Why are transgender support groups important?

Trans support groups are vital in offering a safe and affirming space where trans+ people can connect, share experiences, and find community. These groups provide essential emotional support and practical resources, helping members navigate the unique challenges they face, such as discrimination, mental health issues, and access to housing and employment. By fostering a sense of belonging, understanding, community, and empowerment, trans support groups not only help individuals rebuild their lives but also advocate for their rights, creating pathways toward stability and resilience in the face of systemic barriers.

Who We Are

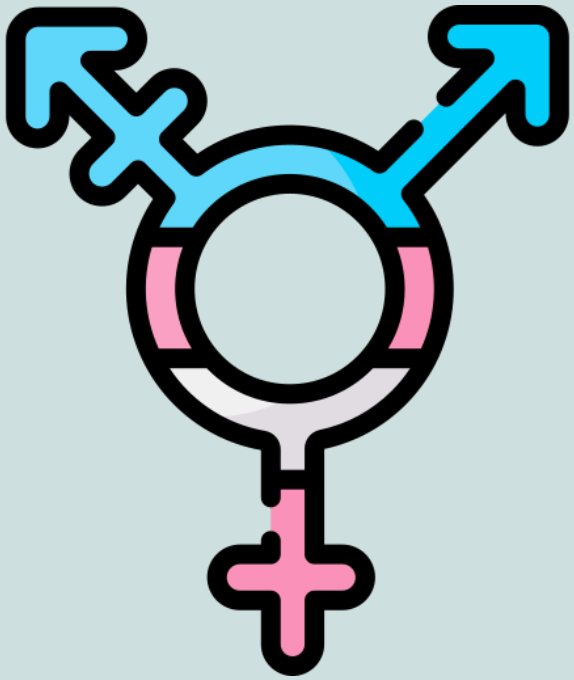
Center For Health Justice

900 Avila St, Ste 102 & 301,
Los Angeles, CA 90013

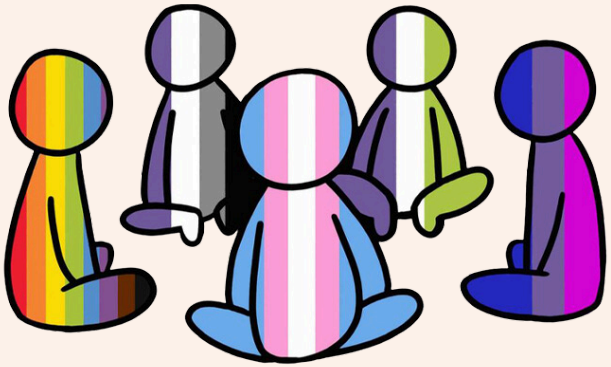
Drop in hours: 9:00am-4:00pm
Monday-Friday

(213) 229-0985
info@chjla.org
www.chjla.org

Center for
HealthJustice



Transgender Support Groups



List of Trans Support Groups

Hollywood: Bienestar - Transgeneros Unidas
Spanish speaking peer support group for transgender women
Wednesdays: 3:00pm-5:00pm
4956 W. Sunset Blvd. Los Angeles, CA 90027
(866) 590-6411 or info@bienestar.org

Hollywood: LA LGBT Center - Club Intersex
Support group for intersex individuals
1st & 3rd Thurs/month: 6:00pm-7:30pm
McDonald/Wright Building, 1625 Schrader Blvd, Los Angeles, CA 90028
(323) 993-7500 or nsims@lalgbtcenter.org

Koreatown: Trans Wellness Center - TransAction
Support group for trans women at any stage in transition
Mon, Wed, Fri: 1:00pm-?
3055 Wilshire Blvd, Suite 360, Los Angeles, CA 90010
(323) 993-2900 or transwellness@lalgbtcenter.org

Long Beach: Bienestar - Transgeneros Unidas
Spanish speaking peer support group for transgender women
Thursdays: 4:00pm-6:00pm
2690 Pacific Ave #300Long Beach, CA 90806
(866) 590-6411 or info@bienestar.org

Online: LGBT Community Center - Young Adult Transgender Support Group
Support group for trans folk between 18-29
1st & 3rd Tues/month: 6:30pm-8:00pm EST
info@loftgaycenter.org or (914) 948-2932 ext. 13, register at https://docs.google.com/forms/d/e/1FAIpQLScX0NHC7LkYZzi0Nh6_f4WQqd4wZHrNRkqlViYSXr-IG8VHIQ/viewform

Online: LGBT Community Center - Transgender Peer Support Group
Support group for trans/intersex individuals
1st & 3rd Sun/month and 2nd & 4th Sat/month: 4:00pm-5:30 pm and 5:30pm-7:00pm EST
info@loftgaycenter.org or (914) 948-2932 ext. 13, register at https://docs.google.com/forms/d/e/1FAIpQLScX0NHC7LkYZzi0Nh6_f4WQqd4wZHrNRkqlViYSXr-IG8VHIQ/viewform

Online: The Center LGBTQ Community of the Desert - Trans Tuesdays
Peer support group for trans individuals
1st & 3rd Tues/month: 6:30pm-7:30pm
jill@thecentercv.org

Online: The Center LGBTQ Community of the Desert - Fierce Femmes
Peer support group for trans feminine individuals
2nd & 4th Tues/month: 6:30pm-7:30pm
esther@thecentercv.org

Pomona: Bienestar - Transgeneros Unidas
Spanish speaking peer support group for transgender women
Tuesdays: 5:00pm-7:00pm
182 E. Mission Blvd Pomona, CA 91766
(866) 590-6411 or or info@bienestar.org

South LA: Bienestar - Transgeneros Unidas
Spanish speaking peer support group for transgender women
Mondays: 3:00pm-5:00pm
5326 E. Beverly Blvd Los Angeles, CA 90022
(866) 590-6411 or info@bienestar.org

Van Nuys: Somos Familia Valle - TGI Support Group
Support group for trans, gender diverse, and intersex individuals
3rd Mon/month: 7:00pm-9:00pm
12411 Sheldon St #3, Sun Valley, CA 91352
(818) 394-9377 or info@somosfamiliavalle.org