



- TQYC provides a safe space for trans and queer youth to receive mental health services and build community.
- TQYC also offer basic needs assessments, gender-affirming healthcare resource linkage, and LGBTQ+ education, and advocacy services.
- TQYC's mission is to provide affirming spaces for trans and queer youth and their families to explore their identities and gain confidence in being their best authentic selves.



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- TQYC provides a virtual safe space for youth across Sacramento county and beyond.
- TQYC has participated in virtual and in-person events within Sacramento County to provide education and support to LGBTQ+ youth and their families.
- TQYC ensures that all services are free and accessible to youth and their families, centering the most marginalized and making safe spaces for all abilities.
- TQYC has 24/7 crisis support



- TQYC responded to the pandemic by switching to a completely virtual program.
- Groups were moved to zoom platform and opened more widely to welcome more people.
- A discord server was established to allow a safe environment for youth to interact in-between groups.
- Regular informational media has been released on our public social media platforms.
- Special virtual events were created to help build community for the youth.



# Pandemic Challenges and Success'

## Challenges

- Keeping youth engaged
- Creating the right support groups
- Responding to crisis
- Supporting youth outside of Sacramento

## Success

- Growing participants
- Adding groups
- Providing supports both within TQYC and referring out
- Creating a wrap around online support server
- Therapeutic Minecraft



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- Discord server
- 24/7 crisis support
- Minecraft
- Creating a close-knit community that is available on demand.
  - Chosen family
- Care packages



- 24/7 crisis support and response
  - Transportation to medical facilities
  - Assistance receiving medical and mental health services
  - Care package delivery
- School related advocacy
- In-person Pride event
- Mentorship / individual psychotherapy
- Family advocacy services



- Sacramento Street EMS
- Neighbor Program
- Sacramento LGBT Community Center
  - Q Spot
- CommuniCare Health Centers Yolo County



- Our youth have expressed:
  - Sense of community
  - Relief
  - Safety
  - Trust
  - Affirmation

**“I don’t have to feel alone when I come to TQYC. I can be who I want to be. I don’t have to hide. If the group wasn’t here, I wouldn’t feel like I had a place to go.”**

- – Leo (14 year old)





- TQYC has moved to being fiscally sponsored by the HadaNõu Collective.
  - Bootcamp
  - Sustainability
  - 501c3 status
- Strengthening and growing partnerships
- Program building through grants
  - Elevate Youth
  - Adding staff and programming



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