

POTLUCK DINNER

CONTACT INFORMATION

Chadwick K. Pifer founded our group in 1999. Dr. Francie Milazzo is our current facilitator. You may contact our group by e-mail at contact@sacgender.org

MEETING FORMAT

We serve a potluck dinner after which we have a confidential support group meeting where each person can give a review of where they are and what has happened in the previous month.

DIRECTIONS TO MEETINGS

Business 80 (toward Sacramento) exit at J St, continue south 2 blocks on 29th St, turn right onto L St.

Business 80 (toward Reno) exit at N St, go north 2 blocks on 30th St, turn left onto L St.

There is free parking on the street around Sutter's Fort Park.

There is a pay parking garage on 29th St. between L Street and Capitol Avenue.

Enter the main lobby of the Sutter Medical Center through the driveway on the south side of L St between 28th and 29th Streets. Take the orange elevator on your left to Level 2, then cross the access bridge to the Ose Adams Medical Pavilion. Follow the signs to Conference Room C.

BE WHO YOU ARE!

Do you feel as though you are living in another person's body, that you are living a lie?

Do you feel "out of place" a great deal of the time or that perhaps you are confused?

Are you frightened because you know or think you might be differently gendered?

Do these feelings cause you to want to hurt yourself, perhaps, *JUST END IT ALL!!!?*

Our meetings provide a safe, confidential place to talk, ask questions, or just listen.

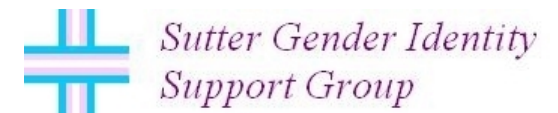
Our meetings are open to all who identify as transgender, questioning, significant others, family, friends and helping professionals



FtM, MtF, SPOUSES

SUTTER GENDER IDENTITY SUPPORT GROUP

***Sutter Medical Center
Sacramento
2801 L Street
Sacramento, CA***



www.sacgender.org

WHO ARE WE?

We are an open, non-profit, non-sexual social group for those who are serious about their gender identity. We provide a safe and secure place where they can interact with others with similar experiences and meet, visit and exchange information. We serve the educational, emotional, and recreational needs of the gender variant, transgender and intersex community, significant others, parents, children, allies and helping professionals.

WHAT IS OUR PURPOSE?

Our primary purpose is to support and help each person to overcome his or her challenges and to enjoy a fulfilling life in this society. Gender variance is not a disease, but rather a natural human condition. Throughout human history, many cultures have held gender variant people in high esteem. But sadly prejudice and violence against transgenders has been epidemic. We strive to help our people and their families understand that this condition is natural, no one's fault, and to learn to affirm and enjoy our lives as who we are within a safe environment.

MUST I BE A MEMBER TO ATTEND?

NO! Guests are always welcomed. You do not even need to know a regular.

DRESS CODE?

Dress in the attire in which you are most comfortable. Many come dressed in the gender of their choice or change clothes when they arrive.

CAN I BRING FAMILY, SPOUSE, OR CLOSE FRIENDS?

YES! We encourage their attendance. This helps them better understand your feelings. Their acceptance may, in turn, help others understand their friend's transition.

WILL I FEEL OUT OF PLACE BECAUSE OF MY AGE?

NO. Our group is made up of people of all ages. Most are between twenty and sixty but teens and seniors are not uncommon.

WHERE CAN I FIND OTHER COMMUNITY RESOURCES?

Our sacgender.org website lists many helping professionals and other support resources in our area.

The Gender Health Center at 2020 29th Street offers affordable assistance with counseling, legal services, name and gender change, groups and workshops.

WHERE & WHEN DO WE MEET?

Our group meets on the third Saturday of every month at 6:30 pm at Sutter Medical Center Sacramento, 2nd floor Conference Room C, 2801 L St, Sacramento, for a potluck and fellowship meeting.

MEMBERSHIP COSTS?

Our group is not a membership organization and there is no charge to attend

ANY SPECIAL EVENTS?

Occasionally we will have a speaker do a presentation for us. At these events a small donation may be requested to help defray the presenter's expenses.

ANNUAL TRANSGENDER DAY OF REMEMBRANCE

Since 2005 our group has hosted an Annual Candlelight Vigil in observance of the International Transgender Day of Remembrance on the third Saturday of each November. This well attended community event features guest speakers and is open to all. See the full information at sacgender.org/tdor

OTHER LOCAL SUPPORT ORGANIZATIONS

Links to information about these and other local groups can be found at our web site <http://www.sacgender.org>

Gender Health Center

PFLAG Sacramento

River City GEMS

Sacramento Area Rainbow Kids

Sacramento LGBT Center

TransFamilies Sacramento