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:

OASIS YOUTH CENTER

PCAF

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
› Orchietomy
› 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/2zfyyj7

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](https://www.lavenderrightsproject.org/tarp)

**National Resources**

**QUEER APPALACHIA**
- [https://www.queerappalachia.com](https://www.queerappalachia.com)

**LGBT MAP**
- [http://www.lgbtmap.org/](http://www.lgbtmap.org/)
**CRISIS SUPPORT & BASIC NEEDS**

**NW FURNITURE BANK**
- [https://nwfurniturebank.org](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**
- contactus@uwpc.org
- (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**
- (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.puyallupfrancishouse.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)

(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](https://eeramiatherapy.com)
- [erin@eeramiatherapy.com](mailto:erin@eeramiatherapy.com)
- (253) 214-3727
- 3716 Pacific Ave, Suite F, Tacoma, WA

Counseling

CONFIDENTIAL ASSOCIATES

- [https://www.confidentialassoc.com/index.html](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](https://monroeelectrology.com)
- [monroeelectrology@gmail.com](mailto:monroeelectrology@gmail.com)
- (253) 278-6909
- 4111 S Merdian, Puyallup, WA

Electrolysis

PLANNED PARENTHOOD: TACOMA

- (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

HEALTHCARE  TRANS-FRIENDLY  YOUTH AND FAMILY FRIENDLY
**PLANNED PARENTHOOD: PUYALLUP**


📞 (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

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**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

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**PIERCE COLLEGE DENTAL HYGIENE PROGRAM**

🌐 https://www.pierce.ctc.edu/dental-clinic

✉️ pcdbhclinic@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

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 🌹✉️ophon
🌐 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/mainservices.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.pcafw.org
info@piercecountyaids.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 🍑
- 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
Sat and Sun 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.

(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

PIERCETRANSIT 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
✉️  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.

 Amend 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!