

The Center

(303) 733-7743, www.glbtcOLORADO.org

1301 E. Colfax, Denver, CO 80218

- A nonprofit community center for Colorado's gay, lesbian, bisexual and transgender (GLBT) population.
- Services include:
 - GLBT Legal Helpline (legal advice and referrals) at 303-282-6524
 - Rainbow Alley, a drop-in center for GLBT youth, ages 11-21.
 - Sage of the Rockies, services for LGBT persons age 50+.
 - Transgender Programs and Services, including support groups, events, and activities, and job clubs/ inclusive job fairs
 - Individual and group supports for GLBT individuals and individuals questioning their gender and/or sexuality, including individual counseling and group support, addictions support groups, and social groups.
 - Terry Mangan Memorial Library lending library, the largest lending library of LGBT texts in the state
 - Cyber Center, a safe & free location for GLBT individuals to obtain Internet access, create resumes & presentations, conduct research, & attend computer training classes.
- Hours: Monday-Friday, 10am-8pm

The Gender Identity Center of Colorado, Inc.

303-202-6466, www.gicofcolo.org

1151 S. Huron St., Denver, CO 80223

- Provides support to individuals of all gender identities and expressions. Services are available to anyone, male / female / other, who can benefit from its services or resources, including spouses, significant others, parents, and siblings.
- Offers individual counseling, animal therapy, social and support groups, information and referral, and drop-in support.
- The cost of individual services is \$25 for the first intake session, and \$15 per additional session. A sliding scale is available, call 303-202-6466.
- Drop-In Hours: Monday – Friday, 9am – 9pm

PFLAG, Denver Chapter:

(303) 333-0286 (also in Spanish), <http://www.pflagdenver.org/>

- PFLAG (Parents, Families and Friends of Lesbians and Gays) supports, education and advocacy to promote the well-being of gay, lesbian, bisexual and transgender persons.
- Offers telephone helplines, support group meetings, resource referral, and information.



- **Telephone Helpline** is answered 24 hours a day in **both English and Spanish** and is staffed by volunteers 12 hours a day. It provides emotional support, information, and referrals - (303) 333-0286
- See the PFLAG calendar for dates and times of support group meetings.

Fenway Institute Helpline & Peer Listening Line

1-888-340-4528 (Helpline); 1-800-399-7337 (Peer Listening Line), <http://www.fenwayhealth.org/>

- Anonymous and confidential phone lines that offer gay, lesbian, bisexual and transgender adults and youths a “safe place” to call for information, referrals, and support regarding issues like coming out, HIV/AIDS, safer sex and relationships, and support locating LGBT groups and services in their local area.
- **Lesbian, Gay, Bisexual and Transgender Helpline** – (Toll-free) 888.340.4528
- **Peer Listening Line** – (Toll-free) 800.399.PEER

Denver Element – Gay men’s resources

720-382-5900, <http://www.thedenverelement.com/>

655 Broadway suite 425, Denver, CO 80203

- Non-profit organization through mile high behavioral health to promote mental, physical, and social well-being for all gay/bi men
- HIV support/ group “Positive Impact”, “healthy relationships” educational program for HIV positive gay and bi men.
- Free HIV and comprehensive STI testing, check for availability before coming in

For Youth

Rainbow Alley (at The Center)

303-831-0442, <http://www.glbtcOLORADO.org/rainbow-alley/>

1301 E. Colfax, Denver, CO 80218 (Garden-level of The Center)

- Drop-in center for GLBT youth, ages 12-21, and their allies.
- Offers health services, counseling and referral, youth-led events and activities, computer lab, library, kitchen, all in a warm, welcoming, safe and supportive space.
- *Drop-in hours are Tuesday – Friday 3 PM to 8 PM*

Urban Peak

303-974-2000, <http://www.urbanpeak.org/>

730 21st Street, Denver, CO 80205

- Non-profit organization to serve youth ages 15-24 experiencing homelessness or at imminent risk of becoming homeless
- Provides assistance and support to become self-sufficient



- Services include: street outreach, a 40-bed shelter for youth, daytime drop-in center, supportive housing, education and employment services, case management, life skills courses, behavioral health evaluations, meals and more

Trevor Help Line

1 (866) 488-7386, www.thetrevorproject.org

- Offers crisis and suicide prevention services for gay and questioning youth, ages 13 - 24.
- **Trevor Lifeline** – Free, confidential, 24/7 crisis intervention and suicide prevention lifeline for LGBTQ young people (ages 13-24), available at 1-866-488-7386.
- **TrevorChat** - Free, confidential, secure instant messaging service for LGBTQ youth that provides live help from trained volunteer counselors, open daily from 1:00 p.m. - 5:00 p.m. Mountain Time at <http://www.thetrevorproject.org>
- **TrevorText** - A free, confidential, secure service in which LGBTQ young people can text a trained Trevor counselor for support and crisis intervention, available Fridays from 2:00 p.m. - 6:00 p.m. Mountain Time at 202-304-1200.

Voz Y Corazon Suicide Prevention Program

303.504.6500, <http://mhcd.org/child-family-services/vozycorazon>,

- Suicide prevention program through MHCD to provide free, community-based, culturally sensitive, mentoring and suicide prevention service to teens and their families
- Services in Spanish and English

For Older Adults

SAGE of the Rockies (at The Center) - (303) 951-5222 - <http://www.glbtcOLORADO.org/sage/>

1301 E. Colfax, Denver, CO 80218

- Offers health, housing, legal and financial planning, legacy, and social connection, specifically for LGBT persons age 50+.
- Also offers **SAGEWorks**, a national work readiness program for LGBT mature workers (age 40+) who are unemployed or underemployed, and the **SAGE Friendly Visitor Program**, an outreach program that provides weekly visits to GLBT elders (50+) residing in care centers and independent or assisted living communities
- Hours: Monday-Friday, 10am-8pm.

Transgender Resources

The Gender Identity Center of Colorado, Inc.

303-202-6466, www.gicofcolo.org

1151 S. Huron St., Denver, CO 80223



- Provides support to individuals of all gender identities and expressions. Services are available to anyone, male / female / other, who can benefit from its services or resources, including spouses, significant others, parents, and siblings.
- Offers individual counseling, animal therapy, social and support groups, information and referral, and drop-in support.
- The cost of individual services is \$25 for the first intake session, and \$15 per additional session. A sliding scale is available, call 303-202-6466.
- **Drop-In Hours: Monday – Friday, 9am – 9pm**

National Center for Transgender Equality

(202) 903-0112, <http://transequality.org/Resources/index.html>

1325 Massachusetts Avenue NW, Ste. 700, Washington, D.C. 20005

- National social justice organization
- Provides general information (not specifically legal)

Trans Youth Family Allies

888-462-8932, www.imatyfa.org

PO Box 1471, Holland, MI 49422-1471

- Source for educational information and advocacy for transgender youth.
- Resources target parents, educators, and healthcare practitioners

Transgender Legal Defense & Education Fund

646-862-9396, www.transgenderlegal.org

20 West 20th Street, Suite 705, New York, New York 10011

- Offers public education, test-case litigation, direct legal services, and public policy advocacy

TransAction – It takes a Village

720-262-6313 (program manager, Camilla Amaya),

<http://www.ittakesavillagecolorado.org/programs/transaction.htm>

- Providing support, outreach, help finding resources, groups, and HIV prevention/care for Denver metro transgender community
- Groups every Wednesday 4-6pm, and en espanol Mondays 3-5pm at 1477 Lima St., Aurora, CO 80010
- Seeking Safety groups for trans people who are struggling with adult or childhood trauma or addiction take place every Tuesday from 1-2:30pm, Lunch provided
- Drop in for one-on-one discussions/sessions on weekdays

The Transgender Housing Network

www.transhousingnetwork.com

- Temporary housing network intended to connect trans people in need with safe and supportive places to “crash”



- Submit a post with relevant information (have a couch, need a couch, etc.)
- Open to cisgender people who are supportive of the trans community as well

Gender Spectrum

510-788-4412, <https://www.genderspectrum.org/>

- Gender Spectrum provides education, training, and support to help create a gender sensitive and inclusive environment for children of all ages
- Online support community called “the lounge” for teens, parents, and professionals
- Multiple gender related tools, resources, and research great for educators, families, and schools
- Gender transition plans for schools, statistics, trainings, consultations, etc.

Other Transgender Online Resources:

- <http://www.susans.org/>
- <http://www.tsroadmap.com/index.html>
- <http://www.ftmguide.org/>
- <http://tranifesto.com/>
- <https://www.youtube.com/user/TransYouthChannel>
- <http://www.ifge.org/>
- <http://transequality.org/index.html>
- <http://www.tyes-colorado.org/>
- <http://www.rmtsk.org/>

For Veterans

American Military Partner Association

202-695-AMPA (2672), <http://militarypartners.org/>

- Largest national resource and support network for the partners, spouses, families, and allies of America’s lesbian, gay, bisexual, and transgender (LGBT) service members and veterans.
- Their mission is “connecting, supporting, honoring, and serving the partners and spouses of America’s LGBT service members and veterans - our nation’s modern military families.”

Social Groups and Organizations

The Mile High Freedom Band

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

- Charitable organization serving the GLBT community in Denver
- Social organization for musicians
- Open to all who respect the diversities in life including the LGBTQ community and allies

The Mile High Gay Guy

<http://www.milehighgayguy.com/p/resources-organizations.html>

- Gay blog with resources, information about upcoming social events
- Sports and recreation information, etc.



Denver Gay Professional

<http://denvergayprofessionals.com/>

- Networking and social group for GLBT professionals

Gay Denver Guide

<http://denver.gaycities.com/>

- Online guide to gay friendly, events, restaurants, hotels, gyms, bars, clubs, shops, etc.

Colorado Gay Rodeo Association

www.cgra.com

- Hosts events and rodeos for gay rodeo enthusiasts

Additional Resources on the Web and Nationally**Denver LGBT Visitor's Guide**

<http://www.denver.org/about-denver/lgbt/>

GLMA: Health Professionals Advancing LGBT Equality

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

- Online directory of LGBT-friendly health care providers

Employer Resources:

http://www.dol.gov/ofccp/LGBT/LGBT_resources.html

- Office of Federal Contract Compliance Programs
- Directory of organizations and other entities that offer resources and guidance to employers related to creating an inclusive workplace for LGBT employees

One Colorado

303-396-6170, <http://www.one-colorado.org/>

1490 Lafayette St. Suite 304, Denver, CO 80218

- Statewide advocacy organization dedicated to security and protecting equality and opportunity for lesbian, gay, bisexual, and transgender Coloradans and their families.
- Provides education and training opportunities for LGBT issues
- Political advocacy through One Colorado PAC
- Resources and information on your rights as a Colorado citizen

Denver LGBT Healthcare Guild for Gender and Sexual Minorities,

<http://healthcareguild.com/denver.html>

- Not-for-profit organization of licensed mental and medical healthcare professionals
- Links to resources including finding an LGBT aware medical or mental healthcare provider.

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

- This is a search site to help find gay-friendly churches.

