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## Transgender & Non-Binary Resources

### Books for Parents:

- [The Transgender Child](#): A Handbook for Families and Professionals
- [The Gender Creative Child](#): Pathways for Nurturing and Supporting Children Who Live Outside Gender Boxes
- [Transgender Teen](#): A Handbook for Parents and Professionals Supporting Transgender and Non-Binary Teens
- [The Reflective Workbook for Parents and Families of Transgender and Non-Binary Children](#): Your Transition as Your Child Transitions

### Workbooks for Teens and Adults:

- [The Gender Quest Workbook](#): A Guide for Teens and Young Adults Exploring Gender Identity
- [My New Gender Workbook](#): A Step-by-Step Guide to Achieving World Peace Through Gender Anarchy and Sex Positivity
- [You and Your Gender Identity](#): A Guide to Discovery
- [The Queer and Transgender Resilience Workbook](#): Skills for Navigating Sexual Orientation and Gender Expression

### Safer Binding and Tucking:

- [Safer Binding](#)
- [Safer Tucking](#)

### Feminizing/Masculinizing Hormones (*Randall's Children Hospital*):

- [Pubertal Suppression Information](#) (Handout from OHSU)
- [Preserving Your Fertility](#) (Handout from OHSU)
- Online Educational Courses from *FertilityIQ* on [Trans Masculine Fertility](#) and [Trans Feminine Fertility](#) covering how various interventions impact fertility, fertility preservation strategies, and reproductive options.
- [Estrogen Information](#) (PDF download from Randall's Children's Hospital)
- [Testosterone Information](#) (PDF download from Randall's Children's Hospital)

### WPATH Standards of Care (version 8):

- **Page S254 (Appendix C)**: Effects and expected time course of gender-affirming hormones and associated risks.

### Education on Gender Embodiment:

- [Transmasculine top surgery preparation](#). A clear and simple guide that walks you through surgical preparation information from PlasticSurgery.org.
- Video on [how drains work](#).
- [GenderAid.org](#): A decision aid created by a university in the Netherlands with information about surgeries (gynecological surgery, metoidioplasty, phalloplasty).
- [General information](#) on risks and procedures associated with transfeminine bottom surgery.

- [Gender-affirming surgery options](#) from Oregon Health & Sciences University (OHSU). Detailed information (on risks, preparation, & recovery) for most surgeries, including: phalloplasty and metoidioplasty, hysterectomy, oophorectomy, orchiectomy, and vaginoplasty and vulvoplasty surgeries.
- [Six-Part Video Series on Preparing for Surgery and Recovery](#) by [Dr. Colt](#), PhD, MD.

## Transgender Support Groups for Youth, Adults, and Parents:

- [Trans-Cendence International](#)
  - They are peer-led rather than therapist led and are for both transgender folk as well as allies (SOFFAs; Significant Others, Family, Friends, and Allies). They usually start with a combined meeting of Trans and SOFFAs and then splits off.
- [Gender Spectrum](#) groups for:
  - Pre-Teens (ages 10-12)
  - Pre-Teens and Teens (ages 13-19)
  - Black Trans, Non-Binary & Gender Expansive Teens
  - POC (People of Color) Trans, Non-Binary & Gender Expansive Teens
  - National Parent Support
  - Topic-based Discussion Groups for Parents and Other Adult Family Members
- Door of the Soul [family support group](#).
- The [American Transgender Resource Hub](#) operates two virtual peer support groups (one for youth and one for adults).
- [Transfamilies.org](#) offers 15 different groups of all types (e.g., youth group, parents' group, dads' group, etc.). *To access the transfamilies.org groups, they require a monthly membership from \$0 to \$64 (depending on your financial situation and what you can afford).*

## Las Vegas, Nevada Resources:

- [The Center](#). *Identi-T\** at The Center provides TGNC from the Southern NV area a safe place to relate to their peers, seek guidance, exchange clothing, and expand their social circles. Programs include groups for the whole TGD community, as well as separate groups for those identifying as transmasculine, transfeminine, non-binary, intersex, and seniors (50+). They host workshops various workshops.
- [Name Changes for Minors in Nevada Informational Handout](#) from National Center for Transgender Equality.
- Name Changes: [State of Nevada Self-Help Center](#).

## Portland, Oregon Resources:

- [PDX Q Center](#). They offer the following groups: FTM peer support, a discussion group called "Gender QUEERY," Trans-Fem\* group, transgender women's support group, "Trans Guys PDX" (support & discussion group).
- Brave Space [Resource / Referral List](#) (mental health, medical, voice, etc.).
- Basic Rights Oregon: [Changing Your Name and Gender Markers](#).

## Miscellaneous Resources:

- [Finding your voice: A short guide to vocalization](#).
- [Vocal Congruence Project](#): Compendium of voice-related resources and information.
- Research summary: [The Evidence for Trans Youth Gender-Affirming Medical Care](#) (as of October 2022).
- A comprehensive [resource list](#) from OHSU's Transgender Health Program with information on support groups in Oregon and beyond, crisis and support lines, changing your documents (in OR & nationally), surgical information (handouts, booklets, recovery planning), and care for gender-diverse young people.