- <u>Wenatchee Pride</u>: Wenatchee Pride's mission is to empower and connect the North Central Washington LGBTQ+ community and its allies toward creating and maintaining a safe, inclusive, and equitable environment for all.
  - o <u>https://www.wenatcheepride.org/lgbtq-resources</u>
  - Contact at: pridewenatchee@gmail.com
- <u>PFLAG (Parents and Friends of Lesbians and Gays)</u>: PFLAG is the first and largest organization for LGBTQ+ people, their parents and families, and allies.
  - o <u>https://pflag.org/</u>
  - Contact Luz at luz.estrada@chs-wa.org if you would like to start a PFLAG chapter in Wenatchee.
- <u>GLSEN (the Gay, Lesbian & Straight Education Network)</u>: GLSEN works to ensure that LGBTQ students are able to learn and grow in a school environment free from bullying and harassment.
  - o <u>https://www.glsen.org/chapter/washington-state</u>
- <u>It Gets Better Project:</u> Organization with a mission to uplift, empower and connect LGBTQ+ youth around the globe.
  - o <u>https://itgetsbetter.org/</u>
- <u>The Trevor Project</u>: Trevor Project offers accredited life-saving, life-affirming programs and services to LGBTQ youth that create safe, accepting and inclusive environments over the phone, online and through text, and have a confidential helpline for youth.
  - LGBTQ+ youth confidential helpline: (866) 488-7386
  - <u>https://www.thetrevorproject.org/?gclid=EAIaIQobChMI6Nilqsrb7gIV1T2t</u> <u>Bh3xiw79EAAYASAAEgIgvfD\_BwE</u>
- <u>GLAAD</u>: GLAAD works through entertainment, news, and digital media to share stories from the LGBTQ community that accelerate acceptance and engage youth.
  - o <u>https://www.glaad.org/</u>
- Trans Lifeline: Trans Lifeline is a grassroots hotline and microgrants 501(c)(3) non-profit organization offering direct emotional and financial support to trans people in crisis for the trans community by the trans community.
  - o <u>https://translifeline.org/</u>
  - Lifeline: (877) 565-8860
- <u>YWCA North Central Washington</u>: YWCA North Central Washington is dedicated to eliminating racism, empowering women and promoting peace, justice, freedom and dignity for all. Our local vision is to empower women, men, and children to break the cycle of economic insecurity and homelessness and achieve self-sufficiency through assistance, support and education.
  - o <u>https://www.ywcancw.org/</u>
  - o Contact: (509) 662-3531

- <u>Planned Parenthood</u>: Health centers providing education, support, and sexual and reproductive health services for LGBTQ+ patients.
  - <u>https://www.plannedparenthood.org/health-</u> <u>center/washington/wenatchee/98801/wenatchee-health-center-4204-91850</u>
  - o Contact: (866) 904-7721
- <u>CVCH Columbia Valley Community Health Center:</u> We are committed to breaking down barriers and increasing access to vital health care services. Part of this commitment is centered around providing access to care for our LGBTQ+ community. Locations in Wenatchee, East Wenatchee, and Chelan.
  - o <u>https://cvch.org/welcome</u>
  - Contact: (509) 662-6000
- <u>Confluence Health</u>: At Confluence Health, we are dedicated to improving our patients' health by providing safe, high-quality care in a compassionate and cost-effective manner.
  - o <u>https://www.confluencehealth.org/</u>
  - Contact: (509) 663-8711
- Micah A. Vacatio (she/they)
  - Psychotherapist at confluence health that specializes in behavioral health, and Pride healthcare
  - o Contact (509) 436-4104 or Micah.Vacatio@confluencehealth.org
- Triple Point NCW, a support group for LGBTQ+ youth ages 12-18
  - Contact Luz at <u>luz.estrada@chs-wa.org</u> or call at (509) 607-6547