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 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
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## 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](https://www.hrc.org)
- National Center For Trans Equality - [https://transequality.org/](https://transequality.org/)
- National LGBT Health Education Center - [https://www.lgbthealtheducation.org/](https://www.lgbthealtheducation.org/)
- Trans Student Educational Resources - [http://www.transstudent.org/](http://www.transstudent.org/)
- Gender Spectrum - [https://www.genderspectrum.org/](https://www.genderspectrum.org/)
- Gender Spectrum Lounge - [https://genderspectrum.org/lounge/](https://genderspectrum.org/lounge/) (Message Board)
  - 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](https://www.thetrevorproject.org/#sm.0001569cl41cx4fohvtc8vv2qn5g9)
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- 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/](http://rvecark.org/)
- NWA Center for Equality - [https://nwaequality.org/](https://nwaequality.org/)
- The Advocate - [https://www.advocate.com/](https://www.advocate.com/)
- Center Link - [https://www.lgbtcenters.org/](https://www.lgbtcenters.org/)
- GLBT Friendly Churches- [http://www.gaychurch.org/find_a_church/](http://www.gaychurch.org/find_a_church/)