



## **2021-LGBTQ+ Resource Guide (Shasta County, California and National)**

### **This resource guide is categorized by:**

- Local LGBTQ+ Affirming Resources
  - Local General Resources
  - CA State LGBTQ+ Resources
  - National LGBTQ+ Resources

Our hope is that this resource guide will help you navigate services that are LGBTQ+ affirming first. We understand that there can be issues with services that are listed as LGBTQ+ affirming but we have relationships with these organizations and do our best to address issues as they arise. Please let us know if you have any questions or concerns about any of these organizations so that we might advocate to make sure they are addressed appropriately.

### **Please Help!**

We would like to expand this guide to include other services. Please contact us at [info@norcaloutreach.org](mailto:info@norcaloutreach.org) with LGBTQ+ affirming businesses, organizations, churches, and more!



# NORCAL OUTREACH PROJECT

SERVING THE LGBTQ+ COMMUNITY IN RURAL FAR NORTHERN CALIFORNIA

## LGBTQ+ Affirming Community Resources—Shasta County

- **NorCal OUTreach Project – LGBTQ+ Community Center: (530) 949-6267**

2553 Victor Ave., Suite A, Redding, California 96002

[www.norcaloutreach.org](http://www.norcaloutreach.org)

Email: [info@norcaloutreach.org](mailto:info@norcaloutreach.org)

Face Book: [www.facebook.com/norcaloutreach](http://www.facebook.com/norcaloutreach)

Our mission is to support and unite the LGBTQ+ community and its many allies by providing social connection, public events, support groups, and educational training. We strive to be inclusive of all genders and sexualities, celebrate the diversity within our community, practice cultural humility and foster health and wellbeing of the people we serve. We seek to improve the lives of everyone by increasing understanding, acknowledgment, visibility, and appreciation of the LGBTQ+ community, thereby making rural northern California a safer and more accepting place for all.

We can help with referrals for mental, physical, and reproductive health, transgender related services, legal, parenting and foster parenting resources, and more.

We often find that people's needs are complex and resource navigation is best accomplished through conversation. Give us a call to help best connect you to affirming services. We are knowledgeable of local and non-local LGBTQ+ resources and happy to help!

- **Online Support Groups offered through NCOP: (530) 949-6267**

For Zoom links go to: [www.norcaloutreach.org](http://www.norcaloutreach.org)

**Tea Time** is a support group for LGBTQIA+ Adults 18+. Mondays 7:30-8:30 p.m.

**Gender Quest** is a peer support group for transgender, gender variant, and gender questioning adults 18+. Join us every Thursday 7:00-8:00 PM.

**Parents and Allies** – Monday's 6:00 – 7:00pm on Zoom

**Cool Kids Club** (LGBTQIA+ Adults 50+) – First Wednesday of the Month from 6:00pm – 7:00pm.

**STRIPES Middle School – Thursday's 6:00pm – 7:00pm** (STRIPES - An online space for LGBTQ+ youth ages 11-13 to connect with their peers and get support in Shasta and surrounding counties). RSVP to get the link.

**Prism**-Support for LGBTQ+ Youth 13 – 18- Wednesdays at 6p—RSVP to get the link.

**Love & Tolerance AA**—Adult's meeting on Tuesdays from 6-30p-7:30p

**Pride Planning-Pride Committee Meeting**—Meets Monthly on Fridays from 6p-8p

Join us in planning for this year's Pride celebration.



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- **Wolfpack Club House: (530) 230-9660**

[www.wolfpackclubhouse.com](http://www.wolfpackclubhouse.com)

Email: [wolfpackfriends@hotmail.com](mailto:wolfpackfriends@hotmail.com)

Wolfpack Clubhouse is a non-profit corporation, which strives to enrich & empower the lives of lesbian women, LGBTQ+ & beyond through healthy events, art therapy & support groups, inclusive community workshops & youth programs to facilitate hope. Wolfpack is a lesbian group of women who have fun & support one another, our youth & the community through leadership, workshops, support groups, art therapy, activities & events.

## Local LGBTQ+ Affirming Mental Health Resources

Emergency Services: Call 911 or go to Emergency Room (Shasta County Regional Center)

- **Crisis Residential & Recovery Center: (530) 225-5972**

This center provides short term respite for mentally disabled adults who have become suicidal, critically depressed or otherwise psychiatrically incapacitated. The center serves as a social rehabilitation facility, and services avert the need for hospitalization. Stays are voluntary for up to 30 days. Services include: daily groups focused on wellness and recovery, coping skills, medication treatment, education, daily living activities, peer support, and other topics as needed. Hours: Always Open. Referral through Shasta County Mental Health Outpatient.

- **Hill Country CARE Center: (530) 691-4446**

[www.hillcountryclinic.org](http://www.hillcountryclinic.org)

Accepts all types of insurance. Can help deescalate the person in crisis and develop a plan for long term treatment. Mental health clinicians, social workers, and peer support on site. Hosts AA and NA groups-Shasta NAMI Chapter-Open 365 days a year. M-F Noon-9 p.m. Weekends and Holidays 11 a.m.-9 p.m.

- **Mobile Crisis Outreach Team: (530) 238-7133 (Urgent Response)**

**(530) 238-7134** The Hill Country Mobile Crisis Outreach Team (MCOT) provides on-the-spot urgent mental health services to people suffering severe mental illness. MCOT will respond to crisis situations in many locations within the Shasta County area, from people's homes to the streets. Most crisis situations when safety is not an issue. The team can help with: Suicidal talk or behavior, bizarre, manic or psychotic behavior, extreme anxiety or panic, severe depression or hopelessness, Initiating hospitalization (5150) when appropriate. M-F 8:30a-7p. When calling to activate the team please be prepared with the following information: Your name and phone number, name, date of birth, and location of the person of concern, a description of the person and situation, current risks and any other important information.



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- **Shasta County Peer Partners: (530) 225-3802**

Peer Support Specialists are people who live with mental illness or who have a loved one with mental illness they have supported through the process and have learned how to get well and stay well. They bring with them the insight they've gained from their personal journeys with mental health recovery. They provide support to clients in several different settings, including affordable housing, such as The Woodlands, board and care homes such as Le Brun, Sail House, Gilmore House, RidgeView, the Crisis Residential Recovery Center and local inpatient psychiatric facilities like Restpadd and Shasta Regional Medical Center's Center for Behavioral Health. M-F 8am-5pm.

- **Sunrise Mountain Wellness Center-Kings View: (530) 440-4097**

18 yrs. and older mental health wellness center serving Shasta County. Sunrise Mountain Wellness Center offers a wide array of recovery and resiliency-focused services in a lively and supportive environment, tailored to individuals who are actively pursuing their wellness journey. M-F 8a-5p.

[www.kingsview.org](http://www.kingsview.org)

## Local HIV Support and Health Care Services

- **Caring Choices: (530) 899-3873**

[www.caring-choices.org](http://www.caring-choices.org)

Caring Choices offers HIV Programs to provide those affected by HIV/AIDS multiple levels of assistance through case management and direct assistance. Services provided include: AIDS Drug Assistance Program (ADAP) —provides medications at no cost for eligible individuals, HIV Care Program (HCP)—provides case management by Registered Nurses and Social Workers to assist with medical, social, financial and emotional aspects of living with HIV/AIDS, Housing Assistance for People with AIDS (HOPWA), AIDS Medi-Cal Waiver Program

- **Shasta Community Health Center (EIS Program): (530) 246-5710**

[www.shastahealth.org](http://www.shastahealth.org)

The Early Intervention Services Program connects people living with HIV/AIDS to medical care. The Ryan White Part C grant provides funding for those who do not have health insurance, have insufficient insurance, or limited financial resources. Other services include: HIV/AIDS counseling, risk reduction counseling, case management, and patient education. We assist with referrals to services such as dental, nutrition, and mental health as well as referrals to medication assistance program, food programs, support groups and much more.

**Contact: Amoreena Maus-Bradford (530) 246-5852**



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## HIV Testing

- SCHC EIS Department (530) 246-5852
- Caring Choices: (530) 899-3873
- Planned Parenthood: (530) 351-7100
- Women's Health Specialists: (530) 221-0193

## Transgender Services

- **Shasta Community Health Center Transgender Medical Services: (530) 229-5152**  
Offers medical, mental health and case management  
[www.shastahealth.org](http://www.shastahealth.org)  
**Contact: Mandy Miner (530) 229-5152**
  
- **Planned Parenthood, Redding: (530) 351-7100**  
2935 Bechelli Ln., Suite A & C, Redding, CA 96002  
[www.plannedparenthood.org](http://www.plannedparenthood.org)  
Center offers education, resources, and referrals in addition to the following health care services:
  - Abortion
  - Birth Control
  - HIV Services
  - Men's Health Care
  - Emergency Contraception
  - Pregnancy Testing & Services
  - STD Testing, Treatment & Vaccines
  - Women's Health Care
  - Transgender Resources

## Addiction Recovery

- **Empire Recovery Center** (administration is very supportive and has had LGBTQ+ training): (530) 243-7470. Substance use treatment.  
[www.empirerecoverycenter.org](http://www.empirerecoverycenter.org)
- **Love & Tolerance AA:** Adult's meeting on Tuesdays from 6-30p-7:30p.  
Visit [www.norcaloutreach.org](http://www.norcaloutreach.org) for more information.

## LGBTQ+ Food Resources

- **NorCal OUTreach Project-Food Pantry:** The NorCal OUTreach Food Pantry was established in 2020 to help our LGBTQ+ community with the threat of food insecurity during the Covid-19 pandemic. What began as just a few recipients continues to grow monthly. With partnership from other local non-profits, we are to supply our community members with non-perishable foods as well as fresh, in season foods. The Food Pantry pick up days are the third Saturday of every month, from 11am to 1pm at our center in Redding, however anyone experiencing for insecurities or personal necessities can contact our office and schedule a pick-up when it is needed most.
- **Shasta HIV Food Bank:** Monthly Food support for people living with HIV in Shasta County. Please contact David Wharton at (530) 242-5898. See us on Facebook!



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## LGBTQ+ Clothing Closet

- **NorCal OUTreach Project – LGBTQ+ Community Center: (530) 949-6267**  
2553 Victor Ave., Suite A, Redding, California 96002  
<https://norcaloutreach.org/>  
Email: [info@norcaloutreach.org](mailto:info@norcaloutreach.org)  
Face Book: <https://www.facebook.com/norcaloutreach/>

## LGBTQ+ Legal Resources

- **Legal Services of Northern California: (530) 241-3565 / (800) 822-9687**  
[www.lsn.net/office/redding](http://www.lsn.net/office/redding)  
Legal Services of Northern California serves 23 counties in Northern California with eight office locations in Sacramento, Auburn, Chico, Eureka, Redding, Ukiah, Vallejo, and Woodland. LSNC's Redding office provides free assistance with housing, economic security, accessing health care, guardianship, civil rights, and education issues to low-income individuals and seniors. Inquire about expungement workshops (offered a few times a year). *They do **NOT** do family law or criminal law.*  
**If it is LGBTQ+ related, ask for Sarah Fielding**



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## General Resources – Shasta County and Surrounding Areas

### Shasta County Resource Assistance

- **2-1-1 Shasta:** General Directory of Resources  
Text your **zip code** to **898211**--Call **2-1-1** to connect with a call specialist for personalized service any time, day, or night. (callers from out of county or TTY users may dial (855) 211-7822).  
[www.211norcal.org/shasta](http://www.211norcal.org/shasta)

### Other Mental Health Resources

Emergency Services: Call 911 or go to Emergency Room (Shasta County Regional Center)

#### (Non-Urgent Mental Health Support Resources)

- Shasta Community Health Center Behavioral Health: (530) 246-5710
- Shasta County Mental Health: (530) 225-5252
- Mental Health America of Northern CA: (916) 557-1167  
1908 O Street, Sacramento, CA 95811  
[www.mhac.org](http://www.mhac.org)  
Serves: All communities in Northern California

### Talk Lines/Warm Lines/Hot Lines

- **The Peer-Run Warm Line: 855-845-7415**  
A non-emergency resource for anyone in California seeking mental and emotional support. Providing assistance via phone and web chat on a nondiscriminatory basis to anyone in need.
- **Northern Valley Talk Line: 855- 582-5554**  
A Peer Run warm line for peer support in NorCal Area.

### Physical Health Wellness/Medical

- **Circle of Friends Wellness Center-Hill Country- Burney:** (530) 335-4222  
[www.facebook.com/burneycof](http://www.facebook.com/burneycof)
- **Hill Country Health and Wellness non-crisis:** (530) 337-5750  
[www.hillcountryclinic.org](http://www.hillcountryclinic.org)  
Preventative Care, Women's Health, Men's Health, Well Child Care, Senior Care, Family Planning, Sports Physicals, Medication Management, Accidents and Acute Illness, Podiatry Referrals to Specialists, Diabetic Education



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- **Shasta Community Health Center: (530) 246-5710**

[www.shastahealth.org](http://www.shastahealth.org)

Shasta Community Health Center is a non-profit primary health care system.

Services offered:

- Dental
- Gender Health Services
- Healthcare
- Health Education
- HIV Early Intervention Services
- Hope
- Integrated Substance Abuse Program (ISAP)
- Interpreters
- Maternity
- Residency
- Shasta Health Connect
- Telemedicine
- Urgent Care
- Vision
- Youth Outreach

- **Planned Parenthood, Redding: (530) 351-7100**

2935 Bechelli Ln., Suite A & C, Redding, CA 96002

[www.plannedparenthood.org](http://www.plannedparenthood.org)

Center offers education, resources, and referrals in addition to the following health care services:

- Abortion
- Birth Control
- HIV Services
- Men's Health Care
- Emergency Contraception
- Pregnancy Testing & Services
- STD Testing, Treatment & Vaccines
- Women's Health Care
- Transgender Resources

- **Women's Health Specialists: (530) 221-0193**

Women's Health Specialists, a Feminist Women's Health Center, offers services for people of all genders, expressions, and identities. We provide services in a sensitive, respectful, and nonjudgmental atmosphere, regardless of sexual orientation, or gender identification and status.

- Abortion
- Adoption
- Annual Exams
- Birth Control
- Educational Programs
- HIV Testing
- Pregnancy Tests
- Sexually Transmitted Infections
- UTI Testing and Treatment
- Well Woman Care



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## Financial Resources

### Home Energy Assistance Programs

- **PG&E 24-Hour Power Outage Information Center: (800) 743-5002**  
Pacific Gas and Electric Company residential customers will receive the California Climate Credit on their bills during the April billing cycle: [PG&E News Release 4.2.20](#).  
Moratorium on service disconnections for non-payment: [PG&E News Release 3.12.20](#).
- **Redding Electric Utility: (530) 339-7200**  
[www.cityofredding.org/assistance](http://www.cityofredding.org/assistance)  
Residential customers may be eligible for up to a \$300 bill credit on their residential utility account through our Community Assistance for Redding Electric Service (CARES) program if the electric service at the home is provided by Redding Electric Utility (REU). If you, your staff or family's finances have suffered financial hardship due to this Covid-19 economic crisis, REU may credit the electric portion of your City of Redding utility bill up to \$300. CARES is typically available only to income-qualified customers, and the offer is limited to once in twelve months.
- **Self-Help Home Improvement Project: (530) 378-6900**  
3777 Meadow View Dr #100, Redding, CA 96002 [www.shhip.org](http://www.shhip.org)  
SHHIP coordinates two energy bill assistance programs for low-income Shasta and Tehama county residents.

### Intimate Partner Violence/Sexual Assault

- **One Safe Place: (530) 244-0118**  
[www.ospshasta.org](http://www.ospshasta.org)  
ONE SAFE PLACE provides legal services, safety, and emotional support to intimate partners, children, and seniors affected by domestic violence and sexual assault.  
Services:
  - Case Management
  - Crisis Counseling
  - Emergency Financial Assistance
  - Emergency Shelter
  - Food and Clothing Assistance
  - Legal Assistance
  - Parenting & Relationship Education
  - Prevention Education
  - Referral to Law Enforcement & Medical Providers
  - Support Groups
  - Tribal Services (referrals)
  - Victim Advocacy
- **Victim Services (District Attorney's Office): (530) 225-5220**

### Seniors

- **PSA2 Area Agency on Aging: (800) 510-2020**

## LGBTQ+ Resources – California

*The resources below are organizations based in California that serve LGBTQ people throughout the state.*

- **California LGBTQ Health and Human NETWORK: (916) 467-0923**  
1127 11<sup>th</sup> Street, Suite 925, Sacramento, CA 95814  
[www.californialgbtqhealth.org](http://www.californialgbtqhealth.org)
- **California Commission on Aging: (916) 419.759**  
1300 National Drive, Suite 173, Sacramento, CA 95834  
[www.ccoa.ca.gov](http://www.ccoa.ca.gov)  
Serves: The senior community in California
- **California Hispanic Resource Council: (916) 451-7151**  
[www.chrcsacramento.org](http://www.chrcsacramento.org)  
to assist the Spanish-speaking population by educating the public about consumer fraud awareness, immigration and citizenship, and referrals to other government or community services.
- **California Maternal, Child and Adolescent Health: (866) 241-0395**  
Maternal, Child and Adolescent Health Division  
1615 Capitol Ave., Suite 73.560, Sacramento, CA 95814  
[www.cdph.ca.gov](http://www.cdph.ca.gov)  
Serves: Women, infants, and children throughout the state
- **California Partnership to End Domestic Violence: (916) 444-7163**  
[www.cpedv.org](http://www.cpedv.org)  
Serves: All victims of domestic violence
- **The California Wellness Foundation: (818) 702-1900**  
City National Plaza, 515 S. Flower Street, Suite 1100, Los Angeles, CA 90071  
[www.calwellness.org](http://www.calwellness.org)  
Serves: All Californians
- **Equality California: (323) 848-9801**  
3701 Wilshire Blvd., Suite 725, Los Angeles, CA 90010  
[www.eqca.org](http://www.eqca.org)  
Serves: LGBTQ people and allies in California and brings their voices to institutions of power in California
- **Housing California: (916) 447-0503**  
1107 9<sup>th</sup> Street, Suite 560, Sacramento, CA 95814  
[www.housingca.org](http://www.housingca.org)  
Serves: The entire population of California

## National LGBTQ+ Resources

### Talk Lines/Warm Lines/Hot Lines

- **Trevor Project Lifeline: (866) 488-7386 OR text START to 678-678**
- **Trans Lifeline: (877) 565-8860**
- **National Suicide Prevention Lifeline: 800-273-8255**
- **The Peer-Run Warm Line: 855-845-7415**  
A non-emergency resource for anyone in California seeking mental and emotional support. Providing assistance via phone and web chat on a nondiscriminatory basis to anyone in need.

### Other Resources

- **CenterLink:** [www.lgbtcenters.org](http://www.lgbtcenters.org)  
CenterLink was founded in 1994 as a member-based coalition to support the development of strong, sustainable, LGBTQ community centers. A fundamental goal of CenterLink's work is to strengthen, support, and connect LGBTQ community centers, and to help build the capacity of these centers to address the social, cultural, health, and political advocacy needs of LGBTQ community members across the country. CenterLink plays a vital role in addressing the challenges centers face by helping them to improve their organizational and service delivery capacity, access public resources, and engage their regional communities in grassroots social justice movements.
- **Gay, Lesbian & Straight Education Network (GLSEN):** [www.glsen.org](http://www.glsen.org)  
As GLSEN was founded by a group of teachers in 1990, we knew that educators play key roles in creating affirming learning environments for LGBTQ youth. But as well as activating supportive educators, we believe in centering and uplifting student-led movements, which have powered initiatives like the Day of Silence, Ally Week, and more.
- **GLAAD:** [www.glaad.org](http://www.glaad.org)  
GLAAD rewrites the script for LGBTQ acceptance. As a dynamic media force, GLAAD tackles tough issues to shape the narrative and provoke dialogue that leads to cultural change. GLAAD protects all that has been accomplished and creates a world where everyone can live the life they love.
- **Human Rights Campaign:** [www.hrc.org](http://www.hrc.org)  
Since 1980, we have led the way in fighting for LGBTQ equality and inclusion.



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- **Lambda Legal:** [www.lambdalegal.org](http://www.lambdalegal.org)  
Founded in 1973, Lambda Legal is the oldest and largest national legal organization whose mission is to achieve full recognition of the civil rights of lesbians, gay men, bisexuals, transgender people, and everyone living with HIV through impact litigation, education, and public policy work.
- **The Trevor Project: 1 (866) 488-7389**  
PO Box 69232, West Hollywood, CA 90069  
[www.thetrevorproject.org](http://www.thetrevorproject.org)  
Email: [info@thetrevorproject.org](mailto:info@thetrevorproject.org)  
Serves: The LGBTQ community and youth in California
- **The National Alliance on Mental Illness:** [www.nami.org](http://www.nami.org)  
NAMI has put together a guide to answer questions about the intersection of COVID-19, and people affected by mental illness, their caregivers and loved ones. In it, you will find FAQs on a variety of topics from managing anxiety and social isolation to accessing health care and medications.
- **American Civil Liberties Union (ACLU): (415) 621-2493**  
39 Drumm Street, San Francisco, CA 94111  
[www.aclunc.org](http://www.aclunc.org)
- **Transgender Law Center:** (510) 587-9696  
Collect line for people in prison and detention: (510) 380-8229  
PO Box 70976. Oakland, CA 94612-0976  
[www.transgenderlawcenter.org](http://www.transgenderlawcenter.org)
- **The Williams Institute:** <https://williamsinstitute.law.ucla.edu/>  
The Williams Institute is the leading research center on sexual orientation and gender identity law and public policy. We ensure that facts — not stereotypes — inform laws, policies, and judicial decisions that affect the LGBT community.