

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)

Instagram: @LGBTCenter

Website: thecentersd.org

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

Kyler's Connections

(Mentoring Trans Youth)



Email: genderjunk@transfamilysos.org

Website: TransFamilySOS.org/KK

“Gender Junk” provides binders, gaffs, packers, bras, STPs, makeup & other gender affirming items

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

NQAPIA seeks to build the capacity of local LGBT AAPI organizations, invigorate grassroots organizing, develop leadership, and challenge homophobia, racism, and anti-immigrant bias.

QHMER (Long Beach, CA)

(Queer Khmer)

Website: <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.



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@acaciaw.com

Website: <https://www.acaciaw.com/lajolla>

Facebook: [@AcaciaLaJolla](https://www.facebook.com/AcaciaLaJolla)

Soraiya has special interest in working with members of our LGBTQIA+, 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:

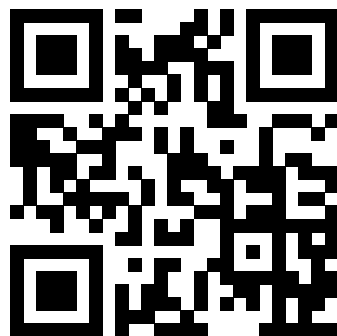
2528 University Ave
San Diego, CA 92104

Hours:

Daily: 8:30am - 8:00pm

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

(SCAN QR CODE BELOW ON PHONE)



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



SAN DIEGO QUEER APIMEDA COALITION

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.

QUEER · ASIAN
PACIFIC ISLANDER
MIDDLE EASTERN
DESI · AMERICAN

📷 @qapimeda 📺 qapimeda 📧 qapimeda@sdpride.org

