An illustration of a diverse group of people standing in front of a large, domed classical building. A white banner is held up in the center, featuring the text 'Thurston County TGNC Resource Guide'. The group includes a man with purple hair in a 'GAY' t-shirt, a woman with blonde hair in a purple tank top, a man in a light blue shirt, a woman with blonde hair in a purple tank top and blue shorts, a woman with red hair in a black tank top with a red pentagram, a man in a blue 'CISURITY' t-shirt, a woman with red hair in a floral dress, a man in a blue 'CISURITY' t-shirt, a woman with red hair in a maroon top sitting in a wheelchair, a man with black hair in a blue vest, a woman with red hair in a brown dress, and a man with dark skin and glasses in a grey vest and white shirt holding a cane. The background shows the building's columns and dome under a blue sky with clouds.

Thurston County
TGNC
Resource Guide

THANKS TO OUR COVER ARTIST, ARI LATOURETTE.

<https://www.deviantart.com/noeinan/gallery/>

We'd also like to thank our partners in Thurston County for their support of this project:



Pizza Klatch
Support for LGBTQ Youth



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ABOUT THIS GUIDE

Greetings! This guide was put together through the efforts of Ingersoll Gender Center. We relied on the support of community organizations in Thurston County like Stonewall Youth, Pizza Klatch, and community leaders throughout the process of building these guides.

This guide is meant for trans and/or gender non-conforming folks who are navigating resources in Thurston County. We've built this guide through surveys, meetings, listening sessions, and community conversations. We recognize that many of the resources listed in this guide are not long term solutions. To the best of our ability, we have vetted them to ensure that they are familiar with the trans and gender non-conforming communities. Some of them are used to working with our communities, some have more work to do. We look forward to a world in which all trans and/or gender diverse folks are able to access resources without worrying about their safety and well-being. We also know that our communities are resilient. That trans and/or gender non-conforming communities have been here since people have been in what we now call Washington state, and we will continue to leverage these resources the best we can to live the lives we deserve to live.

We hope you find this guide useful, and that you may see bits of yourself in here. Support is here and available to help you in navigating these resources.

COVERED BY APPLE HEALTH?

WONDERING WHAT SORT OF GENDER-AFFIRMING MEDICAL SUPPORT YOU CAN GET? CHECK OUT THE INFORMATION BELOW.

If you have further questions, or need support navigating your insurance and/or finding a provider, contact Ingersoll's Health Care Access team at health@ingersollgendercenter.org or call 206 849-7859 Monday through Thursday 10am to 6pm.

THE FOLLOWING PLANS ARE UNDER APPLE HEALTH, AS MANAGED CARE PLANS:

- Amerigroup
 - Community Health Plan of Washington
 - Coordinated Care of Washington
 - Molina
 - United Healthcare
-

GENDER AFFIRMING CARE COVERED BY THESE PLANS:

- Hormone Replacement Therapy
 - Mental Health Care
-

GENDER AFFIRMING CARE COVERED BY FEE FOR SERVICE* (PROVIDER ONE TEAL CARD)

- Breast reconstruction
- Genital surgery
- Genital electrolysis as required as part of the genital surgery
- Hysterectomy
- Mammoplasty with or without chest reconstruction
- Metoidioplasty

- Orchiectomy
- Phalloplasty
- Placement of testicular prosthesis

*This means that if the provider/surgeon you choose accepts Apple Health; your surgical transition related care will also be covered & authorized by the Health Care Authority.

Note: Any trans related care is pursuant to WAC 182-531-1675 Washington State Apple Health- Gender Dysphoria Treatment Program.

More questions?

If you're looking for more information about gender affirming care for Apple Health clients, check out: <http://bit.ly/2zfygj7>

If you're looking for a provider, check out Ingersoll's provider database: <http://bit.ly/IGCProData>

RURAL RESOURCES ACKNOWLEDGEMENT

We know our tgnc community living in rural places have particular questions, barriers, and access needs when navigating resources. Often, the resources we need are far away, or the ones nearby have a long way to go in being culturally competent to our communities.

We've listed a few resources that are specific to some of the rural community in Thurston County in this guide. Some of these resources did not pass our vetting standards, but we are aware most of these organizations don't have capacity to complete trainings to best serve our communities.

With that in mind, here are some helpful questions and things to ask potential providers and resources:

- Do you require government ID to access any of your resources?
- Are any of your resources gender specific?
- Have you worked with folks from the tgnc community before?
- Is your organization faith based?
- Do you provide any support or resources for transportation?

We also know that our rural trans and/or gender non-conforming communities are organizing, building resources, and community. The following are some local, state-wide, and national resources that can provide support and/or connection to a broader group of rural TGNC folks.

Washington State

TRANS ADVOCACY IN RURAL PLACES (TARP)

 <https://www.lavenderrightsproject.org/tarp>

National Resources

QUEER APPALACHIA

 <https://www.queerappalachia.com>





LGBT MAP

 <http://www.lgbtmap.org/>

CRISIS & BASIC SUPPORT





*LEGEND OF ICONS ON BOTTOM OF PAGE

PARTNERS IN PREVENTION EDUCATION (PIPE)

-  <https://pipeolympia.org>
-  (360) 357-4472
-  1009 State Ave NE, Olympia, WA
-  Th-Sa 1:30 PM - 5:30 PM




Advocacy, drop-in, support groups, therapy

DEPARTMENT OF SOCIAL & HEALTH SERVICES

-  <https://www.dshs.wa.gov/location/dshs-cso-034>
-  (877) 501-2233
-  6860 Capitol Blvd SE Tumwater, WA
-  M-F 8am - 5pm




EBT, ID documents

KATHLEEN'S CLOSET (YWCA)

-  <http://bit.ly/olyywca>
-  220 Union Ave SE, Olympia, WA
-  M-T 9am - 4pm




Clothing, economic justice support

TIMBERLAND LIBRARY

-  <https://www.trl.org/locations/olympia>
-  (360) 352-0595
-  313 8th Avenue SE Olympia, WA





Computer access, employment support, resource & referrals

SAFEPLACE OLYMPIA

-  <https://www.safeplaceolympia.org>
-  (360) 754-6300
-  safeplace@safeplaceolympia.org
-  521 Legion Way SE Olympia WA
-  M-Th 9am - 5pm

Domestic violence, housing, legal support, immigration support

WORKING CONNECTIONS CHILD CARE

-  <http://bit.ly/workingconnections>
-  (877) 501-2233
-  6860 Capitol Blvd SE Tumwater, WA
-  M-F 8am - 5pm





State benefits, access to childcare services & support, case management

COMMUNITY ACTION COUNCIL

-  <https://www.caclmt.org>
-  (360) 438.1100
-  info@caclmt.org
-  3020 Willamette Drive NE, Lacey, WA

Housing, health, food/meals, resources & referrals, emergency financial assistance


CRISIS LINE

-  <http://www.crisis-clinic.org>
-  (360) 586-2800
-  info@crisis-clinic.org
-  1910 East 4th Ave, PMB #87, Olympia, WA

Crisis intervention via phone, resources & referrals

FAMILY JUSTICE CENTER

 <http://fscss.org>


 (360) 754-9297


 3545 7th Ave SW, Suite 200, Olympia WA

Domestic violence support, shelter

FURNITURE BANK OF THURSTON COUNTY

 <http://www.olympiacrc.com/outreach/furniture-bank/>

 (360) 705-1756


 furniturebank@olycrc.org

 2121 Log Cabin Rd SE, Olympia, WA

 M-F 9am - 5pm

Free and low cost furniture to low income people

THURSTON COUNTY FOOD BANK

 (360) 352-8597





 220 Thurston Ave NE, Olympia, WA

 M, W, F 11am - 3pm, 2nd & 4th W 5pm - 7pm

Large food bank located in downtown Olympia





HEALTHCARE

ST PETER FAMILY MEDICINE

-  <http://bit.ly/2Z9UHWh>
-  (360) 493-7230
-  525 Lilly Road NE Olympia, WA
-  M-F, 8:15 am -5 pm





Medical care, clinic, health care

CAPITOL SPORTS MEDICINE

-  <https://capitalphysicianservices.com>
-  (360) 709-9500
-  403 Black Hills Ln SW Ste B Olympia, WA
-  M-F 7:30am - 6pm




Medical care, clinic, health care

RAINBOW HEALTH CENTER

-  <https://rainbowhealthcenter.com>
-  info@rainbowhealthcenter.com
-  1701 4th Ave E, Olympia, WA
-  Variable hours


Medical health, therapy, support group, lgbtq centered care


COMPLETE WOMEN'S HEALTHCARE

-  <http://bit.ly/30vSJfp>
-  (360) 754-9409
-  200 Lilly Rd NE Bldg B, Olympia, WA

Medical health, HRT, gynecology

ELECTROLYSIS BY VICKI

 <http://www.electrolysisbyvicki.com>


 (360) 870-3607


 1607 Cooper Point RD NW Olympia, WA

Electrolysis

PLANNED PARENTHOOD: OLYMPIA

 <http://bit.ly/30r0QKa>

 (800) 769-0045


 402 Legion Way, Suite 201, Olympia, WA

 M, Th, F, Sa 8:30am - 4:30pm, Tu & W 10am - 6pm

Abortion services, STD testing, family planning, LGBTQ healthcare

TRUE NORTH

 <https://truenorth113.org/about-true-north/>

 (360) 464-6867


 6005 Tyee Dr SW Tumwater, WA


Behavioral health support, mental health treatment and safety planning

THURSTON COUNTY PUBLIC HEALTH OMBUDS

 <http://bit.ly/2TWPtY0>


 (360) 763-5793


 theombuds@tmbho.org


 612 Woodland Square Loop SE Suite 401, Lacey, WA

Complaint processes with state funded mental & physical health services

SEAMAR OLYMPIA

 <https://www.seamar.org/thurston-medical-olympia.html>


 (360) 491.1399


 3030 Limited Lane NW, Olympia, WA

 M-F 8am - 5pm

Healthcare clinic


OLYMPIA FREE CLINIC

 <https://www.theolympiafreeclinic.org>

 (360) 890-4074


 clinic@theolympiafreeclinic.org


 225 State Ave NE, Olympia, WA

 M & F 10am - 1pm, W 5pm - 8pm,

Mental health & healthcare services for low income or uninsured/
under-insured people

ORCHARD HOUSE

 <http://orchardhousespa.com>

 (360) 956-0574

 OrchardHouseSpa@gmail.com

 3610 81st Ave SW, Olympia, WA 98512


 Su-Sa 7am - 9pm

Electrolysis, massage, physical therapy


HOUSING

ROSIE'S PLACE

 <http://bit.ly/thurs-rosies>


 (360) 943-0780 ext. 186


 520 Pear St. SE Olympia, WA

 Su-Sa 9pm – 8:45am

Food, showers, clothing, crisis intervention, family counseling, drug/alcohol counseling, computers, social space, youth services

COMMUNITY YOUTH SERVICES (CYS)


 <https://communityyouthservices.org/programs/>

 (888) 698-1816

 M-F 8am – 5pm

Housing, job support, foster care support, crisis intervention

JUST HOUSING

 <https://justhousingolympia.org>

 (360) 562-0239

Housing advocacy, housing support

SIDEWALK

 <https://www.walkthurston.org>

 (360) 515-5587


 225 State Ave NE, Olympia, WA

 M-Th 10am – 2pm

Financial assistance, homeless services, referrals & resources

HOUSING HOTLINE


 <https://homesfirst.org/community-resources/>

 (844) 682-7343


Coordinated housing entry between emergency shelters in Thurston

LGBTQ SPECIFIC

STONEWALL YOUTH

 <http://stonewallyouth.org>


 (360) 888-4273

 112 State Ave NE Olympia WA


 M 4pm - 7pm; W 3pm - 5pm, and F 4pm - 8pm

Peer support, youth services, social events, support groups, crisis intervention, resource referrals

SAGE


 <http://sageolympia.org>


 <http://sageolympia.org/contact-us/>

 PO Box 7221, Olympia, WA

Peer support, advocacy, resources & referrals

PARENTS & FRIENDS OF LESBIANS AND GAYS (PFLAG) OLYMPIA

 <http://pflag-olympia.org>


 (360) 207-1608


 1224 Legion Way SE, Olympia, WA

Peer support, families & loved ones support

NEW BOYZ CLUB


 <https://olympiaftmgroup.webs.com>


 <https://olympiaftmgroup.webs.com/contactus.htm>

 Every other F 7pm-9pm

Non-binary, trans-masculine peer support, support group


GENDER ALLIANCE SOUTH SOUND

 <https://www.southsoundgender.com>

 Contact for hours and locations

TGNC support groups in Pierce & Thurston County


OLYMPIA T-TIME

 ttimeinolympia@gmail.com


 <https://www.facebook.com/T-Time-in-Olympia-136219386769751/>

Support group for trans and gender diverse people

LAVENDER RIGHTS PROJECT

 <https://www.lavenderrightsproject.org>

 2425 6th Ave S, Seattle, WA

 (206) 639-7955


 M -F 10am - 5pm, Sa-Su by appointment

By/for LGBTQ legal clinic, can provide support navigating name changes, civil & criminal legal matters, support for incarcerated community members

TRANSLIFE LINE

 <https://www.translifeline.org>


 contact@translifeline.org (non-emergency)


 (877) 565-8860 (help-line)

Provides 24/7 peer support crisis line (listed above), microgrants for ID document name or gender marker changes throughout US.

PIZZA KLATCH

 <https://pizzaklatch.org/>


 (360) 339-7574

 312 4th Ave E, Olympia WA

Meals, connection and support for LGBTQ youth across Thurston county, peer support through meetings and programming on and off site, resources and referrals available

INGERSOLL GENDER CENTER

 www.ingersollgendercenter.org

 (206) 849-7859

 info@ingersollgendercenter.org


 911 E Pike St Suite 221, Seattle WA

 M-Th 10am - 6pm


Provides resource referrals, direct support, workshops, community events, advocacy, & community organizing for tgnc people across Washington State, financial assistance available

PIERCE COUNTY AIDS FOUNDATION

 <http://www.pcaf-wa.org>


 (360) 352-2375

 2101 4th Ave E #102, Olympia, WA

 M, Tu, Th 9:30 - 5, W 1 - 5pm

HIV/AIDS support including housing, meals, case management, and financial assistance

TRANSFORM WASHINGTON

 <http://transformwashington.com>


 info@transformwashington.com

 2014 E. Madison St, Suite 300 Seattle, WA 98122

Education, resources & referrals, visibility & connection to other tgnc people in WA state & the PNW

PRIDE FOUNDATION

 <https://pridefoundation.org>

 (800) 735-7287

 info@transformwashington.com


 2014 E. Madison St, Suite 300 Seattle, WA 98122

Scholarships, funding opportunities, resources & referrals

LEGAL SUPPORT

NW JUSTICE PROJECT

 <https://nwjustice.org/home>

 (360) 753-3610


 Evergreen Plaza, 1237, Capitol Way S # 704, Olympia, WA

 M-F 9am - 5pm

Legal support for low income people

NW IMMIGRANT RIGHTS PROJECT

 <https://www.nwirp.org>

 (253) 383-0519


 1119 Pacific Ave #1400, Tacoma, WA

 M-F 9am - 5pm

Legal support for immigrants and refugees

THURSTON COUNTY VOLUNTEER LEGAL SERVICES

 <https://tcvls.org>

 (360) 705-8194

 3545 7th Ave SW, Olympia, WA

Free legal aide for civil cases, resources & referrals

COMMUNITY SPACES & SOCIAL EVENTS

MEDIA ISLAND ✨

🌐 <https://www.mediaisland.org>

✉ mediaisland@gmail.com

📍 816 Adams St SE, Olympia, WA

🕒 Su-Sa 9am to 7pm

YOUTH & YOUNG PEOPLE

YOUTH COUNCIL ✨👧

🌐 <http://bit.ly/2HmPuiU>

📞 (360) 352-0593

✉ Manney@ywcaofolympia.org


📍 220 Union Ave SE Olympia WA


Transition into adulthood, community events, social events, classes & workshops, one-one support & mentoring, peer support group

RURAL RESOURCES

NISQUALLY TRIBAL RESOURCES

 <http://bit.ly/33WvSfh>


 (360) 456-5221

 4820 She-Nah-Num Drive SE, Olympia, WA

Advocacy, financial support, resources & referrals for tribal members

ROOF COMMUNITY SERVICES

 <http://www.roofcommunityservices.org>


 (360) 273-6375

 Rochester Community Center, 10140 HWY 12 SW, Rochester, WA

Food bank, community events, emergency services

CHEHALIS TRIBAL SERVICES

 <https://www.chehalistribe.org>


 (360) 273-5911

 Chehalis Village Washington

Services, referrals & resources for tribal members

YELM COMMUNITY SERVICES

 <http://yelmcommunityservices.com>


 (360) 458-7000


 624 Crystal Springs Rd NW, Yelm, WA


 M-F 9am - 5pm

Food bank, community events, emergency services


TENINO COMMUNITY SERVICE CENTER

 <https://teninocsc.org>

 (360) 264-5505

 tcsct90@scattercreek.com

 224 Sussex Ave E, Tenino, WA


 Tu & Th 9am - 11am


Food bank, community events, emergency services

TRANSPORTATION

INTERCITY TRANSIT

 <https://www.intercitytransit.com>


 (360) 786-1881

 222 State Avenue, Olympia, WA

Transit schedules, route planning, financial assistance

COLLEGES & UNIVERSITIES

ST MARTIN'S ✨

 <https://www.stmartin.edu/student-life/clubs-and-organizations>

 SMULGBTQA@gmail.com

Community building, social events

EVERGREEN COLLEGE ✨ 🌿

 <https://www.evergreen.edu/multicultural>


 firstpeoples@evergreen.edu


 2700 Evergreen Parkway NW, Olympia, WA

 M-F 10 am - 5 pm


Community building, social events, advocacy, peer support

SOUTH PUGET SOUND COMMUNITY COLLEGE ✨ 🌿

 <https://spscc.edu/student-life/diversity-center>

 (360) 596-5323

 2011 Mottman Rd SW, Bldg 22, 2nd floor, Olympia WA

 M-F 7:30am - 5pm

Peer support, community building

ABOUT INGERSOLL GENDER CENTER

Ingersoll Gender Center is an organization by, and for transgender and gender diverse people that provides mutual support through peer-led support groups, advocacy in navigating resources, community organizing, and education – all in the pursuit of our collective self-determination.

INGERSOLL GENDER CENTER OFFERS FINANCIAL ASSISTANCE FOR:

Financial Assistance

For transgender and gender nonconforming community members experiencing crisis.

Amending Identification Documents

Financial assistance for community members who need support changing their name or amending their identity documents to reflect their name and gender identity.

Gender Affirming Clothes

Financial support for community members to buy gender affirming clothing items while looking for new work or transitioning on the job in Seattle.

Support for Stable Housing


Up to \$300.00 per year of financial assistance for community members to cover expenses related to maintaining stable housing. Find more information on our website!



 ingersollgendercenter.org

 support@ingersollgendercenter.org

 (206) 849-7859

 911 E Pike St, Suite #221
Seattle, WA 98122