

SGA SERVICES TEXAS, LLC

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HELP IS AVAILABLE

Crisis Hotlines –Suicide Crisis Lifeline - Call or text 988

Translifeline (English & Espanol) - WWW.TRANSLIFELINE.ORG – 1-877-565-8860

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

Trevor Project Text “START” to 678-678

LGBT National Help Center 1-888-843-4564

Blackline – BiPOC & LGBTQ+, Black Femme Lens – 1-800-604-5841

StrongHearts Native Helpline – 1-844-762-8483

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
 - [Queer: A coming out story](#) – Andrea G. Hardeman, M. S.
 - [The Reflective Workbook for Partners of Transgender People: Your Transition as You Partner Transitions](#) – D. M. Maynard
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SGAServicesTexas.com – 832-285-3911

03/15/2026

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EMPLOYMENT

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

- **American Civil Liberties Union (ACLU)** <https://www.aclu.org/>
 - **Dallas Resource Center** <https://myresourcecenter.org/health/gender-affirming-care-and-support/>
 - **GLAD Law** <https://www.gladlaw.org/>
 - **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/>
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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
 - **The Intentional Man Project** (Trans masc) <https://theintentionalmanproject.org/>
 - Since 2017, we have been hosting our flagship program, Camp Lost Boys, a transformative event that takes place several times a year, creating life-changing experiences for our community.
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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
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MILITARY SUPPORT (Continued)

- **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
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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. –
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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/>
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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
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WORSHIP PLACES

- **Bering United Methodist**
<https://beringchurch.org/>
 - **Christ Church Cathedral**
<https://www.christchurchcathedral.org/>
 - **Creative Life Church**
<https://www.creativelife.org/>
 - **Cypress Creek Christian Church**
<https://www.cypresscreek.cc/>
 - **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 PEER SUPPORT GROUPS

MONTROSE CENTER – 713-529-0037 <https://montrosecenter.org/>
401 Branard St, Houston, TX 77006

Beyond The Binary - Peer Support - Contact: Hawk Owsley - htowsley@montrosecenter.org
Online only – 2nd Thursday of each month; 6:00 pm – 7:00 pm
In person, 4th Thursday of each month, Room 114, *Craft Night*, 6:30 pm – 9:00 pm

Coming Out Support Group - Contact: Hawk Owsley, htowsley@montrosecenter.org
In Person – Wednesdays 6:45 pm - 8:15 pm

Mental Health Group – Re: MIND <https://www.remindsupport.org/>
In person – Tuesdays 7:00 pm – 8:30 pm

Houston Transgender Support Group <https://www.facebook.com/groups/1310324736441966>
1st and 3rd Mondays of the month, Room 106, 7:30 pm – 8:30 pm

Trans*fabulous Support Group - Register online - <https://linktr.ee/transfabuloussupport>
Online only – Thursdays 7:00 PM

Trans Masculine Alliance Houston (TMAH) - <https://tmahtx.org/>
1st Thursday of the month; Room 111; 6:30 pm - 8:30 pm

Trans Voices – Houston Chapter <https://www.transvoices.life/houston-chapter>
Support Group Date/Time: 2nd Wednesday • 630 pm CST
Project Days Date/Time: 3rd Wednesday • 6 pm CST

OTHER AREA GROUPS

Mental Health Support Re: Mind - <https://www.remindsupport.org/>
Resurrection Metropolitan Comm. Church - <https://resurrectionmcc.org/>
In person – Fridays, 12:00 pm – 1:30 pm

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 Wednesday of the month, 7:00 pm – 8:00 pm