

# New York State Resources

## State-wide and national resources

### General

- [NY Trans Guide](#) wiki
- [InReach](#) (national resource search)
- [NY State Institution Info for Out-of-State Students](#)

### Legal Support

- [Sylvia Rivera Law Project](#)
- [LGBT Bar NY](#) Runs a legal clinic Tuesday evenings
- [Anti-Violence Project](#) Free Legal Support for LGBTQ Survivors
- [Transgender Legal Defense Fund](#) (note: as of December 2024, applications for the Name Change Project are currently paused)

### Healthcare

- [Planned Parenthood of Greater New York](#)
- [Manhattan Alternative](#) therapist directory of Kink, Poly, Trans & LGBTQ Affirmative Providers – can also search for BIPOC/PGM providers and Trans/Non-binary Providers. Note: although most providers are in New York City, some are located elsewhere in the state or country, or may be able to provide teletherapy to people located in other parts of New York State.
- [ACR Health Trans Resource Guide](#) - primarily focuses on Syracuse but lists providers in other areas of New York
- [Prism Albany](#) - primarily focuses on Albany but lists providers in other areas of New York

### Food

- <https://foodlinkny.org/find-food/> - food assistance locator, throughout NY state

### Jobs

- [New York State government jobs](#)

- [New York Union Jobs](#)
- [New York Apprenticeship Announcements](#)

## Albany Resources

### LGBTQ+ Community Centers & Organizations

- [Pride Center of the Capital Region](#)
- [Kiki houses](#) (a place for trans youth to find community) at [Noteworthy Resources Center/Albany Damien Center](#)

### LGBTQ+-friendly Cafés, Restaurants and Bars

- [Bard & Baker](#) (Troy and Albany locations)
- [Cafe Euphoria](#)
- [Oh Bar - Albany](#)
- [ROCKS](#)
- [Waterworks Pub](#)

## New York City Resources

### Housing

#### Apartment listings and finding roommates

- <https://streeteasy.com/> for renting or buying directly
  - For folks who meet certain income requirements but are able to put down a down payment to purchase an apartment, [HDFC co-ops](#) are listed here as well
- <https://www.listingsproject.com/> for finding rooms for rent and other apartments
- [Queer Housing New York City](#) facebook group
- [NYC LGBTQ Non-Exploitative Long-Term Housing](#) facebook group

Informational note:

The New York City Council recently passed the FARE act with a veto-proof majority, [banning broker's fees paid by tenants](#). However, as of December 2024, it has not yet been signed into law or gone into effect. It is expected to go into effect in mid-2025. [Check this page for status updates](#). Until it has gone into effect, be prepared to pay a broker's fee (1 month's rent or more up front when signing the lease) just to rent an apartment.

## Moving Companies & handyperson services

- <https://www.transdimensionalmoving.com/>
- <https://www.silverfoxqmovers.com/>
- <https://www.butch4hire.com/>
- <https://handymaam.nyc/>

## General

- [Queer Exchange NYC](#) facebook group
  - Good place to ask for recommendations when looking for a queer-friendly
- [Bi Nothing: NYC Queer Giving and Receiving](#) facebook group
  - Buy nothing group

## Food

- [Queer Food Share New York City](#) facebook group
- [NYC Fridges](#) community fridge map

## Healthcare

- [Callen-Lorde](#) major lgbtq+ community health organization
- [Planned Parenthood of Greater New York](#)
- [City Government LGBTQ+ health map](#)
- [Pride Health Center at NYC Health + Hospitals](#)
- [Transgender care at NYU Langone](#)
- [Transgender care at Mt Sinai](#)
- [Transgender care at Montefiore](#)
- [QueerCare](#) a mutual aid group by and for trans people to provide care after gender affirming surgery
- [Manhattan Alternative](#) therapist directory of Kink, Poly, Trans & LGBTQ Affirmative Providers – can also search for BIPOC/PGM providers and Trans/Non-binary Providers
- [National Queer & Trans Therapists of Color Network](#) (national resource)
- [Project STAY \(Services To Assist Youth\)](#) healthcare for young people 14-29

## Sports Leagues & Hobby Groups

- <https://www.nyramblers.com/> NY Ramblers (Soccer)
- <https://www.queersoccerleague.com/> Queer Soccer League (pickup games)
- <https://www.pridebasketballnyc.org/> Pride Basketball League
- <https://www.bigapplerecsports.com/> Big Apple Rec Sports
- [Even more sports listed here](#)
- [NYC Queer Birders](#)
- [Queer Swing Dance](#)
- [Queer Fight School](#) martial arts
- [Fearless Queens](#) self defense
- <https://www.instagram.com/queerknitclub> queer knit club

## LGBTQ+ Community Centers & Organizations

- <https://gaycenter.org/> The Center (Manhattan)
- <https://www.lgbtbrooklyn.org/> Brooklyn Community Pride Center
- <https://lgbtnetwork.org/our-organizations-1/queens-lgbt-center/> Queens LGBT Center
- [Destination Tomorrow](#) (Bronx)
- [Pride Center Staten Island](#)
- [Hudson Pride](#) (Jersey City)
- [The Audre Lorde Project](#) The Audre Lorde Project is a Lesbian, Gay, Bisexual, Two Spirit, Trans and Gender Non-Conforming People of Color community organizing center, focusing on the New York City area
- [Ali Forney Center](#) LGBT Youth Shelter
- [New Alternatives](#) New Alternatives for LGBTQ+ Homeless Youth
- [GLITS](#) G.L.I.T.S is a Black trans-led advocacy and direct services organization that is dedicated to fighting systemic discrimination against marginalized communities, in New York City and beyond.
- [Translatinx Network](#)
- [Community Kinship Life](#)
- [Rainbow Heights](#) Support and advocacy for LGBTQ+ New Yorkers living with mental illness.

## Bookstores & Coffee Shops

- <https://bluestockings.com/> Bluestockings Cooperative
- [Bureau of General Services – Queer Division](#)
- [Soft Butch Bed Stuy](#)

## Jobs

- [Queer Friendly NYC Employment](#) facebook group
- [National LGBT Chamber of Commerce New York](#) has a directory of LGBT-owned businesses
- [NYC government jobs](#)
- [NYC Workforce Center](#)

## Rochester Resources

### Housing

#### Apartment listings and finding roommates

- Center for Youth- <https://www.centerforyouth.net/>
  - Long-term and short-term housing offered at the Arnett House for LGBTQ and trafficked homeless youth
  - 905 Monroe Ave, Rochester, NY 14620
  - (585)-473-2464

### Healthcare

- [Trillium Health](#) - general medical practice, informed consent HRT, offers sliding scale payment
- [Rochester Center for Sexual Wellness](#)

## LGBTQ+ Community Centers & Organizations

- Rochester LGBT general support and social events - <https://rochester.lgbt/>
- Genessee Valley Gender Variants- <https://www.facebook.com/groups/GVGenderVariants/>
  - Group for people who are gender expansive (exploring gender or are trans\* and/or non-binary)
  - Weekly hybrid meetings Thursdays in-person at Equal Grounds Coffee Shop (750 South Ave. Rochester, NY, 14620) as well as virtually from 6-8pm
  - <https://discord.gg/QpM5E7gJy8>
- Ithaca Transgender Support Group- <http://www.ithacatransgendergroup.com/>
  - Peer-led biweekly meetings on Sundays from 5:00 pm to 7:00 pm in Ithaca for people who identify as trans\*
  - Email: [hello@ithacatransgendergroup.com](mailto:hello@ithacatransgendergroup.com)

- Gender Expansive Kids Group
  - A support group for young people, with a focus on LGBTQ+ identities, age-appropriate sexual health information (including testing/PrEP), navigating support systems, and resource building
  - Meets monthly at 259 Monroe Avenue
  - Contact [lgbthealth@trilliumhealth.org](mailto:lgbthealth@trilliumhealth.org) for more information
- Trans Teen Support Group
  - A support group for all transgender, non-binary, and gender expansive young people ages 13-17
  - Meets monthly at 170 Science Parkway
  - Contact [lgbthealth@trilliumhealth.org](mailto:lgbthealth@trilliumhealth.org) for more information
- Caregivers of Gender Diverse Youth Support Group-  
<https://www.psychologytoday.com/us/groups/caregivers-of-gender-diverse-youth-support-group-rochester-ny/196848>
  - Led by McKenzie Smallcomb
  - Space for caregivers to discuss common experiences and obtain parenting resources
  - Meets every Tuesday from 6:30 PM-7:30 PM
- Q Chat Space- <https://www.qchatspace.org/>
  - Online community of live chats for LGBTQ+ teens
- TransParent- <https://transparentusa.org/>
  - Rochester Chapter Meetings
    - 2nd Tuesday of each month, 6:30 PM-8 PM

## Bookstores & Coffee Shops

- Equal=Grounds Coffee House
- Rochester Rainbow Union- <https://rochesterrainbowunion.com/>
  - New York State's largest community center LGBTQIA+ library collection
  - Open Sunday 2 PM-4 PM, Wednesday 6 PM-8 PM
  - 50 Prince Street (Entrance on College Avenue in the United Way Parking Lot)  
Rochester, NY 14607

## Jobs

- The Safe Zone Initiative- <https://www.theszinitiative.org/>
  - Hosts trainings on a variety of LGBTQ issues, some result in a certification
  - Rochester, NY
  - Email: [info@theszinitiative.org](mailto:info@theszinitiative.org)

## Legal Support

- Jenny Lewis Holmes- <https://www.nixonpeabody.com/en/team/holmes-jenny-l>

- Just Cause (Volunteer Lawyers Services Project of Monroe County, Inc)- <https://www.vlsprochester.org/>
- The Cimino Law Firm- <https://cimino-law.com/transgender-rights-attorney-in-rochester/>

## Buffalo Resources

### Community Centers & Organizations

- [Pride Center of WNY](#)—278 Delaware Avenue
  - Transgender Health Initiative Program offers:
    - Social and support groups (see below)
    - Free rapid HIV testing + linkage to STI testing & PrEP
    - Access to gender affirming healthcare
    - Linkage to mental healthcare and substance use counseling
    - Assistance with legal name change and gender marker change
    - Free gender affirming supplies
- TransGeneration (hosted at Pride Center of WNY)
  - Two monthly groups for all ages of transgender, nonbinary and gender expansive people to explore gender in a positive and affirming environment.
  - “Living the Experience” – group for trans POC
  - “Under Construction” – group for transition resources
  - <http://www.pridecenterwny.org/Services/Support/TransGeneration>
- [WNY Man Made Men](#)
  - Social events, monthly meetings
  - Resource sharing and education
  - Fitness club
  - Emergency financial support for gender-affirming care

### Housing

- [Erie County Housing Resource Directory](#)
- [Housing/Rental Resources](#)
- [Pride Center WNY Emergency Resource Guide](#) (this is very comprehensive!)

### Healthcare

- [Evergreen Health Services](#)
  - Transgender Health Care Services (THCS)
    - Primary and specialty healthcare (HRT, screening/treatment for HIV/STIs/HCV, PrEP/PEP, linkage to gender affirming surgery providers, gender affirming family planning and reproductive health)

- Mental health and substance use counseling
- Medical case management, peer support
- Supportive services & referrals for community supports
- Financial counseling & insurance assistance

## Jobs

- [WNYJobs](#) Job listings in WNY/Buffalo area, info on job fairs and open houses

## Transgender Youth resources

- [Growing LGBTQ+ Youth Services](#) (GLYS)
  - Youth drop-in center EVERY Tuesday and Thursday from 3:00-6:00
  - Youth & Family support group every 1st and 3rd Thursday from 6:00-7:00
- Pride Center Trans Youth Program
  - Youth drop-in services held weekly
  - Trans Youth Advisory Group
  - STYLE (Supporting Trans Youth Lives Everyday)--Support group for parents of trans youth, held monthly
  - Free gender affirming supplies
  - Linkage to affirming healthcare
  - [WNY TGNB Youth & Families Referral Guide](#)

## Legal Assistance & Name change/updating documentation

- [Neighborhood Legal Services](#) Free, income-based legal assistance for **non-criminal** cases (name change, access to benefits/entitlements, eviction, workplace discrimination, etc)
- [“Fly Free From Your Deadname” Zine \(printable\)](#)--Guide to legal name change & gender marker change in Erie County, NY