

THE LGBTQ+

AFFIRMING

RESOURCE

GUIDE

**A BROAD LIST OF QUEER AND TRANS
AFFIRMING RESOURCES IN THE
PHILADELPHIA AREA**

*Brought to you through a collaboration
between Mazzoni Center and WOAR:
Philadelphia Center Against Sexual Violence.*



This manual was created so that LGBTQ+ survivors of interpersonal violence would be able to confidently access affirming services across Philadelphia, although all LGBTQ+ folks can find great resources in this booklet.

This guide has nearly 150 LGBTQ+ affirming resources for all kinds of needs. From food pantries to community centers, and LGBTQ+ affirming therapists to transition resource, and plastic surgeons to case management.

We hope that providers and community members alike will use this guide to ensure LGBTQ+ folks have access to supportive and competent services.

If there is a resource or service that should be taken out of this guide, or one that should be added, please reach out to education@mazzonicenter.org.

This resource manual was put together through a collaboration between Mazzoni Center and WOAR: Philadelphia Center Against Sexual Violence and was supported by 2017-UD-AX-0011 awarded by the Office on Violence Against Women, U.S. Department of Justice. The opinions, findings, conclusions, and recommendations expressed in this document are those of the author and do not necessarily reflect the views of the U.S. Department of Justice, Office on Violence Against Women.

How To Use This Booklet

Lead With Consent!

Always ask if you may offer a resource or referral before doing so. A person may not be interested in further referrals. Getting their consent before offering helps them be in control of their experience.

Provide supported decision making. There may be more than one option for the person you are helping. If a person is unsure about what option they want, help them learn about the choices so that they may make an informed decision. Avoid making the decision for them.

Do your own research: We have attempted to map the LGBTQ specific resources across Philadelphia. ***Their inclusion in this book is not an endorsement of the quality of any given program.*** Look into the reputation and history of orgs. If an organization should be taken out of this booklet or you know of one that should be added, please reach out to education@mazzonicenter.org.

Respect their decisions: People may have all sorts of reservations about different resources that are valid. Respect hesitation or refusal of a referral.

Be open minded: Some folks prefer community care over care from providers. Getting their needs met creatively, in community, or by a few friends is a valid way to build resilience. Support them in mapping their social networks.

This is not an exhaustive list: Resources for LGBTQ folks are always growing and shifting. There are other non LGBTQ+ specific resources that could also get someone's needs met.

Be Humble: Having this book does not make you an expert on LGBTQ issues or care, always defer to someone's lived experience.

Information in quotation marks is sourced directly from the organization's website. The information in this booklet is up to date as of October 2022. The inclusion of organizations in this booklet does not necessarily indicate Mazzoni Center or WOAR's support of these organizations.

Table of Contents

How To Use This Booklet	2
Table of Contents	3
LGBTQ+ Community Centers	9
William Way Community Center	9
The Attic Youth Center	9
galaei	9
Mazzoni Center	9
Bebashi	10
Colours Organization	10
LGBTQ+ Elder Initiative	10
Philly Black Pride	10
Philly Asian Queer	11
Questioning and Coming Out	11
Human Rights Campaign (HRC)	11
Advocates for Youth	11
Family	11
Philadelphia Family Pride	11
PFLAG Philly Chapter	11
LGBTQ Family Building Program	12
Youth	12
The Attic Youth Center	12
Y-HEP Clinic at Philadelphia Fight	12
galaei Youth Programming	12
Mazzoni Center PACTS Program	13
CHOP Gender and Sexuality Development Program	13
LGBT National Youth Talkline	13
Public School Students	13
Philadelphia Public School Policy 252	13
GSA's- Gender and Sexuality Alliance	14
College Student Resources	14
MarcDavid LGBTQ Center: Community College of Philadelphia	14
Penn LGBT Center	14
Temple IDEAL Office	14

Drexel Gender and Sexuality Resource Space	14
St. Joseph’s University	15
College Scholarship Opportunities	15
Housing for Youth	15
Valley Youth House	15
Gloria Casarez Residence	15
Youth Emergency Service	15
Covenant House	16
Adult Housing	16
Morris Home	16
Way Home	16
LGBTQ Home for Hope	16
Queer Philly Housing	16
Helpful Housing Based Hotlines	17
Food Pantries	17
Bebashi Food Pantry	17
MANNA	17
Mazzoni Center Food Bank	18
General Food Pantry Access	18
BenePhilly	18
Substance Use and Recovery	18
William Way Recovery Meetings	18
Mazzoni Center All Recovery Meeting	19
Morris Home	19
New Beginnings at Philadelphia FIGHT	19
Prevention Point/Project SAFE	19
LGBTQ+ Social Events That Don’t Center Alcohol	20
The Aviary	20
General LGBTQ+ Support Groups	20
Fishtown Wellness Queer and Polyam	20
Trans Support Groups	20
Fishtown Wellness Trans & Gender Nonconforming Support Group	20
Evolutions	21

William Way Trans Programs	21
Sisterly Love	21
OUR Space	21
POC Centered LGBTQ+ Support Groups.....	22
LGBT HIV Support Group at Bebash	22
TINGS at Galaei	22
LGBTQ+ Sexual and Domestic Violence Groups.....	22
LGBTQ+ Sexual Violence Support Group	22
Intersex Resources and Support Groups (Online).....	22
Interconnect	22
Intersex Society of North America	23
Religious Support Groups.....	23
JFCS, Jewish Family and Children Services	23
HIV Support Groups.....	23
Bebashi HIV Support Groups	23
Thrivers	23
Counseling and Therapy.....	24
List of Self Identified Queer and Trans Therapists in Philly	24
National Queer and Trans Therapist of Color Network	24
Latinx therapy directory	24
Asians For Mental Health	24
Inclusivetherapists.com	24
William Way Peer Counseling	24
The Therapy Center of Philadelphia	25
Mazzoni Center Therapy	25
Einstein Pride Program	25
Walnut Street Psychotherapy	25
Key Therapy and Wellness	26
Philadelphia Institute for Individual, Relational, and Sex Therapy	26
LGBTQ Counseling at Emerge Wellness	26
Fishtown Wellness Center	26
Psychiatrists.....	27
Einsten Pride psychiatry, Dr. Sarah Noble	27
Jessica M. Plotcher, CRNP	27

<u>Suicide & Crisis Hotlines: General</u>	28
<u>Trans Lifeline</u>	28
<u>LGBT National Hotline</u>	28
<u>Suicide & Crisis Hotlines: Youth</u>	28
<u>LGBT National Youth Hotline</u>	28
<u>Trevor Project</u>	29
<u>Suicide & Crisis Hotlines: Older Adults</u>	28
<u>LGBT National Senior Hotline</u>	28
<u>Sage national LGBT Elder Hotline</u>	28
<u>Intensive Outpatient Programs (IOP)</u>	29
<u>Mazzoni Center Recovery Services (IOP/OP)</u>	29
<u>HIV Case Management</u>	29
<u>Mazzoni Center Case Management and Housing</u>	29
<u>Bebashi</u>	30
<u>Action Wellness</u>	30
<u>Temple Comprehensive HIV Program</u>	30
<u>Housing Case Management</u>	30
<u>Valley Youth House Pride Program</u>	30
<u>Primary Care: Adult</u>	31
<u>Einstein Pride Program</u>	31
<u>Penn Medicine LGBTQ Health Program</u>	31
<u>Mazzoni Center Primary Care Services</u>	31
<u>Temple Health LGBTQ Health</u>	31
<u>Planned Parenthood</u>	32
<u>Primary Care: Youth</u>	32
<u>Y-hep Clinic</u>	32
<u>Mazzoni Center Youth Drop In Clinic</u>	32
<u>Chop Gender and Sexuality Development Program</u>	33
<u>Legal Transition</u>	33
<u>TLDEF: Transgender Legal Defense & Education Fund</u>	33
<u>Mazzoni Center Legal Services</u>	33
<u>Philadelphia Gay News</u>	33
<u>Social Transition</u>	34
<u>Pronoun Help</u>	34

Bebashi’s Trans Necessities Closet	34
Plastic Surgeons	34
Dr. Jared Liebman	34
Dr. Julia Spears	34
Dr. Joseph M. Serletti	34
Dr. Ivona Percec	35
Dr. Bryan J. Cicuto	35
Help Navigating Surgery	35
Temple Gender Affirming Surgeries Program	35
STI Screening	35
Mazzoni Center’s Washington West	35
Bebashi	35
Planned Parenthood	36
HIV Specific Organizations	36
Act up Philadelphia	36
AIDS Fund Philly	36
AIDS Law Project of Pennsylvania	36
Sexual and Domestic Violence	36
WOAR: Philadelphia Center Against Sexual Violence	36
Sappho and Laroyce Foundation	37
Lutheran Settlement House Bilingual Domestic Violence Program	37
Women Against Abuse Safe Havens	37
The Network La Red 24 Hour Hotline	37
Resources for People That Cause Harm.....	38
Courdea	38
Joseph J. Peters Institute	38
Masculinity	38
Lutheran Settlement House Masculinity Action Project	38
WOAR: Healthy Masculinity Initiative	38
City Wide LGBTQ+ Protections	39
City of Philadelphia	39
General Legal Help	39
Giampolo Law Group	39
Elder LGBTQ+ Community Housing	39

John C. Anderson Apartments	39
Christian Spirituality.....	39
Arch Street United Methodist Church	39
Chestnut Hill United Church	40
Dignity Philadelphia	40
Whosoever Metropolitan Community Church of Philadelphia	40
Evangelicals Concerned	40
New Ways Ministry	40
Jewish Spirituality	41
Congregation Rodeph Shalom	41
Kol Tzedek	41
Mishkan Shalom	41
Jewish Family and Children’s Service of Greater Philadelphia	41
J Proud Philly	41
Muslim Spirituality.....	42
Muslim Alliance for Sexual and Gender Diversity	42
Muslims for Progressive Values	42
Masjid al-Rabia	42
Buddhism Spirituality	42
Shambala Meditation Center	42
Additional Spirituality.....	43
Sarbat: LGBT+ Sikhs	43
Quakers in Central Philadelphia	43
American Friends Service Committee	43
Wicca Assembly of the Sacred Wheel	43
Sadhana	43

LGBTQ+ Community Centers

William Way Community Center

- <https://www.waygay.org/>
- 215-732-2220
- 1315 Spruce Street
- “The William Way LGBT Community Center serves the LGBTQIA+ community of Philadelphia and its allies 365 days a year. From social groups, networking events, and counseling and support services to art exhibitions and cultural experiences, the Center consistently strives to provide new and innovative programs for the LGBTQIA+ communities throughout Greater Philadelphia.”

The Attic Youth Center

- <https://atticyouthcenter.org/>
- 215-545-4331
- 225 South 16th Street
- “The Attic Youth Center’s mission is to create opportunities for Lesbian, Gay, Bisexual, Transgender, Queer, and Questioning (LGBTQ) youth to develop into healthy, independent, civic-minded adults within a safe and supportive community and to promote the acceptance of LGBTQ youth in society.”

galaei

- <https://www.galaeiqtbipoc.org/>
- 215-398-5003
- 118 Fontain Street
- “Galaei is a Queer and Trans, Black, Indigenous, and People of Color (QTBIPOC) radical social justice organization. Galaei fights for access, opportunity, sexual empowerment, and economic justice while fighting systemic oppression, structural racism, discrimination, and white supremacy.”

Mazzoni Center

- <https://www.mazzonicenter.org/>
- Main: 215-563-0652
- Health: 215-563-0658
- Legal: 215-563-0658
- 1348 Bainbridge Street
- “We provide quality comprehensive health and wellness services in an LGBTQ-focused environment, while preserving the dignity and improving the quality of life of the individuals we serve”

Bebashi

- <https://www.bebashi.org/>
- 215-769-3561
- 1700 Spring Garden Street
- “Bebashi’s mission is to empower Black and Brown people to enhance the quality of their health and overall well-being by providing access to culturally sensitive high-quality healthcare, HIV/AIDS services, health education, and social services.”

Colours Organization

- <https://coloursorganization.org/>
- 215-832-0100
- 211 Chestnut Street, Suite 910
- “The Colours Organization’s mission is to impact, improve, and empower the lives of LGBTQ+ communities of color, especially those of the African diaspora, within the greater Philadelphia metropolitan area. With an intentional focus on holistic wellness and safety, intersectionality, and community mobilization, we strive to support and uplift the experiences of those too often left in the margins.”

LGBTQ+ Elder Initiative

- <https://lgbtelderinitiative.org/>
- 215-720-9415
- 1315 Spruce Street
- “The LGBT Elder Initiative (LGBTEI) is committed to assuring that lesbian, gay, bisexual and transgender older adults have rights and opportunities to live vibrant, creative and mutually supportive lives. To achieve this vision, the mission of the LGBTEI is to foster and advocate for services and resources that are competent, culturally sensitive, inclusive and responsive to the needs of LGBT elders in the Delaware Valley and beyond.”

Philly Black Pride

- <https://phillyblackpride.org/>
- P.O. Box 22515, Philadelphia PA 19110
- “Our mission is to transform the living and social environments of Lesbian, Gay, Bisexual, Transgender and Queer (LGBTQ) people of color. We aim to create opportunities that educate, inspire, improve and celebrate the experiences of LGBTQ individuals.”

Philly Asian Queer

- <https://phillyasianqueer.com/>
- “Philadelphia Asian & Queer (PAQ) is a volunteer, social organization that strives to engage queer (LGBTQIA+), Asian/Asian-American folks within the greater Philadelphia area. Through a range of advocacy, social, and supportive programming, we commit to building and uniting our collective voices as a queer, Asian/Asian-American community.”

Questioning and Coming Out

Human Rights Campaign (HRC)

- <https://www.hrc.org/resources/coming-out>
- “Coming out in order to live openly isn’t something you do once, or even for one year. It’s a decision that we make every single day of our lives. Every coming out experience is unique and must be navigated in the way most comfortable for the individual. Whether it’s for the first time ever or the first time today, coming out can be an arduous journey. It is also a brave decision to live authentically.”

Advocates for Youth

- <https://www.advocatesforyouth.org/?s=i+think+i+might+be>
- Excellent series of PDF resources for young people who are questioning their gender identity or sexuality and contemplating coming out. Resources can be found in English, Spanish, and Arabic. It also has resources for questioning Muslims.

Family

Philadelphia Family Pride

- <https://www.philadelphiafamilypride.org/>
- “PFP is an inclusive community for LGBTQ+ prospective parents and families to engage in social events, education and advocacy. We strive to create a fun, reflective and supportive environment where our diverse identities are valued and nurtured while working to promote a more just world.”

PFLAG Philly Chapter

- <https://www.pflagphila.org>
- 215-572-1833
- “PFLAG is the first and largest organization for lesbian, gay, bisexual, transgender, and queer (LGBTQ+) people, their parents and families, and allies.”

LGBTQ Family Building Program

- <https://www.pennmedicine.org/for-patients-and-visitors/find-a-program-or-service/penn-fertility-care/lgbtq-family-building>
- “Penn Fertility Care is proud to support gay, lesbian and transgender individuals in creating families. We know there are multiple paths for starting or building a family for LGBTQ people, and we are here to help you achieve your goals.”

Youth

The Attic Youth Center

- <https://atticyouthcenter.org/>
- 215-545-4331
- Some resources offered:
 - Life Skills Center: Activity groups, life coaching, internships, mentoring, leadership development, computer time.
 - Sexual Health: HIV prevention education, risk counseling services, support groups.
 - Mental health and Resources: Counseling and case management, contact counseling@atticyouthcenter.org

Y-HEP Clinic at Philadelphia Fight

- <https://fight.org/programs/y-hep-health-center/>
- 215-344-1632
- “The Y-HEP Health Center offers an inclusive, trauma-informed, gender affirming approach to healthcare for adolescents and young adults (ages 13-24), providing access to comprehensive primary care, sexual and reproductive health services, integrated behavioral health, PrEP (Pre-Exposure Prophylaxis for HIV), and other relevant social services that aim to address the social determinants of health. The Y-HEP Health Center’s mission is to improve health outcomes and expand access to healthcare for all youth, regardless of insurance status or ability to pay.”
- Navigating Resources: Case Management, Bene Philly Counselor (insurance enrollment, food stamps, benefits), Community Health Worker
- Physical & Sexual Health: Primary Care, PrEP Counselor / PrEP Assistance Program
- Mental Health: Behavioral Health Consultant

galaei Youth Programming

- <https://www.galaeiqtbipoc.org/splat/>
- Drop-in every Wednesday through Friday from 3-6 p.m.
- They support the empowerment and leadership development of

queer youth of color through individual coaching, group support, and community engagement.

- Also runs SOY- Support Our Youth, Project YEAH, and Alternative Prom

Mazzoni Center PACTS Program:

- <https://www.mazzonicenter.org/>
- 215-563-0652
- Stands for: Pediatric and Adolescent Comprehensive Transgender Services (PACTS)
- “We recognize that trans youth and their families have specific needs and questions, and we have developed a comprehensive approach to addressing them. Our collaborative approach to care draws on the input and expertise of multiple departments within Mazzoni Center - medical providers, social workers, therapists, and legal staff - to provide the best possible care for clients. We use an informed consent model, assessing current knowledge and educating the family about treatment options and other medical issues surrounding the social and medical transition process.”

CHOP Gender and Sexuality Development Program

- <https://www.chop.edu/centers-programs/gender-and-sexuality-development-program/about>
- 267-462-5980
- The Gender and Sexuality Development Program offers psychosocial and medical support for gender nonconforming, gender expansive and transgender children and youth up to age 21 and their families.

LGBT National Youth Talkline

- <https://www.lgbthotline.org/talkline.html>
- 800-246-7743
- “Free and Confidential peer support for the LGBTQ and questioning community ages 25 and younger. Callers can speak on different issues and concerns including coming out, gender and/or sexuality, relationship concerns, bullying, isolation, anxiety at school, family issues, HIV/AIDS concerns, safer sex information, suicide, and more.”

Public School Students

Philadelphia Public School Policy 252

- Requires basic treatment of dignity and respect to transgender students.
- Cheat sheet here: <https://upliftphilly.org/wp-content/uploads/2019/06/252cheatsheet.pdf>

GSA's- Gender and Sexuality Alliance

- Many schools have after school clubs that are LGBTQ affirming already established. If your school does not have one, you can look into starting one yourself
- How to start a GSA: <https://gsanetwork.org/resources/start-a-gsa-10-steps/>

College Student Resources

MarcDavid LGBTQ Center: Community College of Philadelphia

- <https://myccp.online/marcdavid-lgbtq-center>
- 215-972-6232
- 1700 Spring Garden Street, Winnet Student Life Building Room S1-19E
- The MarcDavid LGBTQ Center is a one stop resource for LGBTQ Students at Community College of Philadelphia.

Penn LGBT Center

- <https://lgbtc.vpul.upenn.edu/>
- 215-898-5044
- 3907 Spruce Street
- “The Lesbian Gay Bisexual Transgender Center enriches the experience, fosters success, celebrates victories, and affirms the existence of Penn’s LGBTQ+ undergraduates, professional and graduate students, staff, faculty, and alumni using the lenses of social justice and intersectionality.”

Temple IDEAL Office

- Office of Institutional Diversity, Equity, Advocacy and Leadership (IDEAL)
- <https://diversity.temple.edu/institutional-diversity/lgbtqia-services>
- Offers Lavender Graduation, National Coming Out Week, Out Temple University, and Queer Lunch Dialogues, among other resources

Drexel Gender and Sexuality Resource Space

- <https://drexel.edu/oed/reporting/OED-1/resources/>
- Queer Student Union
- Gender inclusive housing, single stall restrooms, LGBTQ anti-discrimination policy.

St. Joseph's University

- <https://www.sju.edu/dei/lgbt>
- SJUPride, an LGBTQQIAA+ student group, chosen name and identity policies, gender-inclusive bathrooms, safe zone training.

College Scholarship Opportunities

- Human Rights Campaign LGBTQ+ Student Scholarship Database: <https://www.hrc.org/resources/scholarships>

Housing for Youth

Valley Youth House

- <https://www.valleyyouthhouse.org/>
- 1-888-468-7315
- Street outreach program for runaway and homeless youth up to age 21.
- Many different services from prevention, to intervention, emergency services, independent living and permanency services, and therapeutic recreation and adventure.
- A full list of services is here: https://www.valleyyouthhouse.org/wp-content/uploads/2020/04/VYH_Resource-Guide_Agency-Wide.pdf

Gloria Casarez Residence

- <https://www.projecthome.org/gloria-casarez-residence>
- 215-309-5227
- Provides 30 LGBTQ-friendly affordable homes for young adults (ages 18-23 at entry) who are homeless, have experienced homelessness or are at risk of homelessness, including those aging out of foster care.

Youth Emergency Service

- <https://ysiphilly.org/youth-emergency-service/>
- 215-787-0633
- “Youth Emergency Service (YES) offers immediate housing and respite to youth facing housing insecurity or who are unable to safely live with family. YES provides a safe, supportive environment, on-site medical care, education support, youth-centered activities, links to resources and support to continue in school or get reconnected. Older youth are walking distance from the Achieving Independence Center (AIC). Yearly, YES provides these support services to more than 400 adolescent boys and girls between the ages of 12 and 17.”

Covenant House

- <https://www.covenanthousepa.org/learn-more/where-we-serve>
- 215-951-5411
- “Provides emergency shelter, transitional housing, rapid rehousing, and street outreach. There are connections to medical, educational, vocational, and religious services.”

Adult Housing

Morris Home

- <http://www.rhd.org/morrishome>
- 215-729-3045
- Residential and recovery program for people who are transgender.

Way Home

- <https://www.selfincorp.org/programs-services>
- 215-852-0874
- wayhome@selfincorp.org
- “Provides rapid rehousing and rental assistance for LGBTQ+ folks who are low income (at or below 30% of Section 8 Area Medium Income) or are “literally homeless” (meaning on the street, in a place not suitable for living, or in an emergency shelter). The program is explicitly LGBTQ+ affirming, transgender competent, anti-racist, and bilingual (Spanish/English)”
- All referrals come from the Office of Homeless Services Clearinghouse through three methods:
 - Update OHS Housing assessment by answering yes to the question about housing for LGBTQ+ people.
 - Fill out a short form at bit.ly/WayHomeApply (English) or bit.ly/CaminoAlHogar (Spanish).
 - Contact the email above with the person’s legal name and preferred name, DOB, HMIS ID # if they have one, and contact information.

LGBTQ Home for Hope

- <https://lgbtqhomeforhope.wordpress.com/contact/>
- 215-867-8885
- Provides shelter and transitional living support for LGBTQ+ adults. It also has a recovery program.
- The program is 100% sober, no drugs or alcohol may be used inside or outside the facilities.

Queer Philly Housing

- <https://www.facebook.com/groups/qphillyhousing/about/>
- Closed group for LGBT+ identified people in search of housing or housemates in and around Philadelphia. Interested folks must answer membership questions.

Helpful Housing Based Hotlines

- Eviction Prevention Project: 267-443-2500
- Homelessness prevention Hotline: 215-686-7177
 - It may take up to 72 hours to receive a response.

Food Pantries

Bebashi Food Pantry

- <https://www.bebashi.org/hunger-relief/>
- 1235 Spring Garden Street, Philly 19123
- Open Monday-Friday 11am-4pm
- “Bebashi clients can automatically access the food pantry once a month. If you are not a client of Bebashy you will need a referral letter from a social worker. The referral needs to be dated for the current month and should include family size and the last four digits of recipients Social Security Number.”

MANNA

- <https://mannapa.org/>
- info@mannapa.org
- Their meal program is a temporary service. Qualification for service and the amount of time that each client receives MANNA meals is based on individual needs and is determined by our Nutrition & Client Services Department.
- MANNA cooks and delivers nutritious meals to neighbors in the Greater Philadelphia area who are battling a serious illness.
- *There are two easy ways to apply for MANNA’s meal and nutrition counseling services:*
 - A medical professional (doctor, dietitian, physician’s assistant, nurse practitioner, case manager, etc.) can complete a MANNA Referral Form and fax it to our Nutrition & Client Services department at (215) 496-9102.
 - You can also refer yourself by calling (215) 496-2662 x5. Our Nutrition & Client Services team will assist you and coordinate with your healthcare provider to complete the required referral form.

Mazzoni Center Food Bank

- <https://www.mazzonicenter.org/supportive-services/food-bank>
- 1348 Bainbridge Street, Philly 19147
- Hours: Monday, Wednesday, Thursday, Friday 9:30am-12:30pm, 1:30pm-4:30pm
- “Any individual and their dependent members of their household living in Philadelphia and the surrounding counties is eligible to access Mazzoni’s emergency food bank with a referral from their case manager or medical provider. Clients must also be Ryan White certified. Referred individuals may access the food bank two times per month and receive the equivalent of four meals for each member of their household at each visit. Clients are provided with additional resources such as information on other local/ neighborhood food cupboards and information on accessing SNAP (food stamps).”

General Food Pantry Access

- Call 311 for help finding a food pantry near you. Make sure to call the pantry in advance to confirm their hours.
- Text your zip code to 1-800-548-6479 to receive a list of food pantries near you.
- Find an interactive directory at www.phillyfoodfinder.org.

BenePhilly

- <https://www.phila.gov/programs/benephilly/>
- 844-848-4376
- benephilly@phila.gov
- “BenePhilly offers free, one-on-one help to enroll Philadelphia residents in public benefit programs. These programs can help you afford some expenses, such as: Prescription drugs, health insurance, food, property taxes, heat and other utilities, paying for college, disability benefits. A BenePhilly counselor can fill out public benefit applications with you and follow up on the status of your applications.”

Substance Use and Recovery

William Way Recovery Meetings

- <https://www.waygay.org/recovery>
- 1315 Spruce Street, Philly 19107
- info@waygay.org (Email for the latest information)
- “The Center is proud to provide space to a number of recovery communities. While meetings aren’t formal programs of the Center, support for the process of personal and communal recovery is at the core of our mission.”

- “Most meetings are held in our Recovery Room, just off the main lobby. If you wish to attend a meeting but are concerned about maintaining anonymity, please feel free to go directly through the doorway on the east wall of the lobby and up one flight of stairs to the Recovery Room.”
- Night Owl (AA) 7 days a week 11:30pm to 12:30am

Mazzoni Center All Recovery Meeting

- <https://www.mazzonicenter.org/events/all-recovery-meeting>
- “Mazzoni Center’s All-Recovery meeting is open to LGBTQ+ individuals affected by substance use who are seeking additional support for substance related issues.”
- Meetings are suspended as of October 2022; the above link has resources for alternative meeting spaces and the latest information.

Morris Home

- <https://www.rhd.org/morrishome/>
- 215-729-3045
- “Morris Home supports trans- and gender-nonconforming individuals as they develop the knowledge, skills and supports necessary to promote sobriety, manage emotional and behavioral difficulties, choose and maintain safe and healthy lifestyles, and develop healthy relationships with peers, family and the community. Morris Home, the only residential recovery program in the country to offer comprehensive services specifically for the transgender community, provides a safe, recovery-oriented environment in which people are treated with respect and dignity.”

New Beginnings at Philadelphia FIGHT

- <https://fight.org/programs/new-beginnings/>
- 215-525-8657
- 1211 Chestnut Street, Suite 610, Philly 19107
- “New Beginnings is a licensed Intensive Outpatient Program (IOP), located in a brand-new facility with state-of-the-art group rooms. Their mission is to help individuals struggling with Drug and Alcohol Use Disorder to establish and maintain recovery. Their dedicated counselors and staff are committed to offering individualized and person-centered treatment. We believe that there are multiple pathways to recovery-based individual’s unique strengths and personal experiences. It is a 9-12 month program.”

Prevention Point/Project SAFE:

- <https://ppponline.org/services>
- 866-509-SAFE & 215-634-5275
- “Our Mission: To promote health, empowerment and safety for communities affected by drug use and poverty. Prevention Point is

working towards a world in which: There will be social and economic justice for disenfranchised people. Behaviors such as drug use will be viewed as ever-present parts of the human experience. Services and support to reduce the harm associated with risky behavior will be readily available through social service and public health systems that are welcoming, nonjudgmental, and non-criminalized.”

- Offers medical, behavioral health, prevention, housing, and community engagement/volunteer services. Also has a Drop In Center.
- Drop in for Women’s Night (inclusive of trans women) every Tuesday from 6-9pm. Food, music, safer sex & injection supplies, bad date sheets & more

LGBTQ+ Social Events That Do Not Center Alcohol

The Aviary

- <http://theaviaryphilly.com/>
- “The Aviary is an improvisational interactive theater night focusing on ontological deconstruction of the political theory concepts of Contract and Domination, as put forth by Carole Pateman and Charles Mills. It often utilizes concepts that involve fetish, as well as BDSM.”
- \$25 at the door, 18+
- Held at The William Way Center, 1315 Spruce St.

General LGBTQ+ Support Groups

Fishtown Wellness Queer and Polyam

- <https://fishtownwellness.com/events/list/>
- “This group event is specifically for members of the LGBTQIA+ population who are navigating polyamory and nonmonogamous relationships. Centers on creating community, building support, and sharing tools, skills and other resources to help you and your partner(s) navigate these challenges during these stressful times!”
- Every second Monday from 7-9pm.

Trans Support Groups

Fishtown Wellness Trans & Gender Nonconforming Support Group

- <https://fishtownwellness.com/events/list/>
- A peer-led space for individuals aged 18-30 that occurs the first Monday of the month.
- “A monthly support group for individuals whose gender identity differs from the gender they were assigned at birth. This space will be offered so that folks can build community and provide support for each other.”

Evolutions

- <https://www.mazzonicenter.org/events/evolutions-18>
- Held at Mazzoni Center
- Thursdays at 5pm
- “A drop-in group for anyone identifying along the transgender spectrum (or questioning their gender identity), offering support and psycho-education surrounding issues of gender, such as gender identity, gender presentation, and coming out to friends and family. This group provides a positive and supportive environment for people to explore their own evolution, as well as offer their support to others. Must be over 18.”

William Way Trans Programs

- <https://www.waygay.org/trans>
- Trans Way
 - Thursdays at 7pm
 - “A weekly drop-in social group for trans and gender non-conforming people. Light refreshments included and topics vary.”
- Coffee Talk
 - Meets the 1st and 3rd Wednesdays of each month at 7pm
 - “Coffee Talk is a social gathering for people who identify as trans, genderqueer or non-binary, and their allies. This is an all-inclusive, non-threatening safe space for people to engage with one another.”

Sisterly Love

- <https://www.mazzonicenter.org/events/sisterly-love>
- Held at Mazzoni Center
- For the TGNCNB Fem Community
- Every 3rd Friday of the month 3pm-5pm
- “This Group will empower community through opportunities to organize within community, and become active leaders who influence actions, policies, and decisions that directly affect the Trans community here at Mazzoni Center and in our community.”

OUR Space

- <https://www.mazzonicenter.org/events/our-space>
- Held at Mazzoni Center
- For anyone identifying along the transgender spectrum or questioning their gender identity.
- Wednesdays from 5pm-8pm
- “OUR Space offers a variety of medical, social, and emotional supports to members. While the program initially focused on reducing the HIV Incidence within trans communities, it has become a lightning rod for trans advocacy and engagement across the city.”

POC Centered LGBTQ+ Support Groups

LGBT HIV Support Group at Bebashi

- <https://www.bebashi.org/support-groups/>
- Held in the Kiki lounges at Bebashi
- First Wednesday of the month from 5:30-6:30pm
- For folks that have HIV who are BIPOC and LGBTQ
- “Support group participants learn about new treatment options, coping with side effects, and strategies to improve their health and wellbeing.”

TINGS at Galaei

- <https://www.galaeiqtbipoc.org/tings/>
- TINGS stands for Trans Intersex Nonbinary Gender-nonconforming Services
- “TINGS offers group meetings that include but are not limited to: Trans Masc Bi-Weekly Group, Trans Fem Bi-Weekly Group, Non-Binary Weekly Group.”

LGBTQ+ Sexual and Domestic Violence Groups

LGBTQ+ Sexual Violence Support Group

- <https://www.woar.org/closed-therapeutic-groups/>
- The LGBTQ+ group is the second to last option
- Held at WOAR: Philadelphia Center Against Sexual Violence
- Wednesdays from 5:30-7pm
- Call 215-985-3333 to do an intake
- A support group for LGBTQ+ folks of all genders to process sexual trauma. Enrollment is ongoing and groups are closed. Groups run for 10-12 weeks.

Intersex Resources and Support Groups (Online)

Interconnect

- <https://interconnect.support/>
- “InterConnect is committed to building a community for all intersex people, their families, and allies. A space where you are heard, valued, and embraced regardless of race, gender, sexuality, ethnicity, socio-economic background, ability, experience, or perspective. A community where you can bring your whole self. We’re in this together, join us.”
- Offers education and resources for intersex folks and their allies.

Intersex Society of North America

- <https://isna.org/>
- “The Intersex Society of North America (ISNA) is devoted to systemic change to end shame, secrecy, and unwanted genital surgeries for people born with an anatomy that someone decided is not standard for male or female.”
- Offers resources, education, and support groups.

Religious Support Groups

Jewish Family and Children Services (JFCS)

- <https://jfcsphilly.org/lgbtq-services-programs/>
- Offers numerous support groups including:
 - LGBTQ+ Adults
 - LGBTQ+ Grief
 - LGBTQ+ Jewish Teens
 - LGBTQ+ Youth Art Group for Connection and Community
 - Parents of Transgender Individuals
 - Relatives of LGBTQ+ Individuals

HIV Support Groups

Bebashi HIV Support Groups

- <https://www.bebashi.org/support-groups/>
- HIV Co-Ed support Group, every 1st and 3rd Tuesday from 1:30-2:30pm
- HIV Women’s Support Group, every 2nd and 4th Wednesday from 10-11am
- LGBT Support Group, 1st Wednesday of the month during Kiki Lounges from 5:30-6:30pm

Thrivers

- <https://lgbtelderinitiative.org/thrivers/>
- Through the LGBT Elder Initiative via William Way
- Meetings occur monthly, access the calendar at <https://lgbtelderinitiative.org/events/>
- “THRIVERS is a monthly discussion group for people impacted by HIV that relies on the personal expertise within our communities to help one another get the most out of life and to take advantage of the opportunities before us.”

Counseling and Therapy

List of Self-Identified Queer and Trans Therapists in Philly

- <https://www.restorativeconnection.com/resources.html>
- Information on the website includes social/cultural identifiers and basic information on how they practice. Please contact the practitioners directly for more information.

National Queer and Trans Therapist of Color Network

- <https://nqttcn.com/en/>
- “The National Queer and Trans Therapists of Color Network (NQTTCN) is a healing justice organization committed to transforming mental health for queer and trans people of color (QTPOC). We work at the intersection of movements for social justice and the field of mental health to integrate healing justice into both of these spaces. Our overall goal is to increase access to healing justice resources for QTPOC.”

Latinx Therapy Directory

- <https://latinxtherapy.com/>
- “Latinx Therapy was founded in 2018 with the mission to destigmatize mental health in the Latinx community. Since then, we have expanded to become... a national directory to find Latinx Therapists (98% of our directory are Spanish speakers).”

Asians For Mental Health

- <https://asiansformentalhealth.com/>
- Asian/Pacific Islander therapy directory organized by state.

Inclusivetherapists.com

- <https://www.inclusivetherapists.com/united-states/pennsylvania>
- “We center the needs of Black, Indigenous, and People of Color (BIPOC) and the 2SLGBTQIA+ community. We honor the full neurodiversity spectrum and advocate for mental health care accessibility for people with disabilities/disabled people.”
- This website can help connect you to inclusive therapists in your area.

William Way Peer Counseling

- <https://www.waygay.org/peer>
- Hours: Monday through Friday, 6-9pm
- 267-416-0451 or 215-732-8255
- Email: lgbtqpeer counseling@yahoo.com
- “Peer counselors are not therapists, and we do not diagnose or prescribe medication. We are volunteers trained and supervised by mental health professionals. We work closely with our clients to help them make changes and see results. We also offer clients

referrals to resources and information on a variety of issues including local organizations, support groups, and LGBT-friendly therapists.”

The Therapy Center of Philadelphia

- <http://www.therapycenterofphila.org/>
- Call the intake team at 215-567-1111
- 215 South Broad Street, Philadelphia PA 19107
- Sliding scale, accepts AETNA Student Health and Penn Behavioral Health Insurance.
- “Therapy Center of Philadelphia (TCP) nurtures individual well-being and personal growth by providing high-quality, affordable psychotherapeutic services to women, transgender, and gender non-conforming communities. We work from an intersectional framework that attends to aspects of social location and oppression as integral to the therapy relationship and work.”

Mazzoni Center Therapy

- <https://www.mazzonicenter.org/supportive-services/therapy-and-recovery/individual-couples-and-family-therapy>
- Intake specialist: 215-563-0652 ext. 248
- Accepts insurance, offers a sliding scale for the uninsured, also participates in the PA Medicaid Program.
- “Our behavioral health team offers individual and couples family therapy to support your emotional and physical well-being. Whether you’re struggling with depression or anxiety, exploring your identity, examining your substance use, or you just need some support, we can help.”

Einstein Pride Program

- <https://www.einstein.edu/mental-health>
- LGBTQ Outpatient care: 215-420-0989
- “Einstein Healthcare Network provides comprehensive mental and behavioral health services through our hospitals in the Philadelphia region.”

Walnut Street Psychotherapy

- <https://www.walnutpsychotherapycenter.com/service-types>
- 215-563-7863
- Individual, family, couples and group therapy.
- “ At Walnut, we honor and defer to each client’s self-determination as we help them to work towards clearly and precisely articulating the nuance and texture of their identities. We co-construct a study of the multiple obstacles that society poses as the attempt towards self-actualization is taking shape.”

Key Therapy and Wellness

- <https://www.keytherapywellness.com/>
- To request an appointment: <https://www.keytherapywellness.com/request-appointment>
- Offers individual, couples, family, and sex therapy. “Every therapist at Key Therapy & Wellness is LGBTQAI+ affirming, actively practices anti-racist work, and believes in health at every size. We also celebrate neurodivergent people.”

Philadelphia Institute for Individual, Relational, and Sex Therapy

- <https://phiirst.com/>
- 267-519-0241
- Offers individual, couples, and sex therapy and has several explicitly LGBTQ+ affirming therapists.
- “Philadelphia Institute for Individual Relational & Sex Therapy is a practice of highly trained and specialized therapists dedicated to helping people gain greater insight and create greater joy in their lives.”

LGBTQ Counseling at Emerge Wellness

- <http://therapy.lgbt/>
- 267-225-3905
- “We are an LGBTQ owned and operated private therapy practice located in Center City, Philadelphia. Founded in 2013, our is to provide LGBTQ+ adolescents, adults, couples, and families with quality therapy in a safe and empathetic environment. All of our therapists identify as community members or strong allies and are competent in areas of concern to this community. PLEASE NOTE: We do not accept insurance.”

Fishtown Wellness Center

- <https://fishtownwellness.com/>
- 1-267-764-1997
- “Fishtown Wellness Center helps individuals and families create, cultivate, and sustain the life they want to live. The mission of Fishtown Wellness is to enable individuals and families to create a life of well-being and balance. We do this by providing evidence-based, holistic approaches to mental, emotional, and behavioral health.”
- Accepts some insurance and offers a sliding scale

Psychiatrists

Einstein Pride Psychiatry, Dr. Sarah Noble

- <https://providers.einstein.edu/provider/Sarah+Noble/1451478>
- An appointment can be requested at the above link
- "Sarah... focuses on LGBTQ mental health care, and is the secretary for the AGLP, the national organization for LGBTQ psychiatrists. She is currently creating curricula for her department as well as working with a hospital wide group to improve LGBTQ care. Working with the Einstein Healthcare Network obstetrics department, Sarah and Dr. David Jaspán have created the Pride Clinic, which specializes in LGBTQ competent care."

Jessica M. Plotcher, CRNP

- <https://rittenhousepa.com/providers/jessica-m-plocher-crnp/>
- Scheduling@RittenhousePA.com
- LGBTQIA Welcoming

Suicide & Crisis Hotlines: General

Trans Lifeline

- <https://translifeline.org/>
- 877-565-8860
- "Trans Lifeline provides trans peer support for our community that's been divested from police since day one. We're run by and for trans people."
- They will NOT call the police on a caller. "We use an abolitionist framework that preempts crises by connecting trans people with each other, because the most powerful tool we have for safety is each other."

LGBT National Hotline

- <https://www.lgbthotline.org/national-hotline.html>
- 888-843-4564
- help@LGBTHotline.org
- Hours: Monday through Friday 4pm to midnight EST, Saturday from noon to 5pm EST.
- "We provide a safe space that is anonymous and confidential where callers can speak on many different issues and concerns including, but not limited to, coming out issues, gender and/or sexuality identities, relationship concerns, bullying, workplace issues, HIV/AIDS anxiety, safer sex information, suicide, and much more."

Suicide & Crisis Hotlines: Youth

LGBT National Youth Hotline

- <https://www.lgbthotline.org/youth-talkline.html>
- 800-246-7743
- Hours: Monday to Friday 4pm-midnight EST, Saturday from noon-5pm EST
- help@lgbthotline.org
- “Free and Confidential peer support for the LGBTQ and questioning community ages 25 and younger. Sometimes you may need just to talk, or hear a kind voice. We’re here. You deserve to be heard. You deserve respect, support, affirmation and acceptance.”

Trevor Project

- <https://www.thetrevorproject.org/get-help/>
- Text start to 678-678
- Call 1-866-488-73386
- Send a chat message using the link above
- “You’ll be connected to a Trevor counselor who is understanding of LGBTQ issues and won’t judge you. All of your conversation is anonymous, and you can share as much or as ^[1]_[SEP] little as you like. *In very specific instances of abuse or a clear concern of an in-progress or imminent suicide, Trevor counselors may need to contact a child welfare agency or emergency service.*”

Suicide & Crisis Hotlines: Older Adults

LGBT National Senior Hotline

- <https://www.lgbthotline.org/senior-hotline.html>
- Call 888-234-7243
- Email: help@lgbthotline.org
- “Often times our LGBT seniors can feel isolated and cut off from the rest of the community. No matter where they live, LGBT seniors have a place to call when they need peer support, information and local resources.”

Sage National LGBT Elder Hotline

- <https://www.sageusa.org/what-we-do/sage-national-lgbt-elder-hotline/>
- Call 877-360-5428
- Available 24/7 in English and Spanish with translation in 180 languages
- “Talk and be heard at the SAGE LGBTQ+ Elder Hotline. We connect LGBTQ+ older people who want to talk with friendly responders who are ready to listen. If you are an LGBTQ+ elder or care for one, call the free SAGE Hotline, toll-free, at 877-360-LGBT (5428).

Hotline responders: are certified in crisis response, offer support without judgment, answer questions factually and confidentially, provide information about community support resources such as: healthcare, transportation, counseling, legal services, and emotional support programs.”

Intensive Outpatient Programs (IOP)

**LGBTQ People have had harmful histories with the medical system. Please consider this when recommending engagement in these systems. Additionally consider the mental health systems that may involve police and if your client will feel safe.*

Mazzoni Center Recovery Services (IOP/OP)

- <https://www.mazzonicenter.org/supportive-services/therapy-and-recovery/recovery-services-iopop>
- To get started fill out the intake form: <https://www.mazzonicenter.org/supportive-services/therapy-and-recovery/recovery-services/intensive-outpatient-program-iop/getting>
- “We offer a LGBTQ+ focused high intensity recovery program for substance use. Our recovery services provide affirming, safe and respectful treatment opportunities promoting growth and self-discovery. Our recovery program distinguishes itself from other treatment programs because it creates a holistic, comprehensive, affordable, and most importantly: safe treatment experience exclusively for LGBTQ+ people. We recognize a one-size-fits-all approach does not work for everyone. First and foremost, our approach is person-centered and affirming, recognizing that everyone’s path to recovery is different.”

HIV Case Management

Mazzoni Center Case Management and Housing

- <https://www.mazzonicenter.org/supportive-services/case-management-and-housing>
- careservices@mazzonicenter.org
- “Medical case management is a critical component of our services for people living with HIV. Our medical case management program is staffed by qualified, compassionate professionals who dedicate themselves to serving the particular needs of each client. Recognizing that there are many factors that can impact health, we take a holistic approach to providing care services.”

Bebashi

- <https://www.bebashi.org/medical-case-management>
- 217-769-3561
- “Today, people with HIV live long, healthy and productive lives. Ongoing primary care and adherence to a prescribed treatment plan are critical to overall health and wellness. Bebashi’s Medical Case Management services help HIV positive clients access care, adhere to treatment, and obtain resources and support to improve their health and quality of life.”

Action Wellness

- <https://www.actionwellness.org/>
- 215-981-008
- Case managers are fluent in multiple languages including Spanish, French, Arabic, and ASL.
- “Establishing trust through one-on-one relationships, our Medical Case Managers work closely with clients to coordinate care, navigate through complex government systems, and expertly access medical, social, legal, and emergency services. We take great pride in the innovative programs we have developed and launched that uniquely address unmet client needs with measurable outcomes.”

Temple Comprehensive HIV Program

- <https://www.templehealth.org/services/comprehensive-hiv>
- 215-707-2401
- “The Temple HIV Program, a Ryan White Title 1 grantee, can assist with specialized medication assistance, rapid HIV testing and STD screening and treatment. We also have preventative services such as PrEP (Pre-exposure Prophylaxis). The program recently added telemedicine HIV services with the Department of Corrections in Pennsylvania. The program serves traditionally underrepresented minorities and women in a practice setting, fully integrated into the ambulatory medical offices. We do accept patients that do not have insurance. We have bilingual staff who speak Spanish.”

Housing Case Management

Valley Youth House Pride Program

- <https://www.valleyyouthhouse.org/programs/lgbtq-services/pride/>
- 215-925-3180
- “Pride provides housing and supportive services for homeless lesbian, gay, bisexual, transgender, queer and questioning (LGBTQ) youth. Youth are provided a safe place to be themselves and gain support to make the typical transitions that occur during late adolescence and early adulthood.”

Primary Care: Adult

Einstein Pride Program

- <https://www.einstein.edu/pride-program>
- For scheduling: 215-420-0989
- Offers “comprehensive general LGBTQIA+ medicine” which includes HIV services, PrEP and PEP, medication assisted treatment for substance use disorders, gender affirming hormone treatment, routine preventative OB/GYN care and contraception, comprehensive general medicine.”

Penn Medicine LGBTQ Health Program

- <https://www.pennmedicine.org/for-patients-and-visitors/find-a-program-or-service/lgbtq-health>
- View the LGBTQ patient services handbook here for a list of LGBTQ competent providers: https://www.pennmedicine.org/-/media/documents%20and%20audio/patient%20guides%20and%20instructions/lgbt%20health/lgbt_systemwide_providerguide.ashx?la=en
- “The Penn Medicine Program for LGBTQ Health connects patients with compassionate and skilled providers across the health system who offer culturally competent care in a judgment-free setting. We strive to meet your unique health needs and address your individual health concerns.”

Mazzoni Center Primary Care Services

- <https://www.mazzonicenter.org/health-care/primary-care-services>
- Call 215-563-0658 (option 1) Monday through Friday 9am-5pm EST
- “As a family medical practice, we see patients of all ages. We are committed to providing care to all who need it, so we accept most major insurance plans and offer a sliding scale option for those who are uninsured while we assist them with obtaining insurance coverage. Our primary care services include: preventative care and routine physicals for all ages, chest and cervical health care, sexual health services, management of chronic health problems, HIV care, PrEP and PEP, hepatitis C treatment, behavioral health consultation, gender affirming services (including hormone therapy), an onsite full-service pharmacy.”

Temple Health LGBTQ Health

- <https://www.templehealth.org/services/lgbtq-health>
- To schedule: 800-836-7536 between 8am and 5pm EST Monday through Friday
- Can also request an appointment via this link: <https://www.templehealth.org/schedule-appointment>
- “Our designated LGBTQ Affirming Care Providers are dedicated

and specially trained clinicians who share a common mission of providing clinical care to meet the needs of the LGBTQ community. They're devoted to making sure all of our patients, regardless of race, ethnicity, religion, sexual orientation, and gender identity are treated with dignity and respect."

Planned Parenthood

- <https://www.plannedparenthood.org/planned-parenthood-southeastern-pennsylvania/patients/transgender-health-care>
- Fill out the waitlist form at the above link for gender affirming care.
- "We want you to have the best patient care experience possible. For far too many in the transgender community, high-quality, affirming, and culturally competent health care is hard to find. Providing gender affirming care services aligns with our mission of enabling all people to make empowered, informed decisions about their bodies and lives. We are committed to providing care that is supportive of transgender and gender nonconforming patients."

Primary Care: Youth

Y-HEP Clinic

- <https://fight.org/programs/y-hep-health-center/>
- 215-344-1632
- "The Y-HEP Health Center offers an inclusive, trauma-informed, gender affirming approach to healthcare for adolescents and young adults (ages 13-24), providing access to comprehensive primary care, sexual and reproductive health services, integrated behavioral health, PrEP (Pre-Exposure Prophylaxis for HIV), and other relevant social services that aim to address the social determinants of health. The Y-HEP Health Center's mission is to improve health outcomes and expand access to healthcare for all youth, regardless of insurance status or ability to pay."

Mazzoni Center Youth Drop-In Clinic

- <https://www.mazzonicenter.org/dropin>
- Wednesdays from 5pm to 7pm EST, patient registration time is between 4:30pm-6pm to be triaged for a visit.
- Provides sliding scale services for patients without health insurance.
- "Our youth drop-in clinic offers young people, ages 14 to 24, walk-in access to medical care and social services through our family medicine practice. Medical services at drop-in include STI screening and treatment, access to PrEP (pre-exposure prophylaxis), PEP (post-exposure prophylaxis), HIV care, birth control, and mental health care. Our drop in team consists of clinicians, case managers, and medical assistants. In addition to medical care, we can provide direct referrals for legal services, housing, and food bank."

CHOP Gender and Sexuality Development Program

- CHOP = Children’s Hospital of Philadelphia
- <https://www.chop.edu/centers-programs/gender-and-sexuality-development-program>
- 267-426-5980
- “The Gender and Sexuality Development Program offers psychosocial and medical support for gender nonconforming, gender expansive and transgender children and youth up to age 21 and their families. Our multidisciplinary team, led by Nadia L. Dowshen, MD, and Linda Hawkins, PhD, MEd, LPC, includes specialists in gender identity development from Social Work and Family Services, Adolescent Medicine, Endocrinology, and Behavioral Health. We work with your family to best meet the needs of your child or youth who is transgender or gender nonconforming. We also provide consultation and training for providers and organizations interested in learning how to better serve the needs of gender nonconforming youth.”

Legal Transition

TLDEF: Transgender Legal Defense & Education Fund

- <https://transgenderlegal.org/>
- <https://transgenderlegal.org/our-work/name-change-project/>
- “Transgender Legal Defense & Education Fund is committed to ending discrimination based upon gender identity and expression and to achieving equality for transgender people through public education, test-case litigation, direct legal services, and public policy efforts.”

Mazzoni Center Legal Services

- <https://www.mazzonicenter.org/supportive-services/legal-services>
- 215-563-0657
- legalservices@mazzonicenter.org
- “Our Legal services team provides free or low-cost legal advice and assistance to LGBTQ people on issues related to their LGBTQ identity, with an emphasis on helping low-income and lower-income, underserved populations. We are the only program in the commonwealth of Pennsylvania that does so.”

Philadelphia Gay News

- <https://epgn.com/>
- Will publish required name change advertisement for free.

Social Transition

Pronoun Help

- <https://www.mypronouns.org/what-and-why>
- Explains what pronouns are and why they matter.

Bebashi's Trans Necessities Closet

- <https://www.bebashi.org/bebashi-transnecessities-closet-empowering-philadelphias-transgendered-and-gender-non-conforming-community/>
- 215-769-3561
- “Through the TransNecessities Closet, individuals have free access to gender affirming items such as clothing, shoes, wigs, accessories, binders, and gaffs. In addition, the organization offers assistance and referrals to obtain legal name changes, identification gender marker changes, and other resources that are necessary for a seamless transition to their true gender identity.”

Plastic Surgeons

Please do research within trans communities about surgeons. Surgeons on this list have indicated that they are trans affirming but that is not a guarantee. We recommend having a consultation with more than one surgeon to see who you feel comfortable with. Please do your own research. Additionally, this is not an all-encompassing list.

Dr. Jared Liebman

- <https://providers.einstein.edu/provider/Jared+Liebman/1451383>
- “Dr. Liebman is an Attending Physician of Plastic and Reconstructive Surgery at Einstein Healthcare Network. He is board certified by the American Board of Surgery.”

Dr. Julia Spears

- <https://www.metropolitanplastics.com/dr-julia-spears-md.php>
- “Dr. Spears, MD is a plastic surgeon with significant teaching experience. She is certified by the American Board of Plastic Surgery.”

Dr. Joseph M. Serletti

- <https://www.pennmedicine.org/providers/profile/joseph-serletti>
- Dr. Serletti is the Chief of Penn Medicine Plastic Surgery and is board certified.

Dr. Ivona Percec

- <https://www.pennmedicine.org/providers/profile/ivona-percec>
- <https://www.pennmedicine.org/cosmetic-services/meet-the-team/meet-the-doctors/ivona-percec>
- Dr. Percec is a board-certified plastic surgeon.

Dr. Bryan J. Cicuto

- <https://providers.upmc.com/provider/Bryan+J+Cicuto/1744514>
- “Bryan Cicuto, DO, specializes in plastic surgery and wound care and is certified by the American Board of Plastic Surgery.”

Help Navigating Surgery

Temple Gender Affirming Surgeries Program

- Only a resource for surgery navigation at Temple Health
- Contact: Dexter Rose, LSCW, gender affirming surgeries manager and care coordinator
 - Office number: 215-707-8427
 - Email: dexter.rose@tuhs.temple.edu
- “Temple Gender Affirming Surgeries Program offers surgical navigation for trans and non-binary patients which often includes referrals and resources”

STI Screening

Mazzoni Center’s Washington West

- <https://www.mazzonicenter.org/testing-and-prevention/hiv-and-sti-testing>
- 215-985-9206
- 1201 Locust Street
- Monday 10am-6pm, Tuesday through Friday 10am-8pm, Saturday 10am-6pm, Sunday closed.
- “We offer free, confidential rapid HIV testing and STI (sexually transmitted infection) screening services in a supportive, non-judgmental environment.”
- Also offers HIV care and treatment for STIs in addition to NPEP and PrEP.

Bebashi

- <https://www.bebashi.org/health-screening/>
- 215-769-3561
- Monday-Wednesday and Friday 9am-4pm, Thursday 9am-7pm.
- “Bebashi offers free, confidential, and anonymous testing and counseling for HIV and other Sexually Transmitted Infections (STIs) as well as for pregnancy and Hepatitis C.”

Planned Parenthood

- <https://www.plannedparenthood.org/health-center/pennsylvania/philadelphia/19107/the-elizabeth-blackwell-health-center-tm-at-locust-street-3361-91460>
- Request an appointment with the link above.
- 1144 Locust Street Philadelphia PA 19107
- Offers numerous STI testing options and will give same day appointments if available.

HIV Specific Organizations

Act Up Philadelphia

- <http://www.actupphilly.org/latest-news>
- “ACT UP stands for the AIDS Coalition to Unleash Power. We are a diverse, non-partisan group, united in anger, and committed to ending the AIDS crisis through direct action. Since its inception, ACT UP has used a diversity of direct action tactics to address social inequities that threaten people living with HIV/AIDS and those at risk of infection, both in Philadelphia and around the world.”

AIDS Fund Philly

- <https://www.aidsfundphilly.org/>
- “AIDS Fund’s mission is to educate about, and increase public awareness of, HIV/AIDS and to provide emergency financial assistance to people living with HIV disease and organizations providing HIV services in our communities.”

AIDS Law Project of Pennsylvania

- <https://www.aidslawpa.org/>
- “Founded in 1988, the AIDS Law Project of Pennsylvania is a nonprofit public-interest law firm providing free legal assistance to people living with HIV and those affected by the epidemic”

Sexual and Domestic Violence

WOAR: Philadelphia Center Against Sexual Violence

- <https://www.woar.org/>
- Hotline: 215-985-3333
- Office: 215-985-3315
- Staff is trained annually in LGBTQ affirming care and can receive case consultation when working with LGBTQ+ clients.
- “WOAR is a non-profit organization in Philadelphia, Pennsylvania. Sexual violence thrives in a society rooted in systemic oppression. WOAR’s mission is to eliminate all forms of sexual violence through specialized treatment services, comprehensive prevention education

programs, and advocacy for the rights of victims of sexual assault. To accomplish this mission, we fight all forms of oppression including racism and gender-based violence.”

Sappho and Laroyce Foundation

- <https://sapphosandroycefoundation.org/>
- “The Sappho and LaRoyce Foundation was formed in 2018 with a mission to help LGBTQ+ and WOMYXN of color to embrace and sustain healing. The organization has since grown into a multipurpose Resource Center offering educational and domestic violence support for the QTBIPOC community.”

Lutheran Settlement House Bilingual Domestic Violence Program

- <https://www.lutheransettlement.org/lsh-services/bilingual-domestic-violence-program/>
- “The Bilingual Domestic Violence Program (BDVP) provides free counseling services for victims and survivors of domestic and dating abuse regardless of gender or sexual orientation. We offer counseling for adults and children, support groups, hotel placements for clients in crisis, and transitional survivor housing. We also collaborate with three other agencies to operate the 24-hour Philadelphia Domestic Violence Hotline.”

Women Against Abuse Safe Havens

- <https://www.womenagainstabuse.org/services/safe-havens>
- **Philadelphia Domestic Violence Hotline:** 1-866-723-3014
- “Women Against Abuse’s two 24-hour emergency safe havens provide free services to survivors of all gender identities and their children who are victims of domestic violence. Services include: up to 90 days of shelter, case management, individual and group counseling, three meals a day, children’s health assessments, emergency relocation funds, adult education and job readiness referrals, afterschool and summer school programs, on site childcare.”

The Network La Red 24 Hour Hotline

- <https://www.tnlr.org/en/24-hour-hotline/>
- 617-742-4911 (voice) 800-832-1901 (toll free)
- “The Network/La Red’s 24-hour hotline provides confidential emotional support, information, referrals, safety planning, and crisis intervention for lesbian, gay, bisexual, queer and/or transgender (LGBQ/T) folks, as well as folks in SM/kink and polyamorous communities who are being abused or have been abused by a partner. We also offer information and support to friends, family, or co-workers on the issue of domestic violence in LGBQ/T communities.”

Resources for People That Cause Harm

Courdea

- <https://www.courdea.org/about-us-2/>
- 215-242-2235
- “Courdea is a Philadelphia-based intervention, treatment, training and education program working to stop harmful behavior and intimate partner violence. For 38 years we have provided therapy for people who have been physically or emotionally hurtful towards their partners and others and wish to change. Our clients learn to stop harmful patterns of behavior and become more loving, peaceful, attentive and caring instead.”

Joseph J. Peters Institute

- <https://jjpi.phmc.org/>
- “Since 1955, Joseph J. Peters Institute has been working to restore hope with dignity by providing expert clinical care for individuals suffering from the effects of trauma and for individuals with a history of sexual misbehavior and/or relational violence. Recognizing that true healing comes when individuals are able to find hope for a better future, our staff seek to develop that hope through the building of trusting relationships with our clients and through the use of proven evidence-based practices.”

Masculinity

Lutheran Settlement House Masculinity Action Project

- <https://www.lutheransettlement.org/lsh-programs/masculinity-action-project/>
- “The Masculinity Action Project is a community education and violence prevention initiative that brings men and masculine-identifying individuals into movements for gender justice. We host workshops and trainings on topics such as: bystander intervention, masculinity and mental health, consent, cooking and other traditionally feminized labor, apologizing and accountability, and many more.”

WOAR: Healthy Masculinity Initiative

- Through WOAR: Philadelphia Center Against Sexual Violence
- <https://www.woar.org/special-projects/#::~:~:text=The%20Healthy%20Masculinity%20Initiative%20is,roles%2C%20and%20sexual%20violence%20prevention.>
- Contact the Education and Training Department at 215-985-3315
- “The Healthy Masculinity Initiative is an education and outreach program that facilitates guided discussions in safe spaces about masculinity, traditional male gender roles, and sexual violence prevention. HMI supports males in the development of emotional literacy as well as aligning males as allies to prevent sexual violence.”

City Wide LGBTQ+ Protections

City of Philadelphia

- <https://www.phila.gov/2017-12-04-philadelphias-lgbtq-protections/>
- The website above provides a comprehensive list of policies that protect LGBTQ+ people in Philadelphia

General Legal Help

Giampolo Law Group

- <https://giampololaw.com/>
- 215-398-6579
- “LGBTQ owned law firm servicing the LGBTQ community for all of your legal needs. From estate planning, adoption, and divorce to LGBTQ employment discrimination; we are the go-to law firm for our community.”

Elder LGBTQ+ Community Housing

John C. Anderson Apartments

- <https://www.pennrose.com/apartments/pennsylvania/john-c-anderson-apartments/>
- Starts at \$843
- “At John C. Anderson Apartments, you’ll find an urban LGBTQ-friendly senior 62+ apartment community where everything you want is brought together: a location in the neighborhood where you want to live, amenities designed to make your life more enjoyable and features that are both modern and centered on comfort.”

Christian Spirituality

Arch Street United Methodist Church

- <https://archstreetumc.org/>
- “Arch Street United Methodist Church is a community of faith-keeping and faith-seeking people who embrace diversity in our congregation and community, and affirm the dignity and worth of every person as created in the image of God.”

Chestnut Hill United Church

- <https://www.chestnuthillunited.org/>
- “An inclusive, lgbtqi-affirming, antiracist, child-friendly United Methodist and United Church of Christ community in northwest Philadelphia”

Dignity Philadelphia

- <https://www.dignityphila.org/>
- “We believe that gay, lesbian, bisexual and transgender Catholics in our diversity are members of Christ’s mystical body, numbered among the People of God. We have an inherent dignity because God created us, Christ died for us, and the Holy Spirit sanctified us in Baptism, making us temples of the Spirit, and channels through which God’s love becomes visible. Because of this, it is our right, our privilege, and our duty to live the sacramental life of the Church, so that we might become more powerful instruments of God’s love working among all people. We believe that gay, lesbian, bisexual and transgender persons can express their sexuality in a manner that is consonant with Christ’s teaching. We believe that we can express our sexuality physically, in a unitive manner that is loving, life-giving, and life-affirming. We believe that all sexuality should be exercised in an ethically responsible and unselfish way.”

Whosoever Metropolitan Community Church of Philadelphia

- <https://whosoevermccp.com/>
- “WMCCP is a Christian church with a primary ministry to the Lesbian, Gay, Bisexual, Transgender and Queer Community that strives to be a place of comfort, hope, and safety to all people regardless of background or spiritual journey. We are a revolutionary church on a bold mission to offer hope, restoration and love to whosoever (especially victims of spiritual abuse) and to raise our voice in sacred defiance against religious exclusion and other injustices and those who promote it.”

Evangelicals Concerned

- <https://ecinc.org/>
- “A non-profit organization founded in 1975 by Dr. Ralph Blair, EC has served the gay community since then, providing hope, encouragement, teaching and fellowship to women and men seeking to integrate their faith and sexual orientation.”

New Ways Ministry

- <https://www.newwaysministry.org/>
- Has a comprehensive online resource for finding LGBTQ+ inclusive Catholic services

Jewish Spirituality

Congregation Rodeph Shalom

- <https://rodephshalom.org/>
- “We create a Jewish community of profound connections through transformative study, prayer, and urban engagement. We find strength in our diversity of perspective, age, gender expression, race, sexual orientation, family constellation, and socio-economic background.”

Kol Tzedek

- <https://www.kol-tzedek.org/>
- “Kol Tzedek, a Voice for Justice, is a young and growing Reconstructionist social justice-focused synagogue in West Philadelphia, founded in 2004. We currently have 320 member households. We are artists, organizers, academics, parents, professionals, students, social workers, midwives, and misfits. We are a mixed multitude; people of varied ages, racial identities, abilities, and genders committed to racial and economic justice. We are Black, Latinx, Asian, multiracial, white, Ashkenazi, Sephardi, and Mizrahi. We are people who ask a lot of questions. We are neighbors and friends who cook, sing, and care for one another. And we have decided to bind our lives together in sacred community.”

Mishkan Shalom

- <https://mishkan.org/>
- “We are a dynamic, diverse, progressive and inclusive Jewish community with an outstanding Congregational School, an array of adult education opportunities, a dynamic teen program, our Celebrations! program for children with special needs, A Way In: Center for Jewish Mindfulness, a community of Tikkun Olam activists and more.”

Jewish Family and Children’s Service of Greater Philadelphia

- <https://jfcshilly.org/>
- “Jewish Family and Children’s Service of Greater Philadelphia has a unique and vital mission: to strengthen families and individuals across generations and cultures to achieve stability, independence, and community.”

J Proud Philly

- <https://www.jproudphilly.org/>
- “J.Proud Jewish Philly LGBTQ Consortium is committed to working together as a collective agent of change to raise awareness, educate, and advocate for the diverse needs of the Jewish LGBTQ community while building relationships with allies in the Greater Philadelphia area.”

Muslim Spirituality

Muslim Alliance for Sexual and Gender Diversity

- <https://www.themasgd.org/>
- “MASGD works to support, empower, and connect LGBTQ+ Muslims. In our work, we challenge root causes of oppression, including misogyny, racism, capitalism, and xenophobia. We celebrate gender and sexual diversity within Muslim communities and promote an understanding of Islam that is centered on inclusion, justice, and equity.”

Muslims for Progressive Values

- <https://www.mpvusa.org/>
- “At Muslims for Progressive Values, we advocate for human rights, social justice and inclusion in the United States and around the world. MPV establishes and nurtures vibrant progressive Muslim communities. We do this by creating opportunities for religious discourse, volunteer and community activities, and cultural events bringing together the arts, spirituality, and social activism.”

Masjid al-Rabia

- <https://masjidalrabia.org/>
- “Masjid al-Rabia is a radically accessible, BIPOC-led, and LGBTQ+ affirming Islamic community center in Chicago, IL with a mission to provide spiritual support for marginalized Muslims with healing justice practices in mind.”
- “Currently, our home in downtown Chicago is closed until further notice due to COVID-19. You can learn about our extensive digital programs and events on our website.”

Buddhism Spirituality

Shambhala Meditation Center

- <https://philadelphia.shambhala.org/shambhala/>
- “Shambhala Meditation Center of Philadelphia is part of a global community which aspires to awaken kindness, goodness and wisdom within society. The Shambhala teachings are grounded in ancient wisdom and practical knowledge from many traditional cultures, especially teachings from ancient Tibet. These teachings begin with the understanding that all beings are basically good, and that life is worth living.”

Additional Spirituality

Sarbat: LGBT+ Sikhs

- <https://www.sarbat.net/>
- “Sarbat’s vision is to create awareness, tackle homophobia/biphobia/transphobia and build bridges within and beyond our communities.”

Quakers in Central Philadelphia

- <https://www.quakercloud.org/cloud/central-philadelphia-monthly-meeting>
- “We worship by gathering and silently waiting for the Spirit to guide us. Learn more about Quaker worship here. We celebrate diversity and welcome people from all walks of life. We are a welcoming and affirming congregation for LGBTQ people. We are also involved in various activities to further peace and social justice.”

American Friends Service Committee

- <https://www.afsc.org/>
- “The American Friends Service Committee (AFSC) promotes a world free of violence, inequality, and oppression. Guided by the Quaker belief in the divine light within each person, we nurture the seeds of change and the respect for human life to fundamentally transform our societies and institutions. We work with people and partners worldwide, of all faiths and backgrounds, to meet urgent community needs, challenge injustice, and build peace.”

Wicca Assembly of the Sacred Wheel

- <https://www.sacredwheel.org/>
- “The form of Wicca that the Assembly practices is syncretic and draws inspiration from Astrology, Qabala, the Western Magical Tradition and the folk religions of Europe. Religiously, the Assembly is dedicated to the health of Mother Earth, and to all of her children. We recognize that every human carries the divine spark of God and Goddess, a gift that carries the obligation to make manifest this divine heritage.”
- The Coven operating out of Harry’s Occult Shop is queer friendly.

Sadhana

- <https://www.sadhana.org/>
- “Hindu communities that are fearlessly working towards a more just and peaceful world, driven by the values of social justice at the heart of our faith.”



THIS GUIDE INCLUDES...

LGBTQ+ Community Centers
QTBIPOC Specific Centers and Support
Questioning and Coming Out
Family
Youth
Public School Students
College Students
Housing
Food Pantries
Substance Use and Recovery
Sober Social Events
Support Groups
Counseling and Therapy
Psychiatry
Suicide and Crisis Hotlines
Intensive Outpatient Programs
HIV Case Management
Primary Care
Legal, Social, and Medical Transitioning
STI Screening
HIV Organizations
Sexual and Domestic Violence Help
Spirituality

AND SO MUCH MORE!