

### **Are there groups in Las Vegas I can contact?**

Yes. Transgender Support & Advocacy, Nevada, offers support groups for trans persons. Groups meet from 7:30pm to 9pm at Community Counseling Center, 1120 Almond Tree Ln., near Sahara and Maryland Parkway (369-8700). There is no screening requirement, dress code or cost. Groups are generally safe, caring, and confidential.

- \* Open Discussion Group, Mondays
- \* FTM and Questioning, Tuesdays
- \* Gender Topics Group, Thursdays

Caring and knowledgeable Individual, couples, and family counseling also available at Community Counseling Center.

### **Where else can I find information and support?**

Advocates for Youth: Trans\*topia, 1025 Vermont Avenue, NW, Suite 200, Washington, DC 20005, 202.347.5700; fax: 202.347.2263  
[www.youthresource.com/feat/trans](http://www.youthresource.com/feat/trans) \* [jessie@advocatesforyouth.org](mailto:jessie@advocatesforyouth.org)

Female-to-Male International, 5337 College Avenue #142  
Oakland, CA 94618 415-553-5987  
[www.ftm-intl.org](http://www.ftm-intl.org) email: [info@ftm-intl.org](mailto:info@ftm-intl.org)

Gender Public Advocacy Coalition (GenderPAC)  
332 Bleecker Street, #K-86, New York, NY 10014-2980  
212-645-2686 [www.gpac.org](http://www.gpac.org) email: [gpac@gpac.org](mailto:gpac@gpac.org)

Gender Education and Advocacy, Atlanta, GA  
[www.gender.org](http://www.gender.org) email: [dallas@gender.org](mailto:dallas@gender.org)

International Foundation for Gender Education (IFGE), Box 229  
Waltham, MA 02454, 781.899.2212, Fax: 781.899.5703  
[www.ifge.org](http://www.ifge.org) email: [info@ifge.org](mailto:info@ifge.org)

Intersex Society of North America, Box 3070, Ann Arbor, MI 48106  
Fax: 734-994-7379, [www.isna.org](http://www.isna.org) \* [info@isna.org](mailto:info@isna.org)

PFLAG (Parents and Friends of Lesbians and Gays)  
1101 14th Street, NW, Suite 1030, Washington, DC 20005  
[www.pflag.org](http://www.pflag.org) email: [info@pflag.org](mailto:info@pflag.org)

This informational brochure is provided as a free service by

## Transgender Support & Advocacy, Nevada

A Program of Community Counseling Center  
1120 Almond Tree Lane, Suite 207  
Las Vegas, NV 89104  
Voice mail: (702) 392-2132  
E-Mail: [TGSupport.LV@usa.net](mailto:TGSupport.LV@usa.net)  
[www.transgender.org/tg/vegas\\_tg/index.htm](http://www.transgender.org/tg/vegas_tg/index.htm)

Offering a variety of transgender support groups and individual, couples or family counseling for persons working to discover and express who they are in terms of gender, and for those who are an important part of our lives. All of our groups are safe, confidential, caring support groups.

Our members identify themselves as transsexuals, transgenderists, crossdressers, or multi-gendered, whether gay, straight, bisexual, or asexual. Among our diverse membership you will find those who are just beginning their gender exploration and those who have been on their journey for many years. We come together to help each other grow in acceptance with an emphasis on successfully dealing with gender identity and related issues.

Additional information provided by  
The International Foundation for Gender Education  
PO Box 229, Waltham, MA 02254-0229  
781.899.2212 / [info@ifge.com](mailto:info@ifge.com)



## TRANSGENDER SUPPORT & ADVOCACY, NEVADA

*Gender, Affectional &  
Racial Equality*

### About Gender Variance

**Transgender: What is it?**

Transgender is a term used to describe anyone whose expression of their personal gender identity challenges culturally sanctioned gender roles: gay or straight crossdressers, transsexuals, drag kings and queens, androgynes, and genderqueers of all sorts. Like gay women and men transgress heterosexual norms by loving members of the same sex, transpeople transgress bipolar gender norms by acting or dressing in ways not generally associated with their assigned birth gender and in some cases by modifying their bodies.

**Am I a transsexual?**

Transsexuals are extremely unhappy with their assigned birth gender. In many cases they alter their social gender expression and bodies to correspond more fully with their personal gender identity. About half of transsexuals are male-to-female (MTF) and half are female-to-male (FTM). Many crossdress to feel more comfortable, but this is a temporary remedy. Some choose genital reassignment surgery (GRS) or breast reduction and many have hormone treatment or permanent hair removal (electrolysis).

**Am I a crossdresser?**

Crossdressers wear clothing of the gender "opposite" their birth gender on occasion but do not desire to change their gender expression permanently. They dress for personal reasons, which can include a need to express their feminine or masculine side or a way to express themselves erotically.

**What are transgenderists?**

Transgenderists live as members of the "other" sex but choose not to modify their bodies. Some stake out a "third gender" status. They may take hormones but don't have SRS.

**How do I know if I'm a crossdresser or a transsexual?**

For some it is hard to tell because of the frustrations of wanting to express a cross gender identity without being able to. By allowing yourself the opportunity to periodically express your personal gender identity (through cross dressing or changing day to day gender-bound behavioral patterns) and establishing some more personally satisfying routines, you will develop a sense of what gender attributes you have. The euphoria of more freely expressing your gendered self can take time to subside. This can allow you a chance to explore your true feelings.

**Transpeople can be Gay, Straight, Bi- or Asexual:**

Terms such as gay and straight make little sense when applied to transpeople. Is a post-op MTF transsexual paired with a woman a lesbian? What about a pre-op MTF with a man? Or a FTM transsexual with another FTM? Although not all transpeople identify with a larger queer community, many do, and certainly the general public and transphobic politicians do not consider us heterosexual no matter *who* we love.

**Should I seek professional help?**

Being transgendered is not a sufficient reason by itself to get therapy. However, to be prescribed hormones or have SRS a person generally has to be involved in a professional counseling relationship for a period of time. Also, there are usually many issues related to being transgendered, such as spouse's and family's feelings, the fear of being exposed, and shame. These can cause stress and other problems with which a therapist can be helpful.

**Can I be cured?**

You are not sick! Some better questions are, "Can I find my place in the infinite range of gender possibilities?" and "Can I come to appreciate the person I am, and learn how to be comfortable being myself?" The answer is, "YES."

**If there is nothing wrong with me why do I feel bad?**

We all encounter messages every day which give us clues to expected behavior. If these expectations don't fit our feelings, we can feel out of sorts and alienated. Many of these clues are gender related, yet gender is not openly acknowledged as a personal identity and expression in our culture. Most people mistakenly associate gender with sex, but gender is about feelings and behavior. One way to begin to feel better is in a support group where you can learn that you are not alone and that you have choices.

**Can't I just stop crossdressing? Won't it just go away?**

Many people deny the desire to crossdress for years. Denial is a safety mechanism which can work but not in the long term. And, unless you face your feelings, denial can cause frustration, anger and depression. While you may not be ready to join a support group, talking with someone (even anonymously over the phone) will provide information about available opportunities and can help to resolve your conflicts. No one should suffer alone and in silence.

**Are there any books or magazines on gender issues?**

There are many publications about crossdressing and transsexualism. Some can be found at bookstores such as Border's, while others need to be ordered from bookstores such as the IFGE bookstore. The library at UNLV has some titles; also check the internet. Below are a few ideas.

*Gender Outlaw* by Kate Bornstein

*Transgender Warriors* by Leslie Feinberg

*Read My Lips* by Riki Anne Wilchins

*Gender Shock* by Phyllis Burke

*Trans Forming Families* by Mary Boenke, Ed.

*Body Alchemy: Transsexual Portraits* by Loren Cameron

"Transgender Tapestry" magazine published by IFGE