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# Parent & Teen Resource Guide

**A Mental Health Resource Guide  
for LGBTQ+ Teens & Caregivers in  
the Atlanta Jewish Community**



# About SOJOURN

Born & raised at the intersection of LGBTQ+, Jewish & Southern communities, SOJOURN is the premier resource for education, outreach & advocacy. Visit us at [www.sojourngsd.org](http://www.sojourngsd.org).

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## Our Mission

SOJOURN'S mission is to empower communities to advance and celebrate gender and sexual diversity across the South.

## Our Vision

SOJOURN'S vision is a South rooted in belonging, full inclusion, and justice

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## About This Guide

This guide was born out of a need in the Atlanta Jewish community for consolidated resources for supporting LGBTQ+ youth during tumultuous times.

We offer this guide as a reference only. Every effort has been made to identify viable options for you and your family, supported by community input. However, SOJOURN does not have institutional relationships with all of the organizations listed here.

If you don't see what you are looking for and/or if you'd have someone you'd recommend here, please let us know by emailing [info@sojourngsd.org](mailto:info@sojourngsd.org).

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Made possible by:



# Supportive Communities

## For Teens

### **Brave Trails Brave Space**

<https://www.bravetrails.org/brave-space>  
In-person and online meet-up groups and events for LGBTQ+ youth ages 12-18. Based in Los Angeles.

### **Charis Books and More/ Charis Circle Trans & Friends Group**

<https://www.charisbooksandmore.com/>  
Trans & Friends Youth is a weekly group for 12-18-year-old trans\*people, people questioning their own gender, and aspiring allies. Located in Decatur, GA.

### **JQY App & JQYU**

<https://jqy.org/>  
JQY supports youth from Orthodox communities with an app for people 17+ and JQYU grants for college students. Based in NY.

### **Moving Traditions - Tzelem**

<https://www.movingtraditions.org/programs/teen-groups/tzelem/>  
Nonbinary, trans, gender expansive, and LGBTQ+ Jewish teens gather online monthly with a trained adult mentor. Based in Philadelphia.

### **Keshet Youth Programs**

<https://www.keshetonline.org/youth>  
Keshet hosts youth Shabbatonim - one of a kind Shabbat retreats for LGBTQ+ and ally Jewish teens, ages 13 - 18 - as well as online social spaces. Based in Boston.

### **TrevorSpace**

<https://www.trevorspace.org/>  
International community for LGBTQ young people ages 13-24. Based in Los Angeles.

## For Parents/Caregivers

### **Dr. Lulu's Coaching & Consulting Lounge**

<https://dr-lulu.com/>  
Parent coach, LGBTQ+ advocate, and educator. Based in Atlanta.

### **Eshel Support Groups**

<https://www.eshelonline.org>  
Supports Orthodox Jewish families through weekly virtual support groups for parents of LGBTQ+ youth. Based in NY.

### **JQ International Support Groups**

<https://jqinternational.org/supportgroups>  
JQ offers free virtual monthly and drop-in support spaces for a variety of groups, including caregivers and family members of gender diverse youth and adults. Based in Los Angeles.

### **Find a LGBTQ+ Center (CenterLink)**

<https://www.lgbtqcenters.org/LgbtCenters>  
Over 375 LGBTQ+ centers providing support to their local LGBTQ+ communities, many of which have online programs for youth.

### **PFLAG - Atlanta**

<https://www.pflagatlanta.org/>  
Nation's largest organization dedicated to supporting, educating, and advocating for LGBTQ+ people and those who love them.

### **TransParent Metro Atlanta**

<https://transparentusa.org/chapters-georgia/>  
Supporting parents and caregivers navigating complex issues faced by their gender-expansive children of any age.

# Mental Health Support

## All-1-FAMily, Inc.

<https://www.all1familyinc.org/>

Mental and/or behavioral health services to lesbian, gay, bisexual, gender non-conforming and queer individuals.

## Dan Arnold, LCSW

<https://www.danarnoldlcsw.com/>

General private practice seeing children, teens and adults.

## CHRIS180

<https://chris180.org/>

Therapy and counseling for children and families in schools, communities and virtually.

## Devon's Place

<https://www.devonsplace.org/>

Behavioral healthcare for individuals who identify as part of a gender, sexuality or relationship structure minority (GSRM).

## Kalie Giovanni, LCSW

<https://www.psychologytoday.com/us/therapists/kalie-giovanni-atlanta-ga/936327>

Specializes in affirming and caring for the LGBTQIA+ community and transgender / gender expansive youth and adults, and their families.

## Grounded Wellbeing

<https://www.groundedwellbeing.org/>

Providing trauma-informed care to all people and specialize in working with the LGBTQ+ community.

## Dr. Ren Massey

<https://drrenmassey.com/>

Psychotherapy, psychological evaluations, and gender identity consultations.

## Modern Path

<https://www.modernpath.net/>

Behavioral healthcare for individuals who identify as part of a gender, sexuality or relationship structure minority (GSRM).

## Eileen Marie Pagán, LPC

<https://www.psychologytoday.com/us/therapists/eileen-marie-pagan-atlanta-ga/817303>

Art therapist specializing in working at the intersections of BIPOC and LGBTQ+ identities.

## Mick D. Rehrig, MSW, LCSW

<https://www.psychologytoday.com/us/therapists/mick-d-rehrig-decatur-ga/225614>

Specializes in affirming and supporting the LGBTQIA+ community and transgender/non-binary/exploring youth, adults, and their families and partners.

## Dr. Dani Rosenkrantz

<https://www.bravespacepsych.com/home>

Therapy, coaching, + community services for Jewish, LGBTQ+, BIPOC Folx + those who love them.

## Jamie Stepansky, LCSW, RPT

<https://www.devonsplace.org/>

Dedicated to cultivating an LGBTQ+ and neurodiversity-affirming practice.

## Luca Valentine, LMSW

<https://www.resilientwellnessllc.org/>

A neurodivergent non-binary provider specializing in trauma work, eating disorders, and substance use.

## Trans Lifeline

<https://translifeline.org/>

Suicide prevention helpline for trans youth, staffed by trans people. Based in San Francisco.

# Gender Affirming Health Care

## **Betsy M. Collins, MD**

<https://providers.emoryhealthcare.org/provider/betsy-m-collins/780469>  
Atlanta-area gender affirming GYN.

## **Elevated Access**

<https://www.elevatedaccess.org/>  
Transporting passengers at no cost to access the healthcare they need. Based in Champaign, IL.

## **Feminist Women's Health Center**

<https://feministcenter.org/>  
Affordable reproductive healthcare to people across the gender spectrum. Based in Atlanta, GA.

## **Jodi M. Greenwald, MD**

<https://northfultonpediatrics.com/jodim-greenwaldmd/>  
Atlanta-area gender affirming pediatrician.

## **QMed**

<https://queermed.com/>  
Gender-affirming care for transgender and nonbinary individuals. Based in Decatur, GA.

## **Southern Trans Youth Emergency Project**

<https://southernequality.org/tyep/>  
Offering logistical and financial support to help families navigate out-of-state gender-affirming care. Based in Ashville, NC.