



RHODE ISLAND COMMUNITY
FOOD BANK

Community Resources for the LGBTQ+ Community



“Openness may not completely disarm prejudice, but it’s a good place to start.”

– Jason Collins, First openly gay professional Basketball player

Accessing Resources

Whether you identify as LGBTQ+ (Lesbian, Gay, Bisexual, Transgender, Queer) or as an ally of the LGBTQ community, it may feel difficult to access the resources that you need or to help someone else access those resources. The goal of this FAQ is to guide you and/or your loved ones to programs and services meant to help LGBTQ individuals.

You have every right to resources to help you meet basic needs.

Safe Zones

A major step to achieving wellness is self-acceptance. Even though June is designated as a month to help people feel accepted and proud of who they are, it may still feel like those around you aren’t ready to accept you as you are.

Safe Zones are inclusive spaces in organizations, offices, etc. where all people can feel welcomed and safe.

These spaces will post a symbol or sign like the ones below. In addition to making sure that folks who enter a safe zone feel safe, welcome, and included, safe zones are places where LGBTQ community members can talk freely and connect with an appropriately trained person. Look for the symbols below to find a **Safe Zone**.



Know Your Rights

Rhode Island law prohibits discrimination based on sexual orientation, HIV status, gender identity and expression. With rare exception, this means LGBTQ individuals cannot be fired or denied a promotion, evicted from housing, denied credit, etc.

because they identify or are perceived as LGBTQ. Visit www.gladanswers.org for more information.

If you think you have been discriminated against, see the back of this FAQ – **Know Your Rights**.

Remember: You have Options!

Since 1982 *Options Magazine* has published a thorough listing of local resources for the RI LGBTQ Community. *Options* is a well-respected news source.

Access the Resource Guide Online:

www.optionsri.org/resources

to find resources on Health, Politics, Support groups, and much more.

www.optionsri.org/

All Are Welcome Here

People of all races, national origins, citizenship, religions, disabilities, military status, housing status, ages, gender, gender identities & expressions, sexual orientations. **Everyone is welcome.**

Although some food assistance programs are faith-based, no food assistance program can discriminate based on the above criteria. **Find Food** nearby by using the Rhode Island Community Food Bank Website: www.rifoodbank.org/find-food/

Resources for LGBTQ Youth and Families of LGBTQ Youth



743 Westminster St. Providence, RI 02903
(401) 421-5626 | info@youthprideri.org
<https://www.youthprideri.org/>

Youth Pride Inc. is dedicated to meeting the unique needs of youth and young adults impacted by sexual orientation and gender identity/expression while working to end the homophobic and transphobic environments in which they live, work, and play. YPI is a drop-in, affirming space for lesbian, gay, bisexual, trans, queer, questioning young people to build community, develop connections, and be themselves. **All Youth Pride Inc. programs are free of charge.**

Visit <https://www.youthprideri.org/visit/event-calendar/> to see what YPI is up to.

View the LGBTQ Youth Resource list: <https://www.youthprideri.org/wp-content/uploads/2019/05/YPI-Resource-List.pdf>

Clinicians are available for youth for individual counseling on Tuesdays from 3-8pm and Wednesdays from 5-8pm.

Program and Services include:

The Way Out: Weekly general open support group with shifting topics, commonly central to relationships, sexuality, mental health, and current events for youths ages 13-23.

One-on-One Counseling: Two counselors are available for individual sessions on Tuesdays 4-8pm, Wednesdays 4-8pm, and Thursdays 3-8pm. One-on-One counseling is free of charge to youth.

HIV Testing: AIDS Project Rhode Island performs free and confidential HIV testing on a monthly basis at YPI. Check the calendar for dates and times. All youth are welcome.

Housing Help: A representative from the Home to Hope Program is available at YPI on Tuesdays 3-6pm and assists youth with various needs such as applying to subsidized housing, understanding programs like SNAP, connecting to Mental Health Resources., and more.

Gender Spectrum: Peer-led, peer-focused support group for trans, questioning, and gender-non-conforming youth in the form of a casual social hour. Gender Spectrum meets weekly.

Basic Needs Pantry: Food, clothes, toiletries, and school supplies free of charge. Youth can utilize the pantry once a week and take what they need for their household for the week.

Lending Library: Youth are welcome to browse or borrow from over 1,000 books housed at YPI. The Lending library provides a quiet space for study and relaxation.

Abundant Resources: Visit the webpage - <https://www.youthprideri.org/get-help/> for resources on LGBTQ competent mental and medical care and more.



1-866-488-7386

www.thetrevorproject.org

The Trevor Project is the leading national organization providing crisis intervention and suicide prevention services to lesbian, gay, bisexual, transgender, queer, and questioning (LGBTQ) young people under 25.

Trevor Lifeline – The only national 24/7 crisis intervention and suicide prevention lifeline for LGBTQ young people under 25, available at 1-866-488-7386.

You can also access live help from trained volunteer counselors through **TrevorChat** and **TrevorText**. Both are free, confidential, and secure ways for LGBTQ young people to access help daily. Text START to 678678 to get started with TrevorText. Visit www.thetrevorproject.org/about/programs-services/ for even more information and resources.

Resources for LGBTQ Youth and Families of LGBTQ Youth Continued



PFLAG provides support, education, and advocacy for parents, families, friends, and allies of Lesbian, Gay, Bisexual, and Transgender people across Rhode Island and Southeastern Massachusetts. PFLAG offers a wonderful opportunity for families, friends, and LGBTQ people to learn and grow together.

PFLAG Greater Providence Chapter meets the first Wednesday of every month from 6:45pm-8:45pm at The MET School, Unity Building located at 325 Public St., Providence, RI 02905. The meetings are a safe, relaxed, and non-judgmental space.

For more information and resources visit www.pflagprovidence.org/ or call the PFLAG Greater Providence Help Line: **(401) 307-1802**

“All young people, regardless of sexual orientation or identity deserve a safe and supportive environment in which to achieve their full potential.”

- Harvey Milk

Health Care Resources

BCBSRI LGBTQ Safe Zone

When you see a **BCBSRI Safe Zone Logo** at a provider’s office, this identifies a healthcare practice that provides safe, affirming, and inclusive care to the LGBTQ community. Certification requirements for these providers include: staff training specific to the care of LGBT people; protection for patients and staff discrimination based on gender identity or expression; gender neutral bathrooms; inclusive forms and procedures; and a public commitment to connecting with and serving the LGBTQ Community.

Visit this page to view the current practices designated as Blue Cross Blue Shield RI LGBTQ Safe Zones: www.bcsri.com/safezones



Medical and Mental Health Provider Lists

- **Youth Pride Inc. List of Medical & Mental Health Providers** - <https://www.youthprideri.org/get-help/>

This link has YPI Inc’s most updated referral list of mental and medical providers that are LGBTQ and youth competent.

The providers on these lists have either reached out to offer their services to the LGBTQ community or have been recommended to YPI by consumers. *This resource is not an endorsement of any of their services.* If you find information on this list that is of concern or out of date please contact YPI at info@youthprideri.org.

Health Care Resources Continued



- **RI Trans* Health Referral Guide** - <http://bit.ly/ritranshealthreferralguide>

This guide was made in response to a need for coordinated and culturally competent healthcare for the transgender, gender non-conforming, and gender variant (trans*) community in Rhode Island. The goal of this guide is to provide both medical and behavioral health providers and consumers with information about healthcare providers in the area who work with the RI trans* community. *A provider's listing in this guide is not an endorsement of their services.*

If you have any feedback for this guide, please contact the RI Trans* Health Initiative at ritranshealthinitiative@gmail.com.

Thundermist Health Center

Trans* Health Access Program

www.thundermisthealth.org/Services/TransHealthAccess.aspx

For more information

Contact the Director of Trans Health,
Jayeson Watts, LISCW
TransHealth@ThundermistHealth.org

or

(401) 767-4100 x4303

The Trans* Health Access Team is a group of medical, behavioral health, and allied service professionals working to improve access to culturally and clinically competent healthcare for the trans* community. Trans* is an umbrella term that encompasses many identities including transgender, transsexual, gender non-conforming/variant/creative, non-binary, intersex, agender, and others.

Trans* individuals seeking healthcare at Thundermist can contact the call center and request to see a Trans* Health Access Team Provider. Services include medical, dental, and behavioral healthcare.

AIDS Care Ocean State



AIDS Care Ocean State is dedicated to providing quality housing, case management, medical nursing care, and prevention to those who are infected by or at risk for HIV infection. To connect with services, please email info@aidscareos.org.

AIDS Care Ocean State offers free, anonymous & confidential HIV testing.

Walk-ins are welcome during Prevention Center Hours or by appointment. ACOS also offers free, anonymous & confidential hepatitis C testing, and free hepatitis A and hepatitis B vaccinations.

Prevention Center

557 Broad St. Providence RI 02907 | (401) 781-0665

<http://www.aidscareos.org/>

Hours

M:12-4PM | T:1-4PM | W:1-5PM | Th:10AM-5PM | F:Closed

AIDS Project Rhode Island

AIDS Project Rhode Island, a division of Family Service of Rhode Island, offers an array of services in Rhode Island to prevent the spread of HIV, facilitate HIV testing, and provide Services to people living with HIV/AIDS.

Free HIV/Hepatitis C Testing: Anonymous, rapid HIV & Hepatitis C testing for free on a walk-in basis.

Mon:10AM-1PM | Tue:4-6PM | Thu:4-6PM | Fri:10AM-1PM

Condom Distribution: Available during office hours.

Main Office

9 Pleasant St. Providence RI 02906

<http://aidsprojectri.org/>

Contact

Main: (401) 831-5522 | Intake: (401) 331-1350

HIV Testing: (401) 831-5522 x3824

Project Weber/RENEW

640 Broad St. Providence, RI 02907

<http://www.weberrenew.org/>

Project Weber/Renew is the merged organization of two programs that provide a full range of harm reduction, recovery, and basic needs services to men and women, including the transgender community. Drop into a location for services.

Men's Drop-In Center Hours: **M-F 10am- 2pm** Call: **401-442-4545** | Woman's Drop-In Center Hours: **M-F 10am-4pm** Call: **401-442-4545**

Harm Reduction Walk-In Services: **M-F 10am-4pm**

Prepared by Rhode Island Community Food Bank | June, 2018

Contact: Renzo Arteta, Community Resource Coordinator | 401-230-1701 | rarteta@rifoodbank.org

TGI Network

TGI Network of RI works to serve the needs of the transgender, gender-variant, and intersex (TGI) communities in Rhode Island and surrounding areas through support, advocacy, and education. TGI Network is the only statewide organization providing such support and advocacy for the local TGI community.



What is TGI? TGI is an "umbrella term" intended to cover a range of identities including the broad identity terms of transgender, transsexual, gender-variant, and intersex. Within these broad terms are the identities male-to-female (MtF), female-to-male (FtM), transwoman, transman, genderqueer, androgyne, bigender, genderf*ck, Two-Spirit, and many others.

In general, people who identify as TGI feel **that the gender they were assigned at birth is not an accurate or complete description of their gender identity.**

Contact

info@tginetwork.org
(401) 441-5058 (voicemail)
<http://www.tginetwork.org/>
[http://www.tginetwork.org/
/calendar](http://www.tginetwork.org/calendar)

TGI Network of RI works to be a resource for TGI people navigating their life journeys as well as the legal and medical systems through our own programs and through collaboration with other organizations. In addition, TGI Network of RI serves as a resource to professionals working with the TGI community and as a liaison between the TGI and LGBT communities as well as the community at large.

TGI Network of RI provides services and resources such as:

Peer led Support Groups (www.tginetwork.org/groups-and-services)

- *Borderlands*: open to TGI people and to those who are exploring whether a TGI identity is a good description of their experience.
- *TransPartners*: open to loved ones of TGI people.
- *TransFamilies*: open to parents and other family members of TGI people

Resources* (www.tginetwork.org/resources)

On this page you will find a listing of resources for the TGI Community including:

- *General Resource Listings*
- *Health/Social Service Listings*
- *Support/Advocacy Listings*
- *Documentation Changes*
- *And more*

* TGI Network of Rhode Island is not affiliated with any of the individuals, groups, or organizations listed unless stated otherwise. TGI Network of Rhode Island is not responsible for the opinions, views, or positions of these resources. We welcome suggestions of other websites/resources to add to this list. Please e-mail info@tginetwork.org if you would like to have your group or organization listed or for changes to your listing.

SAGE Rhode Island

LGBTQ individuals face unique challenges as they age. SAGE (Services and Advocacy for GLBT Elders) works to improve the lives of lesbian, gay, bisexual and transgender (LGBT) older adults.

SAGE/RI advocates for LGBTQ elders, educates service providers and the community about LGBTQ elder needs, and offers supports to the LGBTQ elder community.

SAGE/RI is committed to responding to the direct needs of its constituents, including the need for housing and home care alternatives. SAGE/RI works with hospitals, nursing homes and other healthcare providers in an effort to create LGBT-friendly settings that recognize the unique needs of this group of Rhode Islanders.

sage  RHODE ISLAND

Services & advocacy for gay, lesbian, bisexual and transgender elders

Contact

1 Virginia Avenue Suite 102

Providence, RI 02905

401-443-4451

<https://sage-ri.org/who-we-are/>



LGBT Café

SAGE/RI, along with the Department of Elderly Affairs and Meals on Wheels, runs the LGBT Café. At the Café, LGBT individuals and their friends age 60 and older can enjoy a hot, nutritious meal in a friendly, centrally located environment as well as learn about helpful programs. Suggested donation is \$3. People younger than 60 (and not disabled) will pay \$6.

Reservation required! To make a reservation, and/or to get more info about LGBT Café, contact Diane: (401) 351-6700 ext 105.

Help Lines (Taken From www.pflagprovidence.org/help-lines)

If you are in danger or need immediate help, dial 9-1-1!

- **PFLAG Greater Providence Help Line:** (401) 307-1802
- **The Trevor Lifeline:** (866) 488-7386
- **Trans Lifeline:** (877) 565-8860
- **The National Suicide Prevention Lifeline:** (800) 273-TALK (8255)
- **The GLBT National Help Center - Hotline:** (888) 843-4564; Youth Talkline: (800)246-7743
- **The Samaritans of Rhode Island:** (401) 272-4044 or (800) 365-4044

All help lines are free & confidential

KNOW YOUR RIGHTS

Taken from: <https://www.glad.org/locations/rhode-island/>



Rhode Island's law prohibits discrimination based on sexual orientation, HIV status, and gender identity or expression. For more information, contact **GLAD Answers**: 800-455-4523 (Mon-Fri 1:30pm-4:30pm), www.gladanswers.org.

Does Rhode Island have an anti-discrimination law protecting gay, lesbian, and bisexual individuals from discrimination?

Yes. Rhode Island has passed a comprehensive anti-discrimination law concerning sexual orientation in employment, housing, credit and public accommodations (places open to the public). The anti-discrimination law defines “sexual orientation” as “having or *being perceived* as having an orientation for heterosexuality, bisexuality or homosexuality.” This means you cannot be fired from a job, kicked out of housing, rejected for a loan by a bank, or kicked off a RIPTA bus **because** of your sexual orientation or perceived sexual orientation. Some exceptions exist: call GLAD Answers or visit www.gladanswers.org for more info.

Do protections exist for transgender people under state anti-discrimination law?

Yes. Rhode Island law explicitly prohibits discrimination on the basis of gender identity or expression, thereby protecting transgender people from discrimination in employment, housing, credit, and public accommodations (places open to the public). The law defines gender identity or expression as including a person’s “actual or perceived gender, as well as a person’s gender identity, gender-related self-image, gender-related appearance, or gender-related expression, whether or not that gender identity is different from that traditionally associated with the person’s sex at birth.” This means you cannot be fired from a job, kicked out of housing, rejected for a loan by a bank, or kicked off a RIPTA bus **because** of your gender identity and/or how you express your gender identity.

I’ve been discriminated against. How do I file a complaint?

You may file in person or in writing at the Rhode Island Commission For Human Rights (RICHR), 180 Westminster Street, 3rd floor, Providence, RI 02903. If you plan to go in person, you can call in advance to set up an appointment and find out what you need to bring. Their phone number is (401) 222-2661 (voice) and 401-222-2664 (TTY). You do not need a lawyer, but GLAD strongly encourages people to find lawyers to represent them throughout the process. A complaint must be filed with the RICHR within one year of the discriminatory act or acts. You can file several claims if you have suffered discriminatory treatment based on more than one personal characteristic.

For More Information Visit
WWW.GLADANSWERS.ORG