Local Support & Resources

**LGBT Center: Hillcrest**
- **Phone:** (619) 692-2077
- **Address:** 3909 Centre Street, San Diego, CA 92103
- **Hours:** Mon – Fri 9am-9pm, Saturday 9am-7pm

**LGBT Center: Hillcrest Youth Center**
- **Phone:** (619) 497-2920 (Ext. 250)
- **Address:** 1807 Robinson Ave, Suite 106, San Diego, CA 92103
- **Hours:**
  - M: 4:30-9pm (ages 14-18)
  - T: 4:30-7:30pm (ages 10-13)
  - W: 4:30-9pm (ages 14-18)
  - Th: 5:30-7:30pm (ages 18-24)
  - F: 4:30-9pm (ages 14-18)

**LGBT Center: South Bay Youth Center**
- **Phone:** (619) 692-2077 (Option 9)
- **Address:** 1180 Third Avenue, Suite C1, Chula Vista, CA 91911
- **Hours:**
  - 2nd Monday of the month: 6-8pm
  - Mi Familia (Spanish-speaking support group for Latin@ families of LGBTQ youth)
  - W: 3-7pm (ages 18-24)
  - Th: 3-7pm (ages 14-18)
  - F: 3-7pm (ages 10-13)

**Sunburst Youth Housing Project**
- **Phone:** (619) 692-2077 (Option 9)
- **Address:** 1640 Broadway, San Diego, CA 92101

**(Sunburst) Hours:**
- 2nd Monday of the month: 6-8pm,
- Mi Familia (Spanish-speaking support group for Latin@ families of LGBTQ youth)
- W: 3-7pm (ages 18-24) Th: 3-7pm (ages 14-18)
- F: 3-7pm (ages 10-13)

**North County LGBT Resource Center**
- **Phone:** (760) 994-1690
- **Address:** 3220 Mission Ave Suite #2, Oceanside, CA 92058
- **Email:** info@ncresourcecenter.org
- **Website:** ncresourcecenter.org
- **Hours:**
  - Monday-Friday: 12pm-8pm
  - Saturday: 10am-6pm
  - Sunday: Closed

**LGBTQIA+ Support**

**Trans Family Support Services**
- **Phone:** (858) 304-0085
- **Email:** info@transfamilySOS.org
- **Website:** TransFamilySOS.org
- **More Info:** Family Engagement Sessions including assistance with insurance, medical, schools and legal needs; support group for Parents/Caregivers and Trans/Non-Binary Youth, 3rd Sundays 1-2:30pm, meet at North County LGBTQ Resource Center 3220 Mission Ave. Oceanside

**Transformando Familia SD**
*(Trans Support in Spanish)*
- **Laura Nuno**
- **Phone:** (619) 962-8435
- **Email:** nunol@yahoo.com

**QHMER (Long Beach, CA)**
*(Queer Khmer)*
- **Website:** [https://qhmer.org/home](https://qhmer.org/home)
- **Mission:** We advocate for queer Khmer representation, aspire to create a positive impact in our community, and strive to end cultural intolerance.
- **Vision:** Giving everyone the courage, confidence, and support to be exactly who they are as the world deserves.

**Our Space (Poway)**
*(LGBTQ Support & Socials)*
- **Address:** St. Bartholomew Church, 16275 Pomerado Rd, Poway, CA 92064
- **Meets 2nd & 4th Tuesdays (630pm-830pm)**

**More Resources**

**PFLAG SD**
- **Phone:** (888) 398-0006
- San Diego, CA 92138
- Support for family of LGBTQIA+

**NQAPIA**
*National Queer Asian Pacific Islander Alliance*
- **Mission:** NQAPIA seeks to build the capacity of local LGBT AAPI organizations, invigorate grassroots organizing, develop leadership, and challenge homophobia, racism, and anti-immigrant bias.

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*(Queer Khmer)*
- **Website:** [https://qhmer.org/home](https://qhmer.org/home)
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Therapy & Crisis Hotline

Mereles Therapy
Cristy Mereles, LCSW
Licensed Clinical Social Worker
Phone: (619) 247-4233
Address: 4190 Front St
San Diego, CA 92103
Website: www.MerelesTherapy.com
Specializing in LGBTQ+ Children, Families, Individuals

Acacia Counseling and Wellness
Soraiya Khamisa, Director, LCSW
Phone: (858) 768-0028
Address: 8950 Villa La Jolla Drive, C121
La Jolla, CA 92037
Email: lajolla@acaciacw.com
Website: https://www.acaciacw.com/lajolla
Facebook: @AcaciaLaJolla
Soraiya has special interest in working with members of our LGBQIA+, Transgender and Gender Nonconforming communities, specifically those who may have other racial, cultural, and religious identities

Access & Crisis Line
Phone: (888) 724-7240
Address: P.O. Box 82762
San Diego, CA 92138

QAPIMEDA-Friendly Businesses

insideOUT (Hillcrest)
Restaurant/Bar
Address: 1642 University Ave #100
San Diego, CA 92103
Hours:
Weekdays: 2:00pm - 11:00pm
Saturday: 10:00am - 12:00am
Sunday: 10:00am - 11:00pm

Deja Brew Lounge (North Park)
Coffee/Desserts
Address: 2528 University Ave
San Diego, CA 92104
Hours:
Daily: 8:30am - 8:00pm

Visit sdpride.org/qapimeda to sign up for our newsletter!

(SCAN QR CODE BELOW ON PHONE)

Purpose
Create a safe and welcoming space designed to foster meaningful discussions about the intersection of individuals who identify as Desi, Middle-Eastern, Pacific Islander, Asian, and LGBTQ+

Mission
Build capacity and leaders within the LGBTQ+ Desi, Middle-Eastern, Pacific Islander, Asian community to promote connectivity, combat stereotypes and racism, and mobilize our civic and economic power.

Find out about future events, ways to get involved, & more!