

# Trans $\leftrightarrow$ Parenting

## RESOURCE LIST

TransParenting is a program of Inside Out Youth Services ([insideoutyouth.org](http://insideoutyouth.org))

Thank you for being a part of TransParenting, a supportive group of adults who care for their trans and gender-expansive children of all ages. Below, you will find a variety of resources about trans families, trans experiences, and how to support trans and gender expansive children and young people. Please contact us at [transparenting@Insideoutyouth.org](mailto:transparenting@Insideoutyouth.org) with questions or suggestions.

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## CRISIS HOTLINES

[Colorado Crisis Services](http://ColoradoCrisisServices.org): 844-493-8255

[The Trevor Project](http://TheTrevorProject.org): 866-488-7386

[Trans Lifeline](http://TransLifeline.org): 877-565-8860

[National Suicide Prevention Lifeline:](#) 988

## COLORADO SPRINGS RESOURCES

[Inside Out Youth Services:](#) youth-serving LGBTQIA2+ center for ages 13-24, community training

- TransParenting monthly (3<sup>rd</sup> Thursday) support group for parents/caregivers of transgender and gender expansive children

[PFLAG Colorado Springs:](#) organization for LGBTQIA2+ people, their parents, families and allies

- PFLAG organization has many booklets for the whole family, a guide for grandparents, Inclusive Schools materials, and membership and training opportunities

[The Place:](#) support for youth experiencing homelessness

[Prism Community Collective:](#) a physical space for Club Q survivors, LGBTQIA2+ community and their loved ones

[The Trust Center:](#) empowering trans lives in Southern Colorado

## COLORADO RESOURCES

[The Center on Colfax:](#) largest LGBTQ+ community center in the Rocky Mountain region serving youth and adults

[Colorado Name Change Project:](#) information and forms for how to update name and gender marker

[Denver Health/LGBTQ Services:](#) comprehensive primary care and gender affirming services

[Envision: You:](#) programs to improve mental health outcomes for LGBTQIA2+ individuals

[Free Mom Hugs, Colorado Chapter:](#) empowering the world to love LGBTQIA2+ kids/family

[Joy as Resistance:](#) mental health counseling, mentorship, and consulting/professional development

[One Colorado:](#) leading advocacy organization advancing equality for LGBTQIA2+ Coloradans

[Parenting the Rainbow:](#) Boulder County based parenting group/family gatherings for 10 and under gender expansive children

[Rocky Mountain Equality](#): providing advocacy, education, research, and programs to ensure the LGBTQ+ community thrives

[Transgender Center of the Rockies](#): transgender and gender-expansive holistic services for individuals 18+

[Transparent USA](#): Denver Chapter, Connection/Resources/Visibility for parents/caregivers of gender expansive children

[YouthSeen](#): mental health, programs, training and education, Black Pride Colorado

## CAMPS

[Youth Seen](#): organization and summer camp empowering social and emotional well-being of LGBTQIA2+ youth and their families, Black Pride Colorado (a sponsored program)

[Camp Indigo](#): Boulder County: camps for 5 -11- and 12 -17-year-olds

## NATIONAL RESOURCES

[A4TE: Advocates for Trans Equality](#): A trans-led organization of policy experts, litigators and community organizers working at all levels of government

[Family Acceptance Project](#): San Francisco State University, education posters to build healthy futures for LGBTQ/Two Spirit and Gender Diverse children and youth (available in many languages)

[Free Mom Hugs](#): a national movement of love, visibility and acceptance for the LGBTQIA2+ community

[Gender Spectrum](#): inclusive environments for all children and teens.

[Movement Advancement Project](#): a think tank that provides democracy and LGBTQ+ research and insight projected through maps of all 50 states

[National LGBTQ Task Force](#): training and mobilization resources for LGBTQIA2+ people and allies

[StandwithTrans](#): Support groups, Trans Lifeline Library, Ally Parents, Trans Empowerment Month

[TransFamily Support Services](#): virtual support groups for transgender and gender nonbinary children and youth

[TransYouth Family Allies](#): empowers children and families by partnering with educators, service providers and communities, to develop supportive environments in which gender may be expressed and respected

## **MENTAL HEALTH**

[NAMI Colorado Springs](#): 18+ peer-facilitated programs/support groups for those experiencing mental illness and their families, QConnect for the LGBTQIA2+ community

[Peak View Behavioral Health](#): acute inpatient and outpatient mental health and addiction treatment

[Prism Community Collective](#): LGBTQ+ Mental Health Directory: search a directory of over 75 affirming providers

[I Matter/Yo Importo](#): 6 free virtual counseling sessions for teens 12+, Colorado Behavioral Health Administration

[Children Hospital Colorado Mental Health Resources for Parents and Caregivers](#)

## **SUICIDE PREVENTION**

[El Paso County Youth Suicide Prevention](#): Teen Suicide Prevention/Protecting Youth from Suicide, a guide for parents to foster communication with their children and create family well-being (in English and Spanish)

[National Alliance on Mental Illness, NAMI](#): Colorado Springs

[Pikes Peak Library District Tough Topics Guide](#): resources for teens and young adults on sensitive topics including suicide

[Pikes Peak Suicide Prevention Partnership](#): local organization focused on prevention and loss support.

[Suicide Prevention Coalition of Colorado](#): statewide prevention coalition of organizations and individuals.

## TRANS AFFIRMING CARE

[Planned Parenthood](#): primary care and screenings for cisgender and transgender people 18+, Colorado Springs location/HRT

[Prism Community Collective](#): LGBTQIA2+ physical and medical health provider directory

[TRUE Center for Gender Diversity](#), Children's Hospital, comprehensive transgender care for adolescents

[True U Clinic](#): online HRT, PrEP, and STI Testing

[WPATH](#) (The World Professional Association of Transgender Health): for health professionals Standards of Care, Version 8, for providers

## SEXUAL & REPRODUCTIVE HEALTH

[Hey719](#): Southern Colorado Health Network, sexual health testing and resources

[Planned Parenthood](#)

[Reproductive Health Clinic](#): El Paso Co Public Health, Testing/Exams/HPV Vaccines

## SCHOOL ADVOCACY

[Gender Inclusive Schools](#): parent and educator training to create safer learning environments for LGBTQ+ young people

[Know Your Rights: A Guide for Transgender and Gender Non-Conforming Students](#) (pdf)

[Mama Bears](#): Safer Schools Resources

[Pikes Peak Safe at Schools Coalition](#): a group of parents, students, educators and advocates increasing safety for LGBTQIA2+ youth in the Pikes Peak region, a program of Inside Out

[Schools in Transition: A Guide for Supporting Transgender Students in K-12 Schools](#) (pdf)

[Trans Student Educational Resources](#): a youth-led organization dedicated to transforming the educational environment for trans and gender non-conforming students through advocacy and empowerment

[Welcoming Schools](#): a program of HRC with comprehensive LGBTQ+ inclusive programs to include bullying prevention, professional development, lesson plans

## **LEGAL ADVOCACY**

[Bread and Roses Legal Center](#): Denver

[LAMDA Legal](#)

[The Transgender Law Center](#)

[Transgender Legal Defense and Education Fund](#)

## **RESOURCES FOR SEXUAL ASSAULT SURVIVORS AND FAMILIES**

[FORGE](#): National Sexual Violence Resource Center

[Responding to Hate Crimes: A Community Resource Manual](#): National Center for Transgender Equality

[Sexual Assault and the LGBTQ Community](#), Human Rights Campaign

[Transgender Sexual Violence Survivors: A Self-Help Guide to Healing and Understanding](#): FORGE, Transgender Sexual Violence Project

**This resource was compiled by a volunteer of Inside Out Youth Services.**

**Please consider supporting the important work of building access, equity, and power with LGBTQIA2+ young people in the Pikes Peak region. Visit [insideoutys.org/donate](http://insideoutys.org/donate)**

