

Resources for Trans* People in Sonoma County and Beyond

Local Support Groups and Social Groups

All Ages

TransLife Sonoma County Annual Trans Community Conference, Bi-annual Professional Symposium. Community events and fundraisers, Facebook group. Santa Rosa <https://translifeconference.org/>

North Bay LGBTQI Families -- Building community and advocating for families with LGBTQIA+ parents, caregivers, and children in Sonoma County, California and the surrounding areas of the North Bay. <https://nblgbtqifamilies.org/>

Adult Groups

FTM Sonoma County – (On hold during pandemic.) Santa Rosa support group for transmasculine adults. Meets first and third Sundays 3:30-5 at Positive Images, 200 Montgomery Dr., Ste. C, Santa Rosa. Contact person, Shaun Moran – wmoran@yahoo.com) www.ftmsc.org

Santa Rosa Trans Latina -- meets the first Thursday of each month at Santa Rosa Community Health's Lombardi Campus from 6-8 p.m. and the third Wednesday of each month at Abraham Lincoln Elementary School from 6-8 p.m. All genders welcome. *Spanish language.*

Transgender North Bay (TGNB) 707-334-4515 (Jacqui Nugent), tgnbsupport@gmail.com. Santa Rosa support groups for trans-feminine adults and their adult family members.

Transgender Sonoma County – Social group for anyone on the transgender spectrum, including FTM, MTF, genderqueer, non-binary and questioning. Get-togethers and Facebook page. Contact Orlando at orlandokaioshea@gmail.com

Gender Expansive Services Clinic – Sebastopol Clinic of West County Health Centers. Community building, medical care and wellness, hormone management, surgery referrals, legal navigation and documents help, social and emotional support, education. First Wednesday of each month, 5:30-7:30pm. Call Erin Elo (707) 887-0427 *4405

Positive Images Adult Group – 20s and 30s. Any trans/non-binary person welcome. Every Friday, 6:30-8pm at Positive Images, 200 Montgomery St., Ste. C, Santa Rosa. (707) 568-5830. www.posimages.org

College Groups

Diverse Genders and Sexualities Club for Santa Rosa Junior College students. Meets Mondays and Wednesdays, 10:15 AM - 11:00 AM, Mi Casa. **Club President:** Patricia Santiago Reyes, patriciasantiago369@gmail.com, 707-393-0520

Club Advisor: Roam Romagnoli, roamromagnoli@gmail.com

The Hub: An Integral Center for Diversity, Vitality, and Creativity – Sonoma State University campus group. Transgender-friendly support and services. (707) 664-4247, thehub@sonoma.edu. Location: 2nd floor of Student Center, directly across from the Student Activities desk - look for our sign with the mandala logo on it!

Teens/Youth

Positive Images – Support groups, activities and advocacy for Sonoma County's gay, lesbian, bisexual, transgender, queer, questioning, asexual, and intersex youth and young adults, ages 12-24. 200 Montgomery St., Ste. C, Santa Rosa. (707) 568-5830. www.posimages.org

LGBTQ Connection – LGBTQ Youth leadership and community development in Napa and Sonoma Counties. LGBTQ community centers, especially supporting underserved LGBTQ youth and elders with safe spaces, information and activities. Call (707) 595-8961 (Sonoma Co) or (707) 251-9432 (Napa Co) or visit website for locations. www.lgbtqconnection.org

Forestville Teen Center – LGBTQIA Group 2nd and 4th Wednesdays of each month. Food, support, safe space, friends, education. Under 25. Free. 6570 1st Street, Forestville. (707) 887-0427

Parents, Partners, Allies

Amor Para Todos Collaborating with schools and community groups to create affirming environments for LGBTQ+ children and youth. <https://aptamorparatodos.weebly.com/>

Parents and Friends of Lesbians and Gays (PFLAG) – Support for loved ones of LGBTQ (yes, including trans) people. pflag.santarosa@gmail.com (Defunct at this time. Can you start it back up??)

Partners of Trans People Support Group – Meets first Wednesday of every month, Santa Rosa. Contact Geri at 707-484-1596 or Sherry at (707) 478-7136 (send text or leave a voice message)

North Bay Area (California) Parents for Gender Diversity – Facebook group for Parents of trans* children

The TransFamily Alliance – Become a founding member; share your insights and find support. Take the brief survey and get more details at <https://www.genderhealthtraining.com/transfamily-survey>

Local Medical

The Gender Clinic of Santa Rosa Community Health – General healthcare, hormone therapy, help with getting surgeries, mental health services/referrals, paperwork for name/gender change. All ages welcome (children will also be referred to San Francisco but consult with us first is appropriate). Trans Latina Support Group. Lombardi Campus, Santa Rosa. Call for an appointment (707) 547-2222 and ask for Gender Clinic. Any or no insurance OK.

Gender Expansive Services Clinic of West County Health Centers. First Wednesday of each month, 5:30-7:30pm, Gravenstein Community Health Clinic. 652 Petaluma Ave., Suite. F , Sebastopol. Walk-ins welcome. Medical care and wellness, community building, hormone management, surgery referrals, legal navigation and documents help, social and emotional support, education. Call Erin Elo (707) 887-0427 *4405 for more information.

Arunima Kohli, MD, Family Medicine, Santa Rosa Community Health. She's also the doctor for the Gender Clinic of Santa Rosa Community Health, above. Spanish-speaking. Lombardi Campus, 751 Lombardi Court, Santa Rosa. Call 707-303-3600 for an appointment.

Brooke Vezino, MD, Family Medicine, West County Health Centers. Gravenstein Community Health Clinic. 652 Petaluma Ave., Sebastopol , Sebastopol, (707) 824-9999. She's also the doctor at the Gender Expansive Services Clinic, above.

Carla Longchamp, MD, Family Medicine, Santa Rosa Community Health Centers -Dutton Clinic, 1300 North Dutton Ave, Santa Rosa CA , 95401, (707) 396-5151.

Jennifer Herman, Family Nurse Practitioner West County Health Centers, Russian River Health Center. 16387 First Street, Guerneville, (707) 869-2849

Chris Holder, ND, Lac – Hill Park Medical Center, Sebastopol, naturopathic physician who offers holistic integrative medical care. (707) 861-7300 www.drchrisholder.com

Rain Moore, MD, Family Medicine, Occidental Area Health Center 3802 Main Street, Occidental 95465, (707) 874-2444

David W. Bennett, MD, Ob/Gyn (incl. hysterectomies) Kaiser Permanente, Santa Rosa Medical Center. (707) 393-4044. Must have Kaiser Insurance.

Steven Wirth, MD, Family Medicine. Mendocino Community Health Centers. Works in Ukiah (Hillside Health Center, 707-468-1010), Lakeport (Lakeview Health Center, 707-263-7725) and urgent care services at the Willits clinic (Little Lake, 707-456-9600) on most Saturdays.

Melissa Wong, Nurse Practitioner, Primary Care Provider with specialization in transgender health and HIV care. Petaluma Health Center (also in Rohnert Park). <https://phealthcenter.org/>

Sage Staggs, Lac, Licensed Acupuncturist. www.sagestaggs.com. Sebastopol

West County Teen Clinic, Medical and mental health care, referrals, Food bank and food resources, Peer education and support, Substance use harm reduction program, gender journey support.

Local Mental Health

Trans-Affirming Therapist List – A list of psychotherapists who work with transgender people in Sonoma, Napa and Mendocino counties can be found at <http://www.KrisSpanglerMFT.com> under the heading [Gender/Transgender](#) .

Gender Expansive Services Clinic – First Wednesday of each month, 5:30-7:30pm, Sebastopol Clinic of West County Health Centers. Medical care and wellness, community building, hormone management, surgery referrals, legal navigation and documents help, social and emotional support, education. Call Erin Elo (707) 887-0427 *4405

La Plaza – “a Latinx created and directed healing project... built on the essential understanding that culture heals – La Cultura Cura.” Speak with Javi Rivera-Rosales directly. (707) 393-8700. 850 W 9th Street, Santa Rosa, Room 502/203 <https://www.laplazanc.org/>

TransResilience Started by local Max Pearl, “provides coaching, workshops, and online classes to help trans and gender expansive people learn to love themselves, love their bodies, navigate the transition process, navigate relationships, and live our best lives.” <https://transresilience.com/>

Local Social Services

Teens/Youth Services and Housing

West County Teen Clinic – Medical and mental health care, referrals, Food bank and food resources, Peer education and support, Substance use harm reduction program, gender journey support. Binders, packers, etc. available. Resources for families, partners, also. Drop-in group 3rd Wednesdays of each month 4-5pm. Food, support, safe space, friends, education. Ages 12-25. Free. Sebastopol. <https://www.wchealth.org/service/youth-services/>
<https://mail.google.com/mail/u/0/#inbox/FMfcgzGsmWptXNrpLgHVNdcQhMjnQhXt?projector=1&messagePartId=0.1>

Social Advocates for Youth (SAY) – Shelter/housing, career and life readiness, counseling for youth (5-24) and their families, street outreach to homeless youth, grief services. 24/7 hotline (888) 792-0012. www.saysc.org

TLC Child & Family Services – Mental, Emotional, and Academic help for youth and families. Residential care, Journey High School, Transitional Housing, connects foster youth to loving homes. www.tlc4kids.org

Voices – Connection and practical services for transition-age foster youth in Sonoma and Napa Counties. SR drop-in Tues-Thurs 12-6, Fri 12-4:30, 714 Mendocino Ave, Santa Rosa. (707) 597-4327. www.voicesyouthcenter.org

Adults and Seniors

Gender Expansive Services Clinic – First Wednesday of each month, 5:30-7:30pm, Sebastopol clinic of West County Health Centers. Medical care and wellness, community building, hormone management, surgery referrals, legal navigation and documents help, social and emotional support, education. Call Erin Elo (707) 887-0427 *4405.

Updated
12/5/2022

Please help build this list by contacting
Kris Spangler, MFT at spanglerkris@gmail.com

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Senior Services for LGBTQ – Referral Service. www.sebastopolseiorcenter.org/lgbtqi-elder-resource-center, from 9 a.m. to 4:30 p.m. Mondays through Fridays. (707) 829-2440. Sebastopol Senior Center also hosts LGBTQ events.

Third Street House – housing, mental and medical services for people without homes. Trans-affirming staff. West County Health Services, Guerneville. 707) 824-3398

Other Local Resources

- **Activism**
 - **Erase Transphobia in Sonoma County** – Connect via Facebook group
 - **Amor Para Todos** – increasing safety and inclusivity for LGBTQ+ school kids
<https://aptamorparatodos.weebly.com/>
- **Business/Professional Networking**
 - **The Letter People** -- LGBTQ business and professional promotion/social group. <http://letterpeople.io/>
- **Clothing**
 - **“Transformation Station” at Positive Images**, Santa Rosa 200 Montgomery St., Ste. C, Santa Rosa. (707) 568-5830. www.posimages.org. All are welcome to try on donated clothing and take what you like. Accepting donations.
 - **Liz Corell**, trans affirming seamstress offering clothing alterations and customization. 940 Wright St. NE, Santa Rosa CA. (707) 321-3067
- **Electrolysis**
 - **NCMA Redwood Family Dermatology**, Santa Rosa <https://www.ncmahealth.com/ncma-services/redwood-family-dermatology/>
 - **Amelia James, Cypress Day Spa & Salon** (707) 539-4896, Santa Rosa, www.AmeliaJames.com
 - **Jeannine Wilson, JW Skin**, (415) 260-2149, 1475 4th St., San Rafael
- **Haircuts/cosmetology/esthetician**
 - **Avanna Lavender** at Super Cuts, 707 Suite B, 4th St. Santa Rosa. Call Super Cuts to schedule an appointment with her (707) 575-1268
 - **Daredevils and Queens** 122 4th St, Santa Rosa, Phone: (707) 575-5123
 - **Monica Reyes at TK’S Beauty Bar** 3979 Sebastopol Rd, Santa Rosa. Call/text Monica directly at (707) 484-7651. Bi-lingual Spanish; semi-private station.
 - **Rochell Overn Esthetics**, 1530 Center Rd., Suite 14, Novato, skinbyrochell@gmail.com. Call or Text: (415) 891-4733, Many skin treatments, including all body waxing. <https://www.rochellovern.com/>
- **Housing (non-emergency)**
 - **Sonoma County Queer Housing/Roommate-Finder** - Facebook Group
 - **Fountaingrove Lodge, LGBT Retirement Community** www.fountaingrovelodge.com
- **Massage Therapy**
 - **Elias Owens** (707) 217-8237, Sebastopol and Osmosis (Freestone)
 - **Nik Kurtz** at True Nature Wellness, Sebastopol. Scent-free. www.BodyCuriosity.com
 - **Campbell Sepiida**, Sebastopol, <https://www.campbellsepiidamassage.com/>
- **Media (LGBTQ, Local)**
 - **Outbeat Radio** on KRCB Windsor/Santa Rosa 90.9 or 91.1 KRCB-FM 91, on Comcast Digital Cable channel 961, or anywhere else in the world via live stream on the web at norcalpublicmedia.org.

- Gaysonoma.com - Local website with news, commentary and event information for the LGBTQ community of Sonoma County
- **Religious/Spiritual**
 - **Congregation Ner Shalom** – 85 La Plaza, Cotati CA (707) 664-8622. Queer Leadership, “LGBTQI Safe Zone”
 - **Unitarian Universalist Congregations** – Welcoming, affirming, liberal and non-traditional spiritual congregations, including youth group.
 - 547 Mendocino Ave. Santa Rosa CA, (707) 568-5381. www.uusantarosa.org
 - 825 Middlefield Dr, Petaluma CA, (707) 773-2835. www.uupetaluma.org
 - **Community Church of Sebastopol (UCC)**, 1000 Gravenstein Hwy N, Sebastopol. <https://uccseb.org/>
 - **Center for Spiritual Living**, 2075 Occidental Rd, Santa Rosa, (707) 546-4543. www.cslsr.org
 - **Stone Creek Zen Center**, 2999 Bowen Street, Graton, (707) 829-1129. www.stonecreekzencenter.org
- **Restaurants and Cafes**
 - **Brew Café** (coffee, tea, beer, food) 555 Healdsburg Ave. Santa Rosa, CA, (707) 303-7372.
- **Schools** where staff try their best to be respectful and welcoming
 - **Credo High School**, Rohnert Park
 - **Harmony Union School District**, K-12, Occidental
- **Social/events**
 - **Russian River Sisters of Perpetual Indulgence** – Bingo and other fun events raising funds for local causes. www.rrsisters.org
 - **See TransLife and Trans Sonoma County Facebook pages**
- **Vocal Training/Healing**
 - Barbara Corinblit M.S., CCC SPL, Speech-Language Pathologist, (707)322-6364. For all trans voices, Santa Rosa bcorinblit@gmail.com
 - Kaiser. For Kaiser members only
 - UCSF Transgender Care -- <https://transcare.ucsf.edu/voice-and-speech-therapy%09>

Bay Area and Beyond -- General Information and Support

Black Transmen, Inc. Info and advocacy specific to black FTMs. www.blacktransmen.org

California Courts – Official government information on **name and gender changes**, including instructions and downloadable forms. www.courts.ca.gov/25797.htm

Camps – You can easily search the internet to find a variety of camps for trans adults and kids, both near and far away, including one in NorCal for API trans people. A good camp resource: www.transstudent.org/camps for kids, youth and families. See Transmission for transmasculine people under “Local Support Groups and Social Groups,” above.

Centers for Disease Control and Prevention (CDC) – Statistics, referrals, general information. www.cdc.gov/lgbthealth

Colage – Unites people with LGBTQ parents and helps them empower each other to be skilled, self-confident, and just leaders in our collective communities. Online and in-person (Bay Area) networking. Annual family camp. www.colage.org

Eva – Vocal training app for trans women <https://exceptionalvoiceapp.com/>

Familias por Diversidad – “Familias unidas por los derechos de nuestros hijos e hijas.” Resources, information and advocacy for Spanish speaking families with LGBTQ members. www.familiaesfamilia.org

FTM International – Information and resources for trans-masculine people. www.ftmi.org

Gender Spectrum – Serving trans children and youth by helping families, organizations, and institutions (like schools) increase understanding of gender. Bay Area activities. www.genderspectrum.org

Gender Odyssey – Annual international conference in for trans community and one for related professionals. www.genderodyssey.org

Hudson’s FTM Resource Guide – Information for trans-masculine people. www.ftmguide.org

It Gets Better Project – Compilation of videos submitted by LGBTQI people telling their stories to help youth hold hope for the future. www.itgetsbetter.org

Laura’s Playground – Online information and support for trans people and those who know them. www.lauras-playground.com

Our Family Coalition – Support, education, and advocacy for LGBTQ families with children (SF Bay area in-person groups). www.ourfamily.org

Somos Familia – Support for Latino families with children who are LGBTQ (SF Bay Area in-person groups). www.somosfiliabay.org

Trans LifeLine – (877) 565-8860 - Crisis hotline run by trans people for trans people. Call to discuss coming out issues, transition, dysphoria and family issues, suicide prevention and crisis, resources. www.hotline.translifeline.org

Trans Student Educational Resources (TSER) – Youth-led organization “transforming the educational environment for trans and gender nonconforming students.” Ending intersectional oppression through education. Lots of free, downloadable resources. www.transstudent.org

Trans Youth Family Allies – For trans youth, their families, educators and healthcare practitioners. www.imatyfa.org

Transfaith – Resources re: faith and spirituality for trans people. www.transfaithonline.org

Transgender San Francisco – Support and social group for the San Francisco Bay Area transgender community. www.tgsf.org

Transsexual and Transgender Roadmap – Information for trans people pursuing transition. www.tsroadmap.com

Trevor Project – (866) 488-7386. 24/7 Support Counselors for LGBTQ youth, friends and families. Talk, text, instant message for help. Also, social networking and information. www.thetrevorproject.org

National Legal and Advocacy Organizations

American Civil Liberties Union (ACLU) (www.aclu.org)

Human Rights Campaign (HRC) (www.hrc.org)

Transgender Law Center (www.transgenderlawcenter.org)

National Center for Lesbian Rights (NCLR) (www.nclrights.org) Excellent trans services.

National Center for Transgender Equality (www.transequality.org)

Transgender Law and Policy Institute (www.transgenderlaw.org)

World Professional Association for Transgender Health (WPATH) (www.wpath.org)