</p> <p>Email: sarah.sanderson@multicare.org</p> <p>Phone: (253)697-8440</p>
Rainbow Center	Through education, advocacy, and celebration, the Rainbow Center expands resources and safe space for the lesbian, gay, bisexual, transgender, queer, and allies (LGBTQA) community.	<p>Website: http://www.rainbowcntr.org/</p> <p>Email: info@rainbowcntr.org</p> <p>Phone: (253)383-2318</p>
Tmen	Tacoma Tmen is a peer-facilitated discussion group for people who were assigned female at birth, who do not identify as female. This includes those who identify as male, men of trans experience, FtM, trans men, transmasculine, trans*, genderqueer, genderfluid, gender-non-conforming, non-binary, or are questioning their gender identity.	<p>Website: http://tacomatmen.com/</p> <p>Email: transmen@rainbowcntr.org</p>
Q Youth Resources	Q Youth Resources is an all-volunteer non-profit that provides a safe space for gender and sexual minority (GSM) youth. We support youth development through skill building, activities and	<p>Website: http://qyouthresources.org/</p> <p>Facebook: facebook.com/theqcenter</p>

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	<p>resources that build confidence and empower GSM youth.</p> <p>One of their most popular programs is The Q Center, a drop-in center for LGBTQ+ youth and their allies. They also have a Pink Prom.</p>	
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Region 6 - Clallam, Clark, Cowlitz, Grays Harbor, Jefferson, Lewis, Mason, Pacific, Skamania, Thurston, Wahkiakum Counties

Name	Description	Contact
Stonewall Youth	<p>An organization of youth, activists, and allies that empowers lesbian, gay, bisexual, trans, queer, questioning, intersex, and asexual (LGBTQQIA) youth to speak for themselves, educate their communities, and support each other. LGBTQ+ youth looking to join should be 21 or under.</p>	<p>Website: http://stonewallyouth.org/ Email: info@stonewallyouth.org Phone: (360) 842-7884 Address: 112 State Ave NE Olympia, WA 98501</p>
Pizza Klatch	<p>Pizza Klatch provides support for LGBTQ+ youth in Thurston County Washington.</p> <p>The youth participants and their allies represent intersectionality across a range of ethnicity, economic class, skin color,</p>	<p>Website: http://pizzaklatch.org/ Address: 1311 4th Ave E, Olympia, WA 98506</p>

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	<p>religious beliefs and abilities.</p> <p>Pizza Klatch allows at-risk youth to form a sense of and connection to community within schools, enhancing well-being of LGBTQ, Two Spirit and allied youth. Participation in Pizza Klatch helps student share healthy coping skills, build confidence and connect to community resources.</p> <p>In addition to weekly support groups, Pizza Klatch offers professional development training and technical assistance to school administrators and staff aimed at increasing awareness and improving the safety for LGBTQ+ students in schools.</p>	
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<p>Triple Point</p>	<p>Triple Point group is for lesbian, gay, bisexual, transgender, intersex, queer and questioning youth ages 11-18. Triple Point exists to empower LGBTQ+ youth and allies by providing education, safety, support and acceptance.</p>	<p>Website: https://www.childrenshomesociety.org/clarkcowlitz/</p>
<p>NewBoyZ Club</p>	<p>Support group that is open to people who identify as FTM Transgender, Transmasculine, Genderqueer, other non-female genders, as well as questioning their gender identity. The group is confidential, therefore one must contact the facilitators of the group through their website in order to get the location and details. Ages 18 and older.</p>	<p>Website: http://olympiaftmgroup.webs.com/</p>
<p>Rainbow Center-Olympia</p>	<p>Rainbow Center is virtual community center for Olympia and surrounding communities servicing the gay, lesbian, bisexual, transgender, and allied people.</p>	<p>Website: http://www.rainbowcenteroly.org/</p>