



MARIN COUNTY LGBTQ+ RESOURCES

**Note: Some services may have changed due to COVID-19,
please call to confirm hours and services available**

HOTLINE PHONE NUMBERS

LGBT National Hotline

“For all ages about coming-out issues, relationship concerns, HIV/AIDS, anxiety, safe sex practices & more.”

Phone: (888) 843-4564

Email: help@LGBThotline.org

Website: <https://www.glbthotline.org/national-hotline.html>

Last Verified On: 09/17/2020

LGBT National Youth TalkLine

“Free and Confidential peer support for the LGBTQ and questioning community ages 25 and younger.”

Contact: 1-(800) 246-7783

Email: help@LGBThotline.org

Website:

<https://www.glbthotline.org/talkline.html>

Last Verified On: 07/02/2020

Trevor Lifeline

“Website, chat, & text crisis support, specializing in LGBTQ youth suicide prevention.”

Contact: 1 (866) 488-7386

Text: START to 678-678

Website: <https://www.thetrevorproject.org/get-help-now/>

Last Verified On: 07/02/2020

National Suicide Prevention Line

“Provides free and confidential emotional support to people in suicidal crisis or emotional distress 24 hours a day, 7 days a week.”

Call/Text: (800) 273-8255

Website:

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

Last Verified On: 07/02/2020

LEGAL RESOURCES

California Courts – How to Change Your Names AND Gender (Adult)

“Official government information on name and gender changes, including instructions and downloadable forms.”

Website:

<https://www.courts.ca.gov/25797.htm?rdeLocalAttr=en>

Last Verified On: 07/29/2020

California Rural Legal Assistance, Inc.

“Employment, Housing, Public Benefits, K-12 Housing”

Contact: 1 (800) 337-0690

Website: <http://www.crla.org/>

Last Verified On: 07/21/2020

National Center for Lesbian Rights (NCLR)

“A national nonprofit law firm that protects the legal and human rights of lesbians, gay men, bisexual & transgender people across the United States through impact litigation, public policy, advocacy, public education, & direct legal services.”

Contact: (415) 392-6257

Website: <http://www.nclrights.org/>

Last Verified On: 07/02/2020



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LGBTQ RESOURCE CENTERS

The Spahr Center

“Provides services and support for LGBTQ youth, adults, seniors and families and for people living with and affected by HIV.”

Location: 150 Nellen Ave, Suite 100
Corte Madera, CA 94925

Contact: (415) 457-2487

Website: <https://thespahrcenter.org/>

Last Verified On: 07/22/2020

RESOURCE DIRECTORIES

Pink Spots – The LGBTQ Directory

Website: <https://www.gaypinkspots.com/>

Last Verified On: 07/02/2020

SENIOR RESOURCES

SAGE

“National organization offering supportive services and consumer resources for LGBTQ older adults and their caregivers.”

Contact: (212) 741-2247

Website: <https://www.sageusa.org/>

Last Verified On: 07/21/2020

The Spahr Center

“The Spahr Center offers monthly LGBT senior discussion groups that connect LGBT seniors to community, needed resources and helps to reduce isolation.”

Location: 150 Nellen Ave, Suite 100
Corte Madera, CA 94925

Contact: (415) 457-2487

Website: <https://thespahrcenter.org/programs-services/senior-programs-services/>

Last Verified On: 07/22/2020

SOCIAL GROUPS

Marin County LGBT Social Group

“We are a responsible LGBTQ group that wants to expand our connection in Marin County and beyond to help build community and provide a social outlet that is safe and fun.”

Website: <https://www.meetup.com/Novato-LGBT-Social-Group/members/>

Last Verified On: 07/22/2020

Marin LGBTQ Social Club

“All ages, orientations and gender identities are welcome to join and participate.”

Website: <https://www.meetup.com/Marin-LGBTQ-Social-Club/>

Last Verified On: 07/22/2020



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SUPPORT GROUPS

Note: Please contact the hosting agency for more information and meeting times.

LGBTQ Youth Drop-In Groups – The Spahr Center

“We have drop in groups in San Rafael, Novato and Mill Valley. All groups meet twice a month and offer food, friends, fun and support.”

Contact Fel: (415) 886-8555

Website: <https://thespahrcenter.org/youth-drop-in-groups/>

Last Verified On: 07/22/2020

Parenting Support Groups, Corte Madera – The Spahr Center

“For parents of gender questioning, gender expansive and transitioning youth.”

When: 2nd & 4th Tuesday of each month from 7 p.m. – 9 p.m.

Location: 150 Nellen Ave, Suite 100
Corte Madera, CA 94925

Website: <https://thespahrcenter.org/parent-support-group/>

Last Verified On: 07/22/2020

Parenting Support Groups, Mill Valley – The Spahr Center

“For parents of gender questioning, gender expansive and transitioning youth.”

When: 3rd Wednesday of each month from 7 p.m. – 9 p.m.

Location: 180 Camino Alto,
Mill Valley, CA 94941

Website: <https://thespahrcenter.org/parent-support-group/>

Last Verified On: 07/22/2020

Marin Queer & Trans Support Groups – The Spahr Center

“A space for LGBTQ+ people of all ages to come together for support.”

When: 2nd & 4th Tuesday of each month from 7 p.m. – 9p.m.

Location: 150 Nellen Ave, Suite 100
Corte Madera, CA 94925

Website: www.thespahrcenter.org

Last Verified On: 07/22/2020

Trans Community Group – The Spahr Center

“A group for transgender and non-binary adults. This group provides space for people to gather together and be together.”

When: 2nd & 4th Tuesday of each month from 7:30 p.m. – 9:30 p.m.

Location: 150 Nellen Ave, Suite 100
Corte Madera, CA 94925

Website: www.thespahrcenter.org

Last Verified On: 07/22/2020

Family and Friends of LGBTQ – The Spahr Center

“A group for family and friends of LGBTQ Youth to discuss ways in which to support their loved ones.”

Contact Fel: (415) 886-8555

Website: www.thespahrcenter.org

Last Verified On: 07/22/2020

LGBTQ Senior Discussion Groups – The Spahr Center

“Monthly meetings”

When: 1st Tuesday of each month from noon – 2 p.m.

Location: 1560 Hill Road,
Novato, CA 94947

Contact Bri: (415) 886-8554

Website: www.thespahrcenter.org

Last Verified On: 07/22/2020



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TEEN RESOURCES

LGBT National Youth TalkLine

“Telephone & email peer- counseling, factual info & local resources for cities across the U.S.”

Contact: 1 (800) 246-7783

Email: help@LGBThotline.org

Website:

<https://www.glbthotline.org/talkline.html>

Last Verified On: 07/22/2020

Trevor Space

“An affirming international community for LGBTQ young people ages 13-24.”

Website: <https://www.trevorspace.org/>

Last Verified On: 07/02/2020

TRANSGENDER RESOURCES

Trans Lifeline

“Fight the epidemic of trans suicide and improves overall life-outcomes of trans people by facilitating justice-oriented, collective community aid. For trans people, by trans people.”

Contact: 1 (877) 565- 8860

Website: <https://www.translifeline.org/>

Last Verified On: 07/22/2020

FTM International

“Find out about legal rights, female-to-male transition, health and successful FTMs in all walks of life”

Website: <http://www.ftmi.org/>

Last Verified On: 07/29/2020

TransPulse Transgender Resources

“Worldwide database including doctors, therapists, and other businesses that welcome transgender clientele.”

Website: <https://www.transgenderpulse.com/>

Last Verified On: 07/29/2020