

Local Resources And Groups

Marquette Senior High School's Student Alliance for Equality (S.A.F.E.)

Email kjensen@mapsnet.org for more info

NMU Queers And Allies

[Facebook Group](#)

Dial Help, Inc

www.dialhelp.org

Multicultural Education and Resource Center, Northern Michigan University

Phone: (906) 227-1554

[Website](#) or email merc@nmu.edu

NMU Allies - Visible Faculty, Staff, Student Support For GLBT

[Facebook Group](#)

Keweenaw Pride

MTU Center for Diversity and Inclusion, 1400 Townsend, Hamar House, Houghton, MI 49931

Phone: (906) 487-2920

Email: diversitycenter@mtu.edu

[Facebook Page](#) and [Website](#)

Bay College LGBTQ Guide

Sault Ste. Marie LGBTQ Professionals Network

[Facebook Page](#)

SAGE at Lake Superior State University

[Facebook Page](#)

Michigan Tech Center for Diversity and Inclusion

[Facebook Page](#)

Outword

LGBTQ+ Teens & Allies aged 13-18 Welcome

Peter White Public Library, Mqt MI

Email maschnee@pwpl.info or call (906) 226-4321 for more info

PFLAG - Marquette

[Facebook Group](#)

LGBTQ+/Allies of Iron County

[Facebook Group](#)

Marquette County & Alger County Community Resources 2020

Superior Alliance for Independent Living

Disability Network of the Upper Peninsula

Anna Sun Foundation

The ASF is a charitable organization focused on healing, recovery, education and awareness purposes.

Other LGBT Organizations

Equality Michigan

<http://www.equalitymi.org/> or <http://www.tri.org>

(866) 962-1147

SOULFORCE

PFLAG

(Parents and Friends of Lesbians and Gays)

HRC

(Human Rights Campaign)

Affirmations - People Building Community

Affirmations provides a welcoming space where people of all sexual orientations, gender identities & expressions, and cultures can find support and unconditional acceptance, and where they can learn, grow, socialize and feel safe!

Local Congregations And Churches That Are Welcoming to LGBTQIA Individuals

Marquette Unitarian Universalist Congregation

1510 M-28 East
Chocolay Township, MI 49855
906-249-9450

Messiah Evangelical Lutheran Church

305 West Magnetic Street
Marquette, MI 49855
Phone: 906-225-1119 - Fax: 906-225-5025
MarquetteLutherans@gmail.com

Saint Paul's Episcopal Church

Contact Person: Kevin Thew-Forrester
201 E Ridge Street
Marquette, MI 49855
Phone: 906-226-2912 - Fax: 906-226-2953

Lake Superior Zendo (Buddhist)

Contact Person: Paul Lehmborg
2222 Longyear Avenue
Marquette, MI 49855
Phone: 906-226-9363

Grace United Methodist Church

Contact Person: Kim Spencer
927 West Fair Avenue
Marquette, Michigan 49855
Phone: 906-225-0616

Temple Beth-Shalom (Jewish)

Contact Person
President & Co-Webmaster Daniel Arnold, MD
Contact Person
Secretary & Co-Webmaster Shannon Ruiz
Ishpeming Township, MI. See map [HERE](#)
Phone: 906-485-6191 or 906-249-9056
tbs.ishpeming@gmail.com

Educational Resources And Guides

[Ultimate Guide to Resources for LGBTQ+ Students](#)

[Queer Youth Advice for Educators: How to Respect and Protect Your Lesbian, Gay, Bisexual, and Transgender Students](#)

[The College Student's Guide to Safe & Healthy Intimate Relationships](#)

[LGBTQ+ Comprehensive Health & Well-being Guide](#)

[Ohio University - LGBTQ Youth: A Guide for Foster Parents, Counselors, and Social Workers](#)

[75+ Amazing LGBTQIA+ Travel Resources, Discounts, & Helpful Sites](#)

Addiction Support

[Marquette Inpatient
Drug and Alcohol Rehab Centers](#)

[Drug and Alcohol Addiction Rehab, Treatment, and Recovery Resources in Michigan](#)

[Substance Abuse Prevention
In The LGBT Community -
Culturally sensitive peer support programs, therapy, and community services](#)

www.alcohol.org

[Discrimination And Addiction:
How to Overcome Prejudice
Without Relying on Drugs or Alcohol](#)

www.AddictionGuide.com

[The Risk of Addiction
in the Transgender Community:
Embracing Your Identity
While Coping with Addiction](#)

[Big Tobacco and the LGBT Community:
Targeted Marketing](#)

[American Lung Association](#)

www.addictionhub.org

<https://quitsmokingcommunity.org>

[The Guide to
Rebuilding Bridges With Your Loved Ones
After Battling Addiction](#)

[The Recovery Village
LGBTQ+ Drug and Alcohol
Treatment Resources](#)

[Substance Abuse in College Students](#)

[LGBTQ+ and Addiction: Causes, Resources and Treatment by drugrehab.com](#)

[Information about alcohol addiction, by drugrehab.com](#)

[Addiction Center - The LGBTQ Community and Addiction](#)

[Mental Health and Addiction Issues in the LGBTQ+ Community](#)

[LGBTQ+ AND ADDICTION](#)

Finding Health Information and
STD/STI Testing and Support

[Article - HIV & the LGBT Community](#)

[Sexually Transmitted Infections
A Guide for Gay and Bisexual Men](#)

[National HIV and STD Testing Resources](#)

[Centers for Disease Control and Prevention
Find an HIV Testing Site Near You](#)

[The Henry J Kaiser Family Foundation
Filling the Need for Trusted Information
On National Health Issues](#)

[Planned Parenthood](#)

Coming Out and Anti-Bullying

[Am I Gay? A Guide for People Who
Question Their Sexual Orientation](#)

[Coming Out to Your Parents](#)

[Gay Support: Where to Find LGBT Help
and Support Groups](#)

[Empty Closets
Coming Out Support and Resources](#)

[LGBT Foundation
Coming Out Support](#)

[Everyoneisgay.com
Coming Out Resources and Other Advice](#)

[Straight Spouse
Discovering Your Spouse Isn't Straight](#)

[Cyber-Bullying Statistics](#)

[Cyberbullying
Protecting LGTB Teens](#)

[Anger, Depression, and Disability
Adapting to a New Reality](#)

[Article - Cerebral Palsy and LGBT](#)

Finding Legal Assistance And Information

Local Attorneys

[Kim Winokur PLC](#)
Phone: (906) 629-1510
Email: kwinokur@sbcglobal.net

[William B. Ferns](#)

Other Resources

Michigan Protection and Advocacy Services

Address: 129 W Baraga Ave # A,
Marquette, MI 49855
Phone: (906) 228-5910
or
Address: 4095 Legacy Pkwy #500
Lansing, MI 48911
Phone: (517) 487-1755 or (800) 288-5923

[PROTECTING THE RIGHTS
OF TRANSGENDER PARENTS](#)

[AND THEIR CHILDREN](#)

A Guide for Parents and Lawyers

[Transgender Law Center](#)

Making Authentic Lives Possible

[National Center For Lesbian Rights](#)

Achieving LGBTQ Equality
Through Litigation, Legislation,
Policy, and Public Education for 40 Years

[Sylvia Rivera Law Project](#)

Working to guarantee that all people are free
to self-determine gender identity and expression,
regardless of income or race, and without facing
harassment, discrimination or violence

[National American Civil Liberties Union](#)

And [Michigan ACLU](#)

An organization that works daily in courts, legislatures and communities to defend the individual rights and liberties guaranteed by the Constitution and laws of the United States

[Lambda Legal](#)

Lambda Legal, a 501(c)(3) nonprofit, is a national organization committed to achieving full recognition of the civil rights of lesbians, gay men, bisexuals, transgender people and everyone living with HIV through impact litigation, education and public policy work.

[ACLU.ORG - Know Your Rights](#)

[Transgender People And The Law](#)

[Same Sex Marriage Discrimination Guide](#)

[What You Should Know About EEOC and the Enforcement Protections for LGBT Workers](#)

[North Carolina's Controversial 'Anti-LGBT' Bill Explained](#)

[Strengthening Child Welfare Systems by Resisting LGBT Discrimination](#)

[LGBTQ Foster and Adoption Laws by State](#)

[Overview of Lesbian and Gay Parenting, Adoption and Foster Care](#)

[The Essential Guide to Employment Discrimination Claims and Lawsuits](#)

Sexual Assault and Domestic Violence

[Delta Regional Child Advocacy Center](#)

The Delta Regional Child Advocacy Center provides services to children and families impacted by abuse in Alger, Delta, Menominee, and Schoolcraft Counties.

[Tri-County Safe Harbor](#)

provides services and support for victims of domestic violence, sexual assault, and stalking. Our shelter is located in Delta County and we have outreach offices in Menominee and Schoolcraft Counties.

Other Support And Information

[Financial & Social Resources for Homeless LGBTQ+ Youth](#)

[Guide to LGBTQ+ Adoption](#)

Training for Law Enforcement

[Police Departments and Nondiscrimination Laws](#)

[Law Enforcement and the Transgender Community – CRS Training Program](#)

[Seattle Police Manual - Interaction with Transgender Individuals](#)

[The Importance of Trans-sensitive Police Policies and Practices – The Policing Project](#)

[Policing Transgender People: Discretionary Police Power and the Ineffectual Aspirations of One Australian Police Initiative](#)

[Gender Violence & Race](#)

[Why police often single out trans people for violence](#)

[Writing Effective Police Policies for Transgender People](#)

[Unerasd: Mic's database of trans lives lost to homicide in the US](#)

[Domestic Violence and the LGBTQ Community](#)

Suicide Prevention

[The Trevor Project](#)

[Suicide Prevention for Youth Ages 13-24](#)

[How to Cope with Suicidal Thoughts and Feelings - In Yourself & Others](#)

[Earlier Than Too Late: Stopping Stress and Suicide Among Emergency Personnel](#)

[Article - Teens and Peer Suicide: Dangerous Potential After-Effects](#)

[After a Suicide Attempt: A Guide for Family & Friends](#)

[Article - Left Behind After Suicide](#)

HELP HOTLINES

Transgender Michigan

Help Line
(855) 345-TGMI

Your Life Your Voice

Click [HERE](#)
Or Call (800) 448-3000
Or Text VOICE to 20121 to start

Trans Lifeline

A Suicide Hotline
Based Out Of San Francisco
(877) 565-8860

National Suicide Prevention Helpline

Click [HERE](#)
Or Call (800) 273-8255

Veterans Crisis Line

(For Veterans, Military Personnel,
And Their Families)

Click [HERE](#)
Or Call (800) 273-8255 and Press 1

The Trevor Project

A Phone And Internet Chat Hotline

For LGBTQ people.
Click [HERE](#)
Or Call (866) 488-7386

**FORGE Transgender
Sexual Violence Project**
Click [HERE](#)
Or Call (414) 559-2123

National Sexual Assault Hotline
Click [HERE](#)
Or Call (800) 656-HOPE (4673)

Other Transgender Resources

[Stand With Trans Resources](#)

[GLAAD Resources for Transgender People](#)

[Trueselves.com](#)

A forum specifically for transgender individuals in which they can ask questions, receive advice, etc.
THIS FORUM IS ONLY FOR TRANSGENDER PEOPLE!

[CREATING TECH JOBS for the trans* and gender non conforming community](#)

[Rx Outreach](#)

A non-profit pharmacy whose mission is to provide affordable medications. Because often, transgender hormones are expensive and out of reach.

[National Center for Transgender Equality](#)

[Support for Gender Confirmation](#)

Local LGBT+ Friendly Doctors and Nurses

Laura Santoro, MD, MPH
Family Medicine
Lakewood Clinic, 5089 US-41
Harvey, MI 49855
(906) 249-5589

Dr. Leslie Lemanek, MD
Family Medicine
710 South Lincoln Road
Escanaba, MI, 49829
(906) 786-4628

Jesse Krikorian, resident MD
Marquette Family Medicine Clinic
1414 W Fair Ave, Marquette, MI 49855
primary care and sexual/reproductive health
(906) 449-1010

Dr. Jim Sawyer
Wmh Internal & Family Medicine
500 Osborn Blvd Ste 1006,
Sault Sainte Marie, MI 49783
(906) 253-2665

Dr. Ellie Barker
Singletrack Health Family Practice
107 W. Main Street Suite #2
Marquette, Michigan 49855-4651
Phone:(906) 662-4070

Fax:(906) 662-4091

Philip Gardiepy-Hefner

Training Coordinator
Northpointe Behavioral Health
715 Pyle Dr. Kingsford, Michigan 49802
Phone: (906) 774-0522
Email: phefner@nbhs.org

Shayna Orlich

Gwinn Family Health Center
135 E. M-35, Gwinn, Michigan.
Phone: (906) 346-9275

Hilary Metcalf, MD

Family Practice
901 Lakeshore Dr, Ishpeming, MI 49849
Phone: (906) 485-2687

Drs. Christopher and Jennifer Dehlin, MD Family Medicine

107 W. Main Street Suite #2
Marquette, Michigan 49855-4651
Phone: (906) 662-4070

Dr Cynthia Nelson

1414 West Fair avenut, Suite 36,
Marquette, MI 49855
Phone: (906) 225-3864

Marquette V.A. Clinic, Suite 285, Marquette Medical Center

Kris Kivala, P.A.
By Appointment
For Veterans Only
(906) 226-4618

Nurse Practitioner Jen Casey (family practice)

Schoolcraft Memorial Hospital Rural Health Clinic
7870W US 2, Manistique MI 49854
Email: jcasey@scmh.org
Phone: (906) 341-2153

Local Trans-Friendly Therapists

Dr. Debra Smith

112 West Washington Street, Suite C
Marquette MI, 49855
(906) 225-1776

Dr. Mary Pelton-Cooper

The Union Block Building
112 W Washington
Marquette, MI 49855
(906)360-3544(office)
www.marypeltoncooper.com

Wendi J. Greer, LCSW

401 N. Third Street, Suite B
Marquette, MI 49855
906-226-1454
www.greerwendijlmsw.com

University of Michigan in Ann Arbor

Comprehensive Gender Services
Phone (734) 998-2150
Fax (734) 998-2152
genderservices@med.umich.edu

Dr. David VanHolla (Psychiatrist)

640 Main Steet
Norway, MI 49870
(906) 779-7001

Dr. Dorothy Kahler (Phychologist)

290 Rublein St

Marquette, MI 49855
(906) 226-9100
(Works out of Dr. Vanholla's Office Wednesdays)

Veterans Therapists

Veterans Hospital
Iron Mountain, MI 49801
(800) 215-8262 ext 3254

Local Trans-Friendly Endocrinologists

Dr. Steve Woodworth MD, Endocrinology, Gynecology

Aspirus Keeweenaw Informed Consent Clinic
205 Osceola St
Laurium, MI 49913
(906) 337-6500

Dr. Jordan Sennett (retired)

Marquette, MI 49855
(906) 225-3910

Dr. Sara Mirocha (Endocrinologist)

3100 Superior Ave
Sheboygan, WI 53081
(920) 783-1236

Electrolysis

The Hair Shed

706 Chippewa Square
Marquette MI, 49855
(906) 228-7288

Electrology 3000

Safe, Painless, and Permanent Hair Removal

105 Kathryn Dr. Suite C
Lewisville, TX 75067
(972) 221-7268

e3kgirls@gmail.com

(Personally recommended by the web admin of U.P. Rainbow Pride)