This guide was compiled by Dolores Chandler, MSW and the Pauli Murray Project. The goal of the Durham LGBTQ Youth Resource Guide is to provide human service agencies, community organizations and adults who are in contact with youth (ages 13-24) in Durham with information and resources to assist young people who may identify as LGBTQ, gender non-conforming, same gender loving, and two-spirit.

Hopefully, this guide is incomplete. If your organization is not listed and you feel like you provide affirming services and support to young LGBTQ people living in Durham or you would like to receive training and education about LGBTQ youth, please contact Dolores Chandler at dchandler83@gmail.com or (919) 444-1717.

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To learn more about the Pauli Murray Project visit us at www.paulimurrayproject.org
The goal of this list is to provide an introduction to language used within the LGBTQ community. No glossary could encompass diversity of ways that communities and individuals identify. If you hear a term you don’t recognize, or feel like someone is using a term in a new way, ask the individual what the term means to that individual.

**Ally** A person who supports and respects sexual diversity, acts accordingly to challenge homophobic and heterosexist remarks and behaviors, and is willing to explore and understand these forms of bias within him or herself. Often describes a heterosexual individual who is nevertheless part of the LGBT community.

**Asexual** Someone who does not experience sexual attraction towards other people, and who identifies as asexual. May still have romantic, emotional, affectionate, or relational attractions to other people.

**Bisexual** A person who is emotionally, romantically, sexually, affectionately, or relationally attracted to both men and women, or who identifies as a member of the bisexual community.

**Cisgender** A term for individuals whose gender identity generally matches with that assigned for their physical sex. In other words, a person who does not identify as transgender.

**Closet** Used as slang for the state of not publicizing one’s sexual identity, keeping it private, living an outwardly heterosexual life while identifying as LGBTQ, or not being forthcoming about one’s identity. At times, being in the closet also means not wanting to admit one’s sexual identity to oneself.

**Coming Out** To disclose one’s sexual identity or gender identity. It can mean telling others or it can refer to the time when a person comes out to him/herself by admitting that his/her identity is not what was previously assumed. In some situations, a heterosexual may feel the need to come out about her or his identity.

**Crossdresser** Individual who dresses in the “opposite” gender clothing for a variety of reasons. Crossdressing is not indicative of sexual orientation. This term replaces the sometimes pejorative term transvestite.

**FTM** An abbreviation for female-to-male transsexual. This person most likely prefers masculine pronouns.

**Gay Male** A man who is emotionally, romantically, sexually, affectionately, or relationally attracted to other men, or who identifies as a member of the gay community. At times, “gay”
(Gay Male cont.) is used to refer to all people, regardless of sex, who have their primary sexual and or romantic attractions to people of the same sex. Lesbians and bisexuals may feel excluded by the term “gay.”

**Gender** A binary sociological construct defining the collection of characteristics that are culturally associated with maleness or femaleness: masculine and feminine make up gender just as male and female comprise sex.

**Gender Binary** The idea that there are only two genders – male/female or man/woman and that a person must be strictly gendered as either/or.

**Gender Confirming Surgery** Medical surgeries used to modify one’s body to be more congruent with one’s gender identity.

**Gender Identity** How one perceives oneself – as a man, a woman, or otherwise.

**Gender Role** Norms of expected behavior for men and women assigned primarily on the basis of biological sex; a sociological construct which varies from culture to culture.

**Genderqueer** A gender identity that rejects the notion that all genders can be described on the masculine/feminine binary.

**Gender Variant** A person who either by nature or by choice does not conform to gender-based expectations of society (e.g. transgender, transsexual, intersex, genderqueer, cross-dresser, etc.).

**Heteronormativity** Processes through which social institutions and policies reinforce the notion that there are only two possibilities for sex, gender, and sexual attraction: male/masculine/attracted to women and female/feminine/attracted to men.

**Heterosexism** Prejudice against individuals and groups who display non-heterosexual behaviors or identities, combined with the majority power to impose such prejudice. Usually used to the advantage of the group in power. Any attitude, action, or practice – backed by institutional power – that subordinates people because of their sexual orientation.

**Heterosexual Privilege** Those benefits derived automatically by being heterosexual that are denied to homosexuals and bisexuals. Also, the benefits homosexuals and bisexuals receive as a result of claiming heterosexual identity or denying homosexual or bisexual identity.

**HIV-phobia** The irrational fear or hatred of persons living with HIV/AIDS.
**Homophobia** The irrational fear or hatred of homosexuals, homosexuality, or any behavior or belief that does not conform to rigid sex role stereotypes. It is this fear that enforces sexism as well as heterosexism.

**Homosexual** A person primarily emotionally, physically, and/or sexually attracted to members of the same sex.

**Intersex Person** Someone whose sex a doctor has a difficult time categorizing as either male or female. A person whose combination of chromosomes, gonads, hormones, internal sex organs, gonads, and/or genitals differs from one of the two expected patterns.

**Lesbian** Term used to describe female-identified people attracted romantically, erotically, and/or emotionally to other female-identified people. The term lesbian is derived from the name of the Greek island of Lesbos and as such is sometimes considered a Eurocentric category that does not necessarily represent the identities of African-Americans and other non-European ethnic groups. This being said, individual female-identified people from diverse ethnic groups, including African-Americans, embrace the term ‘lesbian’ as an identity label.

**LGBTQI** A common abbreviation for lesbian, gay, bisexual, transgender, queer and intersexed community.

**MTF / M2F** Abbreviation for male-to-female transgender or transsexual person.

**Outing** Involuntary disclosure of one’s sexual orientation, gender identity, or intersex status.

**Packing** Wearing a phallic device on the groin and under clothing for any purpose, including: (for someone without a biological penis) the validation or confirmation of one’s masculine gender identity; seduction; and/or sexual readiness (for one who likes to penetrate another during sexual intercourse).

**Pangendered** A person whose gender identity is comprised of all or many gender expressions.

**Pansexual** A person who is sexually attracted to all or many gender expressions.

**Passing** Describes a person’s ability to be accepted as their preferred gender/sex or race/ethnic identity or to be seen as heterosexual.

**Queer** 1. An umbrella term that embraces a matrix of sexual preferences, orientations, and habits. Queer includes lesbians, gay men, bisexuals, transpeople, intersex persons, the radical sex communities, and many other sexually transgressive (underworld) explorers.
(Queer cont.) 2. This term is sometimes used as a sexual orientation label instead of ‘bisexual’ as a way of acknowledging that there are more than two genders to be attracted to, or as a way of stating a non-heterosexual orientation without having to state who they are attracted to. 3. A reclaimed word that was formerly used solely as a slur but that has been semantically overturned by members of the malignuated group, who use it as a term of defiant pride. ‘Queer’ is an example of a word undergoing this process. For decades ‘queer’ was used solely as a derogatory adjective for gays and lesbians, but in the 1980s the term began to be used by gay and lesbian activists as a term of self-identification. Eventually, it came to be used as an umbrella term that included gay men, lesbians, bisexuals, and transgendered people. Nevertheless, a sizable percentage of people to whom this term might apply still hold ‘queer’ to be a hateful insult, and its use by heterosexuals is often considered offensive. Similarly, other reclaimed words are usually offensive to the in-group when used by outsiders, so extreme caution must be taken concerning their use when one is not a member of the group.

**Questioning** The process of examining one’s sexual orientation and/or gender identity. Can be used as an adjective.

**Same Gender Loving** A term sometimes used by members of the African-American / Black community to express an alternative sexual orientation without relying on terms and symbols of European descent. The term emerged in the early 1990’s with the intention of offering Black women who love women and Black men who love men a voice, a way of identifying and being that resonated with the uniqueness of Black culture in life. (Sometimes abbreviated as ‘SGL’.)

**Sex** 1. A biological term dividing a species into male or female, usually on the basis of sex chromosomes (XX = female, XY = male), hormone levels, secondary sex characteristics, and internal and external genitalia. 2. Another term for sexual behavior or gratification. Sex is a biological fact or a physical act.

**Sexual Orientation** The direction of one’s sexual interest toward members of certain sexes. Can involve fantasy, behavior, and self-identification; a person’s general makeup or alignment in terms of partner attraction. Includes (among others) a same-sex orientation, male-female orientation, a bisexual orientation, and a pansexual orientation.

**Sexuality** A person’s exploration of sexual acts, sexual orientation, sexual pleasure, and desire.

**Stealth** This term refers to when a person chooses to be secretive in the public sphere about their gender history, either after transitioning or while successful passing. (Also referred to as ‘going stealth’ or ‘living in stealth mode’.)

**Straight** Another term for heterosexual.
**Stud** An African-American and/or Latina masculine lesbian. Also known as ‘butch’ or ‘aggressive’.

**Top Surgery** This term usually refers to surgery for the construction of a male-type chest, but may also refer to breast augmentation.

**Transgender** An umbrella term for those individuals whose gender identity does not match with that assigned for their physical sex. Includes, among others, transsexuals, genderqueer people, and crossdressers. Transgender people may identify as straight, gay, bisexual, or some other sexual orientation. Sometimes shortened as trans.

**Transgender (Trans) Community** A loose category of people who transcend gender norms in a wide variety of ways. The central ethic of this community is unconditional acceptance of individual exercise of freedoms including gender and sexual identity and orientation.

**Transition** This term is primarily used to refer to the process a gender variant person undergoes when changing their bodily appearance either to be more congruent with the gender/sex they feel themselves to be and/or to be in harmony with their preferred gender expression.

**Transman** An identity label sometimes adopted by female-to-male transsexuals to signify that they are men while still affirming their history as females. Also referred to as ‘transguy(s).’

**Transphobia** The irrational fear of those who are gender variant and/or the inability to deal with gender ambiguity.

**Transsexual** A person who identifies psychologically as a gender/sex other than the one to which they were assigned at birth. Transsexuals often wish to transform their bodies hormonally and surgically to match their inner sense of gender/sex.

**Transvestite** Someone who dresses in clothing generally identified with the opposite gender/sex. While the terms ‘homosexual’ and ‘transvestite’ have been used synonymously, they are in fact signify two different groups. The majority of transvestites are heterosexual males who derive pleasure from dressing in “women’s clothing”. (The preferred term is ‘cross-dresser,’ but the term ‘transvestite’ is still used in a positive sense in England.)

**Transwoman** An identity label sometimes adopted by male-to-female transsexuals to signify that they are women while still affirming their history as males.

**Two-Spirit** Contemporary term chosen to describe Native American and Canadian First Nation people who identify with a third gender, implying a masculine and a feminine spirit in one body.
Community Partnerships, Inc.-Youth Employed & Succeeding (YES) Program
www.communitypartnerships.org/youth-employed-and-succeeding
The YES program works to keep disenfranchised young people from continuing in a cycle of poverty, crime, and hopelessness. The YES program helps youth improve basic math and reading skills, earn their high school diplomas or GEDs, earn professional certifications and licenses, develop leadership skills etc.

El Centro Hispano
www.elcentronc.org
Follow El Centro on Twitter @ElCentroHispano
(919) 687-4635
600 East Main St., Durham, NC 27701
LGBT Support Group El Centro organizes & facilitates bi-monthly support groups in Carrboro, Chapel Hill & Durham for Hispanic/Latinos who identify as lesbian, gay, bisexual and transgender
HIV/STD Prevention El Centro holds educational courses about HIV & STD prevention for the Hispanic/ Latino communities in Durham, Chapel Hill & Carrboro. El Centro also provides HIV/STD testing in collaboration with other organizations.

Durham Bike Co-op
www.durhambikecoop.org
www.facebook.com/durham.coop
contact@durhambikecoop.org
(919)-675-2453
715 Washington St., Durham, NC (lower level and around back – follow the gravel driveways)
LGBTQ and Allied Folks Open Shop-Second Tuesdays of every month from 7-10pm

Durham Teen Center
(919) 354-2730
1101 Cornell St., Durham, NC 27707
Hours: 2:30 pm to 7 pm Monday – Friday, 1 pm to 6 pm on Durham Public Schools early release days.
The Durham Teen Center provides middle and high school youth (ages 13-19) with high quality programming. The center encourages youth to express themselves, transcend personal boundaries, learn the value of service to their community, and develop individual assets that foster healthy and meaningful lives

Infinity Diamond Club
www.infinitydiamondclub.com
www.facebook.com/infinity.diamondclub
Infinity Diamond Club is an inclusive social empowerment organization solely dedicated to fostering Unity, Fellowship and Friendship within the community. It allows individuals to come together across racial, cultural, economic, and religious and other stereotyping labels to create safe places and empowering atmospheres where we can share and learn from each other. We intend to be a vehicle
that empowers individuals to take back their lives, dignity and power regardless of their age, race, sex, religion, sexual orientation, ethnic background or disabilities. We are reaching people through friendship & love and empowering them for change. We welcome singles, couples and families, because “We Are 1”.

**LGBTQ Center of Durham**
www.facebook.com/lgbtqcenterdurham
www.lgbtqcenterofdurham.com
We’re in the midst of working to bring together LGBTQ people and our allies from Durham and its surrounding communities in the northwestern Research Triangle Region to build a center that reflects who we are, serves all our people and provides us with a place to just be.

**SpiritHouse NC**
www.spirithouse-nc.org
www.youtube.com/SpiritHouseNC
www.facebook.com/spirithouse.inc
Follow SpiritHouse on Twitter @SpiritHouse_inc
SpiritHouse Inc is a cultural arts and organizing organization that works with low-wealth families and community members to uncover and uproot the systemic barriers that prevent us from gaining the resources, leverage and capacity for long-term self-sufficiency.

**Youth-Led & Youth Focused Organizations**

**InsideOut180/Upsidedown**
www.insideout180.org
www.facebook.com/groups/insideoutgroup
Youth Board: boardinsideout@gmail.com
Adult: Amy Glaser, insideoutamy@gmail.com, (919) 923-7884
iNSIDEoUT is a youth-founded, youth-led organization that provides leadership opportunities & a safe space for North Carolina’s LGBTQISA-queer youth, both in & out of schools. By providing educational-, social-, & activism-oriented programs, iNSIDEoUT strives to form, strengthen, & network Gay-Straight Alliances while connecting & empowering youth, seeking to expand beyond the Triangle. iNSIDEoUT encourages you to become a part of our family & community.

**QORDS – Queer Oriented Rap/Rock Day School**
www.qords.org
www.facebook.com/Qords
www.qordsinfo.tumblr.com
qordsinfo@gmail.com
QORDS is a week-long overnight summer camp for queer youth or youth of queer parents. Young people ages 12-17 form bands and write songs to perform at the end of the week. The performance is for family and friends to attend at a showcase venue. Campers attend workshops on issues related to creative expression, gender identity, and sexual orientation as well as engage in other recreational activities.
SaySo (Strong Able Youth Speaking Out)
www.saysoinc.org
sayso@ilrinc.com
https://www.facebook.com/sayso.out
http://instagram.com/sayso_inc
(919) 384-1457
411 Andrews Rd., Suite 140, Durham NC 27705
A statewide association of youth aged 14 to 24 who are or have been in the out-of-home care system that is based in North Carolina. This includes all types of substitute care, including foster care, group homes, mental health placements and kinship care. SaySo’s mission is to work to improve the substitute care system by educating the community, speaking out about needed changes and providing support to youth who are or have been in substitute care.

Youth Organizing Institute
http://wakeyouth.wordpress.com
www.facebook.com/YouthOrganizingInstitute
The YOI is a popular education leadership development program centered on empowering the lives and experiences of young people.
HOW TO BE AN ALLY TO TRANS YOUTH!

**DO:**
*ASK* your client how you can be a good ally – Some good questions are: “Would you like me to correct other peoples’ pronoun usage?” “When do you want me to stand up for you?” “When do you prefer to stand up for yourself?”

TAKE YOUTH AND THEIR GENDER IDENTITY SERIOUSLY. It’s highly likely that you’re the first and maybe only person in their life to do so.

*ASK* your client what pronouns they use, if you’re unsure. Then *RESPECT* their decision.

**BE SENSITIVE.** Years of hostility and abuse can take a toll on youth. Many trans youth have social and emotional difficulties resulting from this. In addition, many trans youth develop unhealthy coping mechanisms such as substance abuse, eating disorders, self-harm, etc.

*ASK* youth about what support systems they have in place (chosen family, friends, lovers, mentors, etc.) and let them tell you who their family is. For many transgendered people, the most important relationships in their lives are not with their family of origin.

**CALL** your client by the name they go by in your interactions with them. You can do this even if you still have to use their former names for legal transactions such as paychecks or insurance.

**RESPECT** that there are many ways to be transgendered. Nontraditional gender expressions are valid. Some trans youth’s ideal for gender is to be gender-fluid, genderqueer or androgynous.

**UNDERSTAND** that transgender people can and do lead healthy sexual lives, whether that means respectful, loving long-term relationships, or satisfying short encounters. There are plenty of people, transgender or non-transgender, who find trans people desirable.

**EDUCATE YOURSELF** on transgender issues – it’s not your transgender clients’ responsibility to educate you.

**DON’T:**
*Out anyone (or allow their peers to do so) without their consent* – this can create dangerous situations and too many trans people have been assaulted or killed because they were outing. Always ask before you out a trans person to anyone.

*Ask what a trans person’s former name was.* Most do not disclose former/legal names unless absolutely necessary and prefer to keep this information confidential.

*Second-guess what gender someone “really” is.* This is disrespectful. Birth sex or anatomy isn’t always the same as gender.

*Assume that passing means success, and not passing means failure.* It is not every trans person’s priority or goal to conform to gender stereotypes.

*Assume that all transgender people are heterosexual.*

*Make assumptions about religion.* Many trans folks belong to religious traditions that support their identity and contributions, while for others spirituality may not be important.

*This page has been adapted from a resource developed by Aidan Dunn, Brooklynette Thomas and Simon Knaphus for the Youth Gender Project © 2004.*
High School
Achievement Academy of Durham
www.achievedurham.org
www.facebook.com/achievementacademydurham
gerdheim@AchieveDurham.org
(919) 956-8918
400 West Main St., Suite 103, Durham, NC 27701
Achievement Academy of Durham teaches and supports young adults who have dropped out of school in order to reconnect them to the opportunities an education provides.

Communities in Schools of Durham
www.cisdurham.org
Communities in Schools of Durham provides one on one support for students at risk of dropping out of school, school wide services to help students graduate and move on to post-graduate life. CIS Durham also provides a parenting program for parents of elementary age students; and a teacher program for NC Pre-K teachers, as well as a summer literacy program for elementary school children.

High School Gay/Queer Straight Alliances
C.E. Jordan High School
Adviser: Daniel Miller - daniel.miller@dpsnc.net

City of Medicine Academy
(919) 560-2001

Durham School of the Arts
(919) 560-3926

North Carolina School of Science and Math SPECTRUM
Adviser: Kim Howell - (919) 416-2819

Riverside High School
(919) 560-3965

Colleges & Universities
Duke University Center for Sexual and Gender Diversity
www.studentaffairs.duke.edu/csgd
www.facebook.com/DukeCSGD
Follow on Twitter @DukeCSGD
The Center for Sexual and Gender Diversity provides education, advocacy, support, mentoring, academic engagement, and space for lesbian, gay, bisexual, pansexual, transgender, transsexual, intersex, questioning, queer and allied students, staff, and faculty at Duke. The Center for Sexual and Gender Diversity also serves and supports Duke alumni and the greater LGBTQ community.
Durham Technical Community College: Spectrum
https://www.facebook.com/groups/101905799849652
Contact: Ashe, Harrisa8560@connect.durhamtech.edu
Spectrum is Durham Technical Community College’s (DTCC) Lesbian, Gay, Bisexual, Transgendered, Intersexed, Queer, Questioning, and Allies (LGBTIQQA) society or simply The Gay Straight Alliance (GSA). We meet on the first and third Monday of every month from 2:00PM - 3:00 PM, in the Verizon Conference Room of the Educational Resource Center (Library Building). We are getting some great ideas together of fun things the club can do inside and outside the school community. So come check out Spectrum.

North Carolina Central University LGBTA Student Resource Center
http://www.nccu.edu/lgbta/index.cfm
LGBTA@nccu.edu
tdoxey@nccu.edu
(919) 530-5545
Alfonso Elder Student Union, 1801 Fayetteville Street, Durham, NC
The LGBTA Resource Center provides direct services to students as well as staff, faculty, alumni and community members

Safe Schools NC
www.safeschoolnc.com
https://www.facebook.com/pages/SafeSchoolsNC/87005348718
Follow on Twitter @SafeSchoolsNC
Safe Schools NC is a statewide non-profit organization dedicated to creating a safe and positive learning environment for all students and educators in North Carolina, with an emphasis on actual or perceived sexual orientation and gender identity.

Quick Resources
Know Your Rights! A Quick Guide for LGBT High School Students
https://www.aclu.org/lgbt-rights_hiv-aids/know-your-rights-quick-guide-lgbt-high-school-students
Tips on Starting a Gay Straight Alliance
https://www.aclu.org/lgbt-rights/how-start-gay-straight-alliance-gsa
Becoming and Anti-Racist GSA and other wonderful resources
http://insideout180.org/gsasqas/resources
Making Your Student Club Trans-Inclusive
http://www.gl sen.org/download/file/MzE4Ng==
Freeing Ourselves: Published by the Brown Boi Project, Freeing Ourselves is a powerful resource and health guide for masculine-of-center, gender nonconforming, and transmen of color: https://brownboiproject.nationbuilder.com/health_guide

Safe Schools Coalition: http://www.safeschoolscoalition.org/RG-posters.html

Donnelly/Colt: www.donnellycolt.com

Gender Poster: http://www.crimethinc.com/tools/posters.html

Reach & Teach: www.reachandteach.com/store

Gay is K Poster Series: The Attic Youth Center: http://www.atticｙouthcenter.org/community/featured-projects/2012-safe-schools-kit/gay-k-poster-series

American Medical Student Association: http://www.amsa.org/AMSA/Homepage/About/Committees/GenderandSexuality.aspx


Bending the Mold: An Action Kit for Transgender Students: www.lambdalegal.org/publications/toolkits


Groundspark: Respect for all Project: http://groundspark.org/respect-for-all

GSA Networks: How to start and sustain GSAs: www.gsanetwork.org & www.gaystraightalliance.org

The Leadership Conference: The nation’s premier civil & human rights coalition: www.civilrights.org/lgbt/youth

National Black Justice Coalition: www.nbjc.org

The Network LaRed: Survivor-led Organizing to End Partner Abuse: Open Minds Open Doors is a manual to help domestic violence providers become more inclusive of LGBTQ survivors. It contains information on LGBTQ communities, partner abuse, assessments, policy recommendations and resources. http://tnlr.org/resources/#sheets


OPEN AND AFFIRMING
RELIGIOUS CONGREGATIONS

Imani MCC of Durham
www.imanimcc.org
(919) 251-6275
3602 C-View Street, Durham, NC 27713

Eno River Unitarian Universalist Fellowship
www.eruuuf.org
(919) 489-2575
4907 Garrett Road, Durham, NC 27707
ERUUF is a UUA “Welcoming Congregation” and is committed to the inclusion of every person. All are welcome without regard to race, ethnicity, gender, sexual orientation or economic status.

All Souls Church, Unitarian Universalist
www.allsoulsdurham.org
neal.shepherd1@gmail.com
(919) 972-8197
Meeting at Walltown Children’s Theatre: 1125 Berkeley St., Durham, NC 27705
Worship on Sundays at 11:00 a.m.

Pilgrim United Church of Christ
www.pilgrimucc-durham.org
(919) 489-1381
3011 Academy Road, Durham, NC 27705
Worship on Sundays at 10:30 a.m. followed by fellowship at 11:30 a.m.

Calvary United Methodist Church
www.calvarync.org
www.facebook.com/calvarync
(919) 668-7138
304 E. Trinity Ave., Durham, NC 27701
Worship on Sundays at 11:00 a.m.

First Presbyterian Church
http://firstpres-durham.org
https://www.facebook.com/groups/50604253500
s.finbow@firstpres-durham.org
Youth Minister: Sara Finbow
(919) 682-5511
305 E. Main Street, Durham, NC 27701
First Presbyterian Church welcomes all who worship here. We honor and celebrate the human diversity and unity that God gives us in Christ. We welcome individuals of every age, race, nationality, gender, ability, sexual orientation, and economic circumstance to participate fully in the life of the church. Worship on Sundays at 11:00 am.

Saint Philip’s Episcopal Church
http://st-philips-durham.dionc.org
https://www.facebook.com/stphilipsdurham
403 East Main Street, Durham, NC 27701
(919) 682-5708
St. Philip’s exists to share the love of Jesus Christ with our community and the world through worship and service. We welcome individuals of every race, nationality, gender, age, ability, sexual orientation, and economic circumstance to participate fully in the life of the church.
Becoming Durham
www.becomingdurham.org
www.facebook.com/becomingdurham
Follow BECOMING on Twitter @BECOMINGDURHAM
414 E Main St., Durham, NC
(919) 651-8400
BECOMING- Building Every Chance of Making It Now and Grown Up is a System of Care SAMHSA grant funded initiative administered through Alliance Behavioral Healthcare that focuses on assisting youth, 16-21 years old to make a positive transition to adulthood. BECOMING invests in the lives of disconnected young adults to empower them to take control of their futures. BECOMING serves emerging adults with behavioral health conditions, who are struggling to make the transition to a productive adulthood and have become disconnected from important community services and supports such as education, families, mentors and employment opportunities. Youth in BECOMING may be pregnant or parenting, have had a criminal justice encounter, be transitioning out of foster care, unemployed or underemployed, not enrolled in school, or have unstable housing. BECOMING hosts several youth support and youth leadership groups to assist youth in making connections to various resources and further developing leadership and advocacy skills.
For more information on these groups, please contact Garron B. Rogers at 919-651-8831.

North Carolina Harm Reduction Coalition
www.nchrc.org
robert@nchrc.net
www.facebook.com/groups/ncharmreduction
www.twitter.com/NCHarmReduction
Follow NCHRC on Twitter @NCHarmReduction
www.ncharmreduction.tumblr.com
(336) 543-8050
North Carolina Harm Reduction Coalition engages in grassroots advocacy, resource development, coalition building and direct services for those made vulnerable by drug use, sex work, overdose, immigration status, gender, STIs, HIV and hepatitis. NCHRC provides free non-judgmental education and resources for both individuals and groups in the Durham area on safer sex, safer drug use, transgender support, syringe access, and overdose prevention & naloxone use.
Carolina Outreach
www.carolinaoutreach.com
2670 Durham-Chapel Hill Blvd., Durham, NC 27707
(919) 251-9001
Carolina Outreach provides mental health services Durham and other counties. Carolina Outreach advocates a families-first approach, where in-home strengths-based services could help families become self-sufficient and remain intact. Services for children & youth include home-based, school-based, and outpatient therapies in English and Spanish. Carolina Outreach also runs an Independent Living Program for young people ages 15-21. The Independent Living Program utilizes a continuum of community support, independent living skills classes, vocational and educational opportunities, and need-based financial and housing supports.

Triangle Empowerment Center, Inc.
www.facebook.com/TriangleEmpowermentCenter
triangleempowermentcenter@yahoo.com
(919) 423-8902
Triangle Empowerment Center, Inc. is a nonprofit community-based organization that has a variety of services that include HIV/AIDS testing, counseling, prevention, education, and outreach. TEC also provides referrals and has various programs for the LGBT community including a poc men’s group and an MClub. MClub is a program that can be in one-one-one or group sessions that is behavior-based to teach Gay/Bisexual men, ages 16-29, about safer sex and reduce the risk of HIV/STD infection.

Support Groups
Durham Alateen
Duke Memorial United Methodist Church
504 W. Chapel Hill St., Durham, NC
This is a closed meeting for English speakers that meets every Sunday at 8 PM.

Durham Gender Alliance
https://groups.yahoo.com/group/durhamgenderalliance
Contact: Lea Salas, Community Trans-Advocate & Consultant
soy_lea@yahoo.com
Durham Gender Alliance is a moderated gender-issues support group serving the Durham, Cary, Chapel Hill, Raleigh and nearby regions of North Carolina. Please join the group to receive information about meeting days and times.
GLBT Alcoholics Anonymous Meeting
Duke Episcopal Student Center
505 Alexander Avenue, Durham, NC
Meets every Monday at 6:30 PM.

Transforming Family
andrea@transformingfamily.org
Support group for trans* children and their families. Alternates last Saturday of each month between Durham and Greensboro.

Triangle Chapter of Parents and Friends of Lesbians and Gays (PFLAG)
www.pflagtriangle.org
1st Thursdays, 7:30 pm
Pilgrim United Church of Christ
3011 Academy Rd, Durham, NC
Triangle PFLAG supports families by working to keep families in loving relationships and helping them understand and affirm their gay, lesbian, bisexual or transgendered family members.

LGBTQ Affirming Therapists
Meredith Hancock, LCSW
www.mhancocktherapy.com
(503) 680-0763
Works with clients (ages 15 and up) on a range of issues including sexual orientation, relationship challenges, and dealing with discrimination. Affirms transgender and gender non-conforming identities and can assist with exploring prospects of transitioning and connecting clients to resources. Also offers transgender evaluation and recommendation letter for hormone replacement therapy and gender confirmation surgery.

Kenny Levine, LCSW
www.kennylevine.com
(919) 475-3068
1502 Highway 54 West, Ste. 505, Durham NC 27707
Provides psychotherapy for adults, adolescents and couples around issues such as anxiety, depression, substance abuse, sexuality etc. Works with LGB couples and individuals. In-network provider for Blue Cross and Blue Shield of North Carolina.
Eli Ogburn, LCSW  
eliogburnlcsw@gmail.com  
(919) 322-9355  
819 Broad St., Durham, NC 27705  
As a trans-identified clinician, Eli serves primarily transgender and gender nonconforming clients as well as clients who identify as lesbian, gay, bisexual, or queer. Eli has a particular passion for working with trans adolescents, adults, and their support systems on a range of issues related to gender identity. Eli uses an anti-oppression framework and a variety of theoretical approaches such as CBT, DBT, CPT, and mindfulness-based therapy.

Dr. Molly Parks  
www.drmollyparks.com  
drmollyparks@gmail.com  
(919) 937-8335  
817 Broad St., Durham, NC 27705  
Dr. Parks has a wide range of experience working with children and teens in multiple therapeutic settings. She works with children and youth who are struggling with anxiety, depression, social isolation, divorce, trauma, gender questioning and gender variance, and school based issues. Out-of-network provider with a limited amount of need-based sliding scale spots are available. Contact Dr. Parks if you would like to discuss this option.

Dr. Frances Ulman  
www.francesulmanphd.com  
francesulmanphd@gmail.com  
(919) 322-9838  
911 Broad St., Durham, NC 27705  
Specializes in treatment of eating disorders and body image concerns, working with individuals who identify as transgender, transsexual, gender variant or gender non-conforming, including providing therapy and letters for hormone treatment and surgery. Out-of-network, with limited number of sliding scale fee spots available.

Duke Integrated Pediatric Mental Health  
psychiatry.duke.edu/ipmh  
Follow on Twitter @DukeIPMH  
2608 Erwin Road, Suite 300, Durham NC 27705  
(919) 668-0066, (919) 681-0036  
Contact Integrated Pediatric Mental Health for referrals to culturally competent and inclusive therapists.
Legal Aid of North Carolina-Advocates for Children’s Services (ACS)
www.legalaidnc.org/public/learn/projects/advocates-for-childrens-services/default.aspx
201 West Main St., Suite 400, Durham, NC 27701
(919) 226-0052/ (919) 226-0053
ACS focuses on serving children in the public education system. ACS’ cases involve: short-term suspension; long-term suspension; expulsion; involuntary transfers to alternative schools; denial of enrollment; discrimination on the basis of race, national origin, sex, sexual orientation, or disability; mistreatment by school security personnel; special education; bullying; and academic failure. ACS attorneys also conduct “Know Your Rights” presentations.

Durham Crisis Response Center
www.durhamcrisisresponse.org
www.facebook.com/DurhamCrisisResponseCenter
24-Hour Crisis Line: (919) 403-6562 (English), (919) 519-3735 (Español)
crisisline@durhamcrisisresponse.org
The Durham Crisis Response Center works with the community to end domestic and sexual violence through advocacy, education, support and prevention. DCRC provides comprehensive shelter and support services in the Durham area, providing counseling, legal advocacy, support groups, and shelter to survivors and their families in the aftermath of domestic or sexual violence.

Urban Ministries of Durham
www.umdurham.org
www.facebook.com/UrbanMinistriesOfDurham
(919) 682-0538
410 Liberty Street, Durham, NC 27701
Community Shelter (18+), Community Café (3 meals/day), Food Pantry, Clothing Closet, Private Shower, Recovery

Community Consultants & Advocates
Dolores Chandler, MSW
dchandler83@gmail.com
(919) 444-1717

Lea Salas, Community Trans-Advocate & Consultant
soy_lea@yahoo.com

*Please contact Dolores Chandler at the info above if you would like to be added to this list of community consultants & advocates
Planned Parenthood-Chapel Hill Health Center
(919) 942-7762
Planned Parenthood offers sexual and reproductive health services, as well as hormone replacement therapy for trans men and trans masculine clients over the age of 18.

NC Harm Reduction Coalition: Trans Discussion Group
Contact: Loftinwilson@gmail.com
Every other Wednesday, 8 pm
Internationalist Books
New Location! 101 Lloyd Street, Carrboro
This is a support group for folks who identify as transgender, transsexual, genderqueer, crossdresser, or otherwise in any way gender-nonconforming or gender questioning. One night a month is open to anyone, and one is only for folks who identify as transgender/gender-nonconforming/genderqueer.

Trans Talk Tuesdays
1st & 3rd Tuesday of each month, 6:15-7:15 pm
Caribou Coffee Community Room
1406 E. Franklin Street
lgbtq@unc.edu
(919) 843-5376
Join UNC’s LGBTQ Center’s peer support/discussion group for folks that identify as transgender, intersex and genderqueer. This space is meant to provide community and connection amongst folks on the basis of gender identity. The group is open to campus and community members that identify as transgender, intersex or genderqueer. All students, staff, faculty, community members are welcome.
Alliance of Disability Advocates  
www.alliancecil.org  
alliance@alliancecil.org  
(919) 883-1117 (V/TTY)  
505 Oberlin Rd., Suite 148, Raleigh, NC 27605  
Alliance is based in Raleigh, NC and provides services to people with disabilities living in Wake, Durham, Franklin, Johnston, and Orange counties. A major need addressed by the Alliance has been services for youth with disabilities. The Alliance hosts 2 youth groups, one for youth under 20 and another for young adults 20 and over. The Youth Groups participate in educational and entertainment programs selected by the members of the group, ranging from independent living skills to political awareness rallies and from trips to the museum and theatre to movie nights.

LGBT Center of Raleigh - Youth Programming  
www.lgbtcenterofraleigh.com/programs/youth-programs.html  
(919) 832-4484  
324 S Harrington St., Raleigh, NC 27603  

El Pueblo, Inc.  
www.elpueblo.org  
www.facebook.com/ElPuebloInc  
Follow El Pueblo on Twitter @elpuebloinc  
(919) 835-1525  
2321 Crabtree Blvd., Suite 105, Raleigh, NC 27604  
El Pueblo’s mission is for Latinos to achieve positive social change through building consciousness, capacity, and community action. El Pueblo engages Latino youth in community-based advocacy, media literacy, health education, civic engagement and positive youth development. Contact El Pueblo for more information about its youth-led reproductive justice and health peer education program, Derechos Sin Fronteras. El Pueblo youth are trained to deliver fun, interactive workshops for middle and high school students. For more information contact Alex at Alexandra@elpueblo.org.

Dr. Keelee MacPhee, MD  
Renaissance Plastic and Reconstructive Surgery  
www.keeleemacpheemd.com  
(919) 341-0915  
4414 Lake Boon Trail, Suite 407, Raleigh, NC 27607  
Dr. MacPhee performs FtM and MtF chest reconstruction surgery procedures in Raleigh and also at Durham Regional Hospital. Consultation appointments are available and a fee of $100 is charged.
March 31 – International Transgender Day of Visibility

April – National Day of Silence (day varies from year to year)
www.dayofsilence.org
The National Day of Silence is a day of action in which students across the country vow to take a form of silence to call attention to the silencing effect of anti-LGBT bullying and harassment in schools.

June – Pride Month
June is celebrated as Pride in honor of the Stonewall Riots, though Pride events occur all year round. For example, In North Carolina, Pride is celebrated in September.

September – North Carolina Pride www.ncpride.org

October – LGBTQ History Month

October 11 – National Coming Out Day
On this day we celebrate coming out as lesbian, gay, bisexual, transgender, queer, or as an ally.

October 17 – Spirit Day
www.glaad.org/spiritday
On this day people wear the color purple to show support for LGBTQ youth who are victims of bullying.

November 20 – International Transgender Day of Remembrance
The Transgender Day of Remembrance was set aside to memorialize those who were killed due to anti-transgender hatred or prejudice.

December 1 – World AIDS Day
www.ambientejoven.org - Spanish language website for Latino LGBTQ youth.

www.scarleteen.com - Sex Ed for the Real World: Inclusive, comprehensive, and smart sexuality information and help for teens and people in their 20s.

www.ncpride.org/trianglelocalevents - Weekly local gay, lesbian, bisexual, and transgender events in the Triangle of North Carolina


www.nctgunity.org - This website provides information and resources for transgender people, significant others, and friends of transgender people living in North Carolina.
Durham NC was voted America's most tolerant city in 2012 by the publication The Daily Beast, citing the high numbers of same sex couples and low numbers of racially motivated hate crimes reported.


Research shows that LGBT youths “who experience high levels of rejection from their families during adolescence (when compared with those young people who experienced little or no rejection from parents and caregivers) were more than eight times likely to have attempted suicide, more than six times likely to report high levels of depression, more than three times likely to use illegal drugs and more than three times likely to be at high risk for HIV or other STDs” by the time they reach their early 20s.


LGBT youth are twice as likely to experience sexual abuse before the age of 12.


“More than 34,000 people die by suicide each year,” making it “the third leading cause of death among 15 to 24 year olds with lesbian, gay, and bisexual youth attempting suicide up to four times more than their heterosexual peers.”

http://en.wikipedia.org/wiki/Suicide_among_LGBT_youth
http://www.speakforthem.org/facts.html

20-40% of homeless youth identify as LGBTQ. The most common reasons that LGBTQ homeless youth cite for being out of their homes are family rejection and conflict.


Because LGBTQ homeless youth are more likely to resort to criminal behavior to survive, they are also at greater risk of arrest, but LGBTQ homeless youth also face elevated risk of detainment for crimes related to being homeless, such as curfew violations and sleeping in public spaces, fueling the cycle that perpetuates homelessness.


A national survey of LGBT students conducted in 2003 found that, within the past year: 77.9% heard remarks such as “faggot” or “dyke” frequently or often at school (similar studies have shown that the average high school student hears such epithets 25 times a day);


Research suggests that young people whose sexual identity is accepted and who have strong social connections are less at risk than young people who are rejected by family, friends, peers or their communities.
