



DESERT CENTER FOR SEXUALITY AWARENESS Transgender Resource Guide



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
[www.wpath.org/uploaded_files/140/files/Standards of Care, V7 Full Book.pdf](http://www.wpath.org/uploaded_files/140/files/Standards_of_Care_V7_Full_Book.pdf)
- **Endocrine Society**
Endocrine Treatment of Transsexual Persons: An Endocrine Society Clinical Practice Guideline
www.endocrine.org/~media/endosociety/Files/Publications/Clinical%20Practice%20Guidelines/Endocrine-Treatment-of-Transsexual-Persons.pdf

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/cupofhappyeast>
- **Center for Transyouth Health & Development - Children's Hospital Los Angeles**
Health care provider for transgender youth in Los Angeles
www.chla.org/site/c.ipINKTOAJsG/b.7501767/#.U0H6hF5Lvn4
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
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.angels-of-change.net
5000 Sunset Blvd. 4th Floor, Los Angeles, CA 90027
323-361-5983
- **Camp Aranú'tiq**
Camp for transgender & gender-variant youth in New England & Southern California.
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
Oakland, CA
- **T*Camp**
Retreat for Trans/Genderqueer & Gender Questioning Students hosted by UC Riverside
www.out.ucr.edu/programs/pages/T-Camp.aspx
951-827-2267
- **TSER - Trans Student Equality Resources**
Online list of conferences & camps for transgender youth
www.transstudent.org
- **TransKids Purple Rainbow**
Online support & advocacy resource for TransKids & their families
www.transkidspurplerainbow.org

Parents & Families

- **Transforming Family**
Los Angeles based family support group for those exploring gender identity issues
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
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
(202) 467-8180
- **TransYouth Family Allies**
Outreach organization to support & empower transyouth & their families
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
- **TDOR (Transgender Day of Remembrance) Palm Springs**
Social justice group helping Transgender persons live more authentic lives. Offers great resource list!
www.TDORPalmSprings.com
- **Gender Justice Los Angeles**
Grassroots, multi-racial coalition for transgender individuals and allies
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
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
1640 Rhode Island Ave. NW, Washington, DC 20036-3278
202-628-4160
- **GLAAD**
Trans specific links & resources*
www.glaad.org/transgender/resources
Online resource

Legal Services

- **Los Angeles LGBT Center - Transgender Legal Assistance**
www.lalgbtcenter.org/transgender_legal_assistance
1625 N. Schrader Blvd., Los Angeles, CA 90028
323-993-7670
- **Transgender Law Center**
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
30 Winter St. Suite 800, Boston, MA 02108
617-426-1350
- **Lambda Legal**
www.lambdalegal.org/publications/trans-toolkit
120 Wall St. 19th Floor, New York, NY 10005
212-809-8585
- **Sylvia Rivera Law Project**
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.cvvm.org
82-915 Avenue 48, Indio, CA 92201
760-342-4414
- **Transgender Health Program @ Los Angeles LGBT Center**
www.lalgbtcenter.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.iplNKTOAJsG/b.7501767/#.U0H6hF5Lvn4
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
50 Beale St. Suite 1300, San Francisco, CA 94105 USA
415-597-8198
- **Lyon-Martin**
www.lyon-martin.org
1748 Market St, San Francisco, CA 94102
415-565-7667
- **Callen-Lorde Community Health Center - Transgender Health Services**
www.callen-lorde.org/our-services/sexual-health-clinic/transgender-health-services/
356 W. 18th St., New York, NY 1001
212-271-7200
- **Howard Brown Health Center**
www.howardbrown.org
4025 N. Sheridan Rd., Chicago, IL 60613
773-388-1600
- **Whitman-Walker Health**
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
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
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
- **Exceptional Voice, Inc.**
Trans resources. YouTube videos available.
<http://www.exceptionalvoice.com/home/voice-feminization/>

Transitional Living

- **SafeHouse of the Desert**
Trans friendly transitional living*
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
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>
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
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
1220 N. Highland Avenue, Los Angeles, CA 90038
323-860-3713
- **Transgender Employment Services (TEEI) @ The SF LGBT Center**
www.sfcenter.org/programs/transgender-employment-services-teei
1800 Market St., San Francisco CA 94102
415-865-5664

Spanish Resources

- **Enrique Jacome, MD**
Obstetricia y Ginecología (Se habla Español)
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)
<http://www.transgencounseling.com/espanol/>
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%3A6rnmsdxx-t0&cof=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=DnxrxjnAROI

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*
www.fenwayhealth.org/site/DocServer/Handout_7-C_Glossary_of_Gender_and_Transgender_Terms_fi.pdf?docID=7081

Documents (continued)

- *Supporting and Caring for our Gender-Expansive Youth*
www.hrc.org/youth/supporting-and-caring-for-our-gender-expansive-youth#.U0C_yl5Lvn4
- *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.ftmalliance.org
- **FTMInternational**
www.ftmi.org
- **Hudson's FTM Resource Guide**
www.ftmguide.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.

About DCSA's Director:

Winston Wilde, DHS, LMFT (MFC39060) practices as a Licensed Marriage and Family Therapist at DCSA 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.

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.