

Pierce County
TGNC
Resource Guide



THANKS TO OUR COVER ARTIST, SAMANTHA MORSTAN.

<http://sammorstan.com/>

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



**RAINBOW
CENTER**

Educate Advocate Celebrate
Est. 1997 Tacoma, WA

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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 Pierce County like the Rainbow Center, Oasis Youth Center, and PCAF throughout the process of building these guides.

This guide is meant for trans and/or gender non-conforming folks who are navigating resources in Pierce 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. 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 Pierce 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 SUPPORT & BASIC NEEDS







*LEGEND OF ICONS ON BOTTOM OF PAGE

NW FURNITURE BANK

-  <https://nwfurniturebank.org>
-  info@nwfurniturebank.org
-  (253) 302-3868
-  117 Puyallup Ave, Tacoma, WA
-  M-Sa 9am - 4pm




Furniture, household items

UNITED WAY PIERCE COUNTY

-  <http://www.uwpc.org/get-help-now>
-  contactus@uwpc.org
-  211 for resources
-  (253) 272-4263 (office)
-  1501 Pacific Ave, Suite 400, Tacoma, WA
-  M-F 9am - 4pm

Emergency support & financial assistance for: rent, utility, housing, transportation, legal support, health care, & employment support

PIERCE COUNTY COMMUNITY ACTION


-  <http://bit.ly/PierceCA>
-  (253) 798-4400
-  930 Tacoma Avenue S, Tacoma, WA

Emergency assistance, housing, home repairs, veterans assistance, transportation


EMERGENCY FOOD NETWORK

 <https://www.efoodnet.org/resources/food-banks/>

 info@efoodnet.org


 (253) 584-1040

 3318 92nd St S, Lakewood, WA


 M-F 8am - 4pm

Food bank referrals

NOURISH PIERCE COUNTY

 <https://nourishpc.org>

 info@nourishpc.org


 (253) 383-3164

 1702 South 72nd St, Suite E Tacoma, WA

Food banks, referrals to food banks

FRANCIS HOUSE

 <https://www.puyallupfranchishouse.org>

 (253) 770-6991

 322 7th Street SE, Puyallup, WA





 M-F 10:30am - 5:30pm

Clothing, furniture, food bank, resource & referrals

HEALTHCARE





Note: there are not individual providers listed under this section. For a list of providers who enlisted in Ingersoll's database, visit: <http://bit.ly/IGCProData>
Contact health@ingersollgender.org if you have further questions or need support.

COMMUNITY HEALTH CARE: EASTSIDE

-  <https://www.commhealth.org>
-  (253) 471-4553
-  1708 East 44th Street, Tacoma, WA
-  M-F 8am - 5pm





Community clinic, accepts Apple Health & no insurance

COMMUNITY HEALTH CARE: HILLTOP CLINIC

-  <https://www.commhealth.org>
-  (253) 442-8690
-  1202 M.L.K. Jr Way Suite#100, Tacoma, WA
-  M-F 8am - 5pm





Community clinic, accepts Apple Health & no insurance

COMMUNITY HEALTH CARE: LAKEWOOD

-  <https://www.commhealth.org>
-  (253) 589-7030
-  10510 Gravelly Lake Drive SW, Lakewood, WA
-  M-F 8am - 5pm





Community clinic, accepts Apple Health & no insurance

COMMUNITY HEALTH CARE: PARKLAND

-  <https://www.commhealth.org>
-  (253) 536-2020
-  11225 Pacific Avenue, Tacoma, WA
-  M-F 8am - 5pm





Community clinic, accepts Apple Health & no insurance

COMMUNITY HEALTH CARE: SPANAWAY

-  <https://www.commhealth.org>
-  (253) 847-2304
-  134 188th Street South, Spanaway, WA
-  M-F 8am - 5pm






Community clinic, accepts Apple Health & no insurance

MARY BRIDGE CHILDREN'S (MULTICARE)

-  <http://bit.ly/p-marybridge>
-  (253) 792-6630
-  311 South L Street, Mary Bridge Children's Health Center, 2nd Floor Tacoma, WA
-  M-F 8:30am - 4:30pm




Youth & teen healthcare

PRIDE COUNSELING NW

-  <https://www.pridecounselingnw.com>
-  info@pridecounselingnw.com
-  (253) 201-0203
-  3218 6th Avenue, Tacoma, WA
-  M-F 9am - 7pm

Mental health, counseling, LGBTQ


NEW DIRECTIONS THERAPY


-  <http://www.ndtlakewood.com>
-  (253) 426-0763
-  9669 Bridgeport way Sw, Lakewood WA

Counseling, sex therapy, remote counseling

ILLUMINATING PSYCHOTHERAPY

 <https://eeramiatherapy.com>

 erin@eeramiatherapy.com

 (253) 214-3727

 3716 Pacific Ave, Suite F, Tacoma, WA

Counseling

CONFIDENTIAL ASSOCIATES


 <https://www.confidentialassoc.com/index.html>


 (253) 597-8022

 1219 Earnest S Brazill St (S 12th St), Tacoma, WA

Counseling


SOUL CARE THERAPY

 (253) 761-8808


 615 North Second Street, Tacoma, WA

Counseling

MONROE ELECTROLOGY

 <https://monroeelectrology.com>

 monroeelectrology@gmail.com


 (253) 278-6909

 4111 S Meridian, Puyallup, WA


Electrolysis

PLANNED PARENTHOOD: TACOMA

 <http://bit.ly/TacomaPP>

 (800) 769-0045


 1515 Martin Luther King Jr. Way, Tacoma, WA

 M-F 8am - 4pm

Trans health, birth control, STD testing, family planning, abortion services

PLANNED PARENTHOOD: PUYALLUP

 <http://bit.ly/PuyallupPP>

 (800) 769-0046


 702 30th Ave SW, Puyallup, WA


 M & T 8am - 4pm, W 12pm - 8pm, Th 10am - 6pm, F & Sa 8am - 4pm


Trans health, birth control, STD testing, family planning, abortion services

CEDAR RIVER CLINICS

 <https://www.cedarriverclinics.org/tacoma/>

 (800) 572-4223

 1401 M.L.K. Jr Way, Tacoma, WA


 M-F 8am - 5pm, Sa 9am - 2pm

Abortion services, birth control, LGBTQ health


PIERCE COLLEGE DENTAL HYGIENE PROGRAM

 <https://www.pierce.ctc.edu/dental-clinic>

 pcdhclinic@pcdhclinic.com

 (253) 964-6694


 9401 Farwest Drive SW, Lakewood WA


 M 12pm - 5pm, Tu-Th 8am - 5pm, Fri 8am - 12pm


Low cost dental clinic

HOUSING

NEW CONNECTIONS


 <https://nctacoma.org>

 (253) 617-1405

 613 South 15th Street, Tacoma, Washington

Open to formerly incarcerated women, housing, re-entry support, advocacy and referrals

BEACON CENTER YOUTH SHELTER

 <http://bit.ly/youngadultshelter>

 jnau@cmhshare.org


 (253) 677-0102


 415 S 13th St. Tacoma, WA


 M-F 4:30 - 9:30, Sa & Su 1pm - 9pm

Youth shelter (12-24), clothing, hygiene, showers, meals

COMPREHENSIVE LIFE RESOURCES

 <https://www.comprehensiveliferesources.org>

 (253) 296-5800


 (253) 244-4010

 1305 Tacoma Ave S, Tacoma, WA

Substance abuse, counseling, adult residential treatment, homeless outreach & support, adolescent mental health treatment, foster care, employment support, mobile mental health support

ASSOCIATED MINISTRIES





 <http://associatedministries.org>

 (253) 383-3056

 901 South 13th St, Tacoma, WA





Coordinated entry, housing, resources & referrals, meals

LIVING ACCESS SUPPORT ALLIANCE

-  <http://www.lasawa.org>
-  (253) 581-8689
-  8956 Gravelly Lake Dr SW, Lakewood, WA
-  M-F 10am - 3pm





Must access via coordinated entry

SHARED HOUSING SERVICES

-  <http://www.sharedhousingservices.org>
-  (253) 272-1532
-  901 South 11th Street, Tacoma, WA
-  M-F 8am - 5pm





Adult homeshare, transitional housing, youth host homes

PIERCE COUNTY HOUSING AUTHORITY

-  <https://pchawa.org>
-  (253) 620-5400
-  603 South Polk Street, Tacoma WA
-  M-F 8:30am - 4:30pm


Community programs, housing listings, section 8 voucher programs


HELPING HAND HOUSE

-  <http://helpinghandhouse.org>
-  info@helpinghandhouse.org
-  (253) 848-6096
-  4321 2nd St SW, Puyallup, WA

Must access via coordinated entry; respite care, re-housing, case management, resources & referrals

METROPOLITAN DEVELOPMENT COUNCIL     

 <https://mdc-hope.org>

 (253) 383-3921

 945 Fawcett Ave, Tacoma WA

Housing, employment, substance abuse support, education support

TACOMA-PIERCE COUNTY COALITION FOR THE HOMELESS 


 <https://www.facebook.com/coalitiontoendhomelessness/>

Advocacy and organizing of providers, advocates & politicians for homeless people in Pierce County

YOUNG WOMEN'S CHRISTIAN ASSOCIATION        

 <https://www.ywcapiercecounty.org>

 info@ywcapiercecounty.org

 (253) 383-2593

 405 Broadway, Tacoma, WA


 M-Th 8:30am - 5:30pm, Fr 8:30am - 4:30pm


Domestic violence support, re-housing, legal support

DISABILITY SUPPORT & SERVICES

CENTER FOR INDEPENDENCE   

 <http://www.cfisouth.org/main/services.html>


 (253) 582-1253


 Bridgeport Oaks, 7801 Bridgeport Way W, Lakewood, WA

Peer support, resources & referrals, disability support, advocacy, trainings & education

HEARING, SPEECH, AND DEAFNESS CENTER

 <https://www.hsdc.org>

 tacoma@hsdc.org


 (253) 475-0782


 621 Tacoma Avenue South, Suite 505, Tacoma WA


ASL interpreting, deaf advocacy, case management

LGBTQ SPECIFIC

OASIS YOUTH CENTER

 <http://oasisyouthcenter.org>

 oasis@oasisyouthcenter.org

 (253) 671-2838 (office)

 (253) 988-2108 (emergency)

 2215 Pacific Ave, Tacoma WA


 Th, F, Sa 4pm - 10pm

Youth services, advocacy, direct support, financial assistance


RAINBOW CENTER

 <https://www.rainbowcntr.org>

 info@rainbowcntr.org

 (253) 383-2318


 2215 Pacific Ave, Tacoma WA


 M-F 1pm - 5pm


Direct support, resource & referral, advocacy, social events, education, training and technical assistance

PIERCE COUNTY AIDS FOUNDATION

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

 info@piercecountyaid.org


 (253) 383-2565

 3009 S. 40th Street, Tacoma, WA

 M-F 9am - 5pm

Case management, housing, food, transportation, health/mental health, emergency financial assistance, support groups, legal clinic

GENDER ALLIANCE SOUTH SOUND


 <https://www.southsoundgender.com>

 2215 Pacific Ave, Tacoma WA

 2nd, 4th & 5th Fridays and 2nd and 4th Tuesdays 7 - 9pm

Support group for TGNC community

TRANSCULTURAL

 <https://www.facebook.com/events/tacoma-rainbow-center/trans-cultural/347031102679672/>

 2215 Pacific Ave, Tacoma WA


 1st and 3rd Fridays 6pm - 8pm

Support group specifically for TGNC people of color


PARENTS & FRIENDS OF LESBIANS AND GAYS TACOMA

 <http://www.pflagtacoma.org>

 mail@pflagtacoma.org

 (253) 234-9790

 3800A Bridgeport Way West, #124, Tacoma WA


 2nd Thursday 7pm - 9pm at First United Methodist Church,
621 Tacoma Ave S Tacoma, WA

Youth, family support, advocacy

GAY, LESBIAN, STRAIGHT EDUCATION NETWORK

 <https://www.glsen.org/chapters/washingtonstate>

 mail@glsenwa.org

 (206) 330-2099

 1605 12th Ave. STE 35, Seattle, WA



Policy, advocacy, education & schools, youth

QUEER BLACK ALLIANCE OF THE SOUTH SOUND

 <https://www.facebook.com/QBASS253EVENTS/>





QTPOC social events

MY PURPLE UMBRELLA

 <https://mypurpleumbrella.org>
 mypurpleumbrella253@gmail.com





Advocacy, family support

TACOMA T MEN

 <http://tacomatmen.com>
 transmen@rainbowcntr.org
 2215 Pacific Ave. Tacoma, WA
 1st & 3rd Tuesdays 7pm - 9pm

TGNC, focus on transmen & AFAB, peer support




LAVENDER RIGHTS PROJECT

 <https://www.lavenderrightsproject.org>
 (206) 639-7955
 2425 6th Ave S, Seattle, WA
 M - F 10am - 5pm

Saturday and Sunday 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
 (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

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, and community organizing for tgnc people across Washington State—financial assistance available

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
 craig@pridefoundation.com
 2014 E. Madison St, Suite 300 Seattle, WA 98122


Scholarships, resource & referrals

ECONOMIC JUSTICE & FINANCIAL ADVISING


SOUTH SOUND OUTREACH        

 <http://www.soundoutreach.org>

 info@soundoutreach.org

 (253)593-2111





 1106 Martin Luther King Jr. Way, Tacoma, WA

 M-F 8:30am - 5pm

Financial counseling, employment support, legal support around employment & financial issues




LEGAL SUPPORT

NEIGHBORHOOD LEGAL CLINIC

-  <https://www.tacomaprobono.org/nlc.html>
-  (253) 572-5134
-  Various Locations
-  Call for times





Listing of free/low cost legal clinics in area, must be low-income—call to verify eligibility

TACOMA-PIERCE COUNTY BAR ASSOC.

-  <https://www.tpcba.com/public/lawyer-referral-service/>
-  (253) 383-3432
-  M-F 9am - 4pm





Free legal consultations, referrals

COLUMBIA LEGAL SERVICES

-  <https://columbialegal.org/about>
-  (888) 201-1014
-  101 Yesler Way, Suite 300, Seattle, WA
-  M-F 9:15am - 12:15pm


Legal support around incarceration, economic justice, racial equity, immigrant justice


NW JUSTICE PROJECT

-  <https://nwjustice.org/home>
-  (253) 272-7879
-  2206, 715 Tacoma Ave S, Tacoma, WA
-  M-F 9am - 5pm


Legal services 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 services for immigrants and refugees

TRANSPORTATION

PIERCE TRANSIT RIDE

 <https://www.piercetransit.org>

 (253) 581-8000

 3701 96th St. SW, Lakewood, WA

Transit maps, schedules, ORCA card rebates

COMMUNITY SPACES

FAB-LAB ✨

- 🌐 <https://fablabtacoma.com>
- 📞 (253) 426-1267
- 📍 1938 Market St, Tacoma, WA

Arts and community space; includes classes, events, & arts services

HILLTOP URBAN GARDENS (HUG) ✨

- 🌐 www.hilltopurbangardens.com
- 📞 (253) 642-7336
- ✉ hilltopurbangardens@gmail.com

Food sovereignty and community organization located on the Hilltop; gardening, community events, food access, & POC-centered events and programming

RELIGIOUS, FAITH & SPIRITUAL

TACOMA BUDDHIST TEMPLE ✨

- 🌐 <http://www.tacomabt.org>
- ✉ info@tacomabt.org
- 📞 (253) 627-1417
- 📍 1717 S. Fawcett Avenue, Tacoma, WA

Buddhist faith, community events, social events


URBAN GRACE ✨


- 🌐 <https://www.urbangrace.org>
- ✉ info@urbangrace.org
- 📞 (253) 272-2184
- 📍 902 Market St, Tacoma, WA
- 🕒 Sunday 10:30 (worship)

Faith gatherings, community events


CULTURALLY SPECIFIC RESOURCES

CENTRO LATINO

 <https://clatino.org/en/home/>

 reception@clatino.org


 (253)572-7717


 M-F 9am - 3:30pm

Family services, domestic violence support, resources & referrals, case management, document translation, employment support, notary by appointment

ASIAN PACIFIC CULTURAL CENTER

 <https://www.asiapacificculturalcenter.org>


 (253)383-3900

 4851 South Tacoma Way, Tacoma, WA


Youth support & services, community events, social events

PUYALLUP TRIBE

 <http://puyallup-tribe.com>

 (253)573-7800

 3009 East Portland Ave, Tacoma, WA


 M-F 8am - 5pm

Resources, referrals, direct financial support & services for Puyallup tribal members


COLLEGES & UNIVERSITIES

PACIFIC LUTHERAN UNIVERSITY: D CENTER

 <https://www.plu.edu/dcenter/>


 (253) 535-8750


 dcenter@plu.edu

 Anderson University Center, Room 150, Tacoma, WA

Community space, on-campus resource navigation support, off-campus resource support

UW-TACOMA CENTER FOR EQUITY & INCLUSION


 <https://www.tacoma.uw.edu/equity/home>

 (253) 692-4776

 West Grocery 102

Resources, support for UW-T students including food pantry, mentorship programs, & campus wide conferences

U. OF PUGET SOUND: STUDENT DIVERSITY CENTER

 <http://bit.ly/ps-trans>

 diversitycenter@pugetsound.edu

 1500 N. Warner St, Tacoma, WA

Resources and support for UPS students including accessing on-campus medical clinics, housing, & other resources on & off campus

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