

# **LGBTQ RESOURCES**

## **Education and Advocacy**

### **HiTOPS**

An adolescent health and sexuality education center in Princeton, NJ. Offers educational programs for all, and support groups for adolescents and young adults. 609-683-5155 [www.hitops.org](http://www.hitops.org)

### **Appreciating Differences: Creating Safe and Respectful Schools**

This class defines biological sex, gender identity, and sexual orientation in a way that middle school students can understand. **HiTOPS** uses fun, interactive and age-appropriate activities to foster understanding, reduce harassment, and appreciate differences. Can be adapted for older students, parents, and teachers. **Contact Elizabeth Walters at 609-683-5155 x218**

### **GLSEN - Gay Lesbian Straight Education Network**

National organization for students, teachers and parents fighting to make schools safe for all, regardless of sexual orientation or gender identity. Extensive resources for creating respectful, inclusive schools. [www.glsen.org/centralnj](http://www.glsen.org/centralnj) [www.glsen.org](http://www.glsen.org)

### **Safe Schools Coalition**

Extensive, up to date resources for making schools safer for all. Includes websites, research, classroom activities, and lots more. [www.safeschoolscoalition.org](http://www.safeschoolscoalition.org)

### **PFLAG**

Provides support and educational materials for gay, lesbian, bisexual, transgender, queer and questioning individuals, allies, and their families. [www.pflag.org](http://www.pflag.org)

### **ANSWER**

Encourages sexuality to be understood, respected, valued, and celebrated through education and activism. Online sexual health resource for teens, by teens: [www.sexetc.org](http://www.sexetc.org) & [www.answer.rutgers.edu](http://www.answer.rutgers.edu)

### **Ambiente Joven**

Un proyecto de advocates para jóvenes y esta dedicada a la comunidad gay, lesbiana, bisexual, y transgénero joven Latina en E.E.U.U. y Latino America. [www.ambientejoven.org](http://www.ambientejoven.org)

### **Asexual Visibility and Education Network**

AVEN is a supportive community of sexual people and our allies that seeks to create open, honest public dialogue about asexuality. [www.asexuality.org](http://www.asexuality.org)

### **African-American Office of Gay Concerns**

A resource for the GLBTI community, focusing on HIV prevention, particularly for young men of color, as well as transgender and questioning youth. Located in downtown Newark. All are welcome, regardless of race or gender. 877 Broad St. Suite 211, Newark NJ. 973-639-0700. [www.aaogc.org](http://www.aaogc.org)

### **The American Institute of Bisexuality**

Organization focused on educating the general public about bisexuality. [www.bisexual.org](http://www.bisexual.org)

### **American Civil Liberties Union**

Working to make public schools safe and bias-free for LGBT students, defending their free speech in school, and working to help students start gay-straight alliance clubs. Several resources on students' rights in schools. <https://www.aclu.org/lgbt-rights/lgbt-youth-schools>

### **Advocates for Youth**

Resources for youth, parents and professionals concerning policy and advocacy for GLTBQ people. <http://advocatesforyouth.org/topics-issues/glbtc>

### **Generation Q**

Queer radio from New Brunswick with Pedro Serrano. Thursdays 10-11pm on WRSU-FM 88.7 <http://wrsu.rutgers.edu>

# Transgender Education and Advocacy

## **National Center for Transgender Equality**

Social justice organization dedicated to advancing the equality of transgender people through advocacy, collaboration and empowerment.

Offers info about rights of transgender students in schools.

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

## **Transgender Law Center**

Transgender Law Center works to change law, policy, and attitudes so that all people can live safely, authentically, and free from discrimination regardless of their gender identity or expression.

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

## **FTM International**

This is a worldwide female-to-male trans community support. This site is the internet contact point for the largest, longest-running educational organization serving FTM transgender people and transsexual men. Provides information, newsletters, publications, and support from volunteers who are willing to help if you need someone to talk to. [www.ftmi.org](http://www.ftmi.org)

## **Advocates for Youth Project**

"I Think I Might Be Transgender... Now What Do I Do?"

<http://www.advocatesforyouth.org/storage/advfy/documents/transgender.pdf>

## **ACLU's Know Your Rights: Transgender People and the Law**

Provides legal information about document changes, employer issues, bathrooms, and more. <https://www.aclu.org/translaw>

## **PFLAG's Transgender Network (T-NET)**

*Our Trans Children and Welcoming Our Trans Family and Friends*, publications of the Transgender Network of PFLAG. Good resources to give to struggling parents or family members.

<http://community.pflag.org/Document.Doc?id=189>

<http://community.pflag.org/Document.Doc?id=202>

## **Gendertalk**

The leading radio program advocating for transgender rights and dignity, while also exploring related issues that affect us all, like gender, sex, race, class, and more. [www.gendertalk.com](http://www.gendertalk.com)

## **Sylvia Riviera Law Project**

The Sylvia Riviera Law Project works to protect the right of gender self-expression and works to guarantee that all people are free to self-determine gender identity and expression, regardless of income or race, and without facing harassment, discrimination or violence. [www.srlp.org](http://www.srlp.org)

## **TransFaith Online**

TransFaith is a national non-profit that led by transgender people and focused on issues of faith and spirituality. They work closely with many allied organizations, secular, spiritual, and religious, transgender-led and otherwise. [www.transfaithonline.org](http://www.transfaithonline.org)

## **Philadelphia Trans Health Conference**

A program of the Mazzoni Center—the focus of this unique three day conference is promoting transgender health and wellness in mind, body, spirit, and community. PTHC recognizes all aspects of well-being; including health, safety, education, employment, housing, and social support.

[www.trans-health.org](http://www.trans-health.org)

## **Trans Youth Family Allies**

TYFA empowers children and families by partnering with educators, service providers and communities, to develop supportive environments in which gender may be expressed and respected.

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

## **Gender Spectrum**

Gender Spectrum provides education, training and support to help create a gender sensitive and inclusive environment for all children and teens.

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

## **Trans Youth Equality**

The Trans Youth Equality Foundation provides education, advocacy and support for transgender and gender non-conforming children and youth and their families. Check out their Rosetta Stone, a translation guide for adults with transgender children.

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

<http://www.transyouthequality.org/trans101.html>

# Transgender Youth Groups in NJ

Add your group to this list at <http://bit.ly/NJlgbtGroups>

## HiTOPS - Trans Youth Group

1st & 3rd Sundays, 4-5:30pm  
HiTOPS, 21 Wiggins St., Princeton, NJ  
Age range 13-21, [www.hitops.org](http://www.hitops.org)  
Contact: Corrine O'Hara, 609-683-5155 x217, [corrine@hitops.org](mailto:corrine@hitops.org)

## Gender Spectrums Support Network

First and Third Transtime Social Group  
1st & 3rd Wednesdays, 7-9pm, for youth of all ages  
At Project R.E.A.L.  
805 4th Ave., Asbury Park, NJ  
[www.GenderSpectrumsSupportNetwork.org](http://www.GenderSpectrumsSupportNetwork.org)  
Contact: Margo Saltzman 732-531-4290  
[GenderSpectrumsNetwork@gmail.com](mailto:GenderSpectrumsNetwork@gmail.com)  
<https://www.facebook.com/GenderSpectrumsSupportNetwork>

## Gender Spectrums Support Network - Church House of the Presbyterian Church

4th Wednesdays, 7-9pm  
352 Sycamore Ave., Shrewsbury, NJ  
For trans\* folks and allies of all ages  
[www.GenderSpectrumsSupportNetwork.org](http://www.GenderSpectrumsSupportNetwork.org)  
Contact: Margo Saltzman 732-531-4290  
[GenderSpectrumsNetwork@gmail.com](mailto:GenderSpectrumsNetwork@gmail.com)  
<https://www.facebook.com/GenderSpectrumsSupportNetwork>

## Transgender Support Group

Free drop-in group for ages 18-26; meeting dates and times TBA  
133 Franklin Corner Road, second floor, Lawrenceville, NJ  
Contact: Tracey Post, LCSW, 609-375-8727

## Garden State Equality - North Jersey Transgender, Gender Non-Conforming and Questioning Youth Group

2nd Thursdays, 5:30-7pm; Ages 13-20  
Garden State Equality Headquarters, 40 South Fullerton Ave., Montclair, NJ  
Contact: [info@gardenstateequality.org](mailto:info@gardenstateequality.org); [www.gardenstateequality.org](http://www.gardenstateequality.org)

## Pride Center of New Jersey - TrueSelves

3rd Sundays, 4-6pm; Recommended for trans individuals 18+  
The Pride Center, 321 Raritan Ave., Highland Park, NJ  
Contact: Samantha Nokes, [noksammie@gmail.com](mailto:noksammie@gmail.com), or Pride Center, 732-846-2232; [www.pridecenter.org/groups](http://www.pridecenter.org/groups)

## Institute for Personal Growth (IPG) - Youth and Parent Support Groups

3rd Saturdays, 12:30-2pm; Age range 13-21  
1119 Raritan Ave., Highland Park, NJ  
Contact: 800-379-9220 or 732-246-8439; [www.ipgcounseling.com](http://www.ipgcounseling.com)  
Cost: Sliding scale fee; insurance accepted, see website for details.

## Pathways - Transgender Support Group

2nd Saturdays, 7-11pm in Bergen County, NJ  
Contact: [sunnimoss@verizon.net](mailto:sunnimoss@verizon.net) to join the group; [www.pathwaystg.org](http://www.pathwaystg.org)

## Hudson Pride - TransView

Every Tuesday, 6-8:30pm; Age range 13-20  
32 Jones St., Jersey City, NJ  
All trans allies are welcome on the last Tuesday of every month  
[www.hudsonpride.org](http://www.hudsonpride.org)  
Contact: Kimberly Adams, 201-963-4779 x116, [kim@hudsonpride.org](mailto:kim@hudsonpride.org)

## PFLAG Princeton - T-Net Parent Support Group

2nd Mondays, 7-9pm; Trinity Church, 33 Mercer St., Princeton, NJ  
[www.pflagprinceton.org](http://www.pflagprinceton.org)  
Contact: [Pflag.TNET.Princeton@gmail.com](mailto:Pflag.TNET.Princeton@gmail.com); Corrine O'Hara, 609-683-5155 x217, [corrine@hitops.org](mailto:corrine@hitops.org); Terri Gans, [terri.gans@gmail.com](mailto:terri.gans@gmail.com)

## PFLAG Collingswood - Transgender support group

4th Mondays, 6:30-9:30pm  
Collingswood Community Center, 30 W. Collings Ave. Collingswood, NJ  
Contact: Dr. Lee Ann Etscovitz, [leeannetscovitz@me.com](mailto:leeannetscovitz@me.com)

## PFLAG Jersey Shore - Transgender/Transfamilies Support Group

3rd Mondays, 7pm; Church House of the Presbyterian Church  
352 Sycamore Ave., Shrewsbury NJ; [www.jerseyshorepflag.org](http://www.jerseyshorepflag.org)  
Contact: Abby Maisonave, 908-814-2155, [jspflag@gmail.com](mailto:jspflag@gmail.com)

### **Bergen County PFLAG - Transgender Support Group**

3rd Wednesdays, 7:30pm

Temple Beth Or, 56 Ridgewood Road, Washington Twp, NJ

Contact: Wendy, [wschwa@optonline.net](mailto:wschwa@optonline.net), [www.bergenpflag.org](http://www.bergenpflag.org)

## **LGBTQ Youth Groups in NJ**

Add your group to this list at <http://bit.ly/NJlgbtGroups>

### **HiTOPS First & Third - Now in our 18<sup>th</sup> year!**

1st and 3rd Saturdays, 2:30-4:30pm

HiTOPS, 21 Wiggins St., Princeton, NJ; [www.hitops.org](http://www.hitops.org)

Contact: Daniel Fernandez, 609-683-5155 x234, [dfernandez@hitops.org](mailto:dfernandez@hitops.org)

### **Kaleidoscope - LGBT Youth Group**

3rd Saturdays, 1-3pm; youth age 15-19

The Spot Teen Center (2nd floor, near Boscov's)

2120 Voorhees Town Center, Voorhees Township, NJ

<http://www.centerffs.org/kaleidoscope-teens-along-spectrum>

Contact: Kristen Tahaney, 1-800-255-4213, [kaleidoscope@centerffs.org](mailto:kaleidoscope@centerffs.org)

### **QSpot, Jersey Shore LGBT Community Center - WAVE Youth**

Fridays, 3-6pm, for all LGBT and questioning youth

QSpot LGBT Center, 66 South Main St., Suite 20B, Asbury Park, NJ

Contact: 732-455-3373, [www.qspot.org](http://www.qspot.org)

### **Newark LGBTQ Community Center - True Colors Drop-In**

Every Thursday 4-8pm, for LGBTQIA and allies, youth and young adults

Newark LGBTQ Community Center, 11 Halsey Street, Newark, NJ

Students interested should email: [info@gardenstateequality.org](mailto:info@gardenstateequality.org)

### **Pride Center of New Jersey - Youth Drop In**

2nd & 4th Saturdays, 1-4pm (support group session 2-3pm)

85 Raritan Ave., Suite 100, Highland Park, NJ

For LGBTQIA youth and allies 17 and under

Contact: Ellen, [ellengilioesq@aol.com](mailto:ellengilioesq@aol.com), 973-342-1108

### **Pride Center of New Jersey - Under the Rainbow**

2nd & 4th Thursdays, 7-9pm, for LGBTQIA people ages 18-25

85 Raritan Ave., Suite 100, Highland Park, NJ

Contact: Group Leader Joe at [jmspulick@gmail.com](mailto:jmspulick@gmail.com) or Samantha at [nokestom@yahoo.com](mailto:nokestom@yahoo.com)

### **Hudson Pride Connections Center - LGBT YouthConnect Program**

Fridays, 3-8pm; dinner and snacks provided

32 Jones Street, Jersey City NJ

Contact: Stephanie Mills, [stephanie@hudsonpride.org](mailto:stephanie@hudsonpride.org), 201-963-4779 x118

### **Bergen PFLAG - Rainbow Café Teaneck**

1st & 3rd Wednesdays, 6-8pm; Ages 12-19

St. Mark's Episcopal Church, 186 Chadwick Rd, Teaneck NJ

Contact: Jean Boranian, 201-357-5655, [bergenpflag@gmail.com](mailto:bergenpflag@gmail.com)

## **Toll-Free Hotlines**

### **Gay, Lesbian, Bisexual, and Transgender National Youth Talkline**

**1-800-246-PRIDE (1-800-246-7743)** Monday-Friday, 4:00pm-12:00am.

Phone and email counseling by peer volunteers for youth up to age 25.

Coming out issues, relationship concerns, parent issues, school problems,

anxiety, safer sex info, and more. [youth@GLBTNationalHelpCenter.org](mailto:youth@GLBTNationalHelpCenter.org)

### **Peer Listening Line**

**1-800-399-PEER (7337)** Monday-Friday 6:00-11:00 pm. Youth support and

info, staffed by trained volunteers age 25 and under. <http://bit.ly/10f897x>

### **The Gay and Lesbian National Hotline (The GLNH)**

**1-888-843-4564** Monday-Friday 4:00 pm-12:00 am, Saturday 5:00-10:00pm.

For callers of all ages needing to talk: coming out issues, relationship

concerns, HIV/AIDS anxiety, safer sex information, and more.

### **2NDFLOOR** [www.2ndfloor.org](http://www.2ndfloor.org)

**1-888-222-2228** A confidential and anonymous helpline for NJ youth and young adults available 24/7 for help in solving problems in all walks of lifes.

### **The Trevor Lifeline**

**1-866-4-U-TREVOR (1-866-488-7386)** 24-hour free and confidential suicide prevention hotline specifically aimed at gay and questioning youth in crisis.

## Social Media and Online Groups

**TrevorSpace** - [www.trevorspace.org](http://www.trevorspace.org) - Social networking site for LGBTQ youth ages 13-24, friends and allies.

**BiNet USA** - [www.facebook.com/groups/binetusa](https://www.facebook.com/groups/binetusa) & [www.binetusa.org](http://www.binetusa.org)

**SMYAL's SafeSpace** - [www.symal.org/safespace.php](http://www.symal.org/safespace.php) - A discussion board for LGBTQ youth and allies, ages 13-21, to discuss what's on their mind.

**It Gets Better Project** - [www.itgetsbetter.org](http://www.itgetsbetter.org) - You are not alone, and it will get better. Record your own "It Gets Better" video and submit it!