



# Q-TIPS

YOUR BI-WEEKLY LGBTQ+ ADVICE

## TRANSGENDER RESOURCES:

•**The Tang Center offers a counseling service for LGBTQ+ identifying students called Q Talk.** Q Talk is available Tuesdays 4:00 pm to 6:00 pm and Thursdays, Fridays 10:30 pm to noon at the Cesar E. Chavez Student Center. Students who attend Q Talk sessions get to speak to counselors who are also queer identifying. Sessions are one-to-one, confidential, and **drop-ins are free.** Attending Q Talk counselling sessions is separate from the Counselling and Psychological Services (CPS) so attending Q Talk does not count as student's five free counseling sessions through CPS.

•**For interested transgender students,** the Tang Center offers Hormone Therapy (Appointments: (510) 643-7110 ), Top Surgery (Breast Augmentation), Bottom Surgery (Genital Reassignment Surgery), and Fertility Preservation (for those who want to have their fertility preserved before transitioning).

•**For students that wish to update their name** you can go to the registrar office and have your name changed on campus directory, cal1card, and everything connected to the school without official documents

•**For students that want to talk in person to someone about transitioning** contact Meckell at the tang center by stopping by in person.



## HEALTH INFO:

Hello everyone! This week, we are covering the different health options on campus that are available to Transgender students, providing resources on campus to facilitate your experience on campus. Additionally, the issue of food is one which can be of concern for many students on campus. Listed below are some resources which will guide you in the process of seeking accessible and affordable food options on or near campus. As students, it can be easy to let our personal health stray behind our academic and career oriented ambitions. We want to remind you to take care of yourself, as your well being is paramount! Stay safe, stay healthy, and Go Bears!

## FOOD SECURITY:



•Call Fresh located @ basement of MLK building

•UC Berkeley Food Pantry (ran by Berkeley City and Albany) [Requires documents issued by Government]

•The Bear Pantry located @ the University Village

•Low-cost grocery options @ 99 Cent Store on San Pablo and University

## OTHER RESOURCES:

UNITY Theme Program  
Samuel Byrd, Director  
(510) 643-2622  
[snbyrd@berkeley.edu](mailto:snbyrd@berkeley.edu)

GenEq Program  
Billy Curtis, Director  
(510) 643-0788  
[billyc@berkeley.edu](mailto:billyc@berkeley.edu)

QARC  
Visit the Webpage at:  
[queer.berkeley.edu](http://queer.berkeley.edu)

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