

Transgender Support Groups

In Person Groups Little Rock

- PFLAG - <https://www.pflag.org/>
 - Little Rock Chapter - <https://www.pflag.org/chapter/pflag-little-rock>
 - Phone: 501-291-2507
- Pridecorps - <http://pridecorps.org/>
 - Meets the 2nd and 4th Saturday of the month.
 - Pulaski Heights United Methodist Church
4823 Woodlawn Dr.
Little Rock, AR 72205
 - Pridecorps 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.
- 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.

In Person Groups Northwest, Arkansas

- PFLAG of NWA
 - Facebook: <http://www.facebook.com/pflagnwa/>
 - Phone: 479-756-8444
 - Mailing Address: P.O. Box 2897, Fayetteville, AR 72702
 - Email: pflagfayettevill@aol.com
- Trans Teen Support Group, Therapy group \$30 a session
 - Bi-Weekly Support Group for Teens (ages 13-17) who identify as transgender, non-binary, GNC, gender fluid or gender queer
 - Bentonville Counseling, 7 Halsted Circle, Suite 111, Rogers, AR
 - Call or email Jason@BentonvilleCounseling.com for more details or to register

Transgender Support Groups

Facebook Groups:

- ARTEC (Arkansas Transgender Equality Coalition)
- TransGuys of Arkansas – Private Request Only – Send e-mail to Pnoland13@gmail.com
- TransWomen of AR - Private Request Only – Send e-mail to megan@artranscoalition.org
- Significant Others of Transguys in AR - Private Request Only – Send e-mail to Armilligan22@gmail.com
- NWA Transgender AR - Private Request Only – Send e-mail to jamie@nwatrans.org
- Non-Binary Is My Natural State Support Group - Private Request Only – Send e-mail to adanelifox@gmail.com
- Transgender Equality Network
- Central Arkansas Trans Out Reach
- GetEqual
- HRCArkansas
- Central Arkansas Pride

Websites:

- Human Rights Campaign – <https://www.hrc.org>
- National Center For Trans Equality - <https://transequality.org/>
- National LGBT Health Education Center - <https://www.lgbthealtheducation.org/>
- ARTEC Arkansas Transgender Equality Coalition - <http://www.artranscoalition.org/namechange/>
- Trans Student Educational Resources - <http://www.transstudent.org/>
- Gender Spectrum - <https://www.genderspectrum.org/>
- Gender Spectrum Lounge - <https://genderspectrum.org/lounge/> (Message Board)
- Trans Life Line - <http://www.translifeline.org/>
 - 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.
- The Trevor Project - <https://www.thetrevorproject.org/#sm.0001569cl41cx4fohvtc8vv2qn5g9>

Transgender Support Groups

- 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 judgement-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.
- River Valley Equality Center - <http://rvecark.org/>
- NWA Center for Equality - <https://nwaequality.org/>
- The Advocate - <https://www.advocate.com/>
- Center Link - <https://www.lgbtcenters.org/>
- GLBT Friendly Churches- http://www.gaychurch.org/find_a_church/