



Reducing Isolation in the time of COVID-19

SOUTHERN CALIFORNIA RESOURCES

BELOVED San Diego

BELOVED is currently offering, for a limited time, a free, at-home virtual summer camp which provides different activities such as a Bible story video, follow-along yoga video, music, arts, and games. This is a faith-based organization/church.

Other Population: Christian Community

Email: media@belovedsandiego.org

Phone: (858) 223-6418

Website: <https://www.belovedsandiego.org>

Center for Sexuality & Gender Diversity (CS&GD)

Virtual drop-in opportunity to "hang out with the community":
email virtualdropin@thecenterbak.org

Support workshops : Gender Rebels for Trans and Non-binary folk: email
supportworkshops@thecenterbak.org

Facebook CSGD public forum (group): <https://www.facebook.com/groups/gicenterbakfield>

Blog: <https://www.thecenterbak.org/blog>

@thecenterbak on Facebook and Instagram

Other Population: LGBTQ+

Email: info@thecenterbak.org

Phone: (661) 404-5209

Website: www.thecenterbak.org

Congregation Dor Hadash

A common faith and a close-knit community provides support for mental health in the Jewish LGBTQ community, virtually. This is a Jewish faith-based organization.

Other Population: Jewish Community

Phone: (858) 268-3674

Website: <http://www.dorhadash.org>

Colors LGBTQ Youth

They support mental health by providing counseling services for individuals, couples, and families during COVID-19.

Other Population: Youth under 25

Email: colors@antioch.edu

Phone: (310) 578-1080

Website: <http://www.colorsyouth.org>

Diversionsary Theater

Diversionsary is an arts and culture organization that offers free virtual community events.

Email: boxoffice@diversionary.org

Phone: (619) 220-6830

Website: <https://www.diversionary.org>

Mission Hills United Methodist Church

They have suspended in-person worship and are promoting online worship which will help with social isolation. This is a faith-based organization/church.

Other Population: Christian Community

Email: mhumcnet@yahoo.com

Phone: (619) 220-6830

Website: <https://missionhillsumc.org>

North County LGBTQ Resource Center

They have cancelled all in-person events and have converted some of the services they offer, such as mental counseling which promotes mental health, to online instead.

Email: info@ncresourcecenter.org

Phone: (760) 994-1690

Website: <https://www.ncresourcecenter.org>

Rainbow Pride Youth Alliance

Keep an eye on their "Upcoming Events" section and their social media accounts to find out about their Zoom virtual meetings, Instagram Live events, and more.

Other Population: Youth

Email: moreinfo@rpva.org

Phone: (909) 213-2550

Website: <https://www.rainbowprideyouthalliance.org>

The San Diego LGBTQ Community Center

This organization promotes ways in which to address social isolation, providing virtual counseling and support groups. This site includes a donation service to provide emergency services for those who are impacted by COVID-19.

Phone: (619) 692-2077

Website: <https://thecentersd.org>

University Christian Church

The church is addressing social isolation by providing livestream and prerecorded sermons so their followers will not have to compromise either their health to exercise their faith or their faith to protect their own health. This is a faith-based organization/church.

Other Population: Christian Community

Email: office@uchristianchurch.org

Phone: (619) 295-4146

Website: <http://www.uchristianchurch.org>

The Wall Las Memorias

They have peer counseling services, now provided online, and support groups for people of the trans community and non-binary community as well. They also have online events.

Other Population: Latinx

Email: info@twlmp.org

Phone: (323) 257-1056

Website: <http://www.thewallasmemorias.org>



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BAY AREA RESOURCES

Alliance Health Project

Support groups and in-person sessions have been moved to Zoom in response to the COVID-19 situation as they are committed to supporting the mental health and wellness of their clients and community.

Email: ahpinfo@ucsf.edu

Phone: (415) 476-3902

Website: <https://alliancehealthproject.ucsf.edu>

BienStar

BienStar provides online virtual peer support during COVID.

Other Population: Latinx

Email: info@bienestar.org

Phone: (866) 590-6411

Website: <http://www.bienestar.org>

CUAV

They provide counseling sessions via phone or Zoom to support positive mental health while addressing social isolation.

Other Population: Black and Latinx queer and Trans-led organization.

Email: info@cuav.org

Phone: (415) 777-5500

Website: <https://www.cuav.org>

EI/La Para Translatinas

EI/La has resources that could alleviate possible factors of stress for people in the LGBTQ community such as resources for housing and scholarship opportunities.

Other Population: Latinx Trans

Email: francisco@ellaparatranslatinas.org

Phone: (415) 864-7278

Website: <http://ellaparatranslatinas.yolasite.com>

Gaylesta

Gaylesta: The Psychotherapy Association for Gender and Sexual Diversity offers connections to find a mental health therapist.

Email: membership@gaylesta.org

Phone: (415) 729-3996

Website: <https://gaylesta.wildapricot.org>

Gender Spectrum

They are following social distancing rules by offering online support groups to provide safe spaces for teens, pre-teens, and adults to address mental health needs. They also provide groups for grandparents and parents nationwide.

Other Population: Youth and Teens

Website: <https://genderspectrum.org>

GLBT Historical Society

This museum is convening events online. Links to events are provided on their website and they are free to attend.

Email: info@glbthistory.org

Phone: (415) 621-1107

Website: <http://www.glbthistory.org>

Lavender Seniors of the East Bay

Lavender Seniors provides a list of resources for seniors in the LGBTQ community on their website to help cope with loneliness during this time, as well as other COVID-19 tips.

Other Population: Seniors

Email: info@lavenderseniors.org

Phone: (510) 736-5428

Website: <http://lavenderseniors.org>

LGBTQ Connections

As both a hub of LGBTQ information and a thriving center of the community, the project increases awareness and visibility, especially during this pandemic.

Other Population: Youth

Phone: (707) 948-6640

Website: <https://www.lgbtqconnection.org>

Openhouse

Services provided: support and wellness calls to LGBTQ+ seniors; assisting seniors with essential service needs (food programs, grocery shopping, errands); housing and resource navigation and referrals (medical care, case management, benefits, transportation, in-home care); virtual online support groups and enhanced outreach to support those most underserved/marginalized (POC/TGNC communities).

Other Population: LGBTQ+ Seniors

Email: info@openhouse-sf.org

Phone: (415) 296-8995

Website: <https://www.openhousesf.org>

Pacific Center for Human Growth

Pacific Center for Human Growth provides video/teleconferencing for therapy sessions, peer group meetings, and therapy groups during the pandemic to address isolation and support mental well-being.

Other Population: Youth and Seniors

Email: info@pacificcenter.org

Phone: (510) 548-8283

Website: <https://www.pacificcenter.org>



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BAY AREA RESOURCES

Queer Cultural Center

They provide online resources to support the mental health of people in the LGBTQ+ community as well as community resources pertaining to the pandemic and how to stay safe.

Other Population: Queer

Phone: (415) 935-5948

Website: <http://www.queerculturalcenter.org>

San Francisco Community Health Center

This organization is recruiting participants for a digital workshop series aimed to better communication skills for Trans, GNC and LGBT folks. Explore communication skills and conflict management, creatively navigate connections, and of course build community. Participants receive \$10 a session and \$100 after completing a post survey. Have questions? Email Xochitl@sfccommunityhealth.org. Register here: tinyurl.com/tsa8cy6

Other Population: Adults and Trans, GNC, or LGBTQ+

Email: Xochitl@SFCommunityHealth.org

Phone: (415) 355-2222

Website: <https://www.sfccc.org/>

San Francisco LGBT Community Center

They provide a multitude of resources to support the LGBTQ community, from mental health to aid in businesses, during COVID-19.

Email: info@sfccenter.org

Phone: (415) 865-5555

Website: <https://www.sfccenter.org>

San Joaquin Pride Center (SJPC)

SJPC offers online virtual groups: transgender alliance, first Thursday of every month; women's group, second Thursday of every month; men's group, second Monday of every month. They will launch a substance use support group and QTPOC group in mid-October. SJPC also provides telehealth counseling and name change/gender marker clinics.

Other Population: Youth (80% non-binary and Trans),

Adults (75% non-binary or Trans)

Email: sjpridecenter@gmail.com

Phone: (209) 565-5023

Website: <https://sjpridecenter.com>