



TRANSGENDER & GNC

Resource & Services Directory



TRANSGENDER AND GNC RESOURCE and SERVICES DIRECTORY

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Trans Health Services Program

Please send recommendations and referrals to TransHealthServices@CenterLB.org

TRANS HEALTH SERVICES RESOURCE DIRECTORY

TABLE OF CONTENTS

Shows resources listed by category, in alphabetical order. Use this section if you know the type of assistance you are seeking.

THE INDEX

Contains a complete listing of all the providers that fall in a specific category. Use this section if you know the name of the provider, business or service you are searching.

If you have any additional recommendations for Trans-Affirmative Businesses, Organizations, or Providers, please send them to TransHealthServices@CenterLB.org

We are constantly adding providers to our list. Please check back with us regularly for the most up-to-date list of providers in the area.

The following providers are listed here as referrals only and are not to be considered as a recommendation. The Center assumes no liability in regard to this list of referrals.

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CLOTHING STORES

Special N' Cheap

1738 East 7th St.

Long Beach, CA 90813

<http://specialncheap.com/>

Thrift store with clothes, jewelry, and more.

COFFEE SHOPS

Portfolio Coffeehouse

2300 East 4th St.

Long Beach, CA 90814

562-434-2486

<http://www.portfoliocoffeehouse.com>

Monday-Friday: 5:30am-9:00pm

Saturday-Sunday: 6:30am-9:00pm

Hot Java

2101 East Broadway

Long Beach, CA 90803

562-433-0688

7 Days a Week, 6:00am-11:00pm

DENTAL

APLA Health - Long Beach Health Center

1043 Elm Ave., Suite 302

Long Beach, CA 90813

562-247-7740

<https://aplahealth.org>

Monday-Friday: 8:00a.m.-5:00p.m.

APLA Health's mission is to achieve health care equity and promote well-being for the LGBT and other underserved communities and people living with and affected by HIV.

Please send recommendations and referrals to TransHealthServices@CenterLB.org

APLA offers Primary Care Providers, Hormone Replacement Therapy, Dental Care, Mental Health Counseling, Insurance Enrollment, HIV Testing and STD Screening and Treatment, and more.

EMERGENCY FOOD/SHELTER PROGRAMS

Alliance For Housing And Healing

1043 Elm Ave #402,
Long Beach, CA 90813
562-294-5500
<https://alliancehh.org/>

Assistance for those living with HIV/AIDS.

FREE CONDOMS

The LGBTQ Center Long Beach

2017 East 4th St.
Long Beach, CA 90814
562-434-4455
<https://www.centerlb.org/counseling/>

A variety of options including latex-free, larger sizes, internal-condoms, and lubricants.

HAIR SALONS

Benders Collective

957 East Fourth Street
Long Beach, CA 90802
562-546-2771
<http://www.salonbenders.com>
Tuesday-Saturday, 10:00am- 6:00pm, Thursday 12:00pm-8:00pm

Benders' mission is to create an environment for people to explore and express their individual styles and gender identities by providing top-quality services in hair, makeup, education, and training while actively supporting art, expression, and queer communities alongside their allies in Long Beach and beyond.

Electrolysis By Cindy

1777 N Bellflower Blvd
Ste 105
Long Beach, CA 90815
714-658-0825

<https://www.electrolysisbycindy.com>

Available by appointment only

Hair Removal

Rubi Eyebrow Threading & Gifts

1000 E Pacific Coast Hwy, Ste 107
Long Beach, CA 90806
562-218-1266

<https://rubieyebrow.weebly.com>

Monday-Saturday, 10am-7pm, Sunday 10am-6pm

HEALTH CARE PROVIDERS

Angela Mandas, MA

Precision Rehabilitation
3294 E. Spring St.
Long Beach, CA 90806
562-988-3570

Mon & Wed 7:30am-6:00pm, Tue Thu & Fri 8:30am-5:00pm

Speech Language Pathologist

Complete Women Care

3711 Long Beach Blvd. Suite 700
Long Beach, CA 90807
562-444-1037

This clinic sees both trans-masculine and trans-feminine people.

Dr. Mackovic and Dr. Mueller for surgical/post-op care of trans-feminine people.

Dr. King and Dr. Yang for HRT and Gynecology.

Please send recommendations and referrals to TransHealthServices@CenterLB.org

Dr. Sarah Fang

Memorial Care Medical Group
2110 N. Bellflower Blvd.
Long Beach, CA 90815
562-346-2222

<https://www.memorialcare.org/memorialcare-medical-group/find-providers/physician/sarah-fang-do>

Sarah Fang, DO, is a strong proponent of family medicine who sees comprehensive primary care as the key to healthy communities. She partners with her patients so they can be their healthiest selves.

Her professional interests include adolescent medicine, LGBTQ care, transgender medicine, integrative medicine, and osteopathic manipulative medicine.

HORMONE REPLACEMENT THERAPY

APLA Health - Long Beach Health Center

1043 Elm Ave., Suite 302
Long Beach, CA 90813
562-247-7740

<https://aplahealth.org>

Monday-Friday: 8:00a.m.-5:00p.m.

APLA Health's mission is to achieve health care equity and promote well-being for the LGBT and other underserved communities and people living with and affected by HIV.

APLA offers Primary Care Providers, Hormone Replacement Therapy, Dental Care, Mental Health Counseling, Insurance Enrollment, HIV Testing and STD Screening and Treatment, and more.

UC Irvine Pediatric Gender Diversity Program

101 The City Drive South
Orange, CA 92868

1 Medical Plaza Drive
Irvine, CA 92697

714-456-6025

<http://www.ucirvinehealth.org/medical-services/pediatric-gender-diversity>

The UC Irvine Health Pediatric Gender Diversity Program offers Orange County's only interdisciplinary program dedicated to caring for transgender and gender-expansive children, teens and young adults.

Their team of specialists provides affirming, supportive care with a full range of services, all in one location.

Services for children, adolescents and young adults include:

- Patient and family counseling
- Puberty suppression
- Gender-affirming hormone therapy
- Community connections and support

Metamorphosis Medical Center

8081 Stanton Ave. Ste 300
Buena Park, CA 90620
714-484-8000

<http://www.metatranshormone.com/>

Sees clients for Hormone Replacement Therapy. Offers Telemedicine.

Malaya Midwifery

824 Redondo Ave
Long Beach, CA 90814
592-999-1126

Experienced at working with trans clients.

Please send recommendations and referrals to TransHealthServices@CenterLB.org

HOTLINES

The Trevor Project

1-866-488-7386

<https://www.thetrevorproject.org>

Lifeline available 24 Hours 7 Days a Week

Crisis/Suicide Prevention Lifeline available for LGBTQ Youth ages 13-24.
They also offer assistance via Text-Message and Online Chat.

Text Message available by texting “Trevor” to 1-202-304-1200; Available Monday-Friday from 12:00pm-7:00pm PST

Online Chat available at <https://www.thetrevorproject.org/get-help-now/> 7 days a week, from 12:00pm-7:00pm PST

Trans Lifeline

1-877-565-8860

<https://www.translifeline.org>

Lifeline available 8:00am-2:00am PST

Trans Lifeline is a 501(c)3 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. Trans Lifeline is accredited by Contact USA.

JOB OPPORTUNITIES

Trans Can Work

<http://transcanwork.org>

Clients can upload contact information and be contacted with employment opportunities in their area. Employers can apply to be included in job-postings.

LAUNDROMATS

Sudsy Coin Op Laundry

1536 East 4th St.
Long Beach, CA 90802

LEGAL SERVICES

GLAD

<https://www.glad.org>

Legal Advocates and Defenders

MAKEUP STORES

SEPHORA

21540 Hawthorne Blvd Unit #406
Torrance, CA 90503
310-214-3457

MEDITATION AND SPIRITUAL PROGRAMS

Community of the Resurrection

2017 East 4th St.
Long Beach, CA 90814
562-285-7544
<http://www.reformedcatholic.org>
Sundays at 10:00am

The Reformed Catholic Church, inclusive and affirming of LGBTQ Orientations and Identities.

Please send recommendations and referrals to TransHealthServices@CenterLB.org

PSYCHOLOGY/PSYCHIATRY/THERAPY

Alternative Options

19900 Beach Blvd, Suite H
Huntington Beach, CA 92648
877-538-4133
<https://www.altoptions.com/>

Psychiatry, Psychologists, Psychotherapy, and Outpatient Programs.

Dr. Rubina Najeeb

Memorial Counseling Associates
4525 E. Atherton Street, 2nd Floor
Long Beach, CA 90815
562-961-0155

Psychiatrist at Memorial Counseling Associates.

The LGBTQ Center Long Beach

2017 East 4th St.
Long Beach, CA 90814
562-434-4455
<https://www.centerlb.org/counseling/>

Mental Health Counselling provided on a sliding-scale payment system. Staff trained to work with LGBTQ clients.

RESTAURANTS

Cantarito Mexican Grill

2000 East 7th St.
Long Beach, CA 90804
562-621-0616
Monday-Thursday: 8am-9pm
Friday-Saturday: 8am-11pm
Sunday: 8am-10pm

Hamburger Mary's

330 Pine Ave
Long Beach, CA 90802
562-436-7900
<https://www.hamburgermarys.com/longbeach/>
Open Daily 11am-2am

American bar & grill chain where diner classics & cocktails meet quirky entertainment. Trans events on Tuesday nights and the first Saturday of the month.

Pizzanista

1837 East 7th St.
Long Beach, CA 90813
562-591-6929
<http://www.pizzanista.com>
Monday: Closed
Tues-Thursday: 4pm-10pm
Friday: 4pm-12am
Saturday: 11am-12am
Sunday: 11am-10pm

REVITALIZATION OR REHAB CENTERS

Alternative Options

19900 Beach Blvd, Suite H
Huntington Beach, CA 92648
877-538-4133

<https://www.altoptions.com/>

Has a Chemical Dependency Treatment program for alcohol/substance abuse or dependency. Treatments utilize Cognitive Behavioral (CBT), Dialectical Behavioral (DBT), and Psychodynamic approaches along with an introduction to the 12-step model.

TRANS/NON-BINARY SOCIAL GROUPS

OC FTM

<http://www.ocftm.com/home.html>
info@ocftm.com

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