# GENDER AFFIRMING CARE

Welcome to your Student Health and Counseling Center! We provide affirmative and welcoming healthcare services for our Fresno State students who are transgender and gender-diverse (TGD). This includes both mental health and medical care.

## MENTAL HEALTH

A safe place for you to express your thoughts, feelings and concerns.



Bryan Van Ravenhorst, ASW
He/Him/His
Counselor and LGBTQ+ Liaison

Mr. Van Ravenhorst is available by appointment by calling 559.278.2734.

# **MEDICAL CARE**

Gender affirming hormone therapy.



Dr. Huong "Jil" Nguyen, M.D.

She/Her/Hers Endocrinologist

Dr. Nguyen holds office hours twice a month. Appointments can be made with her through MyBulldogHealth or by phone at 559.278.2734.



# TRANSGENDER AND GENDER-DIVERSE (TGD) RESOURCES

### **ON CAMPUS**

#### **OFF CAMPUS**

#### **OUTspoken**

Curious about therapy or gender-affirming care? Looking for support with a problem or connections to resources? Drop-in to have a private and anonymous conversation with an LGBTQ+ affirming mental health professional. No appointment necessary.

Thomas Administration Building, Room 109B Wednesdays, 1 to 3 p.m.

#### **Cross Culture and Gender Center (CCGC)**

A safe and welcoming environment for the Fresno State community. Fosters meaningful dialogue and activism that works to eliminate racism, sexism, heterosexism, and other forms of oppression.

Thomas Administration Building, Room110A M-F 8 a.m. to 5 p.m. 559.278.4435 ccgclgbtq@mail.fresnostate.edu ccgcgender@mail.fresnostate.edu

#### **Q** Closet

FREE clothing to trans, gender-nonconforming folks, and anyone else who might need it. The clothing closet opens during scheduled pop-up shops.

Thomas Administration Building, Room 110 equity.fresnostate.edu/ccgc @fresnostateccgc

#### **True Colors**

A safe space for LGBTQ+ identifying individuals to listen and talk with others about life, intersectionality, relationships, identity, exploration, shared experiences, and other mental health concerns related to queerness.

Fridays, 11 a.m. Student Health and Counseling Center

#### **United Student Pride**

On-campus student organization offering activities and opportunities for involvement both educationally and socially.

@fresnostateusp fresnostateusp@gmail.com

#### **Trans-E-Motion**

Provides support, advocacy, and education for the transgender community and allies. Includes annual Transgender Day of Visibility, Transgender Day of Remembrance, monthly support groups, and educational workshops/presentations to the professional, academic and allied communities.

Transemotion.com

PO Box 1767, Clovis, CA 93616

@trans\_e\_motion

- RentalReliefFund
- FreeGaffs/tuckingunderwear
- PackerProgram/prosthetic packers and boxers
- FreeChestBInders

#### **PFLAGFresno**

Nation's largest organization dedicated to supporting, educating and advocating for LGBTQ+ people and those who love them.

pflagfresno.org 559.434.6540 @pflag\_fresno

#### **LGBTQ+ Resource Center**

Resources for all ages.

1252 Fulton Street, Downtown Fresno 559.325.4527 10 a.m. to 5 p.m. @fresnoeoc.lgbtq

#### Planned Parenthood Gender-Affirming Care

Fulton Street Health Center offers Gender-Affirming Care.

650 N. Fulton Street, Fresno, CA 93662 559.488.4900 plannedparenthood.org