

# TGNC NEW ARRIVALS

New to New York Guide



# TGNC NEW ARRIVALS: NEW TO NEW YORK GUIDE

## Introduction & Purpose

Welcome to New York State! In light of growing hostility and anti-trans legislation across the U.S., many transgender, gender nonconforming, and nonbinary ([TGNCNB](#)) people are seeking safe havens and finding hope in New York. Whether you're fleeing restrictive laws, seeking affirming healthcare, building community, or simply looking for a place to live authentically, you belong here.

This guide offers resources to help you understand and navigate the variety of services, community spaces, and organizations available to support you through your transition to being a New Yorker. From the bustling streets of New York City to the small communities upstate, our state offers legal protections, comprehensive healthcare options, and a vibrant community ready to welcome you.

**Please note:** Resources change very quickly. The information in this guide is accurate as of **September 2025**. However, services, policies, and organizations are subject to change. **Many organizations listed in each section offer multiple services across service areas, but are not repeatedly listed in each section to reduce redundancy. We encourage you to reach out directly to confirm information with any organization you seek to contact around any additional service areas you may be seeking.**

## Land Acknowledgment

We acknowledge that New York State is situated on the ancestral and traditional lands of many Indigenous nations. We recognize the Haudenosaunee (Iroquois) Confederacy, including the Mohawk, Oneida, Onondaga, Cayuga, Seneca, and Tuscarora nations, as well as the Lenape, Mohican, Munsee, and many other Indigenous peoples who have been stewards of these lands since time immemorial.

We honor the enduring presence and contributions of Indigenous communities, acknowledge the ongoing impacts of colonization, and recognize that Indigenous LGBTQIA+ and [Two-Spirit](#) people continue to face unique challenges at the intersection of anti-Indigenous and anti-LGBTQIA+ oppression.

# TGNC NEW ARRIVALS: NEW TO NEW YORK GUIDE

## Who the Guide is For

This guide is designed for TGNCNB individuals who have recently moved to New York and are looking for services, community spaces, and support networks. Whether you're navigating your first days here or have been in NY for a while and are ready to connect more deeply with local resources, this guide is for you.

## About the NYS LGBT Network TGNC Advocacy Committee

The NYS LGBT Network is a coalition (administered by [The NYC LGBT Community Center](#)) of 60+ organizations that provide comprehensive healthcare, mental health, education, legal resources, and more to the LGBTQIA+ community across the State of New York. Through collaboration and shared advocacy, these organizations work to ensure that LGBTQIA+ New Yorkers have access to affirming, culturally competent service wherever they are in the state.

Within The Network, organizations form specialized subcommittees to focus on the unique needs of different communities. The TGNC Advocacy Committee dedicates its efforts specifically to advocacy, policy development, and resource creation for TGNCNB individuals. Reach the committee by emailing [network@gaycenter.org](mailto:network@gaycenter.org).



# IMMEDIATE NEEDS: HOUSING AND SHELTER

When arriving in New York, many TGNCNB people face urgent questions about where to stay, how to access affirming healthcare, and what legal rights and resources are available.

This section highlights housing & shelter, healthcare access, legal support, and education & employment which are the building blocks of safety and stability as you begin to navigate life in New York.



# IMMEDIATE NEEDS: HOUSING & SHELTER



Finding safe and affirming housing can be one of the biggest challenges for TGNCNB people. Below are trans-affirming shelters, drop-in centers, and housing programs across New York, along with emergency and tenant support resources.

Note: Housing and shelter availability can change daily. Please call ahead or contact programs directly to confirm space and services before traveling.

## Trans-Affirming Shelters & Drop-in Centers

### **Albany Damien Center – MPower Drop-In Center** (Albany)

Drop-in space and housing support for TGNCNB individuals living with HIV.

📍 747 Madison Ave., Albany, NY

☎ (518) 449-7119 x119 | ✉ [mpower@albanydamiencenter.org](mailto:mpower@albanydamiencenter.org)

### **Emergency Youth Shelter** (Syracuse)

Short-term housing for youth ages 12–17.

🌐 [rescuemissionalliance.org/youthshelter](https://rescuemissionalliance.org/youthshelter)

### **Ali Forney Center** (NYC)

Housing and supportive services for LGBTQ+ youth.

🌐 [aliforneycenter.org/get-help](https://aliforneycenter.org/get-help)

### **Ace's Place | Destination Tomorrow** (Bronx, NY)

Trans-led housing programs and support.

🌐 [destinationtomorrow.org/housing-programs](https://destinationtomorrow.org/housing-programs)

### **Project Hospitality** (Staten Island, NY)

Provides essentials of food, clothing, and shelter, with expanded services in health, mental health, substance use treatment, HIV prevention and care, domestic violence education and services, immigrant support, vocational training, transitional and permanent housing, legal and financial services, and youth services.

☎ 718-448-1544 | 🌐 [projecthospitality.org](https://projecthospitality.org)

# IMMEDIATE NEEDS: HOUSING & SHELTER



## Anti-Violence & Support Hotline

### **New York City Anti-Violence Project (AVP)** (All 5 boroughs)

Support for survivors of intimate partner violence (IPV), sexual violence (SV), hate violence (HV), family violence (FV), and police violence.

📍 116 Nassau St., 3rd Floor, New York, NY

☎ 212-714-1141 | 🌐 <https://avp.org/>

## Emergency Housing & Mutual Aid

### **Trans Resistance Network**

Grassroots organizing for 2STGNC+ housing survival and emergency support.

🌐 <https://transresistancenetwork.org/>

### **NYC Emergency Housing Resources**

🌐 [nyc.gov/emergencyhousing](https://nyc.gov/emergencyhousing) (includes information on emergency shelters, intake centers, and immediate assistance programs).

### **Homelessness Prevention / HRA (NYC)**

Programs to prevent eviction and support emergency placement.

🌐 [nyc.gov/hra](https://nyc.gov/hra)

## Know Your Rights: Tenants & Rental Assistance

### **New York State Tenants' Rights Guide (Attorney General)**

🌐 [ag.ny.gov/consumer-frauds/housing-issues](https://ag.ny.gov/consumer-frauds/housing-issues)

### **New York State Emergency Rental Assistance Program (ERAP)**

🌐 [otda.ny.gov/programs/emergency-rental-assistance](https://otda.ny.gov/programs/emergency-rental-assistance)

### **NYC Tenant Resource Portal**

🌐 [nyc.gov/tenants](https://nyc.gov/tenants)

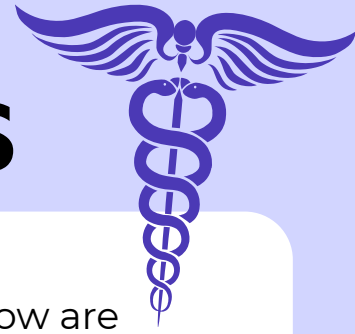
## Know Your Rights: General

### **Empire Justice Center Guide**

🌐 [Know Your Rights: New York State Human Rights Law](#)



# IMMEDIATE NEEDS: HEALTHCARE ACCESS



Access to affirming healthcare can be life-changing. Below are clinics and programs across New York offering gender-affirming care, HIV/STI testing, [PrEP/PEP](#) access, mental health services, [harm reduction](#) support, and information on insurance/Medicaid.

Note: Services may change or shift. Always call or check online to confirm availability and scope of care before visiting.

## Clinics Offering Gender-Affirming Care

(Hormones, surgery referrals, primary care)

### **Mount Sinai Center for Transgender Medicine & Surgery**

275 7th Ave, 12th Floor, New York, NY

📞 212-604-1730 | 🌐 <https://www.mountsinai.org/locations/center-transgender-medicine-surgery>

### **Callen-Lorde Community Health Center**

212-271-7200

356 West 18th Street, New York, NY

40 Flatbush Ave Extension Brooklyn NY

3144 Third Avenue, Bronx NY

🌐 <https://callen-lorde.org/>

### **Northwell Health – Gerald J. Friedman Transgender Program**

📍 110 East 59th Street, NYC | 🌐 <https://www.northwell.edu/doctors-and-care/lgbtqia-services>

### **Northwell Health – LGBTQ Transgender Care Program**

📍 410 Lakeville Road, New Hyde Park | 🌐 <https://www.northwell.edu/doctors-and-care/lgbtqia-services>

### **The Edie Windsor Healthcare Center**

📍 182 W. Montauk Hwy, Hampton Bays | 🌐 [https://www.stonybrookmedicine.edu/LGBTQ/patientcare/our\\_providers/Edie\\_Windsor\\_Healthcare\\_Center](https://www.stonybrookmedicine.edu/LGBTQ/patientcare/our_providers/Edie_Windsor_Healthcare_Center)

# IMMEDIATE NEEDS: HEALTHCARE ACCESS



## Clinics Offering Gender-Affirming Care (cont.)

### **SUNY Upstate – Inclusive Health Services**

📍 725 E. Adams St, Syracuse, NY 13210 | 🌐 <https://www.upstate.edu/inclusive-health-services/>

HRT and surgery referrals; case management for Central NY region (not currently primary care).

### **Gender Wellness Center** (Oneonta)

Medical services and referrals for transgender/GNC people statewide.

☎ 607-431-5757 | 🌐 <https://www.bassett.org/locations/susquehanna-family-practice-and-gender-wellness-center>

### **Trillium Health** (Rochester)

Trillium Health provides compassionate, judgement-free, and affordable healthcare to everyone.

☎ 585-545-7200 | 🌐 <https://www.trilliumhealth.org/>

### **University of Rochester / Strong Memorial Hospital** (Rochester)

☎ 585-275-2100 | 🌐 <https://www.urmc.rochester.edu/strong-memorial>

### **Evergreen Health Care** (Buffalo and Southern Tier)

☎ 716-847-2441 | 🌐 <https://www.evergreenhs.org/>

### **Whitney Young** (Albany)

☎ 518-465-4771 | 🌐 <https://www.wmyhealth.org/>

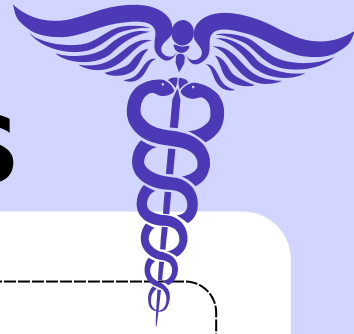
### **APICHA Community Health Center** (NYC)

Primary care, pediatric, and OB/GYN services in Manhattan and Queens.

🌐 <https://www.apicha.org/>



# IMMEDIATE NEEDS: HEALTHCARE ACCESS



## STI/HIV Testing & PrEP/PEP Access

### Provider Directory

<https://providerdirectory.aidsinstituteny.org/>

### Chelsea Sexual Health Clinic (NYC)

STI/HIV testing by appointment or drop-in.

📍 303 9th Ave, 1st Floor, Manhattan

<https://www.nyc.gov/site/doh/services/sexual-health-clinics.page>

### Housing Works Community Health Clinics (NYC)

STI testing/treatment, PEP, PrEP, Doxy-PEP, and HRT access with primary care. Services in English and Spanish with language interpretation offered

<https://healthcare.housingworks.org/intake/new-patient-guide>

### Rockland County Department of Health Sexual Health Clinic

STI testing/treatment, PrEP access, HRT referrals. Services in English, Spanish, and Haitian Creole.

[rocklandcountyny.gov/clinics-immunizations](https://rocklandcountyny.gov/clinics-immunizations)

### Albany Damien Center – MPower Program

HIV testing, counseling, and sexual health education.

✉ [mpower@albanydamiencenter.org](mailto:mpower@albanydamiencenter.org)

### Pride Center of Western New York

☎ 716-852-7743 | <https://www.pridecenterwny.org/>

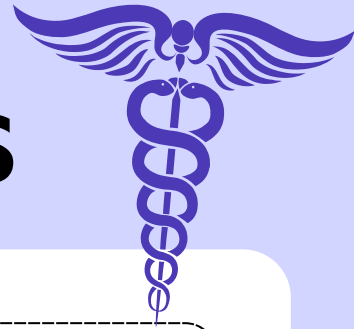
### In Our Own Voices (Albany)

☎ 518-432-4188 | <https://ioov.org/>

### Evergreen Health Care (Buffalo and Southern Tier)

☎ 716-847-2441 | <https://www.evergreenhs.org>

# IMMEDIATE NEEDS: HEALTHCARE ACCESS



## STI/HIV Testing & PrEP/PEP Access (cont.)

### Mount Sinai Institute for Advanced Medicine (NYC)

HIV prevention and PrEP/PEP access.

☎ 929-400-7739 | ✉ [prevention@mountsinai.org](mailto:prevention@mountsinai.org)

📍 275 7th Ave, 12th Floor

📍 1000 10th Ave, Suite 2T

📍 158 W 124 St, 2nd Floor

### SUNY Upstate – Inclusive Health Services (Syracuse)

With youth access through Pediatric Infectious Disease.

☎ 315-464-5533 | 📍 725 E Adams St, Syracuse, NY

### Northwell Health (NYC)

Center for Young Adult, Adolescent & Pediatric HIV

Community Drive Sexual Health Program

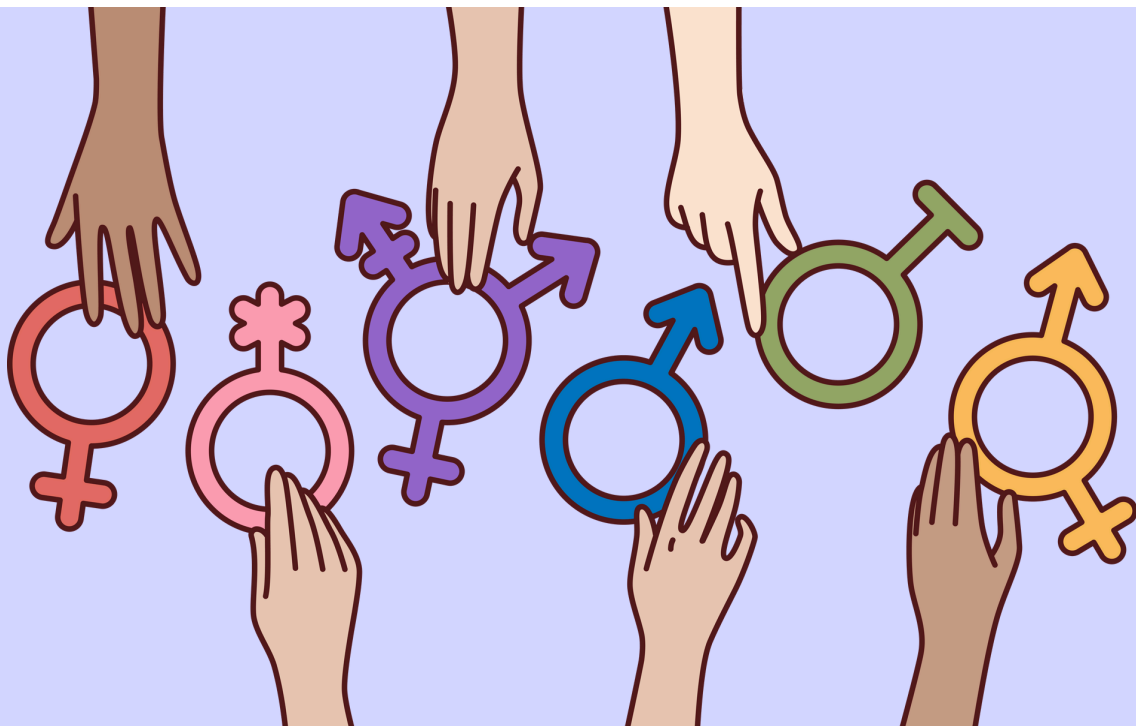
🌐 <https://www.northwell.edu/doctors-and-care/lgbtqia-services>

## Harm Reduction Services

### Addiction & Recovery Center – Montefiore Nyack Hospital (Nyack,)

Outpatient recovery services.

🌐 [montefiorennyack.org/addiction-recovery](http://montefiorennyack.org/addiction-recovery)



# IMMEDIATE NEEDS: HEALTHCARE ACCESS



## Free & Low-Cost Mental Health Services

### **PFY - Pride for Youth** (Long Island/Queens)

Free 6-month counseling for LGBTQ+ people exploring gender identity, orientation, coming out, and more.

☎ 516-679-9000 | ✉ [akaplan@liccpfy.org](mailto:akaplan@liccpfy.org)

### **Crisis & Warm Lines**

Many statewide and national crisis/warm lines offer LGBTQIA+ affirming support.

- 988 Suicide & Crisis Lifeline – call/text 988
- Trans Lifeline – 877-565-8860 (peer support run by and for trans people)
- NYC Anti-Violence Project – 212-714-1141 (24/7 support for survivors of violence)

### **Prism Counseling & Advocacy**

Free & low-cost mental health services including individual, family, partner, and group therapy, harm reduction services, and transition services. In-person (capital district) or telehealth offered throughout NYS.

☎ 518-801-2521 ✉ [contact@prismalbany.org](mailto:contact@prismalbany.org) 🌐 [www.prismalbany.org](http://www.prismalbany.org)

### **Nyx Melody (Fae/Faer/Faers), Founder, Clinical Director, and Senior Psychotherapist/Supervisor for the Q'Lective**

Nyx has extensive experience supporting folks navigating safe living. You can learn more here.

## What to Know About NY Medicaid

New York's Medicaid program covers **gender-affirming hormone therapy (GAHT), mental health services, and surgeries** when deemed medically necessary.

- Coverage includes:
  - Hormone Replacement Therapy (HRT)
  - Puberty blockers
  - Gender-affirming surgeries (with prior authorization)
  - Mental health services

To apply or check eligibility:

🌐 [health.ny.gov/health\\_care/medicaid](https://health.ny.gov/health_care/medicaid)

# IMMEDIATE NEEDS: LEGAL SERVICES



Accessing affirming legal support can make a big difference when navigating name/gender marker changes, discrimination, or encounters with housing, healthcare, education, and employment systems.

## Name & Gender Marker Change Resources

The name/gender marker change process differs depending on whether you live in NYC or elsewhere in NY State. The NY Courts provide DIY resources:

- Basic information: [NY Courts – Name Change Basics](#)
- Forms & online wizard: [NY Courts – Name Change Forms](#)

### Organizations Providing Support - New York State:

**Advocates for Trans Equality (formerly TLDEF)** – Online clinics, some income restrictions. 🌐 [tldef.org/our-work/name-change-project](https://tldef.org/our-work/name-change-project)

**Chosen Family Law Center** – Sliding-scale/free name-change help; also serves Westchester, Putnam, Ulster, Dutchess. 🌐 [chosenfamilylawcenter.org](https://chosenfamilylawcenter.org)

**The Door** – For members under 24. ✉ [legalhelp@door.org](mailto:legalhelp@door.org) | 📞 929-237-9538

**Free to Be Youth Project** – For youth under 24 experiencing homelessness. ✉ [fyp@urbanjustice.org](mailto:fyp@urbanjustice.org) | 📞 877-716-1446

**Albany Damien Center** – Screening + referrals; post-name-change support. 🌐 [albanydamiencenter.org/mpower.html](https://albanydamiencenter.org/mpower.html)

**Volunteer Lawyers Project of CNY, Inc.** – Name/gender marker changes + discrimination cases for upstate NY. ✉ [lgbt@vlpcny.org](mailto:lgbt@vlpcny.org) | 📞 (315) 849-9234

**PFY – Project THRIVE (Long Island/Queens)** – Free support for name/gender marker changes & letters for medical care. 📞 516-679-9000 | ✉ [akaplan@liccpfy.org](mailto:akaplan@liccpfy.org)

**SRLP - The Sylvia Rivera Law Project** works to guarantee that all people are free to self-determine gender identity and expression, regardless of income or race, and without facing harassment, discrimination or violence.

🌐 <https://srlp.org/>

# IMMEDIATE NEEDS: LEGAL SERVICES

## Name & Gender Marker Change Resources (cont.)

### Organizations Providing Support - New York City:

**Empire Justice Center** – Serves counties outside NYC/Long Island; some income restrictions. [🌐 empirejustice.org/lgbtq-rights](https://empirejustice.org/lgbtq-rights)

#### **Legal Aid Society (NYC)**

Assists incarcerated trans+ folks or via attorney referral.

#### **Legal Services NYC**

Free clinics a few times/month, income restrictions. ☎ 917-661-4500

**PFY** – Project THRIVE (Long Island/Queens) – Free support for name/gender marker changes & letters for medical care.

☎ 516-679-9000 | ✉ [akaplan@liccpfy.org](mailto:akaplan@liccpfy.org)

**NYC LGBT Bar Association** – Weekly legal clinic at The Center (Manhattan).

[🌐 lgbtbarny.org](https://lgbtbarny.org)

**Center for Elder Law & Justice/Pride Law** (Western NY)

☎ 716-853-3087 x 294 | [🌐 https://www.elderjusticenyc.org/pride-law](https://www.elderjusticenyc.org/pride-law)

#### **Legal Services NYC**

☎ 917-661-4500 | [🌐 https://www.legalservicesnyc.org/](https://www.legalservicesnyc.org/)

*(Full updated referral list of free/low-cost and sliding-scale name-change providers across NY State is included in [Appendix](#) — see resource sheet.)*

My name is

My pronouns are

# IMMEDIATE NEEDS: EMPLOYMENT RESOURCES

## Trans-Affirming Job Placement & Workforce Programs

**RocklandWorks** – Offers job placement and training programs with staff trained in trans competence and strong collaboration with trans leadership.

🌐 [rocklandworks.org](https://rocklandworks.org)

**Hetrick-Martin Institute (HMI)** – Job Readiness (NYC) – Career prep for LGBTQIA+ youth, including resume workshops, internships, and job placements.

🌐 [hmi.org](https://hmi.org)

**The LGBT Community Center** – Career Readiness (NYC) – Job readiness programs, resume clinics, and partnerships with affirming employers.

🌐 [gaycenter.org/programs/youth/employment](https://gaycenter.org/programs/youth/employment)

**Translatina Network** (NYC)

☎ 646-882-2000 | 🌐 <https://translatinxnetwork.org/>

**Trillum Health** (Rochester)

Trillum Health provides compassionate, judgement-free, and affordable healthcare to everyone.

☎ 585-545-7200 | 🌐 <https://www.trillumhealth.org>

**Volunteer Lawyers Project of Central NY, Inc.**

✉ [lgbt@vlpcny.org](mailto:lgbt@vlpcny.org) | ☎ (315) 849-9234

## Workers' Rights & Anti-Discrimination Resources

Under New York State Human Rights Law, gender identity and expression are protected categories in employment. Employers cannot legally discriminate against you based on your gender identity.

File complaints through the **NYS Division of Human Rights**:

🌐 [dhr.ny.gov/employment](https://dhr.ny.gov/employment)

NYC residents are also protected by the **NYC Human Rights Law**, one of the strongest in the country.

🌐 [nyc.gov/humanrights](https://nyc.gov/humanrights)

**Workplace Fairness** – LGBTQ+ worker protections overview:

🌐 [workplacefairness.org](https://workplacefairness.org)



# IMMEDIATE NEEDS: EMPLOYMENT RESOURCES

## Sex Worker Support

**Decrim NY** - Advocacy coalition fighting for the full decriminalization of consensual adult sex work, safety and dignity for sex workers.

🌐 [decrimny.com](https://decrimny.com)

**Red Canary Song** - Collective of migrant massage workers and sex workers, providing mutual aid and advocacy.

🌐 [redcanarysong.net](https://redcanarysong.net)

**Colectivo Intercultural TRANSgrediendo** - CITG promotes and secures the rights of transgender, sex worker, and latinx people by empowering social and cultural expression in New York.

🌐 [ourvoicesarefree.org](https://ourvoicesarefree.org)

## Resume/Cover Letter & Workforce Resources

Most community centers (HMI, The Center, Ali Forney Center) offer free resume/cover letter support.

**Out Professionals** – LGBTQIA+ networking org that provides career development and mentorship.

🌐 [outprofessionals.org](https://outprofessionals.org)



# IMMEDIATE NEEDS: EDUCATION RESOURCES

## Trans-Inclusive Policies & Rights

NY State Law protects students from discrimination on the basis of gender identity/expression in all schools receiving state funding.

Students have the right to use their chosen name and pronouns, access restrooms/locker rooms consistent with their gender identity, and wear gender-affirming clothing.

NYC-specific guidance: DOE Transgender & Gender Expansive Student Guidelines.

## Support for Navigating Bullying & Harassment

File complaints with your school district's Title IX coordinator.

**GLSEN New York** – Works with GSAs and schools to promote safe learning environments.

🌐 [glsen.org/chapter/newyork](https://glsen.org/chapter/newyork)

**Transformative Schools** – Resources for educators and families advocating for affirming policies in K–12 schools.

🌐 [transformative-schools.org](https://transformative-schools.org)

## GSA (Gender & Sexuality Alliance) Support

Most NY schools are encouraged to have GSAs. GLSEN provides toolkits to start or strengthen them.

GSAs can be safe spaces for peer connection, advocacy, and navigating challenges like dress codes or name/pronoun use.

## Higher Education Resources

Many NY colleges/universities have LGBTQ+ resource centers and gender-inclusive housing policies. Check your school's student services office or campus LGBTQ+ center.

**Campus Pride Index** – National listing of LGBTQ-friendly colleges and universities.

🌐 [campusprideindex.org](https://campusprideindex.org)



# SAFETY, SUPPORT, & COMMUNITY



Finding safety and building supportive connections is essential for TGNCNB people navigating life in New York. This section covers safety planning, peer/community support, social spaces, and advocacy, with resources that center community-based approaches.

## Safety Planning

### Community-Based Safety Strategies

Many TGNCNB people rely on community networks, buddy systems, and [mutual aid](#) to stay safe in public, online, and in housing or healthcare settings. Safety planning can include:

- Sharing your location with trusted friends.
- Using community hotlines or buddy systems instead of calling police.
- Creating check-in agreements before and after appointments or travel.

### Hate Violence Reporting & Alternatives to Policing

NYC Anti-Violence Project (AVP) – Support for survivors of hate violence, IPV, and police violence. ☎ 212-714-1141 | [🌐 avp.org/get-help](https://avp.org/get-help)

Alternatives: Many grassroots groups encourage reporting incidents within community spaces, mutual aid networks, or local advocacy orgs rather than relying on law enforcement.

### Navigating Non-Affirming Shelters/Healthcare

- Ask if there are TGNCNB-specific policies.
- Bring a trusted friend or advocate to appointments.
- Document negative experiences for possible follow-up or advocacy.

# SAFETY, SUPPORT, & COMMUNITY



## Peer Support & Community

### TGNCNB Support Groups

PFY (Long Island/Queens) – TransAction social/support group for TGNCNB people (ages 15–30). Meets Tuesdays, 4–8pm ☎ 516-679-9000

The LOFT (Westchester & Lower Hudson Valley) - Trans Support of the Hudson Valley three support groups for TGNC young adults, adults, BIPOC folks (ages 18+) | 🌐 <https://www.theloftcenter.org/trans-support-of-the-hudson-valley>

### TGNCNB Social Events

The LOFT (Westchester & Lower Hudson Valley) - Trans Support of the Hudson Valley monthly workshops with incentivized HIV/HCV testing. Typically last Friday of the month. <https://www.theloftcenter.org/trans-support-of-the-hudson-valley>

### Local Mutual Aid Projects & Buddy Systems

Many TGNCNB-led groups across NY host buddy networks for rides, court support, or health visits. Ask within community centers or local advocacy groups for current opportunities.

### Spaces for Specific Communities

Q Center- ACR LGBTQ Young Adult group 18-29

☎ 315-475-2430

- Q Center, 617 West Genesee Street, Syracuse, NY 13204
- Q Center, 287 Genesee Street, Utica, NY 13501
- Q Center, 210 Court Street, Watertown, NY 13601

Sage Upstate - LGBTQIA+ Senior Center 55+

☎ 315-478-1923 | 431 E. Fayette St #50, Syracuse, NY 13203

Gender Blend - TGNCNB Adults 18+

☎ 315-478-1923 | 431 E. Fayette St #50, Syracuse, NY 13203

# SAFETY, SUPPORT, & COMMUNITY



## Peer Support & Community (cont.)

### For Youth & Young Adults

PFY (Pride for Youth) – TransAction, a weekly social/support group for TGNCNB youth ages 15–30 in Long Island/Queens.

☎ 516-679-9000

GSAs (Gender & Sexuality Alliances) across schools provide safe spaces and advocacy for name/pronoun use, dress codes, and anti-bullying protections.

### For TGNCNB Elders

LGBT Resource Guide for Older Adults (NYS Office of the Aging) – Lists SAGECare-certified housing facilities, community programs, and senior support services across NY.

SAGETrans – A weekly support group for TGNCNB older adults (ages 50+) through SAGE (Services & Advocacy for GLBT Elders).

☎ 646-660-8955 or email [sagetrans@sageusa.org](mailto:sagetrans@sageusa.org).

Silver Connections - LGBTQ+ (including TGNCNB) older adult program for residents of Westchester County.

☎ (914) 948-2932x14 or email [alicia@theloftcenter.org](mailto:alicia@theloftcenter.org).

🌐 <https://www.theloftcenter.org/silver-connections>

# SAFETY, SUPPORT, & COMMUNITY



## Peer Support & Community (cont.)

### **For Disabled & Neurodivergent TGNCNB People**

Accessible care resources and peer-led groups offer support in navigating medical systems.

Accommodations may include communication aids, sensory-friendly programming, and disability justice-informed spaces.

### **For Migrants & Undocumented TGNCNB Folks**

Legal Services of the Hudson Valley – Provides immigration assistance for eligible clients alongside LGBTQ+ legal services. 🌐

[lshv.org](http://lshv.org)

Language justice & translation services available through many community-based orgs.

Know-Your-Rights resources on immigration, policing, and healthcare access are available in multiple languages (see [Appendix](#)).



# SAFETY, SUPPORT, & COMMUNITY



## Events & Advocacy

### How to Plug Into Advocacy

- Join local or statewide coalitions (e.g., TGNCNB Advocacy Committee, Decrim NY, End Overdose NY).
- Volunteer at LGBTQIA+ centers or legal aid orgs.
- Participate in annual awareness days and local rallies

### TransForum (Westchester)

- Annual two-day TGNCNB conference on diverse trans & gender expansive topics with Service & Community tracks

🌐 <https://www.theloftcenter.org/udson-valley-transforum>

### Central New York Trans Partnership coalition

- Meets the 1st Wednesday of the Month @ 2PM via Zoom
- Comprised of Trans Supports and Trans Members in and around CNY

### Trans Closet (Hudson Valley)

- Mutual aid
- Free resources for trans folks in Hudson Valley
- Instagram: [@transclosethv](https://www.instagram.com/transclosethv)

### Identity Youth Center (Binghamton)

- Social events

🌐 [www.idyouth.org](http://www.idyouth.org)

### Pride Center of Staten Island Annual Events

- Trans Day of Visibility (TDOV): Community celebration with food, art/poetry displays, and resources.
- Trans Day of Remembrance (TDOR): Communal art installation memorializing TGNCNB lives lost.
- PrideFest (May–June): Staten Island’s LGBTQ+ festival, with community-led events throughout spring.

# SAFETY, SUPPORT, & COMMUNITY



## Events & Advocacy (cont.)

### Equality New York

🌐 <https://www.equalityny.org/>

### New Pride Agenda (NYC)

Empowerment Center: 210 West 29th Street, 4th Floor, New York, NY 10001

Drop in: Tuesday - Thursday, 3-6PM

🌐 <https://www.newprideagenda.org/>

### New York Transgender Advocacy Group (NYC)

☎ 848-272-1039 | 🌐 <https://www.nytag.org/>

### Black Trans Liberation Kitchen (NYC)

- Meets Wednesdays @ 7PM EST at Judson Church basement
- Food distro, mutual aid, resources, direct action
- Black + Trans focused

### Mayday Space (Brooklyn)

- Community based organization
- Direct action, mutual aid
- Serving all local residents

### Make the Road's Trans Immigrant Project (TriP) (Queens)

- Meet 1st and 3rd Monday of every month
- Popular education, advocacy, resources, advocacy
- Immigrant + Trans focused

### The People's Forum (NYC)

- Community space with frequent events
- Mutual aid and direct action
- Library swap
- Cafe with sliding scale

# GLOSSARY

This glossary provides simple definitions of common terms you may see throughout this guide. We use plain language to make sure resources are accessible to everyone, regardless of prior knowledge.

**TGNCNB** – Transgender, gender nonconforming, and nonbinary. Umbrella term for people whose gender identity or expression differs from what is typically expected based on the sex they were assigned at birth.

**GAHT** – Gender-Affirming Hormone Therapy. Medical treatment that uses hormones (like estrogen or testosterone) to help someone align their physical body with their gender identity.

**PrEP** – Pre-exposure prophylaxis. A daily pill or injection that helps prevent HIV.

**PEP** – Post-exposure prophylaxis. Medication taken after possible exposure to HIV, ideally within 72 hours, to help prevent infection.

**HRT** – Hormone Replacement Therapy. Often used interchangeably with GAHT.

**Two-Spirit** – A cultural identity used by some Indigenous people that describes having both masculine and feminine spirits. The term's meaning varies across tribes and nations.

**Mutual Aid** – Community-based support where people share resources, skills, or care outside of formal systems.

**Harm Reduction** – A framework that reduces harms related to drug use, sex, and other practices while respecting people's choices and dignity.

# APPENDIX

## Crisis Contacts

**988 Suicide & Crisis Lifeline** – call/text 988

**Trans Lifeline** – 877-565-8860 (peer support run by and for trans people)

**NYC Anti-Violence Project** – 212-714-1141 (24/7 support for survivors of violence)

## Self Care & Safety

[Template](#) for writing down safe contacts, medications, affirming healthcare providers, and steps to take if you're in crisis. (English/Spanish)

- Can be adapted for housing, healthcare, or personal safety situations.

Self-Care check-in & practice [guide](#) for TGNCNB folks

[Gender Affirming Harm Reduction Toolkit](#) - information about drug use, sex work, and sexual health.

## Map of TGNCNB Resources

[The Network Services Map](#) – Interactive of community centers, clinics, and drop-in spaces across New York.

[TransAtlas](#) - A digital resource map for people of Transgender, Non-binary and/or Intersex experience living in New York City, brought to you by Callen-Lorde Community Health Center.

## Existing Resources to Help Inform This Work

[WTF is Going On](#) – Guide to current legislation & community response.

[Navigating GAHT Guide](#) – Practical guide to accessing hormones and gender-affirming care.

[LGBTQ Archive](#) – Repository of LGBTQIA+ history, resources, and organizing materials.

[NYC Comptroller LGBT Resource Guide](#) - Specific to NYC, this guide provides a large list of organizations, healthcare systems, and community spaces for LGBTQIA+ folks.

# APPENDIX

## Additional Organizations Supporting LGBT People Across New York

**ACR Health** (Central New York)

☎ 315-475-2430 | 🌐 <https://www.acrhealth.org/>

**Alliance for Positive Health** (Northeastern New York)

☎ 518-434-4686 | 🌐 <https://www.allianceforpositivehealth.org/>

**CAMBA Inc.** (NYC)

☎ 718-287-2600 | 🌐 <https://camba.org/>

**Center For Elder Law And Justice** (Buffalo)

☎ 716-853-3087 | 🌐 <https://www.elderjusticenyc.org/>

**Chinese-American Planning Council Inc** (NYC)

☎ 212-941-0920 | 🌐 <https://www.cpc-nyc.org/>

**Family Counseling Service Of The Finger Lakes, Inc.**

☎ 315-789-2613 | 🌐 <https://fcsfl.org/>

**Family Counseling Services Of Cortland County, Inc.**

☎ 607-753-0234 | 🌐 <https://familycs.org/>

**GLYS Western New York**

☎ 716-855-0221 | 🌐 <https://www.glyswny.org/>

**Housing Works Inc.** (NYC)

☎ 347-473-7400 | 🌐 <https://www.housingworks.org/>

**Hudson Valley Lgbtq Community Center**

☎ 845-331-5300 | 🌐 <https://www.lgbtqcenter.org/>

**Iris House: A Center For Women Living With HIV, Inc.** (NYC)

☎ 646-548-0100 | 🌐 <https://www.irishouse.org/>

**Latino Commission on AIDS Inc** (NYC)

☎ 212-584-9325 | 🌐 <https://www.latinoaids.org/>

**The Lesbian, Gay, Bisexual, & Transgender Community Center** (NYC)

🌐 <https://gaycenter.org/>

# APPENDIX

## Additional Organizations Supporting LGBT People Across New York

### **National Harm Reduction Coalition**

 <https://harmreduction.org/>

### **North Shore University Hospital**

 516-562-0100 |  <https://nsuh.northwell.edu/>

### **Planned Parenthood Of Greater New York**

 212-274-7200 |  <https://www.plannedparenthood.org/planned-parenthood-greater-new-york>

### **Queens Community House, Inc.**

 718-592-5757 |  <https://www.qchnyc.org/>

### **Rainbow Access Initiative, Inc.**

 518-801-2521 |  [prismalbany.org/rainbowaccessinitiative](http://prismalbany.org/rainbowaccessinitiative)

### **Rockland County Pride Center, Inc.**

 845-353-6300 |  <https://rocklandpridecenter.org/>

### **Safe Horizon Inc. (NYC)**

 800-621-4673 |  <https://www.safehorizon.org/>

### **The Institute For Family Health (NYC and mid-Hudson Valley)**

 212-633-0800 |  <https://institute.org/>

### **The Osborne Association, Inc.**

 718-637-6560 |  <https://www.osborneny.org/>

### **The Southern Tier Aids Program, Inc.**

 607-798-1706 |  <https://stapinc.org/>

### **Trinity Community Connection Inc (NYC)**

 646-580-7045 |  <https://trinityplaceshelter.org/>

### **Voces Latinas Corp**

 718-593-4528 |  <https://www.voceslatinas.org/>