



Central Florida Trans Care Community Resource Guide

This offering is a collaborative effort made possible by the Trans Steering Committee organized by Contigo Fund, our organizational partnerships, and those with lived experience who made personal recommendations.

Curated by Dandelion Hill, a GenderQueer, Trans, organizer living in Central Florida.



Basically Wonderful



**THE
CENTER**
thecenterorlando.org



Peer Support Space, Inc.



HOPE
CommUnity Center
Building Community. Enriching Lives.

DIVAS IN
DIALOGUE

Trans folks deserve love, care, safety and support.

We offer this guide as a starting point to finding resources; though we have done our best to vet what is shared within we can never truly guarantee safety. Use your discretion as you engage with any new resource.



**If you have any concerns or issues with any of the providers or resources shared within please email
Dandelion@
PeerSupportSpace.org**

Words of Affirmation

We invited our community to share words of love, affirmation, support, and solidarity for Trans comrades.

Here's what they had to say:



"I hope all trans people who read this know they deserve to be treated with respect and kindness and deserve all the greatest things in the world."

"You are magic"

"Genuinely wouldn't be here without y'all. Love you"

"There is so much love and beauty in the trans and queer community. We are community care givers, healers, nurturers, artists, athletes, and everything under the rainbow, all living authentically every day..."



... We are inspiration, hope, and joy. We are the light shining in the darkness. We are love."

"You are so loved. Although we may not be in the same country, state, or city, please know that I think about all the cool trans people I'll never meet and how I wish I could give a cute little forehead kiss to each and every one of you."

Words of Affirmation

"Y'all are so loved and so absolutely needed in this hard and unfair life, trans folks are sacred and must be protected and advocated for as much as possible every day...



**... I love you all and even though I may never get to meet you, laugh with you, cry with you - I surely love you, and I'm so, so proud of you and very glad you are still here.
Keep shining bright."**



"As a cis member of the lgbtq+ community, I believe that my trans and gnc siblings are sacred and absolutely precious... I will spend my entire life supporting you. If you are trans/gnc, I may not know you, but I love you. I love you so much.

"Trans is BEAUTIFUL <3 I love being nonbinary and I love YOU! You are so needed and loved and wanted."

"You are not alone, sometimes it may feel lonely but just remember there are people that care and want to support you. We will fight for your rights, stand by your side, and love on you always! "

Resources for Transgender People in Florida Losing Access to Gender-Affirming Care



The Campaign for Southern Equality is working with Equality Florida, Southern Legal Counsel, and other partners across Florida to provide resources and information to impacted families.

Legislative Session Info, Patient Navigation Support for Out of State Care, Emergency Grants, & Resource Requests:

**[SouthernEquality.org/
FLresources](https://SouthernEquality.org/FLresources)**

Mental Health, Emotional, Social Support Resources

Basically Wonderful

Creates accessible peer-led spaces that are welcoming to Queer Trans + Disabled communities. Support group & book club for Disabled folks, along with a book club for Trans folks.
www.BasicallyWonderful.online

Be Kind to Your Mind

Trans led support group brought to you by Peer Support Space and Bros in Convo that happens on the 2nd Tuesday of the Month from 6 – 7:30 at the Little Red House for more info visit
CommunalHealing.Eventbrite.com

Child Gender Identity & Caregiver Support Group

Group is for transgender and gender non-conforming children ages 5-13 and their caregivers.
thecenterorlando.org/transgender-services/

Divas In Dialogue

A sisterhood of trans women of color empowering, building and strengthening each other. Ensuring that we all have a seat at the table. **miracleofloveinc.org/did/**

Outside the Binary

Independent LGBTQ+ monthly peer support group and discord channel; monthly board game night.
DM Co-Host Bo at @Bo_and_Blog on IG

Mental Health, Emotional, Social Support Resources

Peer Support Space

a peer and queer led collective offering individual support, group spaces (both virtually and in person in CFL) and a peer-respite. For more information **visit PeerSupportSpace.org or email Mary@PeerSupportSpace.org**

Tiny Lantern

a zine about supporting folks who are suicidal without relying on carceral systems. **TinyLantern.Net**

Trans Life Line

provides trans peer support for our community that's been divested from police since day one. We're run by and for trans people.

TransLifeline.org

Transgender Peer Network

hosted by The Center, a peer-led support meeting for those with trans and non-binary experience looking for a safe space to discuss important topics, community issues, and awareness.

thecenterorlando.org/transgender-services/



Local Mental Health Counselors

Adam Baldowski, 321-316-9843, adam@storyology.care
Provide mental health care for individuals wanting to work on everything from anxiety to transition to trauma. I also work with dissociative disorders. www.storyology.care

Eileen Stremming, 4074991284,
eileen.r.stremming@gmail.com
Supportive and inclusive mental health therapy services

Molly Badzinski 407-657-8555 x103
molly@centerforthehealingarts.com
We provide mental health support and therapy with trans-competent therapists.
www.centerforthehealingarts.com

Sarah Helman, 407-496-8263,
sarah@embracingbalance.org
Gender affirming virtual counseling.
www.embracingbalance.org



Relocation Resources

A Place For Marsha

One of many start-up projects aiming towards helping Trans individuals and families in increasingly dangerous states to a safer place.

PlaceForMarshaOfficial.org

Rainbow Railroad

a global not-for-profit organization that helps at-risk LGBTQI+ people get to safety worldwide. Based in the United States and Canada, we're an organization that helps LGBTQI+ people facing persecution based on their sexual orientation, gender identity and sex characteristics. In a time when there are more displaced people than ever, LGBTQI+ people are uniquely vulnerable due to systemic, state-enabled homophobia and transphobia.

RainbowRailroad.com

Name Change Support

Florida Name Change

If you are ready to update your name or gender marker, we have the information to guide you every step of the way!

www.floridanamechange.org

Mutual Aid & Financial Support

Campaign for Southern Equality

The Campaign for Southern Equality, in partnership with Equality Florida and Southern Legal Counsel, is facilitating rapid response emergency grants of \$500 to help those directly impacted by anti-transgender attacks during this challenging time. Grants can be made to the parent/caregiver of an impacted youth.

Visit southernequality.org/flresources to apply

Central Florida Emergency Trans Care Fund

offering by Contigo Fund (contigofund.org) financial support focused on helping Transgender adults access HRT in state and helping the families of Transgender youth get care outside of the state. Email **CFLtranscarefund@gmail.com** for more info

Central Florida Mutual Aid

Emergency Trans Safety Fund :
tinyurl.com/CFLMATRANS

IG @CFLMutualAid



Healthcare & Wrap Around Services

BLISS Health

Trans affirming care, HRT, assistance with gender marker and name change as we are capable of doing based on the current state laws. Our TRANSformation program is a 4 to 6 sessions that will answer most of basic questions of the trans community and will give some tools and skills to have a better-quality life. At the completion of the program BLISS, with the assistance of attorneys will assist with their name change and costs associated with it. **Email nbradley@blisscares.org for specific questions about trans individuals** or email the regular clinic email at pregistration@blisshealth.com
BlissHealth.com

Crew Health

LGBTQIA Primary and Specialty Care; Hormone Replacement Therapies. Our organization was founded by local healthcare providers who see the growing need for accessible care for patients seeking treatment for PrEP, Hepatitis C, and HIV.

For More Information:

[contact@](mailto:contact@crewhealth.org)

hello@crewhealth.org

crewhealth.org/our-services/trans-non-binary/



Healthcare & Wrap Around Services



Harmony Healthcare

LGBTQIA Primary and Specialty Care; Hormone Replacement Therapies. Our organization was founded by local healthcare providers who see the growing need for accessible care for patients seeking treatment for PrEP, Hepatitis C, and HIV.

For More Information: **contact@harmonyhealthcareorlando.com**
harmonyhealthcareorlando.org

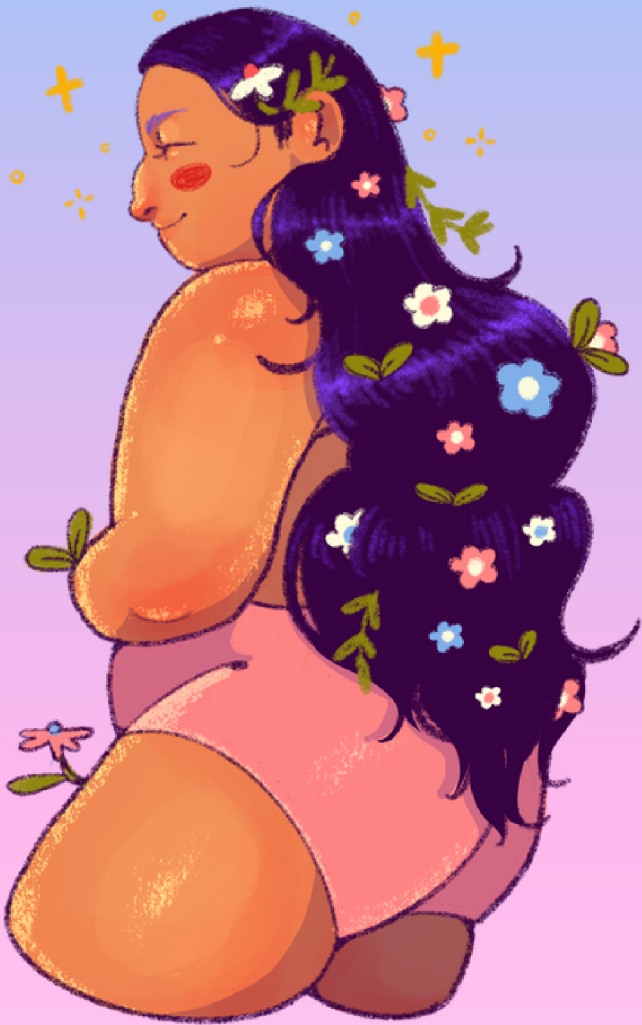
Hope & Help

Primary & Specialty Medical Care, Transgender Medical Care (HRT), Peer Mentorship, HIV/STI/Hep C Testing, Syringe Services / Harm Reduction, Mental Health Social Support Groups, Food Pantry, Case management services are available for anyone living with HIV

Trans Specific Offerings: Hormone Replacement Therapy, gender marker change letters, pre-surgical preparedness support letters, and primary care.

For More Info: **Email our operations director they can assist with any needs/questions at brian.martinez@hopeandhelp.org.** We also have a "chat bot" on our website that questions can be submitted through anytime: **HopeandHelp.org**

Healthcare & Wrap Around Services



Plume

Virtual trans healthcare company (we only treat trans/NB/gender diverse patients) we provide care navigation, letters in support of surgery, peer support groups, gender affirming hormone therapy and virtual primary care services

www.getplume.co

Email hello@getplume.co & a care coordinator will respond.

Sexual Trauma Survivor Support

Victim Service Center

Victim Service Center of Central Florida Crisis Sexual Assault
Helpline: 407-500-4325 Services: Crisis Intervention, Victim
Support, Therapy, Forensic Exams For an In-person or Virtual
Appointment: 407-254-9415 victimservicecenter.org

Other Resource Portals & Directories



Abolitionist Care Provider Database

a collective resources of noncarceral care providers that are dedicated to providing care outside of oppressive systems. **[Tinyurl.com/CareForComrades](https://tinyurl.com/CareForComrades)**

Grassroots Gender Affirming Care

a communally created resource offering; for safety it is not released publicly, but you can request access at **tinyurl.com/GrassrootsGenderAffirmingCare**

The National Queer and Trans Therapists of Color Network (NQTTCN)

an interactive digital resource that helps QTBIPOC connect to QTBIPOC mental health
nqttn.com/en/mental-health-directory

The Umbrella Guide

a community-driven effort for finding trans-friendly resources. Based out of Orlando, our current focus is creating a list of providers willing to provide HRT to patients over 18 within Central Florida
www.umbrellaguide.org

I know things are really rough right now, it's okay to feel discouraged, scared, sad, and any other way you're feeling. And, please remember that trans people have existed for as long as people have existed. We have always been here, and we will continue to persist despite every obstacle.



Our existence disrupts the status quo in a way that power fears, and that fear is what causes those who capitulate to power to try to dehumanize us. But they cannot stop our humanity, however hard they may try. We are still here, and we are here to stay. Sending you love, whoever you are, because you deserve love for who you are<3