Reducing Isolation in the Time of COVID-19

SOUTHERN CALIFORNIA RESOURCES

**BELOVED San Diego**
BELOVED is currently offering, for a limited time, a free, at-home virtual summer camp which provides different activities such as a Bible story video, follow-along yoga video, music, arts, and games. This is a faith-based organization/church.

*Other Population:* Christian Community  
*Email:* media@belovedsandiego.org  
*Phone:* (858) 223-6418  
*Website:* https://www.belovedsandiego.org

**Center for Sexuality & Gender Diversity (CS&GD)**
Virtual drop-in opportunity to "hang out with the community": email virtualdropin@thecentebak.org  
Support workshops: Gender Rebels for Trans and Non-binary folx: email supportworkshops@thecentebak.org  
Facebook CSGD public forum (group): https://www.facebook.com/groups/gldcenterbakersfield  
Blog: https://www.thecenterbak.org/blog  
@thecenterbak on Facebook and Instagram

*Other Population:* LGBTQ+  
*Email:* info@thecentebak.org  
*Phone:* (661) 404-5209  
*Website:* www.thecentebak.org

**Congregation Dor Hadash**
A common faith and a close-knit community provides support for mental health in the Jewish LGBTQ community, virtually. This is a Jewish faith-based organization.

*Other Population:* Jewish Community  
*Phone:* (858) 268-3674  
*Website:* http://www.dorhadash.org

**Colors LGBTQ Youth**
They support mental health by providing counseling services for individuals, couples, and families during COVID-19.

*Other Population:* Youth under 25  
*Email:* colors@antioch.edu  
*Phone:* (310) 578-1080  
*Website:* http://www.colorsyouth.org

**Diversionary Theater**
Diversionary is an arts and culture organization that offers free virtual community events.

*Email:* boxoffice@diversionary.org  
*Phone:* (619) 220-6830  
*Website:* https://www.diversionary.org

**Mission Hills United Methodist Church**
They have suspended in-person worships and are promoting online worships which will help with social isolation. This is a faith-based organization/church.

*Other Population:* Christian Community  
*Email:* mhumcnet@yahoo.com  
*Phone:* (619) 220-6830  
*Website:* https://missionhillsumc.org

**North County LGBTQ Resource Center**
They have cancelled all in-person events and have converted some of the services they offer, such as mental counseling which promotes mental health, to online instead.

*Email:* info@ncresourcecenter.org  
*Phone:* (760) 994-1690  
*Website:* https://www.ncresourcecenter.org

**Rainbow Pride Youth Alliance**
Keep an eye on their “Upcoming Events” section and their social media accounts to find out about their Zoom virtual meetings, Instagram Live events, and more.

*Other Population:* Youth  
*Email:* moreinfo@rpya.org  
*Phone:* (909) 213-2550  
*Website:* https://www.rainbowprideyouthalliance.org

**The San Diego LGBTQ Community Center**
This organization promotes ways in which to address social isolation, providing virtual counseling and support groups. This site includes a donation service to provide emergency services for those who are impacted by COVID-19.

*Phone:* (619) 692-2077  
*Website:* https://thecentersd.org

**University Christian Church**
The church is addressing social isolation by providing livestream and prerecorded sermons so their followers will not have to compromise either their health to exercise their faith or their faith to protect their own health. This is a faith-based organization/church.

*Other Population:* Christian Community  
*Email:* office@uchristianchurch.org  
*Phone:* (619) 295-4146  
*Website:* http://www.uchristianchurch.org

**The Wall Las Memorias**
They have peer counseling services, now provided online, and support groups for people of the trans community and non-binary community as well. They also have online events.

*Other Population:* Latinx  
*Email:* info@twlmp.org  
*Phone:* (323) 257-1056  
*Website:* http://www.thewalllasmemorias.org
Alliance Health Project
Support groups and in-person sessions have been moved to Zoom in response to the COVID-19 situation as they are committed to supporting the mental health and wellness of their clients and community.

   Email: ahpinfo@ucsf.edu
   Phone: (415) 476-3902
   Website: https://alliancehealthproject.ucsf.edu

BienStar
BienStar provides online virtual peer support during COVID.

   Other Population: Latinx
   Email: info@bienestar.org
   Phone: (866) 590-6411
   Website: http://www.bienestar.org

CUAV
They provide counseling sessions via phone or Zoom to support positive mental health while addressing social isolation.

   Other Population: Black and Latinx queer and Trans-led organization.
   Email: info@cuav.org
   Phone: (415) 777-5500
   Website: https://www.cuav.org

El/La Para Translatinás
El/La has resources that could alleviate possible factors of stress for people in the LGBTQ community such as resources for housing and scholarship opportunities.

   Other Population: Latinx Trans
   Email: francisco@ellaparatranslatinás.org
   Phone: (415) 884-7278
   Website: http://ellaparatranslatinás.yolasite.com

Gaylesta
Gaylesta: The Psychotherapy Association for Gender and Sexual Diversity offers connections to find a mental health therapist.

   Email: membership@gaylesta.org
   Phone: (415) 729-3996
   Website: https://gaylesta.wildapricot.org

Gender Spectrum
They are following social distancing rules by offering online support groups to provide safe spaces for teens, pre-teens, and adults to address mental health needs. They also provide groups for grandparents and parents nationwide.

   Other Population: Youth and Teens
   Website: https://genderspectrum.org

GLBT Historical Society
This museum is convening events online. Links to events are provided on their website and they are free to attend.

   Email: info@glbthistory.org
   Phone: (415) 621-1107
   Website: http://www.glbthistory.org

Lavender Seniors of the East Bay
Lavender Seniors provides a list of resources for seniors in the LGBTQ community on their website to help cope with loneliness during this time, as well as other COVID-19 tips.

   Other Population: Seniors
   Email: info@lavenderseniors.org
   Phone: (510) 736-6428
   Website: http://lavenderseniors.org

LGBTQ Connections
As both a hub of LGBTQ information and a thriving center of the community, the project increases awareness and visibility, especially during this pandemic.

   Other Population: Youth
   Phone: (707) 948-6640
   Website: https://www.lgbtqconnection.org

Openhouse
Services provided: support and wellness calls to LGBTQ+ seniors; assisting seniors with essential service needs (food programs, grocery shopping, errands); housing and resource navigation and referrals (medical care, case management, benefits, transportation, in-home care); virtual online support groups and enhanced outreach to support those most underserved/marginalized (POC/TGNC communities).

   Other Population: LGBTQ+ Seniors
   Email: info@openhouse-sf.org
   Phone: (415) 296-8995
   Website: https://www.openhousesf.org

Pacific Center for Human Growth
Pacific Center for Human Growth provides video/teleconferencing for therapy sessions, peer group meetings, and therapy groups during the pandemic to address isolation and support mental well-being.

   Other Population: Youth and Seniors
   Email: info@pacificcenter.org
   Phone: (510) 548-8283
   Website: https://www.pacificcenter.org
Queer Cultural Center
They provide online resources to support the mental health of people in the LGBTQ+ community as well as community resources pertaining to the pandemic and how to stay safe.

Other Population: Queer
Phone: (415) 935-5948
Website: http://www.queerculturalcenter.org

San Francisco Community Health Center
This organization is recruiting participants for a digital workshop series aimed to better communication skills for Trans, GNC and LGBT folks. Explore communication skills and conflict management, creatively navigate connections, and of course build community. Participants receive $10 a session and $100 after completing a post survey. Have questions? Email Xochitl@sfcommunityhealth.org.

Register here: tinyurl.com/tsa8cy6

Other Population: Adults and Trans, GNC, or LGBTQ+
Email: Xochitl@SFCommunityHealth.org
Phone: (415) 355-2222
Website: https://www.sfccc.org

San Francisco LGBT Community Center
They provide a multitude of resources to support the LGBTQ community, from mental health to aid in businesses, during COVID-19.

Email: info@sfcenter.org
Phone: (415) 865-5555
Website: https://www.sfcenter.org

San Joaquin Pride Center (SJPC)
SJPC offers online virtual groups: transgender alliance, first Thursday of every month; women’s group, second Thursday of every month; men’s group, second Monday of every month. They will launch a substance use support group and QTPOC group in mid-October. SJPC also provides telehealth counseling and name change/gender marker clinics.

Other Population: Youth (80% non-binary and Trans), Adults (75% non-binary or Trans)
Email: sjpridecenter@gmail.com
Phone: (209) 565-5023
Website: https://sjpridecenter.com