

# Transgender\* Resources

## **Education**

Gender-Neutral Pronoun FAQ

<http://aetherlumina.com/gnp/>

It's Pronounced Metrosexual

Includes information on gender and sexuality

<http://itspronouncedmetrosexual.com>

ShoutOut Against Homophobia, Biphobia, Transphobia and Heterosexism

<http://library.catie.ca/pdf/ATI-20000s/26356.pdf>

Trans 101 Education

<http://ganimede.transboys.info/trans101.html>

Transgender Data Base

<http://www.transgenderdatabase.com/>

Trans-E-Motion

4475 N. Clark Ave.

Fresno, CA 93726

(559)-464-5806

Transform Feminism

A feminist blog focusing on the issues that trans\* women/MTF spectrum people face.

<http://transfeminism.tumblr.com/>

Trans Historical

<http://transhistorical.tumblr.com/>

Trans News

A website that only posts positive trans\* news

<http://transnews.org/>

Transgender Student Life

<http://transgenderstudentlife.tumblr.com/>

## **Family**

Transsexual Road Map

Resources for coming out, being the parent of a trans\* person, being a trans\* parent, etc.

<http://www.tsroadmap.com/family/>

PFLAG Bakersfield

(661) 632-2510

Hold meetings first Thursday of the month at 7 pm

First Congressional Church

5 Real Road

<http://community.pflag.org/Page.aspx?&pid=224&srcid=229&chid=49>

## **Health**

Act

A sexual health page specific to queer men that includes information for trans\* men.

<http://www.actoronto.org/home.nsf/pages/handydandyhookup>

Center of Excellence for Transgender Health

<http://www.transhealth.ucsf.edu/>

A Guide for Getting Trans Competent Health Care

<http://vch.eduhealth.ca/pdfs/GA/GA.100.G3351.pdf>

Hormone Guide for FTM Spectrum People

<http://transhealth.vch.ca/resources/library/tcpdocs/consumer/hormones-FTM.pdf>

Hormone Guide for MTF Spectrum People

<http://transhealth.vch.ca/resources/library/tcpdocs/consumer/hormones-MTF.pdf>

Surgery Guide for FTM Spectrum People

<http://transhealth.vch.ca/resources/library/tcpdocs/consumer/surgery-FTM.pdf>

Surgery Guide for MTF Spectrum People

<http://transhealth.vch.ca/resources/library/tcpdocs/consumer/surgery-MTF.pdf>

Trans Bucket

A website collecting photos and information about surgeries

<http://www.transbucket.com/>

Trans Health

<http://www.trans-health.com/>

Queer Trans Men

Have created a wonderful sexual health guide, “Primed”, for trans\* men into people with penises.

<http://www.queertransmen.org>

World Professional Association for Transgender Health

A guide on the new standards for trans\* health

<http://www.wpath.org/documents/Standards%20of%20Care%20V7%20-%202011%20WPATH.pdf>

## **Legal**

Lambda Legal

<http://www.lambdalegal.com/>

National Center for Transgender Equality

(202) 903-0112

[www.transequality.org](http://www.transequality.org)

Transgender Law Center

(415) 865-0176

[www.transgenderlwcenter.org](http://www.transgenderlwcenter.org)

## **Medical Providers**

### Fresno

Planned Parenthood

(559) 488-4900

650 N. Fulton Street

Planned Parenthood offers estrogen, spironolactone and testosterone therapy to transgender\* individuals.

### Selma

UCSF Fresno

Family and Community Medicine with OB Transgender Medicine

Central Valley Family Health-Selma

Jennifer A. Burnett, M.D.

1041 Rose Avenue

Selma, CA 93662

(559)-891-6346

### Santa Cruz

Planned Parenthood

(831)-426-5550

1119 Pacific Ave., Ste. 200

Planned Parenthood offers estrogen, spironolactone and testosterone therapy to transgender\* individuals. Planned Parenthood Santa Cruz offers limited services to trans\* minors.

# **Therapists and Support Groups**

## Bakersfield

C. Donel Crow, PhD  
1716 Oak St, Ste 11  
Bakersfield, CA 93301  
(661) 323-5579  
www.dcrowphd.com

Has had experience with individuals of all ages and gender identities.

Gay and Lesbian Center of Bakersfield  
238 18<sup>th</sup> Street #6  
(661) 843-7995

Transgender\* Peer Group - 1<sup>st</sup> Sunday of the month

Transgender\* Support Group – Last Sunday of the month. Runs from 1:00-3:00 pm.

If you want to attend the support group please email [glcenterbak.org](mailto:glcenterbak.org) or call (661) 843-7995.

Mary Valenti, Ph.D.  
5301 Office Park Drive  
Suite 210  
661-374-4926  
[mev@bak.rr.com](mailto:mev@bak.rr.com)

Offers individual therapy, weekly group support (transgender\* people only), monthly group support (for transgender\* people, family, and friends), allies support group (for cis allies only). The monthly group is free and is on the second Thursday of every month.

## **More Resources**

Art of Transliness Resource Page

<http://artoftransliness.tumblr.com/resources>

A Chart of Gender-Neutral and Non-Binary Pronouns

[http://en.wiktionary.org/wiki/Wiktionary:List\\_of\\_protologisms\\_by\\_topic/third\\_person\\_singular\\_gender\\_neutral\\_pronouns](http://en.wiktionary.org/wiki/Wiktionary:List_of_protologisms_by_topic/third_person_singular_gender_neutral_pronouns)

FTM Passing Tips

<http://www.ftmpassingtips.com/>

FTM Resource Guide

<http://www.ftmguide.org>

Gender Neutral Pronoun Page

A resource page for gender-neutral pronouns

<http://genderneutralpronoun.wordpress.com/links/>

Girls Like Us

An organization created, by Janet Mock, for MTF spectrum people run by MTF spectrum people.

<http://girlslikeusnews.tumblr.com/>

MTF Passing Tips

[http://www.masstpc.org/mediawiki/index.php?title=MTF\\_passing\\_tips](http://www.masstpc.org/mediawiki/index.php?title=MTF_passing_tips)

Laura's Playground

MTF Spectrum People Resource

[http://www.lauras-playground.com/tranres\\_link.htm](http://www.lauras-playground.com/tranres_link.htm)

Resources for Trans\* Kern County

[http://www.transgendered-soul.com/Resources/Kern\\_County\\_TG\\_Resources.pdf](http://www.transgendered-soul.com/Resources/Kern_County_TG_Resources.pdf)

Safe 2 Pee

People add the locations of gender neutral bathrooms

<http://safe2pee.org/new/>

The Self Made Men

<http://theselfmademen.com/>

Trans\* Awareness

An informative blog including a good resource page

<http://transawareness.tumblr.com/resources>

## **Shelter**

Alliance Against Family Violence and Sexual Assault

Outreach Center - 1921 19th Street

Bakersfield, CA 93301

Phone: 661-322-0931

<http://www.kernalliance.org/>

## **Spirituality**

Bakersfield

First Congregational Church

5 Real Rd

Trans Faith Online  
[www.transfaithonline.org](http://www.transfaithonline.org)

## **Stores with Transition Products**

Both MTF and FTM Spectrum Products:

Early to Bed  
<http://early2bedshop.com/>

The Levamentum Project  
<http://www.thelevamentumproject.com/>

FTM Spectrum Products:

TranZwear  
<http://www.tranzwear.net/>

Love Boat  
<http://www.lesloveboat.com>

Underworks  
<http://www.underworks.com/products.html>

## **Suicide Prevention/Crisis Hotlines**

Alliance Against Family Violence and Sexual Assault  
LGBTQ Crisis Hotline  
661-332-1506

IM Alive  
An crisis prevention chat for people who can't or feel uncomfortable calling hotlines  
<https://www.imalive.org/>

Suicide Prevention Lifeline  
1-800-273-8255  
[www.suicidepreventionlifeline.org](http://www.suicidepreventionlifeline.org)

Trevor Project  
Suicide prevention organization for LGBTQIA youth  
[www.trevorproject.org](http://www.trevorproject.org)  
Suicide Prevention Hotline : (866)-488-7386

## **Websites**

Trans Guys

<http://transguys.com>

Original Plumbing

<http://www.originalplumbing.com/>

## **Youth**

Trans Youth Family Allies

<http://www.imatyfa.org>

Trevor Project

Suicide prevention organization for LGBTQIA youth

[www.trevorproject.org](http://www.trevorproject.org)

Suicide Prevention Hotline : (866)-488-7386

Trevor Space

A social networking site for LGBTQIA youth 13-24

[www.trevorspace.org](http://www.trevorspace.org)

Trans Youth Equality Foundation

Includes trans 101, coming out help, and more resources

<http://www.transyouthequality.org>

Youth Empowerment Pride (Y.E.P.) Project of Bakersfield

<http://www.facebook.com/YEPPBakersfield?fref=ts>