

Metro Area Community Organizations and Support Groups for Gender Expansive People

*Please contact individual organizations for confirmation of meeting times/location as these are subject to change.

Trans Peer Support at Whitman-Walker Health

You don't have to be a Whitman-Walker patient to participate, though we will do a quick assessment with you before possible admission to a group. All peer support groups at WWH currently meet via Zoom. Please email peersupport@whitman-walker.org or call 202-939-7646 for information.

Trans Peer Support Groups

These groups are for individuals across the gender spectrum and in any stage of gender transition. The focus of the groups is to promote social support and well-being for transgender and gender-expansive adults.

- Gender Expansive (non-binary, GNC, transfeminine, and transmasculine, genderqueer and more identities welcome.) 1st & 3rd Wed of each month from 6:30 - 8:00 PM.
- Beyond the Binary: Transmasculine. 1st and 3rd Thu of each month from 7:00 - 8:30 PM.
- Transfeminine. 2nd and 4th Thu from 7:00 -8:30 PM

Families in Transition

Are you the parent, guardian or caregiver of a transgender or gender-expansive youth? This is a seasonal workshop which involves education and discussion around what it means to support your adolescent in transition. You do not have to be the parent or caregiver of a patient at Whitman-Walker Health, though group is facilitated by staff of WWH. Upcoming dates TBD. Contact Monica Fuentes for more info: mfuentes@whitman-walker.org

Psychotherapy Groups at Whitman-Walker Health

Group offerings and availability vary though psychotherapy groups do not require you to be a medical patient of Whitman-Walker Health. Several groups are specifically for gender expansive people, including some groups for BIPOC trans people. Contact Nicole Armstead-Williams at WWH for more info: narmstead-williams@whitman-walker.org

SMYAL - Supporting & Mentoring Youth Advocates & Leaders

LGBTQ Youth Support, outreach and advocacy group.

Meeting Time & Location: all groups and programming is virtual right now, see website for calendar: [Virtual Youth Programs - SMYAL](#)

Contact: youthdevelopment@smyal.org

La Clinica Del Pueblo

www.lcdp.org

Contact La Clinica for details about their groups supporting Trans Latinx community members living with HIV.

Phone: 202-507-4800

Mailing Address: La Clinica Del Pueblo 2831 15th St. NW, Washington, DC 20009

DCATS

A social and support group for persons on the transmasculine spectrum and their significant others, family, friends and allies.

Meeting Time & Location: all meetings virtual right now, check the website for updated calendar of events.

Join listserv at www.dcats.org to contact other members for up-to-date information.

DCATS can also be found on Facebook by searching "DC Area Transmasculine Society"

Baltimore-Washington-Annapolis Guys Yahoo Group

A social group for trans guys in the Baltimore-Washington-Annapolis area. It includes those who are not yet in outward transition but who are working towards it, those who are currently in transition, and those who are post-transition.

Meeting Time & Location: this is mainly on online support group but may occasionally have meetings. Email to join the listserv for latest info: baltwashannapguys@yahoogroups.com

Maryland Trans*Unity

Support Group for Transgender, Genderqueer, Gender Non-Conforming, And Questioning Persons. Allies and Entire Families Are Welcome to attend, Offering a peer-facilitated support group, resources, community, and mentoring.

Meeting Time & Location: Zoom mtg the 1st & 3rd Sunday of every month 2-4pm; 2nd Thursday of every month 7-9pm

www.transunity.net

Check the website to RSVP (required to receive Zoom link) and view other offerings/services.

HIPS

Drop-in support for sex workers and drug users, education, and outreach group

Drop-in Center hours: 11am - 1:30pm, Monday - Friday (syringe exchange, safer sex materials, naloxone, clothing, snacks, make case mgmt. appts)

Contact Erica: (202) 441-1326, erica@hips.org

Mental Health Services: virtual and in-person individual, and group sessions; contact Desaray (443) 890-8174, desaray@hips.org

Housing: contact Erica (number above) or housing@hips.org

Outreach or HIPS Van is 7-days: 1-800-676-4477 or email outreach@hips.org

906 H St NE, Washington DC

Transgender Support Services of Us Helping Us

www.uhupil.org

Type of Organization: Issues and concerns include HIV/AIDS & STDs, substance abuse, homeless and incarcerated transgender persons and employment and housing discrimination. Offer case management and clinical services.

Phone: 202-446-1100 *Unable to confirm more updated info as of May 2021

Mailing address: Us Helping Us 3636 Georgia Ave, NW Washington DC 20010

Metro Area Gender Identity Connection (MAGIC)

www.magicdc.org

Type of Organization: a support group geared primarily to the support of transsexuals in every stage of transition. The group also caters to family and friends of transsexuals looking to find out more about how they can support their loved one. The group meets on the third Friday of every month at the Falls Church Presbyterian Church, in Falls Church, VA, and also has an online forum and mailing list called MAGIC_DC on Yahoo Groups

Meeting Time & location: 8pm usually the 3rd Friday of the month at the Falls Church Presbyterian Church Falls Church VA. No membership dues, but a small contribution for the meeting space is sometimes requested but not required.

Contact: info@magicdc.org

The Northern Virginia Second Friday Peer-Led Gender Support Group

A peer led support group for members and friends of the Transgender and gender expansive community. In addition, meetings include a closed support group for the parents and guardians of Transgender and gender expansive children, tweens, teens, and young adults. These meetings also provide space for a concurrent closed group gathering for Transgender and gender expansive tweens and teens.

Meets the second Friday of each month.

Meetings are held at:

MCC NoVA ~ Sanctuary

10383 Democracy Lane

Fairfax, VA 22030

Contact: 2ndfridaypeergroup@gmail.com

T-Families of PFLAG-Metro DC

www.pflagdc.org

Type of Organization: Facilitated support group for parents, other family members, spouse and partners of transsexual and transgender people.

Meeting time & location: Every 3rd Sunday from 2 - 3pm at the Cedar Lane Unitarian Church, Kensington, MD. Northern VA group meets 4th Sunday of month, 3:30 - 5pm. (use contact info below for time/location information) Donations are appreciated.

Contact: Debbie Strauss at Strauss123@verizon.net or Margery Diamond at margeryid@aol.com (Maryland, Cedar Lane Meeting)

Libby McKnight at libbmck@mac.com (VA meeting) or the PFLAG office at 202-638-3852

Normal PFLAG support groups are on the third Sunday of each month (starting at 2 PM) at the Cedar Lane UU Church in Bethesda, MD. One is a general group, and the other is focused

specifically on Trans related family needs. Currently (for pandemic related reasons) those in person groups are not meeting, accommodations are below.

The PFLAG Germantown general group has been meeting via Zoom on the 4th Sunday of each month from 2:30 to 4:00 PM. For specific information contact John Bartkowiak at jbinmd@gmail.com

The PFLAG T* Families VA group has been meeting via Zoom on the 3rd Sunday of each month from 2-4 PM. These meetings are hosted and run by Libby McNight, who can be reached at transfamiliesva@gmail.com for meeting details.

The first Tuesday of the month 7:30-9p is reserved for parents. We host a virtual group on the third Friday of the month 7:30-9p for youth. Contact Sam Marple for zoom info fairfaxpflag@gmail.com

Transgender Education Association (TGEA)

www.tgea.net

Provides a supportive environment and day-to-day assistance for transgender individuals and their significant others, friends, family and allies (SOFFAs), helping them overcome their sense of isolation and providing educational and social opportunities.

Email: tgea4u@yahoo.com

All meetings via Zoom. Click *Contact name for email link*.

- SECOND FRIDAY
Second Friday of Each Month at 7:00 PM
Open Group
Trans, GQ, GNB, Questioning
Significant Others, Friends, Family, Allies
Contact: [Emma Chattin](#)
- PARENT'S GROUP
Second Friday of Each Month at 7:00 PM
Parent's, Guardians, Caregivers
Contact: [Chaiya Mohanty Ortiz](#)
- PARENT'S GROUP
Last Monday of Each Month at 7:30 PM
Parent's, Guardians, Caregivers
Contact: [Willow Woyche](#)
- TEENS and TWEENS
Last Monday of Each Month
7:00 PM
Teens & Tweens Only
Contact: [Amber Beichler](#)
- SIGNIFICANT OTHERS
Spouses of Trans, GNB, and GQ
Third Sunday of Every Month at 3:00 PM
Contact: [Emma Chattin](#)
- TRANS MASCULINE & GENDER NON BINARY
On Hiatus
If interested contact: [Emma Chattin](#)
- PLAYGROUP
Parents and Kids (5-11)
Contact: [Chaiya Mohanty Ortiz](#)

The Metro DC GLBT Community Center

www.thedccenter.org/events/

Meeting Time & Location: Hosts various peer support groups for the transgender, gender variant & gender non-conforming community(ies). Please visit their website for the latest listings and information.

HagerstownTGs.

Attendance requires an entrance interview just for safeties sake, and can be arranged via the Yahoo group, [Http://groups.yahoo.com/HagerstownTGs](http://groups.yahoo.com/HagerstownTGs)

Members are from West Virginia, Southern PA, and of course, western Maryland. May be affiliated with Facebook group: Hagerstown Hopes Trans Group. *Unable to confirm more updated info as of May 2021

Facebook Groups (search by the bolded name below)

These groups do not necessarily host meetings or hangouts directly, though they are communities in and of themselves where people connect to share personal experiences and resources. Some are geographically-specific, or age specific. Many are open across age and location. If you join a group, you can search past postings to see if someone has asked a similar or same question to yours.

- Trans Maryland Community
- DC Queer Exchange
- Top Surgery Support (removal/reduction)
- FTM Bottom Surgery Discussion
- FTM & NB hysterectomy group
- MTF Transgender Support Network
- Transgender Support 30+
- Non-Binary Gender Pride
- Non-Binary Social Space
- Transgender Women's Society