This transgender resource guide was designed to be a starting point for DCSA clients and Coachella Valley residents. If you would like to recommend edits or additional resources, please email Nina Grace Ruedas at ninaruedas@gmail.com.

Rancho Mirage Psychotherapy & Scheduled Drop-in Space

- **Desert Center for Sexuality Awareness (DCSA)**
  DCSA offers individual, couples, & family psychotherapy for the transgender community and their families. Please call to learn about our support groups.
  
  www.myDCSA.com
  71-777 San Jacinto Dr. Suite 204, Rancho Mirage, CA 92270
  info@mydcsa.com
  760-773-3463

- **The Spot @ Desert Center for Sexuality Awareness (DCSA)**
  Scheduled drop-in space with place to hang out, kitchen & Netflix access. Call for drop-in times & info.
  
  www.facebook.com/thespotatdcsa
  71-777 San Jacinto Dr. Suite 204, Rancho Mirage, CA 92270
  info@mydcsa.com
  760-773-3463

Guides & Standards of Care

- **WPATH – World Professional Association for Transgender Health**
  Standards of Care for Health of Transsexual, Transgender, & Gender-Nonconforming People – 7th Version
  

- **Endocrine Society**
  Endocrine Treatment of Transsexual Persons: An Endocrine Society Clinical Practice Guideline
  

Transyouth & Young Adults

- **Trevor Project**
  Live, 24/7, crisis intervention and suicide prevention for LGBTQ youth
  
  www.thetrevorproject.org/
  866-488-7386

- **Court Appointed Special Advocates (CASA) for Riverside County**
  Program for LGBTQ Foster Youth
  
  http://www.casariversidecounty.org
  Indio Office – 44-199 Monroe St, Indio, CA 92201
  760-863-7431

- **Cup of Happy – Riverside County**
  Program focused on removing stigma from mental health for youth. LGBTQ support group available.
  
  https://www.facebook.com/cupofhappyyeast

- **Center for Transyouth Health & Development - Children’s Hospital Los Angeles**
  Health care provider for transgender youth in Los Angeles
  
  www.chla.org/site/c/iplNKTOAJsG/b.7501767/#.U0H6hF51Lyn4
  5000 Sunset Blvd. 4th Floor, Los Angeles, CA 90027
  323-361-5372
Transyouth & Young Adults (continued)

- **Youth Center on Highland @ Los Angeles LGBT Center**
  Resources for LGBT youth
  [www.lalgbtcenter.org/youth_services](http://www.lalgbtcenter.org/youth_services)
  1220 N. Highland Ave., Los Angeles, CA 90038
  323-993-7500

- **Angels of Change**
  Role models for transyouth & fundraising for Center for Transyouth Health & Development
  [www.angelsofchange.net](http://www.angelsofchange.net)
  5000 Sunset Blvd. 4th Floor, Los Angeles, CA 90027
  323-361-5983

- **Camp Aranu'tiq**
  Camp for transgender & gender-variant youth in New England & Southern California.
  [www.camparanutiq.org](http://www.camparanutiq.org)
  617-467-5830

- **Get Free**
  Free summer program for queer & trans youth of color in Oakland, CA
  [www.blackgirldangerous.org/get-free-summer-program-queer-trans-youth-color](http://www.blackgirldangerous.org/get-free-summer-program-queer-trans-youth-color)
  Oakland, CA

- **T*Camp**
  Retreat for Trans/Genderqueer & Gender Questioning Students hosted by UC Riverside
  951-827-2267

- **TSER - Trans Student Equality Resources**
  Online list of conferences & camps for transgender youth
  [www.transstudent.org](http://www.transstudent.org)

- **TransKids Purple Rainbow**
  Online support & advocacy resource for TransKids & their families
  [www.transkidspurplerainbow.org](http://www.transkidspurplerainbow.org)

**Parents & Families**

- **Transforming Family**
  Los Angeles based family support group for those exploring gender identity issues
  [www.transformingfamily.org](http://www.transformingfamily.org)
  855-543-7436

- **PFLAG Palm Springs/Palm Desert – Parents, Families & Friends of Lesbians & Gays**
  Promotes the health & well-being of LGBT individuals & their families/friends. Call for meeting times.
  [www.pspflag.org](http://www.pspflag.org)
  Cathedral City Library: 33-520 Date Palm Dr., Cathedral City, CA 92234
  760-202-4430

- **PFLAG – Parents, Families & Friends of Lesbians & Gays**
  Promotes the health & well-being of LGBT individuals & their families/friends. Locations: Nationwide.
  [www.pflag.org](http://www.pflag.org)
  (202) 467-8180

- **TransYouth Family Allies**
  Outreach organization to support & empower transyouth & their families
  [www.imatyfa.org](http://www.imatyfa.org)
  888-462-8932
Advocacy Organizations

- **Trans Palm Springs**  
  *Monthly meetings in Palm Springs focused on advocacy, activism, political issues, social justice, & events.*  
  [www.transpalmsprings.org](http://www.transpalmsprings.org)
- **TDOR (Transgender Day of Remembrance) Palm Springs**  
  *Social justice group helping Transgender persons live more authentic lives. Offers great resource list!*  
  [www.TDORPalmSprings.com](http://www.TDORPalmSprings.com)
- **Gender Justice Los Angeles**  
  *Grassroots, multi-racial coalition for transgender individuals and allies*  
  [www.gjla.org](http://www.gjla.org)  
  6815 W. Willoughby Ave. Suite #203, Los Angeles, CA 90038  
  323-960-9279
- **National Center for Transgender Equality**  
  *Trans* specific social justice organization. Website has helpful information & links.  
  [www.transequality.org](http://www.transequality.org)  
  1325 Massachusetts Ave. NW, Suite 700, Washington, DC 20005  
  202-903-0112
- **Human Rights Campaign (HRC) - Transgender resources**  
  *Advocacy, breaking news, & online resources*  
  [www.hrc.org/issues/transgender](http://www.hrc.org/issues/transgender)  
  1640 Rhode Island Ave. NW, Washington, DC 20036-3278  
  202-628-4160
- **GLAAD**  
  *Trans* specific links & resources  
  [www.glaad.org/transgender/resources](http://www.glaad.org/transgender/resources)  
  Online resource

Legal Services

- **Los Angeles LGBT Center - Transgender Legal Assistance**  
  [www.lalgbc.org/transgender_legal_assistance](http://www.lalgbc.org/transgender_legal_assistance)  
  1625 N. Schrader Blvd., Los Angeles, CA 90028  
  323-993-7670
- **Transgender Law Center**  
  [www.transgenderlawcenter.org](http://www.transgenderlawcenter.org)  
  1629 Telegraph Ave. Suite 400, Oakland, CA 94612  
  415-865-0176
- **GLAD – Gay & Lesbian Advocates & Defenders**  
  [www.glad.org/rights/topics/c/transgender-rights](http://www.glad.org/rights/topics/c/transgender-rights)  
  30 Winter St. Suite 800, Boston, MA 02108  
  617-426-1350
- **Lambda Legal**  
  120 Wall St. 19th Floor, New York, NY 10005  
  212-809-8585
- **Sylvia Rivera Law Project**  
  [www.srlp.org](http://www.srlp.org)  
  147 W. 24th St., 5th Floor, New York, NY 10011  
  212-337-8550
Health Care Facilities

- Coachella Valley Volunteers in Medicine
  *Medical & dental services for low-income, uninsured patients. Ask for Anna.*
  [www.cvvim.org](http://www.cvvim.org)
  82-915 Avenue 48, Indio, CA 92201
  760-342-4414

- Transgender Health Program @ Los Angeles LGBT Center
  [www.lagbtcenter.org/transgender_people](http://www.lagbtcenter.org/transgender_people)
  1625 N. Schrader Blvd., Los Angeles, CA 90028
  323-993-7518

- Center for Transyouth Health & Development - Children's Hospital Los Angeles
  [www.chla.org/site/c.ipINKTOAJsG/b.75017677/#!l0H6nF5Lvn4](http://www.chla.org/site/c.ipINKTOAJsG/b.75017677/#!l0H6nF5Lvn4)
  5000 Sunset Blvd. 4th Floor, Los Angeles, CA 90027
  323-361-5372

- Center of Excellence for Transgender Health - University of California, San Francisco
  [www.transhealth.ucsf.edu](http://www.transhealth.ucsf.edu)
  50 Beale St. Suite 1300, San Francisco, CA 94105 USA
  415-597-8198

- Lyon-Martin
  [www.lyon-martin.org](http://www.lyon-martin.org)
  1748 Market St, San Francisco, CA 94102
  415-565-7667

- Callen-Lorde Community Health Center - Transgender Health Services
  356 W. 18th St., New York, NY 1001
  212-271-7200

- Howard Brown Health Center
  [www.howardbrown.org](http://www.howardbrown.org)
  4025 N. Sheridan Rd., Chicago, IL 60613
  773-388-1600

- Whitman-Walker Health
  [www.wwc.org](http://www.wwc.org)
  1701 14th St NW, Washington, DC 20009
  202-745-7000

- Fenway Health
  [www.fenwayhealth.org/site/PageServer?pagename=FCHC_srv_services_trans](http://www.fenwayhealth.org/site/PageServer?pagename=FCHC_srv_services_trans)
  1340 Boylston St., Boston, MA 02215
  617-267-0900

Individual Healthcare Providers

- Richard A. Loftus, MD
  *Internal Medicine*
  4791 E. Palm Canyon Dr. Suite 100, Palm Springs, CA 92264
  760-834-7930

- Alex R. Del Rosario, MD
  [www.adrmd.com](http://www.adrmd.com)
  Trans Friendly Primary Care
  4791 E. Palm Canyon Dr. Suite 100, Palm Springs, CA 92264
  760-834-7950
Individual Healthcare Providers (continued)

- **Allison Harris, NP**  
  *Nurse Practitioner at Planned Parenthood*  
  71777 San Jacinto Dr. Suite 202, Rancho Mirage, CA 92270  
  (888) 743-7526

- **Enrique Jacome, MD**  
  *Obstetrics & Gynecology (English & Spanish)*  
  www.fleurhealth.com  
  72-780 Country Club Dr. Suite D-403, Rancho Mirage, CA 92270  
  760-773-2616

- **Lisa Roybal, NP**  
  *Nurse Practitioner at the VA Loma Linda Women Veterans Program*  
  www.lomalinda.va.gov/services/women/  
  11201 Benton St. Loma Linda, CA 92357  
  909-801-5961

- **Gayleen Henning-Campbell, LE**  
  *State Licensed Electrologist*  
  www.rosinaswellnesscenter.com/spa-professional/gayleen-henning-campbell-l-e/  
  420 Brookside Ave., Redlands, CA 92373  
  909-991-8662

- **Gary J. Alter, MD**  
  *Plastic Surgeon & Urologist*  
  www.altermd.com  
  416 North Bedford Dr. Suite 400, Beverly Hills, CA 90210  
  310-275-5566

- **Jeffrey S. Gandin, MD, MS**  
  *Psychiatrist*  
  www.drgandin.com  
  450 North Bedford Dr. Suite 307, Beverly Hills, CA 90210  
  310-497-8900

- **Richard S. Horowitz, MD**  
  *Internal Medicine*  
  8635 W. 3rd St. Suite 885W, Los Angeles, CA 90048  
  310-358-7200

- **Marci L. Bowers, MD**  
  *Pelvic & Gynecologic Surgeon*  
  www.marcibowers.com  
  345 Lorton Ave. Suite 101. Burlingame, CA 94010  
  650-570-2270

Online Health Care Referral Lists

- **WPATH - World Professional Association for Transgender Health**  
  *List of WPATH provider members*  
  www.wpath.org  
  1300 S. 2nd St., Suite 180, Minneapolis, MN 55454

- **San Diego LGBT Community Center - San Diego Transgender Knowledgeable Providers**  
  *List of San Diego transgender knowledgeable providers*  
  www.thecentersd.org/other-resources/lgbt-friendly-health-care.html#Trans  
  3909 Centre St., San Diego, CA 92103  
  619-692-2077
Online Health Care Referral Lists (continued)

- Laura's Playground
  *Online resource of health care providers*
  www.lauras-playground.com/transgender_endocrinologist_list.htm

- Transsexual Road Map
  *Online resource of Los Angeles medical providers*
  www.tsroadmap.com/los-angeles/index.html

- FTM Alliance of Los Angeles
  *Online resource of Los Angeles & Orange County providers*
  www.ftmalliance.org/resources/bodies/

Other Psychotherapy Resources

- The LGBT Community Center of the Desert
  *Psychotherapy, Trans Palm Springs Collective Group & Trans Counseling Group*
  www.thecenterps.org
  611 South Palm Canyon Dr. Suite 201, Palm Springs, CA 92264
  760-416-7899

- Los Angeles LGBT Center
  *Individual and group psychotherapy*
  www.lalgbtcenter.org/mental_health_services
  1625 N. Schrader Blvd., Los Angeles, CA 90028
  323-993-7669

- San Diego LGBT Community Center
  *Individual and group psychotherapy (English & Spanish)*
  www.thecentersd.org/programs/transgender-services/
  3909 Centre St., San Diego, CA 92103
  619-692-2077 ext. 109

- Christine Milrod, MA, PhD, LMFT (MFC 39265)
  *Psychotherapy in English, Spanish, French & Swedish*
  www.transgendercounseling.com
  Los Angeles area
  310-281-9658

- Los Angeles Gender Center
  *Psychotherapy Clinic*
  www.lagendercenter.com
  Los Angeles area
  310-475-8880

- Gender Wellness of Los Angeles
  *Psychotherapy*
  www.genwell.org
  2035 Westwood Blvd. Suite 204, Los Angeles, CA 90025
  310-441-0411

- Darlene Tando, LCSW (21699)
  *Psychotherapy*
  www.DarleneTando.com
  San Diego, CA
  619-948-8926

Voice Therapy

- Janet Miller
  Cathedral City area
  760-699-8480
Voice Therapy (continued)

- **American Speech-Language-Hearing Association**  
  List of resources & links for trans clients. List of professionals available online.  
  [www.asha.org/public/speech/disorders/TGTS.htm](http://www.asha.org/public/speech/disorders/TGTS.htm)

- **Exceptional Voice, Inc.**  
  Trans resources. YouTube videos available.  

Transitional Living

- **SafeHouse of the Desert**  
  Trans* friendly transitional living  
  [www.safehouseofthedesert.com](http://www.safehouseofthedesert.com)  
  72-710 East Lynn Street, Thousand Palms, California  
  888-343-4660

- **Youth Center on Highland @ Los Angeles LGBT Center**  
  Transitional living for LGBT youth  
  [www.lalgbtcenter.org/transitional_housing](http://www.lalgbtcenter.org/transitional_housing)  
  1220 N. Highland Avenue, Los Angeles, CA 90038  
  323-993-7500

- **Sunburst Youth Housing Project**  
  Transitional living for LGBT youth ages 18-24  
  [http://www.thecentersd.org/programs/youth-services/youth-housing-project.html](http://www.thecentersd.org/programs/youth-services/youth-housing-project.html)  
  San Diego, CA  
  619-255-7854 ext. 103

- **Chicago House TransLifeCenter (TLC)**  
  Trans* specific transition living in Chicago, IL  
  [www.chicagohouse.org/?post_causes=translife-center](http://www.chicagohouse.org/?post_causes=translife-center)  
  Chicago, Illinois  
  773-248-5200 ext. 411

Employment Resources

- **Transgender Economic Empowerment Program (TEEP) @ Los Angeles LGBT Center**  
  [www.lalgbtcenter.org/transgender_economic_empowerment_program](http://www.lalgbtcenter.org/transgender_economic_empowerment_program)  
  1220 N. Highland Avenue, Los Angeles, CA 90038  
  323-860-3713

- **Transgender Employment Services (TEEI) @ The SF LGBT Center**  
  1800 Market St., San Francisco CA 94102  
  415-865-5664

Spanish Resources

- **Enrique Jacome, MD**  
  Obstetricia y Ginecologia (Se habla Español)  
  [www.fleurhealth.com](http://www.fleurhealth.com)  
  72-780 Country Club Dr. Suite D-403, Rancho Mirage, CA 92270  
  760-773-2616

- **Christine Milrod, MA, PhD, LMFT (MFC 39265)**  
  Servicios de Psicoterapia (Se habla Español)  
  Los Angeles area  
  310-281-9658
Spanish Resources (continued)

- **Bienestar**
  Los Angeles y Coachella
  www.bienestar.org/eng/page/116/Transgender.html
  53-990 Enterprise Way, #6B, Coachella, CA 92236
  760-398-3166

- **San Diego LGBT Community Center**
  Servicios de Psicoterapia (Se habla Español)
  www.thecentersd.org/programs/transgender-services/
  3909 Centre Street, San Diego, CA 92103
  619-692-2077 ext. 109

- **Casa Ruby**
  www.casaruby.org
  2822 Georgia Ave. NW, Washington, DC 20001
  202-355-5155

- **Trans Latin@ Coalition**
  www.translatinacoalition.org
  Online resource

Inspirational Resources

- **Trans 100**
  Annual list of 100 trans people to know
  www.thetrans100.com

- **Trans Role Models**
  Celebrating past, present, and future trans role models and up-to-date news, blog posts and stories
  www.facebook.com/groups/TransRoleModels/

- **I AM: Trans People Speak**
  Collection of videos of trans people sharing their experience
  www.transpeoplespeak.org/

- **It Gets Better Project**
  Videos to inspire & motivate LGBT youth
  www.itgetsbetter.org/search/results?cx=003624608217290596190%3A6rnmsdxz-t0&cf=FORID%3A10&ie=UTF-8&q=transgender&sa=search

- **Sometimes, Life’s Eviction Notices are Well Worth Heeding**
  Video featuring Maddie Deutsch, MD
  www.youtube.com/watch?v=DnxrxjnAR0I

Documents

- **52 Things You can do for Transgender Equality**
  www.transequality.org/52things.html

- **A Transwoman's Guide to Health and Wellness**
  www.transequality.org/PDFs/HealthFacts.pdf

- **Transgender Rights Toolkit**
  www.lambdalegal.org/publications/trans-toolkit

- **FAQ's for Transgender Job Seekers**
  www.uvm.edu/~career/pdf/FAQtransjobseekers.pdf

- **Equal Access to Public Restrooms**
  www.lambdalegal.org/publications/trt_equal-access-to-public-restrooms

- **Glossary of Gender and Transgender Terms**
About the Author of this Guide:
Nina Grace Ruedas, MS is a Marriage and Family Therapist Registered Intern (IMF67572) under the supervision of Dr. Winston Wilde. She lectures on a number of sex related topics throughout Southern California. She and Dr. Wilde co-author a monthly sex and relationships column in Desert Outlook. Please visit IntimacyToolbox.com or call 760-773-3463 for more information about Nina, to request a lecture, or to schedule a psychotherapy session.

About DCBA’s Director:
Winston Wilde, DHS, LMFT (MFC39060) practices as a Licensed Marriage and Family Therapist at DCBA and in his private practice in Beverly Hills. He is the only AASECT certified Sex Educator, Sex Therapist, and Sex Therapy Supervisor in the Coachella Valley. He currently lectures on a number of sex related topics throughout California, across America and in Canada, Mexico, Puerto Rico, Cuba, India and Nepal. Please visit WinstonWilde.com or call 760-773-3463 for more information about Dr. Wilde, to request a lecture, or to schedule a psychotherapy session.

Documents (continued)
- Supporting and Caring for our Gender-Expansive Youth
  www.hrc.org/youth/supporting-and-caring-for-our-gender-expansive-youth#.U0C_yI51vn4
- Transgender People: Teens
  www.kidshealth.org/PageManager.jsp?dn=LomaLindaUniversity_ChildrensHospital&lic=222&cat_id=20015&article_set=81172&ps=204#
- Transgender Visibility Guide
  www.hrc.org/resources/entry/transgender-visibility-guide

Links
- Brown Boi Project
  www.brownboiproject.org
- Casa Ruby
  www.casaruby.org
- Gender Spectrum
  www.genderspectrum.org
- Female to Male
  www.femaletomale.org
- FTM Alliance of Los Angeles
  www.ftmlliance.org
- FTMInternational
  www.ftmi.org
- Hudson’s FTM Resource Guide
  www.ftmgude.org
- Laura’s Playground
  www.lauras-playground.com
- Bisexual Roadmap
  www.tsroadmap.com
- Black Transmen
  www.blacktransmen.org
- Center for Gender Sanity
  www.gendersanity.com
- Gender Fork
  www.genderfork.com
- Original Plumbing – Trans Culture & Stuff
  www.originalplumbing.com
- Out for Work
  www.outforwork.org
- Pink Essence – Transgender Social Network
  www.pinkessence.com
- Renaissance Transgender Association
  www.ren.org
- Susan’s Place
  www.susans.org
- Trans*Athlete
  www.transathlete.com
- Trans-Health Conference
  www.trans-health.org
- Transbucket
  www.transbucket.com
- Transfaith
  www.transfaithonline.org
- WPATH
  www.wpath.org

About Desert Center for Sexuality Awareness (DCSA):
Desert Center for Sexuality Awareness (DCSA) is a psychotherapy clinic that specializes in sex therapy, couples therapy, and sex education. Founded in 2011, DCSA offers individual therapy, couples therapy, family therapy and a variety of support groups. Its mission is to provide public services to promote sexual health and happiness, to provide sex education to diverse audiences, to create and sustain community, and to expand the awareness of sexual culture through art. For more information about DCSA, please visit myDCSA.com or call 760-773-3463.