



Sonya Gonzales
LCSW-S, LCDC, SAP
SGA SERVICES TEXAS, LLC

P. O. Box 924705, Houston, TX 77292
832-285-3911
Sonya@SGAServicesTexas.com
SGAServicesTexas.com

Information on this list regarding any specific person, organization, service, or otherwise, does not constitute or imply its endorsement, recommendations, or favoring by Sonya Gonzales, LCSW-S or SGA Services Texas, LLC.

Please note, this is not an endorsement of providers for services for anyone under 18 years old.

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 LGBTQ Rights

- **Advocates 4 Trans Equality** <https://transequality.org/>
 - **Equality Texas** www.equalitytexas.org
 - **Gender Diversity** <https://genderdiversity.org/>
 - **GLAAD** <https://glaad.org/>
 - **Human Rights Campaign** www.hrc.org
 - **Massachusetts Trans Political Caucus** <https://www.masstpc.org/>
 - **TransAthlete** <https://www.transathlete.com/>
 - **Trans Doe Task Force** <https://transdoetaskforce.org/>
 - **The LGBTQ Caucus** <https://www.thecaucus.org/>
 - **TransFamilies** <https://transfamilies.org/>
 - **Trans Life Ctr Chicago House** https://www.chicagohouse.org/?post_causes=translife-center
 - **Trans Tech Social** <https://transtechsocial.org/>
 - **Trans Youth Education Foundation** <https://www.transyouthequality.org/>
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BOOKS

- [Am I Trans Enough?](#) How to Overcome Your Doubts and Find Your Authentic Self – Alo Johnson
 - [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
 - [Gender Queer: A Memoir](#) - Maia Kobabe
 - [How To Be You](#) – Jeffrey Marsh
 - [Queer: A coming out story](#) – Andrea G. Hardeman, M. S.
 - [Queer and Transgender Resilience Workbook](#) - Anneliese A. Singh
 - [She's Not There – A Life in Two Genders](#) – Jennifer Finney Boylan
 - [Supporting Transgender Autistic Youth and Adults](#) - Finn Gratton, LMFT
 - [The Reflective Workbook for Partners of Transgender People: Your Transition as You Partner Transitions](#) – D. M. Maynard
 - [The Trans Partner Handbook](#) - Jo Green
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SGAServicesTexas.com – 832-285-3911

9/25/2026



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- [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
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EMPLOYMENT

- **Trans Can Work** <https://www.transcanwork.org/>
 - **Trans Emp Project** <https://transempowerment.org/tep-projects/trans-employment-project/>
 - **TransWork** <https://transwork.org/job-seeker>
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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/>
 - **Black Trans AC** <https://blacktrans.org/>
 - **Dallas Resource Center** <https://myresourcecenter.org/health/gender-affirming-care-and-support/>
 - **GLAD Law** <https://www.gladlaw.org/>
 - **National Trans Bar Association** <https://transbar.org/>
 - **Sylvia Rivera Law Project** <https://srlp.org/>
 - **Texas Law Help.ORG** <https://texaslawhelp.org/individual-rights/lgbtq-rights-gender-identification>
 - **Texas Rio Grande Legal Aid** www.trla.org/get-help/how-to-apply
 - **Trans Latina Coalition** <https://www.translatinacoalition.org/>
 - **Trans Legal Aid Clinic Texas** <https://translegalaidtx.com/>
 - **Transgender Law Center** <https://transgenderlawcenter.org/>
 - **Trans People of Color Coalition** <https://www.transpoc.org/>
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MENTAL HEALTH & SOCIAL SUPPORT

- **DESI LBTQ+ HELPLINE for South Asians** <https://www.deqh.org/>
 - We serve LGBTQ+, pansexual, genderqueer, kothi, hijra, and beyond.
 - **MASGD** <https://www.masgd.org/>
 - MASGD is a Trans Muslim Global Majority organization that supports, empowers and connects Trans and Queer Muslims and those who are values-aligned
 - **National Queer Asian Pacific Islander Alliance (NQAPIA)** <https://www.nqapia.org/>
 - **Peer Support Online** <https://www.transpatchwork.org/>
 - **PFLAG** <https://pflag.org/>
 - **Stronghearts Native Hotline** <https://strongheartshelpline.org/>
 - A 24/7 safe, confidential and anonymous domestic and sexual violence helpline for Native Americans and Alaska Natives, offering support and advocacy.
 - **SAGE Advocacy & Services for Elder LGBTQ** <https://www.sageusa.org/>
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- **TGQH** – <https://tgqh.org/>
 - Houston Social Group To build community ties, empower individuals, and foster hope
 - **THRIVE LIFELINE** <https://thrivelifeline.org/>
 - Non-carceral crisis, warmline, centering multiply marginalized communities.
 - **TRANS CARE** <https://trans-care.org/>
 - Provides free and affirming Mental Health Support
 - **The Intentional Man Project** (Trans masculine) <https://theintentionalmanproject.org/>
 - Since 2017, **Camp Lost Boys**, a transformative event for transmasculine folks
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MILITARY SUPPORT

- **American Veterans for Equal Rights** <https://aver.us/veteran-resources>
 - **Blue Alliance** <https://www.blue-alliance.org/>
 - **Healing Warrior Hearts** <https://www.healingwarriorhearts.org/lgbtq-focus>
 - **Knights Out** <https://www.knightsout.org/>
 - **TAVA** <https://www.transveteran.org/>
 - **SPARTA** <https://spartapride.org/>
 - **Modern Military Association of America** <https://modernmilitary.org/>
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OTHER RESOURCES

- **Dress Code Project - Haircuts** <https://www.dresscodeproject.com/>
 - **Gender Expression Care** <https://www.genderexpressioncare.com/>
 - **Gender Spectrum** <https://www.genderspectrum.org>
 - **Gender Unicorn** <https://transstudent.org/gender/>
 - **LGBTQ info – It's Pronounced Metrosexual** <https://www.itspronouncedmetrosexual.com/>
 - **National LGBTQIA Health Education** www.lgbthealtheducation.org
 - **Susan's Place** <https://www.susans.org/>
 - **Texas Transgender Alliance Resource** <https://nrg.e-compas.com/TXTA/>
 - **Trans Tool Shed** <https://transtoolshed.com/>
 - **US Trans Survey – 2022 results** <https://ustranssurvey.org/>
 - **World Professional Assoc. for Transgender Health (WPATH)** www.wpath.org
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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/>
 - **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** 512-649-4642 <https://www.harmonicspeech.com/>
 - **Transformative Comm** 832-449-8608 <https://www.transformativecommunications.net/>
 - **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

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| • Bering United Methodist
https://beringchurch.org/ | • Plymouth United Church
https://www.plymouthunited.org/ |
| • Christ Church Cathedral
https://www.christchurchcathedral.org/ | • Resurrection MCC
https://resurrectionmcc.org/ |
| • Creative Life Church
https://www.creativelife.org/ | • St Paul's United Methodist
https://www.stpaulshouston.org/ |
| • Cypress Creek Christian Church
https://www.cypresscreek.cc/ | • The Nest at Celebration Church ELCA
https://www.click2celebrate.com/ |
| • First Christian Church Katy
https://fcckaty.org/ | • United Church of Christ
https://www.ucc.org/ |
| • Gaychurch.org
https://www.gaychurch.org/ | • Unity of Houston
https://unityhouston.org/ |
| • Kindred Lutheran
https://www.kindredmontrose.org/ | • Unity of Woodlands
https://unityofthewoodlands.org/ |
| • Northwoods Unitarian Universalist
https://www.northwoodsuu.org/ | |
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HOUSTON AREA PEER SUPPORT GROUPS

MONTROSE CENTER <https://montrosecenter.org/> 713-529-0037 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

Craft Night, 6:30 pm – 9:00 pm, In person, 4th Thursday of each month, Room 114,

Coming Out Support Group

Contact: Hawk Owsley, htowsley@montrosecenter.org

In Person – Wednesdays 7:00 pm - 8:30 pm, Room 111

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

In person – Tuesdays 7:00 pm – 8:30 pm, Room 111

NEST: Nurturing, Empowering & Supporting, Together - Support for Parents

<https://montrosecenter.org/hatch-youth/parent-guardian-support/>

Contact: Jenn Brock, jbrock@montrosecenter.org

Every Friday 6:30p-9:30p

HATCH – FOR YOUTH

<https://montrosecenter.org/micro-sites/hatch-youth/>

Houston Transgender Support Group <https://www.facebook.com/groups/1310324736441966>

Every other Monday of the month, Room 106, 7:30 pm – 8:30 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, Room 114

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*Fabulous Support Group - <https://linktr.ee/transfabuloussupport>

Register online

Online only – Thursdays 7:00 PM

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

Houston Trans Men Group

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

Queer Compass; LGBTQ+; Adults 18+

Last Thursday of the month, 7:00 pm – 8:00 pm