

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 Transgender Center of the Rockies

(303) 761-0200, <https://www.transgendercenteroftherockies.org/>

3460 Federal Blvd. Sheridan, Colorado 80110

- Non-profit organization that is a part of Mile High Behavioral Healthcare, that provides services for transgender and gender expansive folks.
- Individual and group counseling for mental health and substance use disorders
 - Peer led support groups
 - WPATH letters for gender related medical care
 - Medical services: PrEP, HRT, MAT services
 - Community referrals and case management

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

Denver Health LGBTQ Center of Excellence

LGBTQ Patient Navigator phone numbers: (303) 602-6760 or (303) 602-6819

<https://www.denverhealth.org/services/lgbt-services>

Monday-Friday 8:00am-5:00pm, Email: LGBTadmin@dhha.org

- At Denver Health, our LGBTQ-friendly doctors and staff are dedicated to providing high quality and welcoming health care for all, which means our team of medical providers, including physicians and nurses, is here to care for our LGBTQ patients through family and internal medicine, mental health and pediatric services.
- Our patient navigators are dedicated to ensuring that our lesbian, gay, bisexual and transgender patients are supported through their health care journey. All LGBTQ patients will be connected with welcoming and affirming medical providers for all of their health care needs.
- If you would like additional support, patient navigators are here to attend medical appointments with you and will continue to be your advocates as you become familiar with our health care system.



For Youth

Rainbow Alley (at The Center)

303-831-0442, <http://www.gbtcolorado.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.gbtcolorado.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.

