

# RESOURCE GUIDE FOR LGBTQ+ YOUTH MARYLAND



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# INTRODUCTION

FreeState Legal Project is proud to share this statewide resource guide for Maryland LGBTQ+ youth. As the only legal advocacy organization in Maryland dedicated solely to serving low income LGBTQ+ individuals, we recognize the need for a comprehensive guide of affirming resources.

## The Need

Research has found that accepting communities and families are critical to an LGBTQ+ youth's positive social, academic and emotional development. However, we know that familial and social rejection is occurring at a deeply concerning rate. We believe that all young people have a right to feel safe at home, in their classrooms, in community centers, and on the streets. Yet the numbers don't paint a picture of safety. The 2013 Youth Risk Behavior Survey, administered by the Center for Disease Control, reported that 41% of lesbian, gay, and bisexual (LGB) Maryland high school students seriously considered attempting suicide, and that 20% of LGB Maryland students had been threatened or injured with a weapon on school property. The National Transgender Discrimination Survey found that 81% of transgender and gender non-conforming Maryland students experienced harassment in schools.

LGBTQ+ youth need affirming community members, advocates, teachers, friends, medical providers, therapists, and allies. What this affirmation looks like in practice are spaces that make LGBTQ+ youth feel welcome, are knowledgeable about their rights, and have services geared towards their specific needs. This includes having LGBTQ+ policies and professional development opportunities for staff. We also strongly recommend surveying youth as a best practice. We conducted a small scale survey of several organizations statewide, and found that few organizations had surveyed their youth about LGBTQ+ inclusion.

# INTRODUCTION

## Guide Structure

The resources in this guide span the following service areas

- = **Support Groups** Meetings for LGBTQ+ youth and allies
- = **Health and Wellness** LGBTQ+ inclusive medical and behavioral health services
- = **Legal and Advocacy** Legal services and civil rights groups
- = **Places of Worship** Faith communities
- = **Community Centers** Spaces that offer a range of resources of supports
- = **Identity Groups** Identity affirming groups
- = **Education** Advocacy and support services offered to build and sustain LGBTQ+ inclusive school environments
- = **Transitional Housing** Supportive housing
- = **Hotlines** Toll-free phone numbers offering access to individuals providing counsel and support

Statewide organizations with county chapters—such as Parents, Families, Friends and Allies United with LGBTQ People (PFLAG)—have been listed in the front. Please note that only counties where we identified resources were listed.

## Next Steps

FreeState Legal Project will continue to survey all resources listed within this guide and release a refined version in the summer of 2015. **If you know of a resource that should be included, please contact us.**

## Survey

We have provided a survey for organizations interested in assessing how LGBTQ+ inclusive their communities are. Organizations are encouraged to give these surveys to youth to ensure that they have the opportunity to share their voices and needs. These surveys are meant to be disseminated to all youth, regardless of perceived sexual orientation, gender identity, presentation, affiliation or status. If you have questions about how to use this tool, please feel free to contact us.

## Disclaimer

While FreeState Legal Project provides this listing of organizations and providers, we are in no way affiliated with any organization or provider within, cannot speak on their behalf, or guarantee any individual's experience with them.



## Chase Brexton Health Care

410.837.2050 // [www.chasebrexton.org](http://www.chasebrexton.org)

*Chase Brexton is an LGBTQ+ inclusive health care center with sites across Maryland.*

**Services.** Behavioral health counseling, case management, dental services, HIV/STI testing, lab services, medical services (including pediatrics, obstetrics and gynecology), nutrition and pharmacies. Services offered are site dependent.

**Payment.** Accepts most insurance plans, and sees people regardless of their insurance status. Has a sliding scale policy. Contact Chase Brexton directly with any questions.

### Locations

Anne Arundel County  
791 Aquahart Road, 2<sup>nd</sup> Floor  
Glen Burnie, MD 21061

Baltimore City  
1111 North Charles Street  
Baltimore, MD 21201

Baltimore County  
Brenbrook Plaza Shopping Center  
3510 Brenbrook Drive  
Randallstown, MD 21133

Howard County  
5500 Knoll North Drive, Suite 370  
Columbia, MD 21045

Talbot County  
8221 Teal Drive, Suite 202  
Easton, MD 21601

# SUPPORT GROUPS

## Black TransMen, Inc. — Maryland and District of Columbia

1.855.BLK.TMEN // [www.blacktransmen.org](http://www.blacktransmen.org)

*A national organization of African American transmen, solely focused on acknowledgment, social advocacy and empowerment of transmen with resources to aid in a healthy female to male transition.*

**Services.** *Akanni* is a monthly national support group for Black transmen. The support group meets the second Tuesday of each month. For more information, visit the main website.

## Parents, Families, Friends and Allies United with LGBTQ People (PFLAG)

202.467.8180 // [www.pflag.org](http://www.pflag.org)

*PFLAG is the nation's largest family and ally organization. Uniting people who are lesbian, gay, bisexual, transgender, and queer (LGBTQ) with families, friends, and allies, PFLAG is committed to advancing equality and full societal affirmation of LGBTQ people through its threefold mission of support, education, and advocacy. PFLAG has several chapters throughout Maryland.*

**Services.** Local chapters offer support groups for families and youth, as well as other community events. Contact individual chapters for more information.

### Locations (Chapters)

Columbia-Howard County  
Website: [www.pflagmd.org](http://www.pflagmd.org)  
Phone(s): 443.280.9047, 410.290.5865

Central Maryland- Upper Montgomery and Frederick County  
Website: <http://www.pflagcentralmd.org/>  
Phone(s): None Listed

Chestertown-Caroline, Cecil, Kent, Queen Anne's and Talbot Counties  
Website: [www.pflagchestertown.blogspot.com](http://www.pflagchestertown.blogspot.com)  
Phone(s): 443.480.3138

Metro District of Columbia  
Website: [www.pflagdc.org](http://www.pflagdc.org)  
Phone(s): 202.638.3852

Westminister-Carroll County  
Website: [www.pflagwcc.org](http://www.pflagwcc.org)  
Phone(s): 410.861.0488

# LEGAL+ ADVOCACY

## Equality Maryland

410.685.6567 // [www.equalitymaryland.org](http://www.equalitymaryland.org)

*Equality Maryland works to secure and protect the rights of LGBT Marylanders by promoting legislative initiatives on the state, county and municipal levels. We work with members of the General Assembly to shape and pass positive legislation in Annapolis and to beat back discriminatory legislation.*

**Services.** Acts as an advocate for LGBT Marylanders, aims to empower ordinary citizens to become extraordinary activists, works to provide a strong and unified voice for LGBT concerns in the media, conducts trainings for employers and workplaces, presents at conferences across Maryland and the U.S. about LGBT issues, and tirelessly toils until equal protection under the law has been achieved for all members of our diverse community

### Location

1201 South Sharp Street, Suite 109  
Baltimore, MD 21230

## FreeState Legal Project

410.625.LGBT(5428) // [www.freestatelegal.org](http://www.freestatelegal.org)

*A direct legal advocacy organization providing free legal services for low income LGBTQ Marylanders.*

**Services.** FreeState Legal provides legal assistance to low income LGBTQ+ Marylanders in cases involving sexual orientation, gender identity and/or gender expression. FreeState conducts trainings for legal professionals, educators, mental health workers, and other youth professionals on the rights of LGBTQ+ youth. We work closely with GLSEN Baltimore to support Gay Straight Alliances (GSA)s across the state and facilitate Know Your Rights trainings for youth. Call or visit the main website to request services.

### Location

Mount Vernon's Chase Brexton Building, 4<sup>th</sup> Floor  
1111 North Charles Street  
Baltimore, MD 21201

# HEALTH+ WELLNESS



## New Directions

410.685.6567 // [www.equalitymaryland.org](http://www.equalitymaryland.org)

*New Directions is a mental health practice that offers counseling services to youth, adults, families and couples. Diana Amman, LCSW-C is the sole clinician.*

**Payment.** Accepts Blue Cross Blue Shield, Maryland Physicians, Magellan and private payment.

## Location

13700 McMullen Highway Southwest  
Cumberland, MD 21502

Allegany County

# PLACES OF WORSHIP



## Unitarian Universalist Church of Annapolis

410.266.8044 // [www.uuannapolis.org](http://www.uuannapolis.org)

*A church founded on celebrating diversity of belief and guided by social justice. Built on Judeo-Christian beliefs.*

**Services.** Services are held on Sundays at 9:00 a.m. and 11:15 a.m. The church sponsors a young adult group as well as an LGBTQ+ group.

### Location

333 Dubois Road  
Annapolis, MD 21401

# COMMUNITY CENTERS



## The Gay, Lesbian, Bisexual and Transgender Community Center of Baltimore and Central Maryland (GLCCB)

410.777.8145 // [www.glccb.org](http://www.glccb.org)

*Baltimore's LGBTQ community center. Its primary mission is to unite the LGBTQ community and advocate for social change.*

**Services.** The GLCCB offers youth specific programming, identity based groups, and peer support groups. There are also volunteer and advocacy opportunities available.

### Location

The Waxter Center, 3<sup>rd</sup> Floor  
1000 Cathedral Street  
Baltimore, MD 21201

## Youth Empowered Society (YES)

410.235.7744 // [www.yesdropincenter.org](http://www.yesdropincenter.org)

*Drop-in center for homeless youth between the ages of 14-25.*

**Services.** YES offers various groups, case management, peer counseling, clothing, transportation, food, education and training, and legal and medical services. YES also offers an LGBTQ+ group for members that meets weekly.

### Location

2315 North Charles Street  
Baltimore, MD 21218

# EDUCATION

## Gay, Lesbian & Straight Education Network—Baltimore (GLSEN Baltimore)

[chapter@glsenbaltimore.org](mailto:chapter@glsenbaltimore.org) // [www.glsenbaltimore.org](http://www.glsenbaltimore.org)

*GLSEN is the leading national organization targeting LGBTQ+ issues in schools. GLSEN works to ensure safe, respectful, and healthful learning environments for ALL students, regardless of sexual orientation, gender identity or gender expression. There are over 40 chapters around the country. GLSEN Baltimore is the only chapter in Maryland.*

**Services.** GLSEN Baltimore offers a diverse array of programming to youth, including conferences, GSA support, and workshop facilitation opportunities. GLSEN Baltimore provides trainings for school professionals, offers support for GSA advisors, and has a flourishing volunteer network. To request services or to become involved, please email the chapter or visit the website.

### Location (Mailing address)

GLSEN Baltimore  
c/o FreeState Legal Project, 4<sup>th</sup> Floor  
1111 North Charles Street  
Baltimore, MD 21201

# IDENTITY GROUPS

## Bois of Baltimore

443.637.2647 // [www.boisofbaltimore.com](http://www.boisofbaltimore.com)

*Bois of Baltimore is a group of dynamic masculine queer persons bettering themselves and their surroundings through communal, economic, and political action.*

**Services.** Bois of Baltimore runs “Big Boi, Little Boi”, a mentoring program for queer youth of color between the ages of 14-25. Mentors provide mentees an affirming space, as well support around holistic health, tutoring and job readiness.

## Center for Black Equity—Baltimore

[www.centerforblackequity.org/baltimore](http://www.centerforblackequity.org/baltimore)

*The Center for Black Equity-Baltimore (CBE-B) is an international Black LGBTQ+ organization that advocates and provides network services for Black LGBTQ+ people and their allies in the Baltimore Metropolitan Area.*

**Services.** CBE-B offers a variety of youth and multigenerational programming. The organization also runs Baltimore Black Pride.

## HEALTH+ WELLNESS

### AIDS Action Baltimore

410.837.2437 // [www.aidsactionbaltimore.org](http://www.aidsactionbaltimore.org)

*AIDS Action Baltimore is dedicated to the support and education of individuals with HIV, as well as to the prevention of HIV.*

**Services.** AIDS Action offers a diverse range of programming for the transgender community and for men who have sex with men (MSM).

#### Location

10 East Eager Street  
Baltimore, MD 21202

### STAR TRACK (Special Teens At-Risk Together Reaching Access, Care and Knowledge)

410.706.6000 // [www.startrackbaltimore.org](http://www.startrackbaltimore.org)

*STAR TRACK is dedicated to improving the health of underserved adolescents and young adults in Maryland, regardless of their gender identity and/or sexual orientation.*

**Services.** STAR TRACK offers LGBTQ+ inclusive health care (including hormone therapy), HIV/STI testing, resource referral, case management, condom distribution, and comprehensive programming.

**Payment.** Most services, including programming and testing, are free. Some routine medical services may require a co-pay. Talk with a staff member if you have any questions or concerns.

#### Location

120 Penn Street  
Baltimore, MD 21201

## Women's Growth Center

410.532.2GROW(2476) // [www.womensgrowthcenter.com](http://www.womensgrowthcenter.com)

*A small non-profit collective group of mental health practitioners offering LGBTQ+ inclusive therapy.*

**Services.** The Center offers individual, family, couples' and group therapy. They also offer workshops on various topics.

**Payment.** The center offers a sliding scale and accepts some insurance plans. Call the Center directly for more information.

### Location

5209 York Road, B12  
Baltimore, MD 21212

## Turnaround, Inc.

[www.turnaround.inc.org](http://www.turnaround.inc.org)

*Turnaround provides counseling and support services to survivors of rape, incest and domestic violence.*

**Services.** Turnaround offers a 24-hour crisis hotline (443.279.0379) , trauma counseling for survivors, survivor advocacy, community training, and other services. Call to schedule an appointment.

### Location(s)

2300 North Charles Street, 2<sup>nd</sup> Floor  
Baltimore, MD 21218  
410.837.7000

9100 Franklin Square Drive, Room 317  
Baltimore, MD 21237  
410.391.2396

401 Washington Avenue, Suite 300 (Baltimore County)  
Towson, MD 21204  
410.377.8111

## Dr. Elyse Pine-Twaddell

410.328.0396

*Pediatric endocrinologist specializing in gender variance.*

**Payment.** Accepts a number of insurance plans. Contact the University of Maryland Medical Center directly for more information.

### Location

22 South Greene Street, Room N6w84  
Division of Pediatric Endocrinology  
University of Maryland Medical Center  
Baltimore, MD 21201

# PLACES OF WORSHIP



## Congregation Beit Tikvah

410.464.9402 // [www.beittikvah.org](http://www.beittikvah.org)

*A participatory Reconstructionist Jewish community that seeks to enrich the lives of members living in two civilizations--Jewish and American.*

**Services.** The congregation has an extensive worship calendar. For more information, call the main line or check out the website.

### Location

5802 Roland Avenue  
Baltimore, MD 21210

## Bolton Street Synagogue

410.235.5354 // [www.boltonstreet.org](http://www.boltonstreet.org)

*Bolton Street Synagogue is an open Jewish community rooted in tradition. We are dedicated to fostering Jewish culture, learning, spirituality, prayer and social action in a participatory and intimate environment.*

**Services.** Shabbat services typically occur on Friday at 7:30 and on occasional Saturdays at 10:30 a.m. Also, on mornings when "Taking Hold of Torah" meets, there is a brief tefillah (prayer) moment prior to engaging in communal study. Please check the website calendar for current listings.

### Location

212 West Cold Spring Lane  
Baltimore, MD 21210

## Brown Memorial Park Avenue Presbyterian Church

410.523.1542 // [www.browndowntown.org](http://www.browndowntown.org)

*Brown Memorial is an inclusive Christian community.*

**Services.** Brown offers Christian Education and Sermons every Sunday. For more information about times, go to the website or call the main phone number.

### Location

1316 Park Avenue  
Baltimore, MD 21217

# PLACES OF WORSHIP



## Cathedral of the Incarnation

410.467.3750 // [www.incarnationbaltimore.org](http://www.incarnationbaltimore.org)

*The Mission of the Cathedral of the Incarnation is to Love, Know, and Serve God as a Community that fosters Spiritual Growth, provides Hospitality, serves others through Outreach, and nurtures Diversity.*

**Services.** Services are held throughout the week. Sunday services occur at 8:00 a.m. and at 10:30 a.m. The Cathedral is also actively involved with justice, outreach, and education. Visit the website for more information.

### Location

4 East University Parkway  
Baltimore, MD 21218

## Church of the Holy Nativity

410.542.9554 // [www.tcothn.org](http://www.tcothn.org)

*The Church of the Holy Nativity strives to share the love of Jesus Christ. We welcome individuals of every race, nationality, gender, age, ability, sexual orientation, and economic circumstance to participate fully in the life of the church.*

**Services.** Worship takes place on Sunday mornings at 10 a.m.

### Location

4238 Pimlico Road  
Baltimore, MD 21215

## Metropolitan Community Church of Baltimore

410.669.6222 // [www.mccbaltimore.org](http://www.mccbaltimore.org)

*MCC is a global Christian church of loving, affirming and welcoming communities of faith.*

**Services.** Worship takes place on Sunday mornings at 10 a.m. Intercessory Prayer is at 6:15 p.m. on Wednesdays and Bible Study is at 7 p.m. on Wednesdays. For more information, go to the online calendar.

### Location

401 West Monument Street  
Baltimore, MD 21201

# PLACES OF WORSHIP



## First Unitarian Church of Baltimore

410.685.2330 // [www.firstunitarian.net](http://www.firstunitarian.net)

*A diverse and mutually supportive community of people who strive to build on our deep historical roots as a congregation to be a beacon of hope, social justice, and liberal religious values in Baltimore and in the world.*

**Services.** Worship takes place on Sunday mornings at 11 a.m.

### Location

1 West Hamilton Street  
Baltimore, MD 21201

Baltimore City

# HEALTH+ WELLNESS



## Moving Forward Counseling Services

410.339.4636 // [www.movingforwardcounseling.com](http://www.movingforwardcounseling.com)

*Moving Forward Counseling Services provides professional & confidential clinical treatment by a licensed clinician for children, adolescents, and adults in crisis.*

**Services.** Offers individual, family and couples' psychotherapy. Can also provide referrals and clinical evaluations. Call the main phone number for an intake. There is also an intake form available online.

**Payment.** Moving Forward Counseling Services has been approved by the Maryland Department of Health and Mental Hygiene as a medical assistance provider. MFCS is also approved as a Medicare provider. Private insurance plans are also accepted. Discounted fees are available for the uninsured.

### Location

1055 Taylor Ave, Suite 222  
Towson, MD 21286

# SUPPORT GROUPS



## Rainbow Youth Alliance—Baltimore County

[RYABaltimoreCounty@gmail.com](mailto:RYABaltimoreCounty@gmail.com) // [www.facebook.com/groups/ryabaltimorecounty](http://www.facebook.com/groups/ryabaltimorecounty)

*RYA is a discussion group for LGBTQ teens in Baltimore County.*

**Services.** We meet on the second and fourth Wednesday of each month from 7:30 to 9:00 p.m. at the Towson Unitarian Universalist Church (Downstairs in Room 6) to discuss LGBTQ+ issues and meet new people. All LGBTQ+ teens and their allies ages 13 to 19 are welcome.

### Location

Towson Unitarian Universalist Church  
1710 Dulaney Valley Road  
Lutherville, MD 21093

# PLACES OF WORSHIP



## Towson Unitarian Universalist Church

410.825.6045 // [www.towsonuuc.org](http://www.towsonuuc.org)

*Towson Unitarian Universalist Church is a beacon for free-thinking religion, fostering spiritual and intellectual growth for all ages while promoting an active commitment to the wider world.*

**Services.** Worship takes place on Sunday mornings at 9:30 a.m. and 11:15 a.m.

### Location

1710 Dulaney Valley Road  
Lutherville, MD 21093

## Dundalk Church of Brethren

410.284.7081 // [www.dundalkcob.org](http://www.dundalkcob.org)

*The church is part of the Supportive Communities Network, which is a collection of Church of the Brethren and Mennonite groups that are open and accepting to the GLBT community.*

**Services.** Worship takes place on Sunday mornings at 9:45 a.m.

### Location

2660 Yorkway  
Dundalk, MD 21222

# PLACES OF WORSHIP



St. Paul's United Church of Christ

410.848.5975 // [www.stpauls-ucc.org](http://www.stpauls-ucc.org)

*St. Paul's United Church of Christ is an open and affirming congregation.*

**Services.** Worship takes place on Sunday mornings at 8:30 a.m and 10:45 a.m.

**Location**

17 Bond Street  
Westminster, MD 21157



# COMMUNITY CENTERS



## The Frederick Center

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

*The Frederick Center is dedicated to supporting, educating, linking, organizing, and providing outreach to the Lesbian, Gay, Bisexual, Transgender, and Queer community of central Maryland.*

**Services.** The Center runs a number of groups, including a youth group, organizes Frederick Pride, and has an HIV test kit distribution program. In addition, the Center offers professional development opportunities on LGBTQ+ awareness.

### Location

Programs meet at various locations. Check the online calendar for details.

# HEALTH + WELLNESS

## Lynda Sowbel, Delta Holistic

301.663.8901 // [www.deltaholistic.com](http://www.deltaholistic.com)

*Lynda is a clinical social worker with a doctorate in social work, and is a Board Certified Diplomate.*

**Services.** Offers LGBTQ+ inclusive counseling. Sees individuals, families and couples.

**Payment.** Contact Lynda directly for information regarding payment. She is a Medicare provider.

### Location

45 West Patrick Street  
Frederick, MD 21701

# HEALTH + WELLNESS

## Psychotherapy Service Associates

301.662.6226 // [www.frederickpsychotherapy.com](http://www.frederickpsychotherapy.com)

*A group of highly-trained and experienced therapists and psychiatrists.*

**Services.** Offers individual therapy in Frederick, as well as counseling, integrated psychopharmacology and psychotherapy and psychiatric evaluation to individuals, couples, and families.

**Payment.** Contact Psychotherapy Service Associates directly for information regarding payment.

### Location

41 North Market Street  
Frederick, MD 21701

# HEALTH+ WELLNESS



## Ahimsa Counseling & Treatment

443.471.8969 // [ahimsarecovery.com/](http://ahimsarecovery.com/)

*LGBTQ+ inclusive therapist in Harford County, Maryland.*

**Payment.** Accepts private insurance and Medicaid. Contact to set up an appointment.

### Location

1804 Harford Road  
Fallston, MD 21047

# SUPPORT GROUPS



## Rainbow Youth Alliance—Harford County

[www.facebook.com/groups/118659661480524](http://www.facebook.com/groups/118659661480524)

*RYA is a discussion group for LGBTQ+ teens in Harford County. We meet on the second and fourth Wednesdays of the month, from 7:00 to 9:00 p.m., at the Unitarian Universalist Fellowship of Harford County to discuss LGBTQ+ issues and meet new people. All LGBTQ+ teens and their allies ages 14 to 19 are welcome.*

### Location

Unitarian Universalist Fellowship of Harford County  
2515 Churchville Road  
Churchville, MD 21028

# HEALTH+ WELLNESS



## A Healing Place

410.309.0909 // [www.ahealingplaceincolumbia.com](http://www.ahealingplaceincolumbia.com)

*A group of clinical social workers committed to providing LGBTQ+ inclusive mental health counseling.*

**Services.** We offer individual, group, family and couples' counseling. Contact A Healing Place directly to schedule an appointment, and with any questions regarding payment.

### Location

7050 Oakland Mills Road, Suite 140  
Columbia, MD 21046

## Sean Lare Counseling & Consulting

410.695.6688

*A licensed clinical social worker, Sean works with children/teens, their families, adults, and couples who are Lesbian, Gay, Bisexual, Transgender, and Questioning (LGBTQ+).*

### Location

10632 Little Patuxent Parkway, Suite 245  
Century Plaza 2000 Building  
Columbia, MD 21044

# PLACES OF WORSHIP



## Unity Fellowship Church of Columbia

410.294.9709 // [www.thecolumbiaproject.org](http://www.thecolumbiaproject.org)

*Unity Fellowship Church of Columbia is an open and affirming congregation committed to providing a safe space where all can worship God in the fullness of who God is, just as we are.*

**Services.** Services are held Sundays at 10:00 a.m.

### Location

8995 Lambskin Lane  
Columbia, MD 21045

# HEALTH+ WELLNESS



Bradley Lake, LCSW-C

202.238.9541

*Bradley is a caring and knowledgeable psychotherapist with decades of experience.*

**Services.** Bradley offers individual, couples' and group counseling. Contact directly for address, information about payment, and appointment scheduling.

## Location

Bradley has office locations in Chestertown, MD and Annapolis, MD.



Kent County

# HEALTH+ WELLNESS



## Capital Connections Counseling Center

301.971.2950 // [www.capitalconnectionsounseling.com](http://www.capitalconnectionsounseling.com)

*Nicole Hast, LCPC, NCC, is a licensed counselor that has experience working with LGBTQ populations, youth, depression, anxiety, trauma, and life transitions.*

**Services.** A member of WPATH (World Professional Association for Transgender Health), Nicole provides affirmative counseling to trans\* and gender non-conforming children, adolescents, and adults, and is able to provide therapy as well as evaluations and referrals for HRT and SRS in accordance with the most recent version of WPATH's Standards of Care.

**Payment.** The Center accepts Blue Cross Blue Shield Federal and PPO plans; contact the center directly with any questions regarding fees.

### Location

6203 Executive Boulevard  
North Bethesda, MD 20852

## Lissa Mantell, LCSW-C, LICSW

301.960.8546 // [www.lissamantellmsw.net](http://www.lissamantellmsw.net)

*As a clinical social worker with years of experience working with clients and their families, Lissa Mantell believes that all people deserve a safe space to be themselves, share their true feelings, and get assistance making changes in their lives.*

**Services.** Lissa has significant interest and experience in the following areas: gender identity, sexual identity, anxiety, depression, grief and loss.

**Payment.** Lissa accepts Carefirst BCBS PPO; please contact her directly with any questions regarding fees.

### Location

8811 Colesville Road, Suite 105  
Silver Spring, MD 20910

# HEALTH+ WELLNESS



Trish Cleary MS, LCPC-MFT-ADC, CGP

301.654.4936 // [www.trishcleary.com](http://www.trishcleary.com)

*Trish is a licensed clinical mental health counselor, a marriage and family therapist, an addictions counselor, and a certified group psychotherapist.*

**Services.** Trish has experience working with individuals around social and internalized homophobia. Please refer to the website for information regarding fees and payment.

## Location

5119 Bradley Boulevard  
Chevy Chase, MD 20815

Montgomery County

# SUPPORT GROUPS

## Rainbow Youth Alliance—Montgomery County

301.762.7666 // [www.rainbowyouthalliancemd.org](http://www.rainbowyouthalliancemd.org)

*The Rainbow Youth Alliance (RYA) supports the community of gay, lesbian, bisexual, transgender, intersex, queer, and questioning teens and their allies – known to us as rainbow teens.*

**Services.** RYA provides twice monthly, adult-facilitated, peer-to-peer support group meetings for high school youth ages 13-18. These meetings take place on the 1st and 3rd Sundays of every month from 3:45 p.m. – 6 p.m.

### Location

Unitarian Universalist Congregation of Rockville  
100 Welsh Park Drive  
Rockville, MD 20850

## Rockville Open House

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

*Rockville Open House (ROH) is a supervised, safe gathering space for lesbian, gay, bisexual, transgender, queer, questioning, or intersex (LGBTQQI) Jewish teens between the ages of 13-18 years old and their straight/non-Jewish friends and allies.*

**Services.** Youth group meets first Wednesday of every month at 6:30 p.m.

### Location

Jewish Community Center of Greater Washington  
6125 Montrose Road  
Rockville, MD 20852

## Maryland Trans\* Unity

[www.transunity.net](http://www.transunity.net)

*Maryland Trans\* Unity is an all-volunteer community-building organization serving trans\* people of all identities. Our mission is to provide an interactive, supportive community that welcomes all trans\* people and allies, including children, into a safe space.*

**Services.** Support group meets first and third Sunday of each month from 2:00 p.m. to 4:00 p.m.

### Location

9601 Cedar Lane  
Bethesda, MD 20814

# PLACES OF WORSHIP



## Bethesda United Church of Christ

301.365.3387 // [www.bethesdaucc.org](http://www.bethesdaucc.org)

*BUCC is committed to building new bridges between the many communities that surround us – leading us to them, and them to Christ. We are dedicated to opening our doors wider to all who wish to share the journey with us, without regard to their cultural background, socioeconomic status, theological grounding or sexual orientation.*

**Services.** Services take place on Sunday at 10:30 a.m.

### Location

10010 Fernwood Road  
Bethesda, MD 20817

## Cedar Lane Unitarian Universalist

301.493.8300 // [www.cedarlane.org](http://www.cedarlane.org)

*A LGBTQ+ welcoming and multicultural congregation, Cedar Lane includes liberal Christians, liberal Jews, Buddhists, Humanists, atheists, and others. We do not wear these labels conspicuously; we blend together, always curious and searching for meaningful ways to look at life and religious experience.*

**Services.** Services take place on Sunday at 9:00 a.m. and 11:00 a.m.

### Location

9601 Cedar Lane  
Bethesda, MD 20814

## Empowerment Liberation Cathedral

240.720.7605 // [www.empowermentliberationcathedral.org](http://www.empowermentliberationcathedral.org)

*At Empowerment Liberation Cathedral we celebrate our church's being a welcoming and affirming, radically inclusive, LGBTQIA celebrated congregation, where ALL of God's children are welcome. We create an atmosphere where all worshipers can experience the gift of God and the joy of Jesus.*

**Services.** Services are offered at 1:00 p.m. on Sundays.

### Location

633 Sligo Avenue  
Silver Spring, MD 20910

# PLACES OF WORSHIP



## Open Door Metropolitan Community Church

301.916.5777 // [www.opendoormcc.com](http://www.opendoormcc.com)

*Open Door Metropolitan Community Church is an open and affirming Christian spiritual home. We are a place that welcomes all, and celebrates how deeply and stubbornly each of us is loved by God. Open Door is an LGBTQ+ inclusive church.*

**Services.** Services are offered at 10:00 a.m. on Sundays.

### Location

5817 Barnesville Road  
Boyd's, MD 20841

## Unitarian Universalist Congregation of Rockville (UUCR)

301.762.7666 // [www.uucr.org](http://www.uucr.org)

*An LGBTQ affirming congregation, UUCR is rooted in the Jewish and Christian traditions, and also draws from humanist teachings, earth-centered traditions, wisdom from the world's religions, and individual experiences of life and spirit.*

**Services.** Services are offered at 10:00 a.m. on Sundays.

### Location

100 Welsh Park Drive  
Rockville, MD 20850

## Adat Shalom

301.767.3333 // [www.adatshalom.net](http://www.adatshalom.net)

*Adat Shalom has a rich and varied history, rooted in an evolving and active Judaism. We are a participatory member-led congregation of singles and families, dedicated to providing innovative and egalitarian services and leadership to our community. Adat Shalom welcomes all Jews, regardless of their sexual orientation or gender identity, as full participants in all religious practices and in the entire community life of the congregation.*

**Services.** Shabbat services occur on Saturdays at 9:30 a.m.

### Location

7727 Persimmon Tree Lane  
Bethesda, MD 20817

# PLACES OF WORSHIP



## Oaklands Presbyterian Church

301.776.5833 // [www.oaklandspres.org](http://www.oaklandspres.org)

*Our worship services and leadership span nationalities, ages, sexual orientation, political parties, socio-economic status, gender, you name it! And while we don't agree on everything, we are unified through our profession of faith in the Triune God.*

**Services.** Services take place on Sundays at 11:00 a.m.

### Location

14301 Laurel Bowie Road  
Laurel, MD 20708

## Paint Branch Unitarian Universalist Church

301.937.3666 // [www.pbuuc.org](http://www.pbuuc.org)

*An LGBTQ affirming congregation, we come together to create meaningful worship, life-long religious exploration and joyful artistic expressions of our principles.*

**Services.** Services take place on Sundays at 10:00 a.m.

### Location

3215 Powder Mill Road  
Adelphi, MD 20783

## St. George Episcopal Church

301.262.3285 // [www.stgeo.org](http://www.stgeo.org)

*An Episcopal parish, we have members from all ethnic backgrounds, nationalities, family configurations, sexual orientations, and religious traditions. Many of us had no religious involvement before coming here.*

**Services.** Services are offered on Sundays at 8:00 a.m. and 10:00 a.m.

### Location

7010 Glenn Dale Road  
Glenn Dale, MD 20769

# HEALTH+ WELLNESS



## Seeds Counseling and Consulting

202.630.8193 // [www.seedscs.com](http://www.seedscs.com)

*Candice Karber, LICSW works with underserved communities (people of color, women, youth, LGBTQ+, etc.).*

**Services.** Candice is eager to assist you with any self-identity conflict or challenge in regards to sexual orientation, gender identity, gender expression or gender presentation. Contact Candice directly for information regarding fees.

### Location

4329 Northview Drive  
Bowie, MD 20716

Prince George's County

# HEALTH+ WELLNESS



## Community Free Clinic

301.733.9234 // [www.cfcwc-md.org/teen](http://www.cfcwc-md.org/teen)

*The Community Free Clinic is a resource that addresses the needs of the medically uninsured in Washington County.*

**Services.** The clinic offers primary medical care, mental health services, STI and pregnancy testing, etc. There is an LGBTQ+ Safe Space offered for youth Mondays -Thursdays.

### Location

249 Mill Street  
Hagerstown, MD 21740

Washington County

# SUPPORT+ ADVOCACY

## Lower Shore LGBTQ Coalition, Inc.

443.239.4185 // [www.facebook.com/pages/The-Lower-Shore-LGBTQ-Coalition-Inc](http://www.facebook.com/pages/The-Lower-Shore-LGBTQ-Coalition-Inc)

*Our primary goal is to support LGBTQ youth and young adults by reducing intolerance and enhancing acceptance. The Coalition represents Wicomico, Worcester and Somerset counties in the state of Maryland.*

**Services.** We offer trainings and other resources for LGBTQ+ youth and allies. The Coalition meets the third Tuesday of each month. Contact us directly for more information.

## Youth M.O.V.E. Maryland: Eastern Shore

[youthmoveeasternshore@gmail.com](mailto:youthmoveeasternshore@gmail.com) // [www.youthmovenational.org](http://www.youthmovenational.org)

*Youth M.O.V.E. Maryland is a youth-led statewide organization dedicated to helping create positive change in the lives of young people and the systems (Child Welfare, Juvenile Services, and Mental Health) that serve them throughout the state of Maryland. We give young people the chance to address some of the issues that are in their communities by creating youth groups and organizations, and also by partnering with other groups and organizations in the community. Youth M.O.V.E. Maryland youth leaders also sit on statewide committees and councils to represent youth voice.*

**Services.** Youth M.O.V.E. has groups in all of the 9 counties of the Eastern Shore of Maryland, as well as two LGBTQ+ groups. For more information about the groups, contact the organization at the email address provided above.

Wicomico  
Worcester &

Somerset Counties

# HEALTH+ WELLNESS



## Carol Drury Life Coaching and Counseling Services

301-475-5969 // [www.drcaroldrury.com](http://www.drcaroldrury.com)

*Carol Drury is a certified counselor that works with the LGBTQ+ community.  
Contact her directly for information about payment.*

### Location

22405 Bluebird Court  
Leonardtown, MD 20650

St. Mary's County

# HEALTH+ WELLNESS

## Metro TeenAIDS

202.543.8246 // [www.metroteenaids.org](http://www.metroteenaids.org)

*Metro TeenAIDS provides resources to help young people fight AIDS and support each other. MTA is the only organization in the Washington DC-metro area focusing all of its efforts on the unique prevention, education, and treatment needs of young people.*

**Services.** Metro TeenAIDS advances community prevention efforts by: mobilizing young people in support of their peers, battling stigma and indifference by raising community awareness about the threat HIV/AIDS poses to young people, providing HIV information and innovative prevention strategies to young people and the adults in contact with them, and much more. Check out the website for more information.

### Location

651 Pennsylvania Avenue SE  
Washington, DC 20003

## RealTALK DC

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

*To put it simply, we keep it REAL. We are REAL teens and young adults between the ages of 13 and 24 giving the REAL facts and knowing the REAL stats surrounding safer sex in the district.*

**Services.** We link our peers to sexual health information and access to FREE condoms and HIV/STI testing. We are open from 3:30-8 p.m. Monday through Friday. There is a free and confidential testing facility, as well as a safe space to be YOU with fun projects and events that foster a comfortable setting to have REAL conversations about REAL sex concerns.

For free condoms & HIV/STI testing, text "REALTALK" to 61827. Text "HELP" to 61827 for help; text "STOP" to cancel.

### Location

The Freestyle Center  
651 Pennsylvania Avenue SE  
Washington, DC 20003

# HEALTH+ WELLNESS



## Whitman Walker Health

202.745.7000 // [www.whitman-walker.org](http://www.whitman-walker.org)

*For nearly four decades, Whitman-Walker Health has provided health care services for the LGBT community. In the 1980s, we became a leader in the fight against HIV/AIDS. And, in the 21st Century, we have evolved into a full-service community health center.*

**Services.** Whitman-Walker offers a range of medical services, mental health services, dental services, and community work. This includes primary medical care, transgender medical care, peer support groups, and free, walk-in HIV testing.

**Payment.** Many insurances are accepted. Visit the website or call for more information.

### Location

1701 14th Street, Northwest  
Washington, DC 20009

# SUPPORT GROUPS



## SMYAL

202.546.5940 // [www.smyal.org](http://www.smyal.org)

*SMYAL supports and empowers lesbian, gay, bisexual, transgender and questioning (LGBTQ+) youth in the Washington, DC metropolitan region. Through youth leadership, SMYAL creates opportunities for LGBTQ youth to build self-confidence, develop critical life skills, and engage their peers and community through service and advocacy. Committed to social change, SMYAL builds, sustains and advocates for programs, policies and services that LGBTQ youth need as they grow into adulthood.*

**Services.** SMYAL offers many different programs and groups with which one might become involved. Check out the website for more information.

### Location

410 7th Street, Southeast  
Washington, DC 20003-2707

# COMMUNITY CENTERS



## Casa Ruby

202.355.5155 // [www.casaruby.org](http://www.casaruby.org)

*Casa Ruby is the only Bilingual Multicultural LGBTQ+ Organization providing life- saving services and programs to the most vulnerable in the LGBT community. A large number of our clients have incomes of less than \$15,000.00 per year. Our mission is to create success stories among transgender, genderqueer and gender non-conforming, gay, lesbian and bisexual people.*

**Services.** Our Drop Inn-Community Center is the only Bilingual Multicultural LGBT safe space in Washington, DC. We are open 6 days a week, Monday-Saturday from 12-8 p.m. Our goal is to support the most vulnerable in our LGBT community when they need it most. Staff and volunteers work together to provide basic human services to more than 150 clients per week, which include but are not limited to hot meals, clothing, support groups, case management and housing and legal services.

### Location

2822 Georgia Avenue, Northwest  
Washington, DC 20001

# TRANSITIONAL HOUSING



## The Wanda Alston House

[info@wandaalstonhouse.org](mailto:info@wandaalstonhouse.org) // [www.wandaalstonhouse.org](http://www.wandaalstonhouse.org)

*The Wanda Alston House is the first and only housing program in Washington, D.C. that is solely dedicated to offering pre independent living and support services to homeless or at risk gay, lesbian, bisexual, transgender, and questioning youth ages 16-24 in all 8 wards of the District of Columbia.*

**Services.** Our services include individual counseling, support groups, referrals, showers, laundry, life skills workshops, job training, HIV testing, and more.

# PLACES OF WORSHIP



## Muslims for Progressive Values

[www.meetup.com/DC-MPV-USA](http://www.meetup.com/DC-MPV-USA)

*Muslims for Progressive Values - DC was founded in 2004 as a Washington DC Progressive Muslim Meetup to provide a place for Progressive Muslims and their friends to meet and discuss Islam from a liberal perspective. While a variety of definitions of "progressive Islam" can be found, this group is guided by the words of Professor Omid Safi.*

**Services.** MPV meets approximately once a month. Our meetings can be open salons for the exchange of ideas, lectures on topics in progressive Islam, interfaith gatherings, or cultural and educational outings. Recent programs include film screenings, concerts, art exhibitions, and book talks. We are open to suggestions from our members and invite you to contribute your ideas at any time. Check our calendar to see some of our recent past events as well as our upcoming plans.

# HOTLINES



## Gay, Lesbian, Bisexual and Transgender National Hotline

1.888.THE.GLNH (843-4564) // [www.glbtnationalhelpcenter.org](http://www.glbtnationalhelpcenter.org)

*Provides telephone or online, private one-to-one chat, email peer-support, as well as factual information and local resources for cities and towns across the United States. Services are free and confidential.*

**Hours of Operation:** Monday – Friday, 4:00 p.m. – 12:00 a.m. EST  
Saturday, 12:00 p.m. – 5:00 p.m. EST.

## GLBT National Youth Talkline

1.800.246.PRIDE (246-7743) // [www.glbtnationalhelpcenter.org](http://www.glbtnationalhelpcenter.org)

*A line for teens and young adults up to age 25 to talk about coming out issues, relationship concerns, parent issues, school problems, HIV/AIDS anxiety, safer-sex information, and lots more! A free and confidential service, GLBT National Youth Talking provides telephone or online, private one-to-one chat, and email peer-support.*

**Hours of Operation:** Monday – Friday, 4:00 p.m. – 12:00 a.m. EST  
Saturday, 12:00 p.m. – 5:00 p.m. EST.

## National Runaway Safeline

1.800.RUNAWAY (786-2929) // [www.1800runaway.org](http://www.1800runaway.org)

*The mission of the National Runaway Safeline (NRS) is to help keep America's runaway, homeless, and at-risk youth safe and off the streets. NRS provides education and solution-focused interventions, offers non-sectarian, non-judgmental support, respects confidentiality, collaborates with volunteers, and responds to at-risk youth and their families.*

**Hours of Operation:** Available 24 hours.

## The Peer Listening Line

1.800.399.PEER (7337) // [www.fenwayhealth.org](http://www.fenwayhealth.org)

*A service of Fenway Community Health Center, an anonymous and confidential phone line that offers gay, lesbian, bisexual and transgender adults and youths a safe place to call for information, referrals, and support. In addition to issues like coming out, HIV/AIDS, safer sex and relationships, our trained volunteers address topics such as locating LGBT groups and services in their local area.*

**Hours of Operation:** Monday – Friday, 5:00 p.m. – 10:00 p.m. EST.

# HOTLINES



## Trans Lifeline

1.877.565.8860 // [www.translifeline.org](http://www.translifeline.org)

*Trans Lifeline is a non-profit dedicated to the well-being of transgender people. We run a hotline staffed by transgender people for transgender people. Trans Lifeline volunteers are ready to respond to whatever support needs members of our community might have. This is a FREE helpline run by volunteers and supported by the community*

**Hours of Operation:** Operators are generally available for most hours of the day. Visit the website for detailed hours of operation.

## The Trevor Project National Helpline

1.866.488.7386 // [www.thetrevorproject.org](http://www.thetrevorproject.org)

*A line for lesbian, gay, bisexual, transgender and questioning (LGBTQ) young people aged 13-24 who may be in crisis, feeling suicidal, or in need of a safe and judgment-free place to talk.*

**Hours of Operation:** Available 24-hours.

## Foster Care Helpline

1.866.LGBTTeen (542-8336) // [www.lambdalegal.org](http://www.lambdalegal.org)

*A service of Lambda Legal Defense & Education Fund for young people in foster care who have questions about LGBT-related discrimination or abuse.*

**Hours of Operation:** Hotline is staffed Monday – Friday, 9:00 a.m. – 5:30 p.m. EST. However, callers may leave messages 24 hours.

## Youth Legal Information Line

1.800.528.6257 // [www.nclrights.org](http://www.nclrights.org)

*Offers free and confidential legal information regarding: safety in schools; psychiatric abuse or forced commitment to a mental hospital or treatment center; homelessness; discrimination in the foster care system or juvenile justice system; medical and legal issues for transgender youth.*

**Hours of Operation:** Monday – Friday, 12:00 p.m. – 8:00 p.m. EST.

## Turnaround, Inc.

443.279.0379 // [www.turnaround.inc.org](http://www.turnaround.inc.org)

*Turnaround provides counseling and support services to survivors of rape, incest and domestic violence.*

**Hours of Operation:** Available 24 hours.

# SAFE SPACES SURVEY

Thanks for taking this survey! This is an opportunity for your organization to reflect on its progress in building a safe space for lesbian, gay, bisexual, transgender, queer and questioning (LGBTQ+) youth. We value your voice, so please feel free to share your feedback. This is an anonymous survey.

Age:

Sexual Orientation:

Gender Identity:

Circle an answer for each question:

1. I can talk to staff members about issues related to my sexual orientation and/or gender identity.  
YES    SOMETIMES    NOT SURE    NO
2. I feel comfortable being open with youth and staff about my sexual orientation and/or gender identity.  
YES    SOMETIMES    NOT SURE    NO
3. There are openly LGBTQ+ youth and/or staff.  
YES    NOT SURE    NO
4. We discuss LGBTQ+ issues in an open and non-judgmental way.  
YES    SOMETIMES    NOT SURE    NO
5. We have LGBTQ+ books, speakers and resources readily available.  
YES    SOMETIMES    NOT SURE    NO
6. We have trainings about how to be an ally to LGBTQ+ youth  
YES    SOMETIMES    NOT SURE    NO
7. When I first came to the organization, the staff made sure I knew it was welcoming of LGBTQ+ people.  
YES    NOT SURE    NO
8. When people make fun of LGBTQ+ people (ie "that's so gay"), other youth and/or staff address it immediately.  
YES    SOMETIMES    NOT SURE    NO
9. I was asked what pronouns and name I want to go by.  
YES    NOT SURE    NO

Anything else I want to share:

# CONTACT US

Have a question about something you saw in our guide? Need help contacting an organization? Know of a resource that should be included in a future version of this guide? Want to find out how to get involved with FreeState Legal Project?

For any and all inquiries, feel free to contact:

**M. SAIDA AGOSTINI**  
**DIRECTOR OF LGBTQ RESOURCES**  
**sagostini@freestatelegal.org**

For more information about FreeState Legal Project, visit our website at:

**WWW.FREESTATELEGAL.ORG**

Or, give us a call at:

**410.625.LGBT (5428)**

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