

## LESBIAN, GAY, BISEXUAL, TRANS\* & QUESTIONING SENIOR RESOURCES

### LOCAL LGBTQ SENIOR RESOURCES

- **LGBTQ Connection**  
 Free, paperless counseling, intergenerational community events, resources and referrals.  
 (707) 579-4327  
 714 Mendocino Ave, Santa Rosa, CA  
[www.lgbtaconnection.org](http://www.lgbtaconnection.org)
- **LGBTQI Elder Resource Center**  
 Provides county-wide, LGBTQI-specific, culturally sensitive, telephone and email based information and assistance to LGBTQI elders.  
 (707) 829-2440  
<http://www.sebastopolseniorcenter.org/lgbtqi-elder-resource-center>
- **Sonoma County Adult and Aging Services**  
 Programs and services that help ensure the safety, independence and well-being of older adults, persons with disabilities, and military veterans, and their families and caregivers.  
 3725 Westwind Blvd, Santa Rosa, CA 95403  
 (707) 565-5931
- **Aging Gayfully**  
 Free, eight-week, in-depth series exploring LGBT aging issues and optimal aging strategies with opportunities to discover resources and build supportive connections. For more info contact Gary "Buz" Hermes.  
 (707) 227-6935  
[GaryDHermes@comcast.net](mailto:GaryDHermes@comcast.net)
- **Transgender Clinic**  
 Trans oriented health resources for trans and gender non-conforming individuals. All are welcome.  
 Vista Family Health Center  
 707-303-3600  
 Brookwood Health Center  
 707-583-8700

### LGBTQ SENIOR SUPPORT & SOCIAL GROUPS

- **Santa Rosa LGBTQI Seniors** Meets monthly on the fourth Tuesdays from 1-3 pm.  
 Glaser Center, 547 Mendocino Ave, Santa Rosa, CA
- **Sonoma Valley Getting Together**  
 Meets monthly on the third Fridays from 10 am- 12 pm.  
 Vintage House (in the dining room)  
 264 First Street East, Sonoma, CA 95476
- **Russian River Discussion Group**  
 Meets monthly on the second Saturdays from 12:30 pm- 2 pm.  
 Russian River Senior Resource Center, 15010 Armstrong Woods Road, Guerneville, CA

### LGBTQ SENIOR WELCOMING SPACES

- **Fountaingrove Lodge**  
 The nation's first lesbian, gay, bisexual, transgender (LGBT), and Friends focused independent senior community with the option of continuing care services.  
 (707)282-5023  
 4210 Thomas Lake Harris Dr.  
 Santa Rosa, CA
- **Vintage House Senior Center**  
 Volunteer-supported member organization providing an array of programs and services.  
 (707) 996-0311  
 264 1st St E, Sonoma, CA
- **Sebastopol Area Senior Center**  
 Encouraging older adults to maintain independence by providing learning, social and recreational opportunities along with resources and referrals.  
 (707) 829-2440  
 167 N. High St.  
 Sebastopol, CA

## GENERAL HOTLINES & RESOURCES

- **SAGE**  
National organization offering supportive services and consumer resources for LGBT older adults and their caregivers.  
(212) 741-2247  
[www.sageusa.org/](http://www.sageusa.org/)
- **Gay and Lesbian National Hotline**  
For all ages about coming-out issues, relationship concerns, HIV/AIDS anxiety, safer-sex info & more.  
1-888-THE-GLNH (1-888-843-4564)
- **Gay and Lesbian Medical Association**  
GLMA was founded in 1981 to ensure quality, non-judgmental healthcare and to end workplace discrimination for LGBT healthcare professionals. Search for LGBT-friendly health care providers in your area.  
(202) 600-8037
- **National Center for Lesbian Rights (NCLR)**  
Located in SF, NCLR is a national nonprofit law firm that protects the legal and human rights of lesbians, gay men and bisexual and transgender people across the United States through impact litigation, public policy advocacy, public education and direct legal services.  
(415) 392-6257
- **Trans Lifeline**  
Crisis & info line for transpeople by transpeople.  
1-877-565-8860  
[www.translifeline.org](http://www.translifeline.org)
- **Gender Health Center**  
Sliding scale, affordable, accessible counseling & case management services w/ expert knowledge in trans & queer identities & experiences.  
2020 29<sup>th</sup> St., Suite 201, Sacramento  
(916) 455-2391  
Email: [info@ghcmail.org](mailto:info@ghcmail.org)  
[www.theGenderHealthCenter.org](http://www.theGenderHealthCenter.org)