Transgender Support Groups

In Person Groups Little Rock
1. SWAG
   1. Teen LGBTQ youth group
   2. Will meet at same time as parent group below.
2. Parents, Friends, and Allies
   a. First Saturday of the month from 6-8pm.
   b. Pinnacle Valley United Methodist Church
   c. 20100 Cantrell Road, Little Rock, AR
   d. (on the corner of HWY 300 and HWY 10/Cantrell Road)
   e. https://www.facebook.com/CentralArkansasParentsFriendsAllies

In Person Groups Conway
Rainbow Youth of Conway (RYC)
   a. RYC is a support group for youth (aged 11-17) identifying within, or questioning their identity within, the LGBTQ+ spectrum.
   b. We will meet on the first and third Tuesday each month at 5:30pm to foster community, offer support, and provide education.
   c. Meetings are held in the outdoor space directly behind the Faulkner County Library.
   d. https://www.facebook.com/rainbowyouthofconway

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/

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
   e. Teen and Parent meetings the 2nd Sunday of each month from 3-5pm, outdoors in Bentonville.
   a. Sign up at https://docs.google.com/forms/d/e/1FAIpQLScO9Z3c_YzhpCbPq4duQbjuAIoIzLdQ9Dqb5S4SXZWMSddiQ/viewform
b. After signing up, you will get info on location. Parent meeting will happen at the same time.
c. Peer group is under 18, and 18 y/o in high School.

2. 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: rivervalleyequalitycenter@gmail.com
   f. Call: (479) 274-0825

3. Reconcile Arkansas
   a. Reconcile Arkansas builds community power for transformation through mutual aid, popular education, and solidarity practices that centers Arkansas’ most vulnerable community members: queer and transgender people.
   b. Phone: (479) 283-7568,
   c. Email: contact@reconcilearkansas.org,
   d. Reconcile Arkansas | Facebook

Facebook Groups:

1. AC Gender Spectrum Clinic Parent Support Group (search on FB and send a request to join)
2. AC Gender Spectrum Clinic Transmale/NB Support Group (search on FB and send a request to join)
3. AC Gender Spectrum Clinic Transfemale/NB Support Group (search on FB and send a request to join)
4. Parents Supporting Parents of Trans Children- answer question for this private group
5. ARTEC (Arkansas Transgender Equality Coalition)
6. TransGuys of Arkansas – Private Request Only – Send e-mail to Pnoland13@gmail.com
7. TransWomen of AR - Private Request Only – Send e-mail to megan@artranscoalition.org
8. Significant Others of Transguys in AR - Private Request Only – Send e-mail to Armilligan22@gmail.com
9. NWA Transgender AR - Private Request Only – Send e-mail to jamie@nwatrans.org
10. Non-Binary Is My Natural State Support Group - Private Request Only – Send e-mail to adanelifox@gmail.com
11. Transgender Equality Network
12. Central Arkansas Trans Out Reach
13. GetEqual
14. HRCArkansas
15. Central Arkansas Pride

**Websites:**
2. National Center For Trans Equality - [https://transequality.org/](https://transequality.org/)
3. National LGBT Health Education Center - [https://www.lgbthealtheducation.org/](https://www.lgbthealtheducation.org/)
6. Gender Spectrum - [https://www.genderspectrum.org/](https://www.genderspectrum.org/)
7. Gender Spectrum Lounge - [https://genderspectrum.org/lounge/](https://genderspectrum.org/lounge/) (Message Board)
   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](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.
11. NWA Center for Equality - [https://nwaequality.org/](https://nwaequality.org/)
12. The Advocate - [https://www.advocate.com/](https://www.advocate.com/)
13. Center Link - [https://www.lgbtcenters.org/](https://www.lgbtcenters.org/)
14. GLBT Friendly Churches- [http://www.gaychurch.org/find_a_church/](http://www.gaychurch.org/find_a_church/)
   Mission: To celebrate and empower queer youth of faith.