

SGA SERVICES TEXAS, LLC

SGAServicesTexas.com

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Crisis Hotlines – Call or text 988

Translifeline - WWW.TRANSLIFELINE.ORG – 877-565-8860

Trevor Project www.trevorproject.org 1-866-488-7386

PROVIDERS FOR HORMONES

BRAESWOOD ENDOCRINOLOGY

JESSICA ZWIENER, MD

6300 West Loop S., Ste. 333

Bellaire, TX 77401

P/F – 832-592-0407

Does not accept insurance

<https://www.braeswoodendo.com/>

VILLAGE MEDICAL - JULIE KOVACS, M.D.

600 N. Shepherd, Bldg 5, Suite 530

Houston, TX 77007

Phone: [713-461-2915](tel:713-461-2915)

Insurance accepted

<https://www.villagemedical.com/our-providers/julia-kovacs>

PLANNED PARENTHOOD

Insurance accepted and uninsured

713-522-3976 – To verify insurance

346-699-7513 – To schedule an appointment

Locations: plannedparenthood.org

FOLX HEALTH – Online Affirming treatment

Insurance accepted and uninsured

<https://www.folxhealth.com/>

PLUME – Online Hormone Therapy

getplume.co/get-started

LEGACY COMMUNITY HEALTH

NATALIE VANEK, MD or JEANNIE BAHN

1415 California Street

Houston, TX 77006

P (832) 548 5000

F (832) 548 5092

Insurance accepted, and uninsured

<https://www.legacycommunityhealth.org/>

Kind Clinic Virtual Services

To schedule an appointment or join the waitlist,

call 833-937-5463

RESOURCE LINKS

ADVOCACY

- **Advocates for Trans Equality** - <https://transequality.org/>
- **Equality Texas**– www.equalitytexas.org
 - Fighting for LGBTQ Rights in Texas
- **GLAAD** - <https://glaad.org/>
 - Non-profit organization focused on LGBTQ advocacy and cultural change
- **Houston The Caucus** - <https://www.thecaucus.org/>
 - The oldest LGBTQ+ Civil Rights organization in the South
- **Human Rights Campaign**. – www.hrc.org
 - Fighting for LGBTQ+ equality and inclusion
- **Trans Education Network of Texas** - <https://www.transtexas.org/>
 - Statewide (Texas), BIPOC trans-led, trans-focused policy, education, and advocacy org

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BOOKS

- [Everything You Ever Wanted to Know about Trans \(But Were Afraid to Ask\)](#) Brynn Tannenhil
- [Gender Euphoria](#) - Laura Kate Dale
- [Gender Explained: A New Understanding of Identity in a Gender Creative World](#) - Ehrensaft & Jurkiewicz, PsyD
- [Gender Magic](#) - Rae McDaniel MED LCPC CST
- [Supporting Transgender Autistic Youth and Adults](#) - Finn Gratton
- [The Trans Partner Handbook](#) - Jo Green
- [The Transgender Self Care Journal](#) - Andrew Maxwell Triska MSW, LCSW
- [Thriving Through Transition](#) - Denise O'Doherty, For parents of trans children
- [Trans Sex Clinical approaches to Trans Sexualities and Erotica](#) - Lucie Fielding
- [What Does God Think? Transgender and the Bible](#) - Cheryl B. Evans, Colby Martin
- [Yes, you are trans enough](#) - Mia Violet
- [You and Your Gender Identity](#) - Dara Hoffman Fox

EMPLOYMENT

- **CenterLink** LGBTQ Jobs - <https://www.lgbtqcenters.org/Careers>
- **Trans Emp Project** <https://transempowerment.org/tep-projects/trans-employment-project/>

FINANCIAL ASSISTANCE FOR SURGERY & HORMONES, ETC.

- **GenderBands** - <https://www.genderbands.org/grants>
- **Point of Pride** – <https://www.pointofpride.org/>
- **Trans Family** - <https://transfamilysos.org/services/insurance-assistance/>

LEGAL RESOURCES

- **Dallas Resource Center** <https://myresourcecenter.org/health/gender-affirming-care-and-support/>
- **Houston Volunteer Lawyers** <https://www.makejusticehappen.org/>
- **National Trans Bar Association** <https://transbar.org/>
- **Texas Rio Grande Legal Aid** www.trla.org/get-help/how-to-apply
- **TRANS LAW HELP. ORG** <https://texaslawhelp.org/individual-rights/lgbtq-rights-gender-identification>
- **Trans Legal Aid Clinic Texas** <https://translegalaidtx.com/>
- **Transgender Law Center** <https://transgenderlawcenter.org/>

MENTAL HEALTH & SOCIAL SUPPORT

- **Peer Support Online** <https://www.transpatchwork.org/>
 - Offers support groups, informational seminars, and resources
- **PFLAG** - <https://pflag.org/>
 - Support for Family and friends, just, and affirming world for LGBTQ+
- **PFLAG Houston Area** - <http://www.pflaghouston.org>
 - Creating a caring, just, and affirming world for LGBTQ+ people and those who love them.
- **TGQH** – <https://tgqh.org/>
 - Houston Social Group To build community ties, empower individuals, and foster hope
- **TRANS CARE** - <https://trans-care.org/>
 - Provides free and affirming interventions – Mental Health Support

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MILITARY SUPPORT

- **American Veterans for Equal Rights**- <https://aver.us/veteran-resources>
 - Advocating and serving the needs of America's LGBT armed forces veterans
- **Blue Alliance** - <https://www.blue-alliance.org/>
 - Education and advocacy for LGBTQ+ individuals at the Air Force Academy
- **Healing Warrior Hearts** - <https://www.healingwarriorhearts.org/lgbtq-focus>
 - LGBTQ+ Veterans Focus Retreats
- **Knights Out** -<https://www.knightsout.org/>
 - The association of LGBTQ+ alumni of West Point and their allies.
- **Modern Military Association of America** - <https://modernmilitary.org/>
 - a united voice for LGBTQ+ military and veteran communities
- **Military Support - TAVA** - <https://www.transveteran.org/>
 - Trans+ veterans redefine service by breaking gender norms within military culture
- **Military Support - SPARTA** - <https://spartapride.org/>
 - Pride is a group of transgender people who currently serve or have served in the military

OTHER RESOURCES

- **Dress Code Project** – <https://www.dresscodeproject.com/>
 - Safer Spaces for haircuts
- **Gender Expression Care**- <https://www.genderexpressioncare.com/>
 - Offers immediate, non-invasive, and reversible solutions to challenges that transgender and non-binary face
- **Gender Spectrum** - <https://www.genderspectrum.org>
 - Our mission is to create a gender-inclusive world for all children and youth-
- **Gender Unicorn** <https://transstudent.org/gender/>
 - the only national organization run by young transgender people
- **National LGBTQIA Health Education** – www.lgbthealtheducation.org
 - Provides educational information to healthcare professionals
- **Susan's Place** - <https://www.susans.org/>
 - Transgender Resources
- **Texas Transgender Alliance Resource** – <https://nrg.e-compas.com/TXTA/>
 - Resources in Texas
- **US Trans Survey** - <https://ustranssurvey.org/>
 - Most recent survey result for 2022 Trans Survey
- **World Professional Assoc. for Transgender Health (WPATH)** - www.wpath.org
 - Interdisciplinary professional and educational organization devoted to transgender health. –

RELOCATION ASSISTANCE

- **Campaign for Southern Equality** - <https://southernequality.org/tyep/>
- **Elevated Access** - <https://www.elevatedaccess.org/>
- **North Texas TRANSportation Network** - <https://www.northtexastransportationnetwork.org/>
- **Rainbow Relocation** - <https://rainbowrelo.com/>
- **Rainbow Relocation** - <https://rainbowrelo.com/blog/resources-lgbtq-expats>
- **Relocation Information** - <https://www.rainbowrailroad.org/>
- **Trans Continental Pipeline** -<https://tcpipeline.org/>
- **Transitional Justice** - <https://www.transjustice.io/>

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VOICE SERVICES

- **Harmonic Speech** <https://www.harmonicspeech.com/> 512-649-4642
- **Transformative Comm** <https://www.transformativecommunications.net/> 832-449-8608
- **Voice Congruence Project** <https://vocalcongruence.org/>
- **Your Lessons Now** <https://www.yourlessonsnow.com/>

SURGERY INFORMATION

- **FTM Surgery** <https://www.ftmsurgery.net/>
 - Surgery explained for trans masculine
- **MTF Surgery** <https://www.mtfsurgery.net/>
 - Surgery information for trans females
- **Top Surgery** www.topsurgery.net
 - Information about top surgery resources
- **Trans Health HQ** <https://www.thhq.org/>
 - Helps Trans community members find the healthcare team
- **Trans Health Care** <https://www.transhealthcare.org/>
 - The largest and most comprehensive database of Gender Surgeons
- **Gender Confirmation Center** <https://www.genderconfirmation.com/faq/>
 - Supporting trans & non-binary through gender journey

WORSHIP PLACES

- **Bering United Methodist**
<https://beringchurch.org/>
- **Christ Church Cathedral**
<https://www.christchurchcathedral.org/>
- **Creative Life Church**
<https://www.creativelife.org/>
- **First Christian Church Katy**
<https://fcckaty.org/>
- **Gaychurch.org**
<https://www.gaychurch.org/>
- **Kindred Lutheran**
<https://www.kindredmontrose.org/>
- **Northwoods Unitarian Universalist**
<https://www.northwoodsuu.org/>
- **Plymouth United Church**
<https://www.plymouthunited.org/>
- **Resurrection MCC**
<https://resurrectionmcc.org/>
- **St Paul's United Methodist**
<https://www.stpaulshouston.org/>
- **The Nest at Celebration Church ELCA**
<https://www.click2celebrate.com/>
- **United Church of Christ**
<https://www.ucc.org/>
- **Unity of Houston**
<https://unityhouston.org/>
- **Unity of Woodlands**
<https://unityofthewoodlands.org/>

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HOUSTON AREA FREE SUPPORT GROUPS

MONTROSE CENTER - <https://montrosecenter.org/>

401 Branard St, 2nd Floor
Houston, TX 77006

Beyond The Binary - Peer Support - Contact: Anya Tsang - transwellness@montrosecenter.org

Online only – 2nd and 4th Tuesday of each month
6:00 – 7:00 pm

Coming Out Support Group - Contact: Hawk Owsley, htowsley@montrosecenter.org

In Person – Wednesdays 6:45-8:15 p.m.

Mental Health Group – Re: MIND <https://www.remindsupport.org/>

In person – Tuesdays 7:00 – 8:30 pm

Monday Night Trans Group <https://www.facebook.com/groups/1310324736441966>

1st and 3rd of the month

Trans*fabulous Support Group - Register online - [clicking this link](#)

Online only – Thursdays 7:00 PM

OTHER AREA GROUPS

Mental Health Support Re: Mind - <https://www.remindsupport.org/>

Resurrection Metropolitan Comm. Church - <https://resurrectionmcc.org/>

In person – Fridays, 12:00 – 1:30 pm

Transmasculine Group - <https://transmasculinehouston.com/>

Houston Group for transmasculine persons

Trans Men Empowerment - <https://tmemp.org/>

Houston Trans Men Group

Vada Counseling <https://www.vadacounseling.com/>

Queer Compass

LGBTQ+ Adults 18+ (Located at the Feisty Collective! - 1901 Lawrence St. Houston, TX 77008)

Last Wed of the month, 7-8p (diff dates for Nov and Dec due to holidays)