

Local Support

TransFormative

A social gathering for adult individuals (18 years+) who identify as transgender, genderqueer, non-binary, or gender nonconforming. This is as an opportunity to receive information, find support, and create community. TransFormative provides a space that encourages non-judgmental conversation, collaboration, and resourcing. This group meets every other Wednesday from 6-7:30pm at Mental Health Clinicians of Bellevue (919 Galvin Road S., Bellevue) www.braveresilience.com/transformative/

PRISM

This group provides continued support to members and allies of the LGBTQ community who have experienced trauma in their lives. This includes, but is not limited to, victimization due to domestic violence, sexual assault, or human trafficking, and trauma related to gender identity and/or sexual orientation. Contact the Women's Center for Advancement for more information at 402-345-6555.

Open Arms Trans Social Group (OATS)

The Open Arms Trans Social Group's mission is to provide a safe and welcoming space for transgender and gender non-binary youth, young adults, their friends, and their families. We talk, listen, learn, share common experiences, and provide a supportive community for each other. Meetings are every third Saturday of the month from noon to 2:00 pm at the Second Unitarian Church at 3012 S. 119th Street in Omaha. www.openarmsomaha.com/

Families of Gender Expansive Youth

A support group for parents and caregivers raising gender expansive youth. Facilitated by Dr. Jean Amoura and Megan Smith-Sallans, LIMHP, the group meets the second Tuesday of every month from 6:30-8:00pm at the University of Nebraska Medical Center. Questions? Call Dr. Jean Amoura at 402-559-2666 or visit <http://megansmiththerapy.com/families-gender-expansive-youth-support-group/>

TRANScend

TRANScend is a group by, for, and about trans spectrum people in the UNO Community. Are you transgender, gender expansive, genderqueer, gender fluid, bigender, hijra, two spirit, or agender? Join in this trans spectrum space with others like you! This group meets every Thursday at 12 P.M. For more information about any support group, contact the Gender and Sexuality Resource Center at 402.554.2890 or unogsrc@unomaha.edu.

River City Gender Alliance

RCGA is an all-inclusive support organization that provides peer support, friendship and understanding for transgender and gender non-conforming individuals. RCGA also seeks to further transgender acceptance through education, outreach and being socially active in the greater community. For more information about membership and monthly meeting times, please visit www.rcga.co/ or send an email to: newmembers@rcga.co.

Ages Queer & Up: Nebraska Metro 20s Group

Hey there! Are you 20 to 30 years old, LGBTQ+, and in the Omaha or Lincoln areas? Looking for an excuse to hang out and have fun? Join us! Our purpose is to provide a casual social group for LGBTQ+ that isn't focused solely on alcohol. You must fill out a membership form to participate. Visit our group on Facebook for more information. www.facebook.com/AgesQueerAndUp/

PFLAG

PFLAG stands for Parents, Families, and Friends of Lesbians and Gays. Meetings are held the second Thursday of every month from 6:45 to approximately 9 p.m. in Countryside Community Church's Memorial Hall (8787 Pacific Street). By meeting people where they are and collaborating with others, PFLAG realizes its vision through support, education, and advocacy for families, allies and people who are LGBTQ. www.pflag-omaha.org/

Proud Horizons

Proud Horizons is a youth group specifically for gay, lesbian, bisexual, transgender and straight ally youth ages 13 to 23. **Proud Horizons meetings are held every Saturday from 4-6 p.m. at First United Methodist Church's Mead Hall, 7020 Cass Street.** <http://proudhorizons.wordpress.com/>