

Help for Coping with Social Isolation

Though the evolving health situation is unpredictable, we wanted to reach out to let you know that Gender Spectrum is here for you. Staying connected and providing spaces for you to connect with others is our foundation, and has never been more important than now. Whatever it takes, we will get through this together.

While our Bay Area and remote staff are all affected by local “social isolation” restrictions due to Covid-19 (coronavirus), we want to assure you that we are committed to maintaining our schedule for Gender Spectrum’s online groups and programs. For four years our online groups have provided safe spaces for teens, pre-teens and adults. We know that many of you and your children and teens are home from school or work, and more than ever need connection and community. We understand that our online resources are now more vital than ever.

Use the links below to find the schedules and registration forms for our upcoming groups for adults and youth, our upcoming Instagram Live gender Q&A, and our upcoming webinar on gender understanding for parents, family and friends.

Gender Spectrum Resources

We use Zoom teleconferencing for our online webinars and groups. See an update on our security measures [here](#).

Recording: Webinar on Online Spaces for LGBTQ+ Youth, Families and Professionals: We know that many organizations that provide support and services to LGBTQ+ youth and families have been temporarily transitioning to online work. On Wednesday, March 25 we hosted a webinar on “**Creating Online Spaces for LGBTQ+ Groups**” to share some best practices and advice we have learned over the years of hosting our Online Groups for trans, Non-binary & gender expansive youth, families and professionals. [Fill out this brief form](#) to see the recording of the webinar.

[Online Pre-Teen Group](#)

[Online Teen Group](#)

[Instagram Live: Gender Q&A](#): monthly, dates TBA (see a recording [here](#))

[Online Group for Asian-Pacific Islander \(API\) Parents, Relatives and Caregivers Raising Gender Diverse Children and Teens](#)

[Online Grandparents Group](#)

[Online National Parents Group](#)

Grupo de padres en Español (Spanish Language Parent Support Group): Si desea unirse al grupo de apoyo mediante llamada mensual, o si tiene alguna pregunta, por favor contáctenos a espanol@genderspectrum.org

[Online Facilitator Support Group](#)

[Webinar: Understanding Gender for Parents, Families, and Friends](#) (June 1)

An article for educators, “**[Supporting Gender Expansive Students in the Time of Covid-19.](#)**”

We also have a wealth of online programs on our **[YouTube channel](#)**, and we post regular updates on **[Instagram](#)**, **[Facebook](#)** and **[Twitter](#)**.

Resources from Other Organizations

Below are links to trusted health groups with Covid-19 information. Check back regularly to the links below for updates and the current status of health organization’s recommendations.

Covid-19 General Health Information

The following health organizations have up-to-date general health information on Covid-19.

[Centers for Disease Control \(CDC\) Covid-19 general information web page](#)

[World Health Organization Covid-19 web page](#)

In California and the Bay Area:

[California Department of Public Health Covid-19 web page](#)

[San Francisco Department of Public Health Covid-19 web page](#)

For your local health information and updates, you can **[search here](#)** for your city, county, tribal organization and/or state health department for updates.

The National Alliance on mental Illness (NAMI) has **[updates on coronavirus](#)** and an extensive **[Resources and Information Guide](#)** for youth and adults dealing with anxiety or other mental health issues. Also, the Canadian Centre for Addiction and Mental Health has **[this guide](#)** with mental health resources during the Covid-19 pandemic.

The Greater Good Science Center at UC Berkeley has this **[Guide to Well-Being During Coronavirus](#)** with tips for self-care, parenting, staying close and more.

Health Resources for Transgender and Gender-Expansive Youth and Their Families

[The Trevor Project](#) has 24/7 help via chat, text, or phone for LGBTQ+ youth in crisis.

The CDC has a **[directory of LGBT Health Clinics](#)** (by state and county) with links for LGBT Hotlines and Referral Services.

The National Center for Transgender Equality has an excellent list of resources on

[“Coronavirus \(Covid-19\): What Trans People Need to Know.”](#)

The National LGBT Cancer Network has a web page on **[What LGBTQ+ People Need to Know](#)** about coronavirus.

The GLMA: Health Professionals Advancing LGBTQ Equality (previously known as the Gay & Lesbian Medical Association) authored **[an open letter](#)** signed by 100+ organizations on “Coronavirus and the LGBTQ+ Communities” with links including the latest CDC resources for health professionals, the public, and more. Share this letter with your healthcare provider, especially if you feel you are not receiving adequate attention.

In the Bay Area, the San Francisco Office of Transgender Initiatives has **[this statement](#)** with links to resources for trans health care during the Covid-19 outbreak. Also the SF LGBT Center has updates on the status of their current programs **[here](#)**.

Parenting and Coronavirus

NPR has **[an article](#)** and for parents with younger kids, **[this online comic](#)** on talking to your kids about the virus.

Seattle Children’s Hospital has an article on “**[Helping Children and Teens Cope with Anxiety About COVID-19](#)**,” with links to more resources.

The National Childhood Traumatic Stress Network has this **[Guide to Helping Families Cope With the Coronavirus Disease](#)**.

The CDC has a **[parenting FAQs about coronavirus](#)**.

Social Media on Coronavirus and Gender

[Point of Pride](#) has **[this Instagram post](#)** with a great graphic giving information on chest binding and Covid-19. Follow them for more updates.

The **[Center for Anti-Violence Education](#)** has **[this Instagram post](#)** on racism, xenophobia and Covid-19. Follow them for more updates.

Follow and/or join the Facebook group **[LGBTI Covid 19 Response](#)** for resources and updates.

The BBC’s **[Validation Station](#)** is a text-messaging service that sends a dose of daily positivity to trans and non-binary people. Read more about it in **[this Pink News](#)** report.

Americans for the Arts has a great **[Covid 19 Resource and Response Center](#)**.