

# Transgender Resource Guide

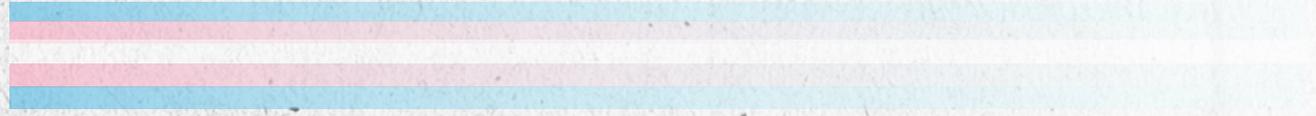
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A curated directory of education, advocacy, and support resources

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Last verified: March 2026

# Learn About What It Means to Be Transgender



## **Trans 101 (Advocates for Trans Equality)**

<https://transequality.org/trans-101>

*A foundational overview of transgender identities, terminology, and allyship.*

## **Understanding Transgender People: The Basics (A4TE)**

<https://transequality.org/issues/resources/understanding-transgender-people-the-basics>

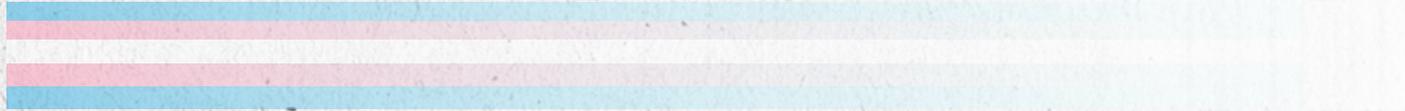
*Plain-language explanation of gender identity, transition, and respectful interaction.*

## **Human Rights Campaign - Transgender Resources**

<https://www.hrc.org/resources/transgender>

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# Facts About Gender-Affirming Care



## **HRC – Get the Facts on Gender-Affirming Care**

<https://www.hrc.org/resources/get-the-facts-on-gender-affirming-care>

## **GLAAD – Evidence-Based Health Care for Transgender People and Youth**

<https://glaad.org/fact-sheet-evidence-based-health-care-transgender-people-and-youth/>

## **Psychology Today – What the Data Tell Us About Transgender Care**

<https://www.psychologytoday.com/us/blog/denying-to-the-grave/202305/what-the-data-tell-us-about-transgender-care>

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# Expanding and Protecting Transgender Rights



## **Lambda Legal – Transgender Rights**

<https://lambdalegal.org/issues/transgender-nonbinary-rights/>

## **ACLU – Transgender Rights**

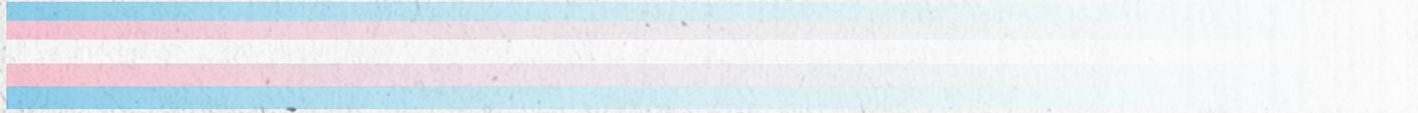
<https://www.aclu.org/issues/lgbtq-rights/transgender-rights>

## **HRC – Trans & Non-Binary Student Sports Policies**

<https://www.hrc.org/resources/get-the-facts-about-transgender-non-binary-athletes>

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# Find Local Help (Start Here)



## **OutCare Health – LGBTQ+ Resource Directory**

<https://www.outcarehealth.org/resources/>

## **CenterLink – LGBTQ Community Center Directory**

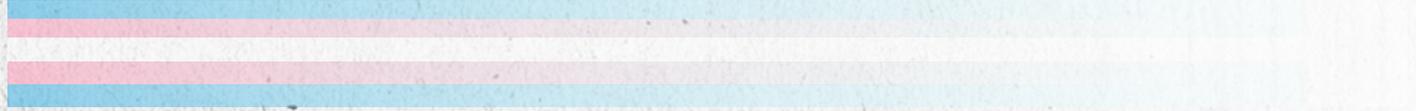
<https://web.lgbtqcenters.org/atlas/directory/category/all-centerlink-members>

*These directories allow users to locate affirming providers, support groups, and services by location.*

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# Support for Families (San Diego County)



## **The San Diego LGBT Community Center**

<https://thecentersd.org>

## **Project TRANS (Transgender Services Program)**

<https://thecentersd.org/transgender-services-project-trans/>

## **TransFamily Support Services**

<https://www.transfamilysos.org>

## **PFLAG San Diego County**

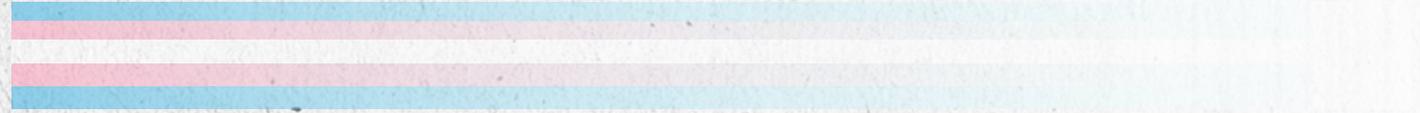
<https://pflagsdc.org/>

## **Legal Aid Society of San Diego (Name and Gender Marker Changes)**

<https://www.lassd.org/name-and-gender-marker-changes/>

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# Additional San Diego & North County Resources



## **North County LGBTQ Resource Center (Oceanside)**

<https://www.ncresourcecenter.org>

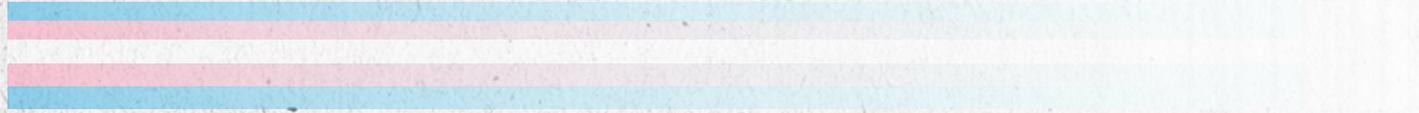
## **Hillcrest Youth Center (San Diego)**

<https://thecentersd.org/youth-services/>

## **San Diego Pride (Programs & Resources)**

<https://sdpride.org>

# Orange County



## **LGBT Center OC (Santa Ana)**

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

## **Transgender Health & Wellness Center**

<https://trans.health>

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# Los Angeles County



## **Los Angeles LGBT Center – Transgender Services**

<https://lalgbtcenter.org/services/transgender-services/>

## **TransLatina Coalition**

<https://translatinacoalition.org>

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# Sacramento Northern California



## **LGBTQ Sacramento**

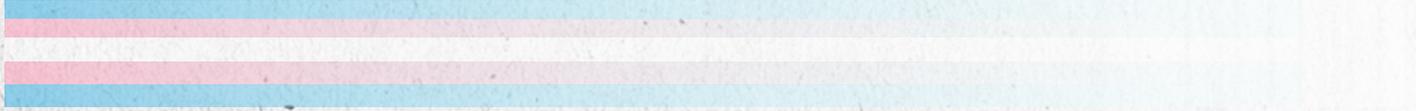
<https://www.visitsacramento.com/plan/lgbtq/>

## **Gender Health Center (Sacramento)**

<https://www.genderhealthcenter.org>

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Seattle  
Washington



**Ingersoll Gender Center**

<https://ingersollgendercenter.org>

**Gay City: Seattle's LGBTQ Center**

<https://www.gaycity.org>

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Las Vegas  
Southern Nevada

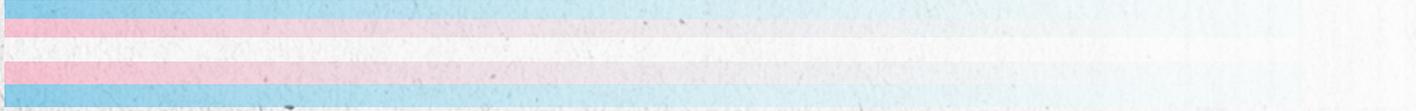


**The LGBTQ Center of Southern Nevada**

<https://thecenterlv.org>

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# Phoenix Arizona



## **one•n•ten (Phoenix)**

<https://onenten.org>

## **Phoenix Pride (Community Programs)**

<https://phoenixpride.org>

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[Klinedinstlaw.com](http://Klinedinstlaw.com)