

Gay & Lesbian Couples

Counseling & Therapy Services:

Gay Couples Institute

877-424-1221

www.gaycouplesinstitute.org/index.htm

The Gay Couples Institute is a national organization dedicated to researching healthy gay relationships and providing the most proven counseling methods to gay men and women in relationships.

Seattle Counseling Service

(206) 323-1768

www.seattlecounseling.org

Seattle Counseling Service (SCS) is a great resource for counseling for gender or related issues. SCS was where Ingersoll got its start all those years ago and they are still doing great work. You can pay more but you will not find a finer organization with more caring and competent people than SCS!

Gottman Certified Therapists and Trainings

(206) 523-9042 ext. 1

www.gottman.com

Certified Gottman Therapists in Seattle and Bellevue who specialize in working with LGBT clients note this information in the therapists' bios on the website. In addition to therapy, The Gottman Institute's workshops for couples are open to and welcoming of same-sex couples. Scholarships for qualifying low-income couples are also available.

Schools

Safe Schools Coalition

(877) 723-3723

www.safeschoolscoalition.org

If your child is experiencing harassment or an unfriendly environment in school because of transgender identity or presentation or gender variant behavior or appearance, Safe Schools is there to help. They provide education, information, training and most of all advocacy and intervention when necessary. Safe Schools Coalition supports safe healthy schools, free from bullying for all LGBT youth and children.

Urgent Housing & Services

Downtown Emergency Services Center (DESC)

(206) 464-1570

www.desc.org

If you find yourself without a place to stay tonight or are in need of clinical or urgent services, DESC is a place you can turn. They have highly trained, competent and trans-friendly staff that will get you the help you need.

Legal

Lambda Legal

(213) 382-7600 ask for help desk

www.lambdalegal.org

Though they don't have a local office, Lambda Legal has been fighting the good fight on behalf of transgender people and the trans community for years. If they don't have the expertise nearby, they can find it for you. Give their hotline a call.

Peer Support

Washington Gender Alliance

(360) 445-2411

www.washingtongenderalliance.com

If you are North of Seattle and want to meet with the community and get support, if you can't make it into an Ingersoll meeting you can find that great friendly community you need close by with Washington Gender Alliance.

Gender Alliance of South Sound (G.A.S.S.)

www.southsoundgender.com

In Tacoma and points south, G.A.S.S. is the place to be to find a friendly community. They have a regular calendar of social and support events that will put you in touch with great people.

Seattle Bisexual Women's Network

www.geocities.com/SBWN/

Are a group of self-identified women from diverse backgrounds working to create a feminist bisexual support network. We promote, in both the heterosexual world and the lesbian, gay, transgender community, the understanding and acceptance of bisexuality as one of many valid sexual identities.

Gender Spectrum

(877) 809-4159

<http://genderspectrum.org>

Gender Spectrum provides training, consulting on gender variant and trans youth and children and provides opportunities for direct support for families with trans and gender variant youth.

Crisis Help & Health

Crisis Clinic

(866) 427-4747

www.crisisclinic.org

Lifelong Aids Alliance

(206) 328-8979

www.lifelongaidsalliance.org/

Counseling and support for LGBT individuals recently diagnosed with HIV or AIDS. Lifelong AIDS Alliance is committed to preventing the spread of HIV, and to providing practical support services and advocating for those whose lives are affected by HIV and AIDS. Specialize in advocacy, education, and resources.

LGBT Health (Public Health of Seattle & King County)

www.kingcounty.gov/healthservices/health.aspx

Provides LGBT health information and services.

Entre Hermanos

(206) 322-7700

www.entrehermanos.org

Entre Hermanos is a health and well-being organization for the Latino/a LGBT community. Provides support, develops leadership and strengthens Latino LGBT community in a supportive environment.

**Asian & Pacific Islander Women and Family Safety Center
Queer Network Program**

(206) 467-9976

www.apiwfsc.org/apiwfsc/queer_network.html

Strives to address and prevent intimate partner violence and to facilitate change within the community as a whole.

Bashert: The LGBT Initiative of the Jewish Federation of Greater Seattle

(206) 774-2218

www.jewishinseattle.org/JF/Connect/Bashert/Bashert.asp

Support and social activities for Jewish LGBT people. Bashert reaches out to lesbian, gay, bisexual, and transgender Jews in Greater Seattle in order to build a stronger, more inclusive Jewish community. This initiative creates opportunities for Jews to come together, celebrate, and explore their Jewish identities in a welcoming environment.