

# Resources for the LGBTQ Community in North Dakota & Beyond

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***Disclaimer:** The University of North Dakota does not endorse the listed organizations. This author has not vetted the listed organizations or contacted the majority of them. This handbook is intended to be a starting point for finding support and resources for LGBTQ North Dakotans. The handbook is comprised of resources for the LGBTQ community which are accessible via the internet*

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# 1. Helpful Definitions

From GLAAD Media Reference Guide – 9<sup>th</sup> Edition.

**Please note:** This information is subject to change (updated 4/26/21).

**For More Information:**

- <https://www.glaad.org/reference>
- <https://www.glaad.org/sites/default/files/GLAAD-Media-Reference-Guide-Tenth-Edition.pdf>
- [https://www.glaad.org/sites/default/files/allys-guide-to-terminology\\_1.pdf](https://www.glaad.org/sites/default/files/allys-guide-to-terminology_1.pdf)

## B. Sexual Orientation Definitions

*Information is subject to change (updated on 4/26/21)*

1. **Sexual Orientation** The scientifically accurate term for an individual's enduring physical, romantic and/ or emotional attraction to members of the same and/or opposite sex, including lesbian, gay, bisexual, and heterosexual (straight) orientations. Avoid the offensive term "sexual preference," which is used to suggest that being gay, lesbian, or bisexual is voluntary and therefore "curable." People need not have had specific sexual experiences to know their own sexual orientation; in fact, they need not have had any sexual experience at all. Gender identity and sexual orientation are not the same. Transgender people may be straight, lesbian, gay, bisexual, or queer. For example, a person who transitions from male to female and is attracted solely to men would typically identify as a straight woman.
2. **Asexual** An adjective used to describe people who do not experience sexual attraction (e.g., asexual person). A person can also be aromantic, meaning they do not experience romantic attraction. (For more information, visit [asexuality.org](http://asexuality.org)).
3. **Bisexual, Bi** A person who has the capacity to form enduring physical, romantic, and/ or emotional attractions to those of the same gender or to those of another gender. People may experience this attraction in differing ways and degrees over their lifetime. Bisexual people need not have had specific sexual experiences to be bisexual; in fact, they need not have had any sexual experience at all to identify as bisexual. Do not use a hyphen in the word "bisexual," and only capitalize bisexual when used at the beginning of a sentence.
4. **Gay** The adjective used to describe people whose enduring physical, romantic, and/or emotional attractions are to people of the same sex (e.g., gay man, gay people). Sometimes lesbian (n. or adj.) is the preferred term for women. Avoid identifying gay people as "homosexuals" an outdated term considered derogatory and offensive to many.
5. **Heterosexual** An adjective used to describe people whose enduring physical, romantic, and/ or emotional attraction is to people of the opposite sex. Also, straight.
6. **Lesbian** A woman whose enduring physical, romantic, and/or emotional attraction is to other women. Some lesbians may prefer to identify as gay (adj.) or as gay women. Avoid identifying lesbians as "homosexuals," a derogatory term.
7. **LGBTQ** Acronym for lesbian, gay, bisexual, transgender, and queer. Sometimes, when the Q is seen at the end of LGBT, it can also mean questioning. LGBT and/or GLBT are also often used. The term "gay community" should be avoided, as it does not accurately reflect the diversity of the community. Rather, LGBTQ community is preferred.
8. **Queer** An adjective used by some people, particularly younger people, whose sexual orientation is not exclusively heterosexual (e.g. queer person, queer woman). Typically, for those who identify as queer, the terms lesbian, gay, and bisexual are perceived to be too limiting and/or fraught with cultural connotations they feel don't apply to them. Some people may use queer, or more commonly genderqueer, to describe their gender identity and/or gender expression (see non-binary and/or genderqueer below). Once considered a pejorative term, queer has been reclaimed by some LGBT people to describe themselves; however, it is not a universally accepted term even within the LGBT community. When Q is seen at the end of LGBT, it typically means queer and, less often, questioning.

## C. Gender Identity Terms

*Information is subject to change (updated on 4/26/21)*

1. **Cisgender** A term used by some to describe people who are not transgender. "Cis-" is a Latin prefix meaning "on the same side as," and is therefore an antonym of "trans-." A more widely understood way to describe people who are not transgender is simply to say non-transgender people.
2. **Gender Confirmation Surgery (GCS).** Also called **Sex Reassignment Surgery (SRS).** Also called Refers to doctor-supervised surgical interventions, and is only one small part of transition (see transition above). Avoid the phrase "sex change operation." Do not refer to someone as being "pre-op" or "post-op." Not all transgender people choose to, or can afford to, undergo medical surgeries. Journalists should avoid overemphasizing the role of surgeries in the transition process.
3. **Gender Dysphoria** In 2013, the American Psychiatric Association released the fifth edition of the Diagnostic and Statistical Manual of Mental Disorders (DSM-V) which replaced the outdated entry "Gender Identity Disorder" with Gender Dysphoria, and changed the criteria for diagnosis. The necessity of a psychiatric diagnosis remains controversial, as both psychiatric and medical authorities recommend individualized medical treatment through hormones and/or surgeries to treat gender dysphoria. Some transgender advocates believe the inclusion of Gender Dysphoria in the DSM is necessary in order to advocate for health insurance that covers the medically necessary treatment recommended for transgender people.
4. **Gender Expression** External manifestations of gender, expressed through a person's name, pronouns, clothing, haircut, behavior, voice, and/or body characteristics. Society identifies these cues as masculine and feminine, although what is considered masculine or feminine changes over time and varies by culture. Typically, transgender people seek to align their gender expression with their gender identity, rather than the sex they were assigned at birth
5. **Gender Identity** A person's internal, deeply held sense of their gender. For transgender people, their own internal gender identity does not match the sex they were assigned at birth. Most people have a gender identity of man or woman (or boy or girl). For some people, their gender identity does not fit neatly into one of those two choices (see non-binary and/or genderqueer below.) Unlike gender expression (see below) gender identity is not visible to others.
6. **Gender Non-Conforming** A term used to describe some people whose gender expression is different from conventional expectations of masculinity and femininity. Please note that not all gender non-conforming people identify as transgender; nor are all transgender people gender non-conforming. Many people have gender expressions that are not entirely conventional – that fact alone does not make them transgender. Many transgender men and women have gender expressions that are conventionally masculine or feminine. Simply being transgender does not make someone gender non-conforming. The term is not a synonym for transgender or transsexual and should only be used if someone self identifies as gender non-conforming.
7. **Non-binary and/or genderqueer** Terms used by some people who experience their gender identity and/or gender expression as falling outside the categories of man and woman. They may define their gender as falling somewhere in between man and woman, or they may define it as wholly different from these terms. The term is not a synonym for transgender or transsexual and should only be used if someone self-identifies as non-binary and/or genderqueer.

8. **Transgender (adj.)** An umbrella term for people whose gender identity and/or gender expression differs from what is typically associated with the sex they were assigned at birth. People under the transgender umbrella may describe themselves using one or more of a wide variety of terms including transgender. Some of those terms are defined below. Use the descriptive term preferred by the person. Many transgender people are prescribed hormones by their doctors to bring their bodies into alignment with their gender identity. Some undergo surgery as well. But not all transgender people can or will take those steps, and a transgender identity is not dependent upon physical appearance or medical procedures.
9. **Transgender man** People who were assigned female at birth but identify and live as a man may use this term to describe themselves. They may shorten it to trans man. (Note: trans man, not "transman.") Some may also use FTM, an abbreviation for female-to-male. Some may prefer to simply be called men, without any modifier. It is best to ask which term a person prefers.
10. **Transgender woman** People who were assigned male at birth but identify and live as a woman may use this term to describe themselves. They may shorten it to trans woman. (Note: trans woman, not "transwoman.") Some may also use MTF, an abbreviation for male-to-female. Some may prefer to simply be called female, without any modifier. It is best to ask which term a person prefers.
11. **Transition** Altering one's birth sex is not a one-step procedure; it is a complex process that occurs over a long period of time. Transition can include some or all of the following personal, medical, and legal steps: telling one's family, friends, and co-workers; using a different name and new pronouns; dressing differently; changing one's name and/or sex on legal documents; hormone therapy; and possibly (though not always) one or more types of surgery. The exact steps involved in transition vary from person to person. Avoid the phrase "sex change."

## D. Biological Sex Terms

*Information is subject to change (updated on 4/26/21)*

1. **Intersex** An umbrella term describing people born with reproductive or sexual anatomy and/or a chromosome pattern that can't be classified as typically male or female. Those variations are also sometimes referred to as Differences of Sex Development (DSD.) Avoid the outdated and derogatory term "hermaphrodite." While some people can have an intersex condition and also identify as transgender, the two are separate and should not be conflated. (For more information, visit [interactyouth.org](http://interactyouth.org).)
2. **Sex** The classification of a person as male or female. At birth, infants are assigned a sex, usually based on the appearance of their external anatomy. (This is what is written on the birth certificate.) A person's sex, however, is actually a combination of bodily characteristics including: chromosomes, hormones, internal and external reproductive organs, and secondary sex characteristics.



## E. Terms Related to the Coming Out Process

*Information is subject to change (updated on 4/26/21)*

1. **Closeted** Describes a person who is not open about their sexual orientation. Better to simply refer to someone as "not out" about being LGBTQ. Some individuals may be out to some people in their life, but not out to others due to fear of rejection, harassment, violence, losing one's job, or other concerns.
2. **Coming Out** A lifelong process of self-acceptance. People forge a LGBTQ identity first to themselves and then they may reveal it to others. Publicly sharing one's identity may or may not be part of coming out.
3. **Openly Gay** Describes people who self-identify as gay in their personal, public, and/or professional lives. *Also openly lesbian, openly bisexual, openly transgender, openly queer.* While accurate and commonly used, the phrase still implies a confessional aspect to publicly acknowledging one's sexual orientation or gender identity.
4. **Out** A person who self-identifies as LGBTQ in their personal, public, and/or professional lives. For example: *Ricky Martin is an out pop star from Puerto Rico.* Preferred to *openly gay.*
5. **Outing** The act of publicly declaring (sometimes based on rumor and/or speculation) or revealing another person's sexual orientation or gender identity without that person's consent. Considered inappropriate by a large portion of the LGBTQ community.

## 2. Finding Supportive Community (by Location)

## A. Resources in Bismarck, North Dakota

*Information is subject to change (updated on 4/26/21)*



- 1. Dakota OutRight's Mission** is to serve the lesbian, gay, bisexual, transgender, queer, intersex, asexual (LGBTQIA) community of North Dakota with a focus in the capital city and surrounding areas by:
  - Increasing visibility
  - Providing resources and information
  - Advocating for equality
  - Creating safe spaces for connection, support, and celebration.

### **Contact Information:**

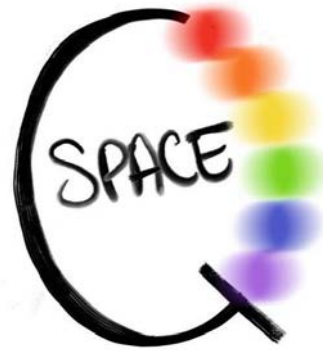
- **Website:** <http://dakotaoutright.org/>
- **Address:** PO Box 3064, Bismarck, ND 58502
- **Email:** [contactus@dakotaoutright.org](mailto:contactus@dakotaoutright.org)



- 2. PFLAG Bismarck.** PFLAG is the first and largest organization for lesbian, gay, bisexual, transgender, and queer (LGBTQ+) people, their parents and families, and allies. With over 400 chapters and 200,000 members and supporters crossing multiple generations of families in major urban centers, small cities, and rural areas across America, PFLAG is committed to creating a world where diversity is celebrated and all people are respected, valued, and affirmed. This vast grassroots network is cultivated, resourced, and serviced by the staff of PFLAG National, the National Board of Directors, and the all-volunteer Regional Directors Council.

**Contact Information for Bismarck Chapter:**

- Website: <https://pflag.org/chapter/pflag-bismarck>
- Facebook Group: <https://www.facebook.com/pflagbismarck>
- Email: [pflagbismarck@gmail.com](mailto:pflagbismarck@gmail.com)
- Phone: 701-415-5341



**3. Queerspace/QSpace** is a LGBTQ+ youth support group located in Bismarck, ND facilitated by Dakota OutRight board members and volunteers.

- Youth ages 12-18 are welcome to join the open group.
- The group meets from 4:30pm-5:30pm on the 2<sup>nd</sup> and 4<sup>th</sup> Friday of every month at the Bismarck Veteran's Memorial Public Library located at 515 N 5th St, Bismarck ND.

**Contact Information:**

- Website: <http://dakotaoutright.org/queerspace/>
- Facebook Group: <https://www.facebook.com/qspacebismarck/>
- Email: [queerspacedor@gmail.com](mailto:queerspacedor@gmail.com)

## B. Resources in Fargo, North Dakota

*Information is subject to change (updated on 4/26/21)*



## COMMUNITY UPLIFT PROGRAM

- 1. Community Uplift Program (CUP)** works in conjunction with community resources such as Opening Doors and Thrive (a Goldmark program) in establishing and maintaining housing; Vocational Rehab, Job Service, etc. to assist in employment; SMART Recovery, Refuge Recovery, Alcoholics Anonymous/Narcotics Anonymous, and other recovery services along your recovery journey. CUP also prides itself on assisting a diverse type of individuals, with an emphasis on LGBTQ+ and other minority groups.

### **Contact Information:**

- Website: <https://www.communityupliftprogram.org/>
- Email: [amy@communityupliftprogram.org](mailto:amy@communityupliftprogram.org)
- Facebook Group: <https://www.facebook.com/communityupliftprogram/>
- Instagram: cup\_uplift
- Phone: 701-532-0563
- Address: 616 Main Ave. Suite 2B, Fargo, ND 58103



2. **The Fargo-Moorhead Pride Collective and Community Center’s Mission** is to create a sense of community and promote education and social activities aimed at furthering the social and physical well-being and development of the LGBT community in the Red River Valley.

**About:** The Fargo-Moorhead Pride Collective and Community Center first opened in October of 2000, with the purpose of creating a safe and inclusive space for LGBTs of the area. The center strives to be openly accepting of everyone- gay, lesbian, questioning, transgender, bisexual, pansexual, ally, polyamorous and anyone else who is looking for a place to feel safe and supported.

**Activities:** During business hours, The Pride Collective and Community Center is open for drop-in support, activities and socialization. There is a movie library, board games and video games available. There is also a full library of books on a variety of topics available for check out.

**Contact Information:**

- Website: <https://www.fmpridecollective.org/>
- Email: [info@fmpridecollective.org](mailto:info@fmpridecollective.org)
- Phone: 218-287-8034
- Physical Address: 1105 First Avenue South, Fargo, ND 58103
- Mailing Address: PO Box 941, Fargo, ND 58107



3. **FM Pride** is a 100% volunteer run organization and has zero paid staff in any capacity and is operated by the FM Pride Planning Committee which has two main goals: to ensure the organization is on track with regard to meeting its goals, create short and long term strategic plans, fundraise to support the organization, budget as needed based on goals, and crafting policies in support of those goals and plans. They also are in charge of organizing, overseeing and carrying out all FM Pride events.

**Contact Information:**

- Website: <https://fmpride.com/>
- Physical Address: 1105 1st Ave S, Fargo, ND 58103
- Mailing Address: PO Box 941, Fargo, ND 58107





- 4. FtM Brotherhood:** Seeing a need in our community for FTM support, our group was created to offer friendship and NON-PROFESSIONAL assistance to those who contact us! You are not alone! We offer inclusive support for the FTM transgender community in the Fargo/Moorhead area! Our amazing peer group is here for you! Have questions or need NON-EMERGENCY assistance? Contact us to connect with the group!

**Contact Information:**

- Website: <https://ftmbrotherhoodfm.com/>
- Facebook Group: <https://www.facebook.com/Ftmfargomoorheadbrotherhood/>
- Email: [ftmbrotherhoodftm@gmail.com](mailto:ftmbrotherhoodftm@gmail.com)



5. **Fargo-Moorhead Gay Men's Chorus** is a group of Gay/Bi/Supportive men/male identified people aged Youth to Adult in the Fargo-Moorhead area, who love to sing and want to share their talents with the broader community, providing its members with an atmosphere of integrity, honesty and mutual respect. Our purpose is to use music to change the general public's image and attitude toward the gay community; to provide high quality choral performances; and to make the world a better place. New members are always welcome. It doesn't matter if they have a degree in Music Performance or if they have never sang in a choir, as long as they enjoy singing. Straight men are also welcome to join our group.

**Contact Information:**

- Website: <http://www.fmgaymenschorus.org/>
- Email: [info@fmgmc.org](mailto:info@fmgmc.org)
- Phone: 701-566-0289
- Main Office: 1104 2nd Ave S #319, Fargo, ND



6. **Harbor Health Clinic** was created in 2018 to address the gap in healthcare transgender individuals experience. The Main areas of focus for this clinic was to increase access to hormone therapy by using both an informed consent model and providing a sliding fee scale payment options for lower income trans folks. When we opened our doors we were the only clinic in 150 miles providing either informed consent or sliding fee scale services. We provided this service between 2018 and 2020, treating over 200 transgender individuals in the tri-state area.

The global pandemic of 2020, however, stop our ability to continue hosting this clinic. As we struggled to find ways to continue offering this service, we looked around into where our efforts would be the most beneficial.

Since our opening in 2018, we've had a number of other healthcare organizations start to provide both informed consent treatment and sliding fee scale opportunities. The goals we set out to accomplish with our clinic were starting to be met by the healthcare community at large. Given the instability caused by the pandemic and our original goals being met, we determined our efforts would be better suited to working with healthcare organizations across North Dakota to improve the infrastructure that already exists. In this regard, we set out to encourage more provides to start offering hormone therapy as part of standard care, for pediatricians to start screening for gender identity, and for all doctors to be better trained in LGBTQ+ Cultural Competency.

The Harbor Health Initiative is an initiative to dramatically improve cultural competency and offered services throughout the state.

#### **Website Addresses:**

- General Website: <https://harborhealthinitiative.org/>
- Affirming Therapists: <https://harborhealthinitiative.org/affirming-therapists/>
- Hormone Providers: <https://harborhealthinitiative.org/hormone-providers/>
- Community Resources: <https://harborhealthinitiative.org/general-information/>
- Resources for Transgender Individuals:  
[https://www.canopymedicalclinic.com/uploads/1/3/3/8/133890492/clinic\\_resouce\\_full\\_p rintout.pdf](https://www.canopymedicalclinic.com/uploads/1/3/3/8/133890492/clinic_resouce_full_p rintout.pdf)

#### **Contact Information:**

- Phone: 701-732-0228
- Email: [info@harborhealthinitiative.org](mailto:info@harborhealthinitiative.org)
- Facebook Group: <https://www.facebook.com/HarborHealthInitiative>



7. **Kaleidoscope** is a LGBTQ youth support group that is available to all persons, ages 12-high school graduation, who want to participate in a safe place where hate and discrimination does not exist. Bring a friend and come and see what we are all about.

**Contact Information:**

- Website: <https://www.facebook.com/fmkaleidoscope/>
- Email: [fmkscope@gmail.com](mailto:fmkscope@gmail.com)
- Address: 1101 1st Ave S, Fargo, ND 58103



- 8. LGBTQ Film Festival:** The Fargo-Moorhead LGBT Film Festival celebrates Lesbian, Gay, Bisexual, and Transgender lived experience through the visions of innovative filmmakers.

**Contact Information:**

- Website: <http://www.fmlgbtff.com/>
- Facebook Group: <https://www.facebook.com/FMLGBTFF/>
- Email: [fmlgbtff@human-family.org](mailto:fmlgbtff@human-family.org)
- Phone: 701-205-0248
- Address: 417 Main Ave Suite 401, Fargo, ND 58103



9. **North Dakota State University (NDSU)** focuses on efforts towards the advancement of inclusion for lesbian, gay, bisexual, transgender, queer, questioning, and other gender/sexual/romantic minorities (LGBTQ+). These initiatives support the LGBTQ+ community (students, faculty, and staff) on our campus, provide education and information, and maintain rich partnerships with similar programs/organizations/initiatives in the surrounding Fargo-Moorhead community and beyond.

We collaborate with campus departments, student organizations, university administration, and community groups to advocate for the needs and concerns of the LGBTQ+ community on our campus. We maintain a Resource Center, located in Memorial Union 122, which provides a welcoming and affirming location on campus with an extensive print and media library, computers, printer, and social spaces.

**NDSU Resources:**

- <https://www.ndsu.edu/lgbtq/>
- <https://library.ndsu.edu/guides/lgbtq-resources>

## **NDSU Support Groups (for NDSU students only):**

<https://www.ndsu.edu/lgbtq/groups/>

**Pride Alliance** is an organization for gender and sexual minority students and their allies. This organization meets weekly to engage in a number of activities and events. Pride Alliance is open to all students and welcomes new membership throughout the year. If you are interested in being part of this undergraduate groups, please contact Cole Coleman ([mia.coleman@ndsu.edu](mailto:mia.coleman@ndsu.edu)) or Clare Boswell-Healey ([clare.boswellhealey@ndsu.edu](mailto:clare.boswellhealey@ndsu.edu))

**GradPRISM** is an organization for LGBTQ+ and Allied graduate students. Events are put on throughout the year and are open to all who are interested. Find more information about Grad PRISM by following the link above. If you are interested in being part of this graduate student group, please contact Alison Long ([alison.long@ndsu.edu](mailto:alison.long@ndsu.edu)) or Rahul Singh ([rahul.r.singh@ndsu.edu](mailto:rahul.r.singh@ndsu.edu))

**Project (Bi)son** acknowledges the negative impact of binary thinking on the lives of people who live in "middle" categories that cross borders of identities. This project creates affinity spaces for dialogue among those who identify as bisexual, pansexual, bigender, biracial, multiracial, multiethnic, and other similar identities. This project recognizes that such persons not only face unique struggles in society but also have much wisdom to share with each other and the university at large. If you are interested in being part of this project, please contact Emma Marshall ([emma.marshall@ndsu.edu](mailto:emma.marshall@ndsu.edu))

**oSTEM** is an international organization supporting LGBTQ+ individuals in Science, Technology, Engineering, and Math fields. A chapter is being formed on our campus. For information on the international organization, please visit oSTEM. If you are an interested graduate or undergraduate student, please contact Alison Long ([alison.long@ndsu.edu](mailto:alison.long@ndsu.edu)).

**Q&A:** We know that time spent in a university often coincides with a developing understanding or questioning of one's sexual orientation, gender identity, or romantic attraction. Those who find themselves questioning may also be wrestling with social norms, religious expectations, family culture, and any number of other complex realities. For this reason, we recognize the need for a space to safely speak with others about these questions while not being "out." Q&A is a non-public gathering open to questioning Fraternity and Sorority students and their allies facilitated by Greek Life students for the purpose of discussion, community, and self-development. If you are interested in being part of this group, please contact Jordan Dipalma ([jordan.dipalma@ndsu.edu](mailto:jordan.dipalma@ndsu.edu)).

**The Pride Network** is an organization of LGBTQ+ faculty and staff. Events are held for socialization and discussion throughout the year. If you are interested in being part of Pride Network, please contact: [ndsu.pridenetwork@ndsu.edu](mailto:ndsu.pridenetwork@ndsu.edu).

**LGBTQ+ Alumni:** There is no formal gathering of LGBTQ+ Bison Alumni currently, however, interested graduates of the university who identify with the queer community can be part of the Facebook Alumni Group: <https://www.facebook.com/groups/118488511529450/>



- 10. Parents of LGBTQ kids Fargo Moorhead.** Connecting parents of kids who identify as transgender, gender expansive, lesbian, bisexual, gay, queer, or question sexual orientation/gender identity.

**Contact Information:**

- Facebook Group: <https://www.facebook.com/ParentsLGBTQKidsFargoMoorhead/>





- 11. Project R.A.I (Rainbows Are Inclusive)**'s mission is to provide a safe environment for LGBTQ+ children and their supportive adults with inclusive, safe, supportive, and developmentally appropriate programming.

**Mission:** Here at Project RAI, we are driven by a single goal; to reduce the statistics of suicide in LGBTQ+ youth. We work with youth to affirm their existence and help them become their most authentic selves. We also work with their supportive adults to build trust and confidence on their journey of supporting their LGBTQ+ youth.

**Contact Information:**

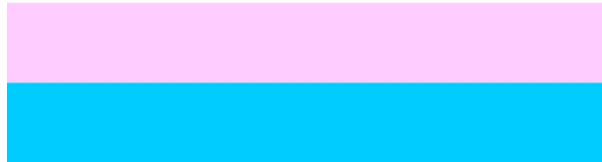
- Website: <http://www.projectraifm.org/>
- Facebook Group: <https://www.facebook.com/ProjectRAIfm/>
- Email Address: [projectraifm@gmail.com](mailto:projectraifm@gmail.com)



12. **Red River Rainbow Seniors** is an organization dedicated to providing advocacy, education, support & fun for the 50+ LGBTQ community in the Red River Valley

**Contact Information:**

- Website: <https://www.facebook.com/RRRainbowSeniors/>
- Email: [dpoker1111@aol.com](mailto:dpoker1111@aol.com)



- 13. Tristate Transgender (TSTG)** is a self-sustaining fellowship of transgender folks and their allies, who meet on a monthly basis. We are pretty much from the Red River Valley area; North Dakota, South Dakota and Minnesota. We welcome everyone in the tri-state area whose gender presentation may not fit the binary system and to those who support non-traditional gender presentation. We affirm the individual's right to self-determination of gender identity and sexual orientation. Our goals are to spread awareness and support for transgender people in MN, SD, and ND. Most importantly we give a chance for people to be themselves in a safe setting. We hope everyone recognizes prejudice or hatred towards anyone diminishes us all. Email or call to leave a message and you will be contacted by a member of TSTG

**Contact Information:**

- Website: <https://www.facebook.com/TristateTrans/>
- Facebook Group: <https://www.facebook.com/TristateTrans/>
- Email: [tristatetransgender701@gmail.com](mailto:tristatetransgender701@gmail.com)
- Phone: 701-404-9955
- Physical Address: 1105 First Avenue South, Fargo, ND 58103
- Mailing Address: PO Box 941, Fargo, ND 58107

## C. Resources in Grand Forks, North Dakota

*Information is subject to change (updated on 4/26/21)*



1. **CVIC:** With a bold mission to end violence in two generations, CVIC delivers vital safety and healing services throughout greater Grand Forks to adults and children experiencing domestic or sexual violence. We educate youth and professionals about how to stop violence and teach our communities ways to develop healthy relationships. CVIC offers LGBTQ inclusive services.

### **Contact Information:**

Website: <https://www.cviconline.org/>

Email: [contactcvic@cviconline.org](mailto:contactcvic@cviconline.org)

Phone (24/7 CRISIS Line): 701-746-8900

Phone (Office): 701-746-0405

Phone (Toll Free): 866-746-8900

Address: 211 S. 4th Street, Grand Forks, ND 58201



2. **MyAlly Health** provides the Red River Valley and surrounding areas with confidential reproductive health services, counseling and education. MyAlly Health believes everyone deserves high-quality, compassionate health care that's appropriate for your needs and concerns — no matter your gender identity or sexual orientation. Our health clinic provides education and support for lesbian, gay, bisexual, transgender, queer, questioning, and intersex patients.
- Education
  - Resources
  - Service Referrals

**Contact Information:**

Website: <https://myallyhealth.org/medical-services/>

Email (Laura Spicer, Executive Director): [laura@myallyhealth.org](mailto:laura@myallyhealth.org)

Phone: 701-757-2559

Address: 4700 South Washington Street, Suite C | Grand Forks, ND 58201



3. **The Ruby River Society of Grand Forks** serves the Gender and Sexual Diversity community of the Northern Red River Valley (LGBT, Gay, Lesbian, Bi-sexual, Transgender, Minnesota, North Dakota)

**Mission:** Our organization is a resource for networking in the Gender and Sexual Diversity (GSD) Community of the Northern Red River Valley of North Dakota and Minnesota. Our goal is to be a social group that encourages building a strong community amongst lesbian, gay, transgender, bi-sexual, and all other people in the gender and sexual diversity community surrounding Grand Forks and East Grand Forks. We host events, gatherings, and other social events.

**Contact Information:**

- Website: <https://www.facebook.com/rubyriversociety>
- Email: [dorothy@rubyriver.org](mailto:dorothy@rubyriver.org)



4. **The Village Family Service Center** has licensed professional mental health counselors are trained to help couples, individuals, children, and families dealing with a wide variety of relationship and mental health issues. The Village has LGBTQ affirming providers.

**Contact Information:**

Website: <https://www.thevillagefamily.org/>

Website (Find an Affirming Providers): <https://www.thevillagefamily.org/counselors>

Phone (Grand Forks): 701-746-4584

Phone (Headquarters): 701-451-4900

Address: Grand Cities Mall, 1726 S. Washington St., Suite 33A, Grand Forks, ND 58201

Mailing Address: P.O. Box 9859, Fargo, ND 58106



**Resources (for UND Students only):**

5. **The Pride Center** at the University of North Dakota was created in the Spring of 2017 as a gathering space for LGBTQIA students to be their authentic self, find community, explore identity, and be involved.

**Contact Information:**

- Location: The Pride Center is currently located in Wilkerson Commons Room 107 and will be relocated to the Memorial Union Fall 2021.
- Website: <https://und.edu/student-life/diversity/pride/>

6. **Student Diversity & Inclusion** is committed to providing support for LGBTQIA students through education, programming, academic and personal success, and advocacy. Our staff are here to support you in navigating campus resources, providing identity specific support, getting you connected on campus, and more. Reach out to us directly or schedule an appointment via Starfish.

**Contact Information:**

- Address: 315 Princeton Street, Grand Forks, ND 58202
- Phone: 701-777-5890
- Email: [UND.studentdiversity@UND.edu](mailto:UND.studentdiversity@UND.edu)
- Website: <https://und.edu/student-life/diversity/>

7. **Resources for Transgender Students:** Student Diversity & Inclusion is committed to supporting our transgender, gender non-conforming, and gender non-binary community.

**Through the Student Diversity & Inclusion website, you can:**

- Change your Name and Contact Information at UND
- Notify Instructors of Your Name and Pronouns
- Find Gender Inclusive Housing
- Find Gender Inclusive Restrooms on Campus
- Find Health Resources
- Review Nondiscrimination Policy

**Visit the following website to access these resources:**

<https://und.edu/student-life/diversity/pride/transresources.html>





- 8. The Queer & Trans Alliance:** Formerly known as The Ten Percent Society, The Queer & Trans Alliance is an organization that provides a safe environment for the LGBTQIA community on campus and throughout the greater Grand Forks area. The Queer and Trans Alliance has a history of being the oldest LGBTQIA in the state of North Dakota with its founding in 1982. The purpose of the Organization is to provide support for all members of the LGBTQIA community at UND and in the greater Grand Forks area through education, advocacy, and community building.

**Contact Information:**

- Address: 3012 University Ave., Grand Forks, ND 58203
- President: Charles Vondal
- Email: [Cj.vondal@und.edu](mailto:Cj.vondal@und.edu)
- Phone: 701-610-5952
- Advisor: Jeff Maliskey
- Advisor E-Mail Address: [jeff.maliskey@und.edu](mailto:jeff.maliskey@und.edu)
- Advisor Phone Number: 701-777-5890



9. **The National Gay Pilots Association:** Our mission as part of the The National Gay Pilots Association is to teach and promote diversity and inclusion in all aspects of the aviation industry. We are constantly networking ourselves all around the industry in order to form a better understanding of the real problems facing LGBT+ aviators and how to fix them. We also travel to two NGPA events a year. In February we go to the NGPA winter warm up in Palm Springs, CA; and in September we go to the NGPA Cape Cod Classic in Provincetown, MA. Both of these events include large industry expos with most regional and major airlines in attendance, great opportunities to network, aviation seminars, and a great social environment with the chance to meet with people from all over the industry. We also have an annual 5k in April in Grand Forks. We do welcome all LGBT+ members and allies of the LGBT+ community! I hope to see you at the next meeting!

**Contact Information:**

- Address: Grand Forks, ND
- President: Jacquelyn Emery
- President Email: [jacquelyn.emery@und.edu](mailto:jacquelyn.emery@und.edu)
- Phone: 303-242-0128
- Advisor: Brett D. Venhuizen
- Advisor Email: [brett.venhuizen@und.edu](mailto:brett.venhuizen@und.edu)
- Advisor Phone Number: 701-777-3611



- 10. Allies in Medicine** is focused on providing supplemental learning opportunities about the LGBTQ+ community for students, faculty, and staff at the School of Medicine and Health Sciences. Contact advisor, Michelle Montgomery for more information.

**Contact Information**

- Advisor Email: [michelle.montgomery@med.UND.edu](mailto:michelle.montgomery@med.UND.edu)
- Advisor Office Phone: 701.777.5485
- Dept Phone: 701.777.3200



11. **United We Transcend** is a transgender and gender non-conforming group in Grand Forks, ND. Their mission is to work toward building a stronger and inclusive community. United We Transcend hosts open monthly meetings on various topics and issues.

**Contact Information:**

- Facebook Group: <https://www.facebook.com/UnitedWeTranscend/>
- Email: [bnunn@jandhnunnsports.org](mailto:bnunn@jandhnunnsports.org)

## D. Resources in Minot, North Dakota

*Information is subject to change (updated on 4/26/21)*



1. **Magic City Equality** educates both the general public and the LGBTQ2S+ (lesbian, gay, bisexual, transgender, questioning/queer, and Two Spirit) community in northwestern North Dakota about LGBTQ2S+ culture, current events, and community concerns. Magic City Equality is a registered non-profit organization through the State of North Dakota and is a 501(c)3 organization, federally recognized by the Internal Revenue Service.

Through various methods, we seek to provide unique events designed to instill pride, celebrate the history and accomplishments of LGBTQ2S+ individuals, and embrace diversity in the mid-central and northwestern North Dakota region while being a vehicle for advocacy, networking, outreach, support services, and leadership opportunities for LGBTQ2S+ people, as well as their families and friends.

### **Mission:**

- Provide support group meetings for different sectors of the LGBTQ2S+ community
- Works with the professional community to create a list of LGBTQ2S+ supportive businesses and organizations
- Provide educational pamphlets, online resources, and meetings pertaining to the physical and mental well-being of the LGBTQ2S+ community
- Provide education and tools to the supporting allies of the LGBTQ2S+ community to help them better understand the importance of visibly showing their support to fellow citizens of Minot and the surrounding areas.
- Break down barriers, easing community tensions, and advocating for the equality of all people in the northwestern North Dakota region by increasing the visibility of the LGBTQ2S+ community and its supporters
- Perform research and outreach to find the issues facing the LGBTQ2S+ community in the area, then devising assertive actions that will help alleviate those issues.

### **Contact Information:**

- Website: <https://www.magiccityequality.com/>
- Facebook Group: <https://www.facebook.com/MagicCityEquality>
- Email: [magiccityequality@gmail.com](mailto:magiccityequality@gmail.com)

- 2. TransAction** is affiliated with Magic City Equality. It is a support group available for those in Minot and the surrounding community who identify as transgender, gender non-conforming, or non-binary. Family, friends, and allies of the transgender community are also welcome to join in this all-ages event.

**Contact Information:**

- Website: <https://www.magiccityequality.com/transaction>
- For additional Contact Information, see information for Magic City Equality (above)

- 3. Youth Outreach and Upreach (YOU)** is a networking group for LGBTQ+ youth who are 20 years of age or younger who live in the northwest part of North Dakota. YOU is hosted by Magic City Equality. This online venue will serve as a way for youth in the region to meet, network, and share ideas.

**Contact Information:**

- Facebook Group: <https://www.facebook.com/groups/YouthOutreachUpreach/>
- For additional Contact Information, see information for Magic City Equality (above)

## E. Resources in Williston, North Dakota

*Information is subject to change (updated on 4/26/21)*



1. **Williston Rainbow Rendezvous** is for the LGBT community, which does include our supporters. Here you can meet new people and share your experiences.

### **Contact Information:**

- Email: [willistonrainbowrendezvous@gmail.com](mailto:willistonrainbowrendezvous@gmail.com)
- Facebook Group: <https://www.facebook.com/willistonrainbowrendezvous>

## F. North Dakota Statewide Resources

*Information is subject to change (updated on 4/26/21)*



- 1. ACLU of North Dakota:** The ACLU of North Dakota works in communities, legislatures and courts to preserve the rights and liberties enshrined by the Constitution of the United States of America.

### **Contact Information:**

- Executive Director: Heather Smith
- Address: PO Box 1190, Fargo, ND 58107-1190
- Phone: 701-478-9924
- Email: [northdakota@aclu.org](mailto:northdakota@aclu.org)
- Website: <https://www.aclu.org/affiliate/north-dakota>
- Facebook Group: <https://www.facebook.com/ndaclu>





- 2. North Dakota Human Rights Coalition** is a statewide, membership-based organization established to increase the visibility of human rights needs and violations, and to change laws and attitudes that stand as barriers to residents within North Dakota who do not currently enjoy their full rights.

**About:** The North Dakota Human Rights Coalition works to effect change so that all people in North Dakota enjoy full human rights. We're a broad-based coalition of individuals and organizations with an interest in the furtherance of human rights in North Dakota. We work toward the enhancement of human rights in North Dakota through information, education and legislative action. We can improve the quality of life in North Dakota through individuals and organizations supporting our efforts, and through membership and financial support.

**Contact Information:**

- Website: <https://www.ndhrc.org/>



- 3. Two Spirit Society & Allies of ND (TSSAND)** is a nonprofit organization focused on the native community.

**Contact Information:**

- Facebook Group: <https://www.facebook.com/2SSAND/>
- Address: 623 Main Ave E, West Fargo, ND 58078

## G. Resources for the Greater United States

*Information is subject to change (updated on 4/26/21)*



### 1. National Center for Lesbian Rights

- **Who We Are:** We were the first national LGBTQ legal organization founded by women, bringing a fierce, longstanding commitment to racial and economic justice and our community's most vulnerable.
- **What We Do:** We are a non-profit, public interest law firm that litigates precedent-setting cases at the trial and appellate court levels; advocates for equitable public policies affecting the LGBTQ community; provides free legal assistance to LGBTQ people and their legal advocates; and conducts community education on LGBTQ issues.
- **Our Impact:** Our legal, policy, and legislative victories set important precedents that improve the lives of all LGBTQ people and their families across the country. Our free legal assistance empowers individuals to assert their own legal rights. Our community and public education broadens public support for LGBTQ equality.

#### General Contact Information:

- Website: <https://www.nclrights.org/>
- Legal Helpline: 1-800-528-6257 or 415-392-6257
- Email: [Info@NCLRrights.org](mailto:Info@NCLRrights.org)
- Facebook Group: <https://www.facebook.com/nclrights>
- Twitter Account: <https://twitter.com/nclrights>
- Instagram Account: <https://www.instagram.com/NCLRrights/>

#### National Office Contact Information

- Address: 870 Market Street Suite 370, San Francisco CA 94102
- Phone: 415-392-6257

#### Washington, DC Office

- Address: 1300 Pennsylvania Ave NW #190-706, Washington, DC 20004
- Phone: 415-365-1337



## **2. Mama Bears Mission:**

- Support, Educate and Empower families with LGBTQ members and the LGBTQ community
- Provide private online communities for families with LGBTQ members to connect, ask questions and find resources
- Provide comprehensive resources for families with LGBTQ members and the LGBTQ community
- Provide opportunities for our members to advocate for the LGBTQ community
- Support LGBTQ people by being a loving presence in the life of those who need support and encouragement
- Send handmade blankets and bracelets to LGBTQ community Members needing encouragement and love
- Send care packages to LGBTQ community Members who have lost family support due to their LGBTQ status.
- Stand in at weddings and other special events as requested
- Offer access to regional Mama Bear Groups that provide opportunities for members to get together in person
- Recognize individuals, institutions, businesses and other organizations that are working for the equality, inclusion and protection of LGBTQ People
- Support, Educate & Empower LGBTQ allies.

## **Contact Information:**

- Website: <https://www.realmamabears.org/>



- 3. About PFLAG:** Founded in 1973 after the simple act of a mother publicly supporting her gay son, PFLAG is the nation's largest family and ally organization.

PFLAG is the first and largest organization for lesbian, gay, bisexual, transgender, and queer (LGBTQ+) people, their parents and families, and allies. With over 400 chapters and 200,000 members and supporters crossing multiple generations of families in major urban centers, small cities, and rural areas across America, PFLAG is committed to creating a world where diversity is celebrated and all people are respected, valued, and affirmed.

This vast grassroots network is cultivated, resourced, and serviced by the staff of PFLAG National, the National Board of Directors, and the all-volunteer Regional Directors Council.

**Contact Information:**

- Crisis Resources: <https://pflag.org/hotlines>
- Website: <https://pflag.org/>



4. **Trevor Project:** Founded in 1998 by the creators of the Academy Award®-winning short film TREVOR, The Trevor Project is the leading national organization providing crisis intervention and suicide prevention services to lesbian, gay, bisexual, transgender, queer & questioning (LGBTQ) young people under 25.

**Contact Information:**

- Crisis Resources: <https://www.thetrevorproject.org/get-help-now/>
- Phone: 1-866-488-7386.
- Email: [info@thetrevorproject.org](mailto:info@thetrevorproject.org)
- Website: <https://www.thetrevorproject.org/>
- Facebook Group: <https://www.facebook.com/TheTrevorProject/>

### **3. Finding LGBTQ Affirming Health Care** *Information is subject to change (updated on 4/26/21)*



## LGBT Affirmative Mental Health Alliance

### 1. **Finding an LGBT Affirming Therapist**

Access a database of therapists and Counselors who have made a commitment to being LGBT affirmative in their work, and an ally in their lives. Sort by alphabet or by location.

#### **Website:**

[https://www.ndsu.edu/hdfs/ftc/lgbtmha/resources\\_for\\_clients/lgbt\\_affirmative\\_therapists\\_list/](https://www.ndsu.edu/hdfs/ftc/lgbtmha/resources_for_clients/lgbt_affirmative_therapists_list/)



## **4. Crisis Lines/Suicide Prevention**

From the PFLAG Website (<https://pflag.org/hotlines>)

# Crisis Lines/Suicide Prevention

From the PFLAG Website (<https://pflag.org/hotlines>)

**1. The Trevor Project: (866) 488-7386**

- The Trevor Project is the leading national organization providing crisis intervention and suicide prevention services to lesbian, gay, bisexual, transgender and questioning (LGBTQ) young people ages 13-24.

**2. National Suicide Prevention Lifeline: (800) 273-8255 (online chat available)**

- The National Suicide Prevention Lifeline is a national network of local crisis centers that provides free and confidential emotional support to people in suicidal crisis or emotional distress 24 hours a day, 7 days a week.

**3. Crisis Text Line: Text START to 741-741**

- Crisis Text Line is free, 24/7 support for those in crisis. Text from anywhere in the USA to text with a trained Crisis Counselor.

**4. The Gay, Lesbian, Bisexual and Transgender National Hotline: (888) 843-4564 and The GLBT National Youth Talkline (youth serving youth through age 25): (800) 246-7743**

- Both provide telephone, online private one-to-one chat and email peer-support, as well as factual information and local resources for cities and towns across the United States.

**5. Trans Lifeline: (877) 565-8860**

- Trans Lifeline is a trans-led organization that connects trans people to the community, support, and resources they need to survive and thrive.

**6. The National Runaway Safeline: 800-RUNAWAY (800-786-2929)**

- Provides advice and assistance to runaways, including resources, shelter, transportation, assistance in finding counseling, and transitioning back to home life. NRS frontline staff will also act as advocates and mediators if/as needed.

**7. The True Colors United: (212) 461-4401**

- The True Colors Fund is working to end homelessness among lesbian, gay, bisexual, transgender, queer, and questioning youth, creating a world in which all young people can be their true selves. True Colors United runs a database of service providers.

**8. Self Abuse Finally Ends (S.A.F.E)**

- Addresses individuals coping with non-suicidal self-injury, including locally-based information, support and therapy referrals.

- 9. U.S. National Domestic Violence Hotline: (800) 799-7233 (English and Spanish) (800) 787-3224 (TTY)**
  - They also have an online chat feature available. Operating around the clock, seven days a week, confidential and free of cost, the National Domestic Violence Hotline provides lifesaving tools and immediate support to enable victims to find safety and live lives free of abuse. Highly trained, experienced advocates offer compassionate support, crisis intervention information and referral services in over 170 languages.
  
- 10. Pride Institute: (800) 547-7433 24/7**
  - Chemical dependency/mental health referral and information hotline for the LGBTQ community.
  
- 11. Rape Abuse and Incest National Network (RAINN): (800) 656-HOPE / (800) 810-7440 (TTY)**
  - The nation's largest organization fighting sexual violence, RAINN also carries out programs to prevent sexual violence, help victims and ensure that rapists are brought to justice.