

# LGBTQ+ Support Groups

## **In Person Groups Little Rock**

1. DYSC Diverse Youth for Social Change  
<https://www.car4ar.org/programs-of-car>  
DYSC meets every Friday night at 6:30pm, for ages 12-22.  
First Presbyterian Church, 800 S. Scott Street, Little Rock, AR 72201  
(501) 291-1168  
[DYSCLittleRock@gmail.com](mailto:DYSCLittleRock@gmail.com)
2. PAWS Parents and Allies Who Support (previously a PFLAG chapter)  
[www.centralarkansaspaws.com](http://www.centralarkansaspaws.com)  
Email: [www.centralarkansaspaws.com](http://www.centralarkansaspaws.com)  
Meeting every third Friday at 6:30pm  
First Presbyterian Church, 800 S. Scott Street, Little Rock, AR 72201
3. Pridecorps - <http://pridecorps.org/>  
Group for LGBTQ youth, ages 13 to 18  
Pulaski Heights United Methodist Church  
4823 Woodlawn Dr.  
Little Rock, AR 72205  
Meets 2<sup>nd</sup> and 4<sup>th</sup> Saturday of the month at 2:00 to 5:00 pm during the school year.  
Pridecorps is free and offers members fun activities: Bowling and miniature golf, Yoga and tai chi sessions, cooking classes led by a Cordon-Bleu trained Chef, and Dream workshops.  
Pridecorps offers members a safe place to take part in facilitator-led group discussions: Coming out and disclosure, Substance abuse, Mental health, Suicide prevention, Bullying and harassment, Self-esteem, Safe sex, HIV, and STI prevention, and Wellness and nutrition.
4. Pridecorps Prime- <http://pridecorps.org/>  
PrideCorps Prime: Group for LGBTQ adults 18+.  
See FB page, pridecorpLGBTyouthcenter, for upcoming events.  
Pulaski Heights United Methodist Church  
4823 Woodlawn Dr.  
Little Rock, AR 72205  
Similar to Pridecorps, some events are facilitator-led group discussions and some are fun outings in the community.

## **In Person Groups NEA**

- Northeast Arkansas (NEA) PRIDE
- a. Monthly meetings the first Wednesday of each month at the Craighead County Library of Jonesboro at 6:30pm.
  - b. For All Ages
  - c. More events on their Facebook page: Northeast Arkansas Pride
  - d. 870-900-0600
  - e. <http://Neapride.org/>
  - f.

## **In Person Groups NWA**

1. PFLAG of NWA
  - a. Facebook: <http://www.facebook.com/pflagnwa/>
  - b. Phone: 479-756-8444
  - c. Mailing Address: P.O. Box 2897, Fayetteville, AR 72702
  - d. Email: [pflagfayettevill@aol.com](mailto:pflagfayettevill@aol.com)
2. Trans Teen Support Group, Therapy group \$30 a session
  - a. Bi-Weekly Support Group for Teens (ages 13-17) who identify as transgender, non-binary, GNC, gender fluid or gender queer
  - b. Bentonville Counseling, 7 Halsted Circle, Suite 111, Rogers, AR
  - c. Call or email [Jason@BentonvilleCounseling.com](mailto:Jason@BentonvilleCounseling.com) for more details or to register.
3. Transgender Support Group @ The Red River Equality Center in Fort Smith
  - a. Our Transgender Support Group is dedicated to those in our community who are transgendered and are looking to discuss their situation in the context of a group of friendly, like-minded people.
  - b. This Support Group is open only to those who identify as transgendered and their immediate families. The group is open to those ages 18 and up (minors 13-18 may attend with an accompanying adult).
  - c. A Calendar of events can be found at <http://rvecark.org/upcomingevents>.
  - d. Monthly meetings Board Room at Fort Smith Public Library
  - e. Email : [rivalleyequalitycenter@gmail.com](mailto:rivalleyequalitycenter@gmail.com)
  - f. Call : (479) 274-0825

## **College Groups**

1. ATU SPECTRUM
  - a. LGBTQI support group for students, active
  - b. <https://thelink.atu.edu/organization/spectrum>
2. LGBTQ Counseling Therapy Group
  - a. ACH Health and Wellness Center  
Address: Doc Bryan Suite 119, 1605 Coliseum Drive, Russellville, AR 72801  
Phone Number **P:** (479) 968-0329, Fax Number **F:** (479) 967-6610

## **Facebook Groups:**

1. ARTEC (Arkansas Transgender Equality Coalition)
2. TransGuys of Arkansas – Private Request Only – Send e-mail to [Pnoland13@gmail.com](mailto:Pnoland13@gmail.com)
3. TransWomen of AR - Private Request Only – Send e-mail to [megan@artranscoalition.org](mailto:megan@artranscoalition.org)
4. Significant Others of Transguys in AR - Private Request Only – Send e-mail to [Armilligan22@gmail.com](mailto:Armilligan22@gmail.com)
5. NWA Transgender AR - Private Request Only – Send e-mail to [jamie@nwatrans.org](mailto:jamie@nwatrans.org)
6. Non-Binary Is My Natural State Support Group - Private Request Only – Send e-mail to [adanelifox@gmail.com](mailto:adanelifox@gmail.com)
7. Transgender Equality Network
8. Central Arkansas Trans Out Reach
9. GetEqual
10. HRCArkansas
11. Central Arkansas Pride

## **Websites:**

1. Human Rights Campaign – <https://www.hrc.org>
2. National Center For Trans Equality - <https://transequality.org/>
3. National LGBT Health Education Center - <https://www.lgbthealtheducation.org/>
4. ARTEC Arkansas Transgender Equality Coalition - <http://www.artranscoalition.org/namechange/>
5. Trans Student Educational Resources - <http://www.transstudent.org/>
6. Gender Spectrum - <https://www.genderspectrum.org/>
7. Gender Spectrum Lounge - <https://genderspectrum.org/lounge/> (Message Board)
8. Trans Life Line - <http://www.translifeline.org/>
  - a. Phone: (877) 565-8860 - 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.
9. The Trevor Project - <https://www.thetrevorproject.org/#sm.0001569cl41cx4fohvtc8vv2qn5g9>
  - a. Phone: (866) 488-7386 – Our trained counselors are here to support you 24/7. If you are a young person in crisis, feeling suicidal, or in need of a safe and judgment-free place to talk, call the TrevorLifeLine. Website also provides a chat – online instant messaging support and texting service (See website). TrevorText – Text “Trevor” to 1-202-304-1200.
10. River Valley Equality Center - <http://rvecark.org/>
11. NWA Center for Equality - <https://nwaequality.org/>
12. The Advocate - <https://www.advocate.com/>
13. Center Link - <https://www.lgbtcenters.org/>
14. GLBT Friendly Churches- [http://www.gaychurch.org/find\\_a\\_church/](http://www.gaychurch.org/find_a_church/)