

**National Support for Trans Youth, Adults and Their Families**

**Support**

* Gender Odyssey: www. genderodyssey.org
* Gender Spectrum: www.genderspectrum.org
* Transforming Families: www.transformingfamily.org
* TransYouth Family Allies (TYFA): www.imatyfa.org

**Education**

* PFLAG National: www.pflag.org
* Gay, Lesbian, Straight Education Network (GLSEN): www.glsen.org

**Legal & Advocacy**

* National Center for Transgender Equality: www.transequality.org
* Transgender Law Center: www.transgenderlawcenter.org
* Transgender Legal Defense: www.transgenderlegal.org

**Online Support**

* **Youth Guardian Services** offers safe, managed email lists for youth, one each for ages 13-17, 17-21, and 21-25: www.youth-guard.org
* **The Trevor Helpline**, www.thetrevorhelpline.org offers free and confidential crisis and suicide prevention helpline for LGBT youth, 24/7. It also offers www.TrevorSpace.org, a free social & peer networking site for LGBTQ youth ages 13 -24.
* **Transforming Families** (www.TransformingFamily.org) is dedicated to helping parents of very young transgender and gender nonconforming children. They have a ready-made model for creating your own local support group for your young child and they offer you access to resources from leading providers in the care of our youth (medical doctors, psychologists) as well as support with nonprofit fundraising, etc. Contact Dawn Ashbrook (dawn@TransformingFamily.org) or 818.254.9654.
* **Trans Youth Family Allies** offers a Yahoo! group for parents of trans kids (as young as 3 through high school). If you’d like to join, go to http://health.groups.yahoo.com/group/TYFA\_TALK/ and click on the Join this Group button. The moderator will call you to do a quick screening. She screens everyone who enters the group to be sure it is a safe place for us parents. They have a great website full of wonderful resources as well. http://www.imatyfa.org/
* **TransFamily** of Cleveland moderates a Yahoo! group for parents as well, and the kids in this group tend to be adolescents, college-aged students and older. This group is also screened. http:// groups.yahoo.com/group/transkidsfamily/ Parents use this as a place for practical advice or just to find an understanding ally. They offer other groups as well. Check them out at: [www.transfamily.org/e-mail-discussion-groups](http://www.transfamily.org/e-mail-discussion-groups)
* **Gender Spectrum** (www.genderspectrum.org) offers a monthly Parent Support Conference Call. For more information or to sign up, call them at 510.567.3977 or email info@genderspectrum.org.

**National Conventions**

* Gender Conference East. www.GenderConferenceEast.org
* Trans Health in Philadelphia: www.trans-health.org
* Gender Spectrum Family in Berkley, Calif.: www.genderspectrum.org
* Gender Odyssey and Family in Seattle: www. genderodyssey.org

**National Providers**

If your local providers are willing to treat a trans child but do not feel confident in the appropriate protocol, there are several national providers willing to consult with your local providers for limited or no cost.

1. Johanna Olsen, MD

Children’s Hospital, Los Angeles  
Contact: jolson@chla.usc.edu

1. Moonhawk River Stone, M.S., LMHC (Consultation fee of $100 per hour)

Contact: 518.506.1261 | HawkRStone@aol.com

Office location: 1448 Dalton Drive, Schenectady, NY 12308

All US Mail: PO Box 9179, Niskayuna, NY 12309

1. Norman Spack, MD

Children’s Hospital, Boston

Contact: norman.spack@childrens.harvard.edu or through his assistant, Kim Withrow, at 617.355.7476.

1. Francie Mandel, LICSW, Intake Social Worker

Boston Children’s Hospital (knows many therapists around the country)

Contact: francie.mandel@childrens.harvard.edu.

**Nonfiction Books**

* *The Transgender Child,* Stephanie Brill
* *Gender Born, Gender Made,* Diane Ehrensaft
* *Gender Outlaw: On Men, Women and the Rest of Us,* Kate Bornstein
* *True Selves: Understanding Transsexualism for Family, Friends, Coworkers and Helping Professionals,* Mikdred Brown, Chloe Ann Rounsley (slightly outdated, but well worth the read)
* *Gender Shock: Exploding the Myths of Male and Female,* Phyllis Burke
* *Body Alchemy: Transsexual Portraits,* LorenCameron
* *As Nature Made Him: The Boy Who Was Raised as a Girl,* John Colapinto
* *Transgender Warriors: Making History from Joan of Arc to RuPaul,* Leslie Feinberg
* *Transgender Care: Recommended Guidelines, Practical Information, and Personal Accounts,* Gianna Israel and Donald Tarver
* *Mom, I Need To Be A Girl,* Just Evelyn, (Order via the web at: [www.justevelyn.com](http://www.justevelyn.com))
* *Evolution’s Rainbow*, Joan Roughgarden

T-VOX has a great library of resources for all ages. Find it here:

<http://www.t-vox.org/index.php?title=General_reading_list#Children.27s_Books>

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| **Children’s Books**   * Gender Now Coloring Book: [http://www.reflectionpress.coml](http://www.reflectionpress.com/gendernow/coloring.html) * My Princess Boy, Cheryl Kilodavis * When Kathy Is Keith, by Dr. Wallace Wong * Be Who You Are, by Jennifer Carr * Oliver Button is a Sissy, Tommy dePaola | **Documentaries**   * Becoming Me, In the Life Media (available on YouTube) Faces & Facets of Transgender Experience, [www.pflagboulder.org](http://www.pflagboulder.org) * Another Woman, Jerome Foulon * Almost Myself, [www.almostmyself.com](http://www.almostmyself.com) * Prodigal Sons, Kimberly Reed |
| **Young Adult literature**   * Almost Perfect, Brian Katcher * I am J, Chris Beam (teen affirmed male) * Luna, Julie Ann Peters * Freak Show, James St. James * Parrotfish, Ellen Whittlinger * How Beautiful the Ordinary, Michael Cart * Jumpstart the World, Catherine Ryan Hyde | **Movies**   * TransAmerica, Starring Felicity Huffman, Kevin Zegers, Fionnula Flanagan * The Birdcage, starring Robin Williams and Nathan Lane |

Last updated: April 12, 2015