



# **LGBTQ+** **Local Resource List** **for Older Adults**

Worcester Area, Massachusetts

Compiled by the Worcester LGBT Elder Network

*WLEN is a program of Elder Services of Worcester Area, an Aging Services Access Point. As such it is our agency's responsibility to remain non-biased and not recommend any specific products, services or companies. The list of providers in this resource list has been vetted by the WLEN editors and approved as LGBTQ+ friendly.*

## **Elder Services of Worcester Area, Inc.'s Worcester LGBTQ+ Elder Network (WLEN) and Rainbow Lunch & Supper Club**

The Rainbow Lunch & Supper Clubs offer LGBTIQ+\* seniors age 60+ a nutritious meal and an opportunity to socialize with friends and enjoy various activities including programs, entertainment and educational series.

The Rainbow Supper Club meets the 1st Wednesday of each month at the Unitarian Universalist Church of Worcester, 140 Shore Drive, Worcester, MA. Supper is served at 4:00pm. The Rainbow Lunch Club meets the 2nd & 4th Wednesdays of each month at the Unitarian Universalist Church of Worcester, 140 Shore Drive, Worcester, MA. Lunch is served at noon. Advance reservations are required. If you wish to attend the Rainbow Lunch or Supper Club or cancel your reservation, please call or email WLEN before 9am the Friday before at (508) 756-1545 ext. 404 — [wlen@eswa.org](mailto:wlen@eswa.org). If no one is available, please leave a message including your name and phone number and date you plan to attend.

<https://eswa.org/about-us/lgbt/>

## **OutstandingLife**

OutstandingLife's mission is to improve the quality of life of LGBTQ+ older adults by creating opportunities for connectedness through free online programming. We currently serve hundreds of LGBTQ+ seniors through our virtual senior center online community.

<https://outstandinglife.org/>

## **New Worcester Senior Center LGBTQIA Group**

Held the first Monday of every month. The first official meeting will be Monday July 1, 2024 10:00am-11:30am. For more information please call Rev. Joelle Johns at **941-587-5362** or email:

[revjoellejohns@gmail.com](mailto:revjoellejohns@gmail.com).

## **Find your local Massachusetts Senior Center/Council on Aging:**

<https://mcoaonline.org/coa-directory/>

**Find your local Massachusetts Aging Services Access Point:**  
<https://www.mass.gov/location-details/aging-services-access-points-asaps-in-massachusetts>

## **Community Meals & Programs for LGBTQIA+ Older Adults and their friends**

Massachusetts has a robust network of LGBTQIA+ Community Meals & Programs across the state included some daily, weekly or monthly lunch programs, supper clubs and weekend brunches for LGBTQIA+ older adults.

[For the most up-to-date information on LGBTQIA+ Friendly Community Meals & Programs for Older Adults, please click here.](#)

## **SAGE**

A national advocacy and services organization that's been looking out for LGBTQ+ elders since 1978. We build welcoming communities and keep our issues in the national conversation to ensure a fulfilling future for all LGBTQ+ people. We make aging better for LGBTQ+ people nationwide. How? We show up and speak out for the issues that matter to us. We teach. We answer your calls. We connect—generations, each other, allies. We win. And together, we celebrate.

**SAGE National LGBTQ+ Elder Hotline: 877-360-LGBT(5428)**

**24/7 in ENG/ESP; translation services available in 100+ languages.**

<https://www.sageusa.org/>

## **SAGE HearMe App**

HearMe, an LGBTQ+ founded company, is an on-demand mental wellness app that allows you to text one-on-one with trained empathetic listeners to get things off your chest, be seen, heard, and validated. SAGE x HearMe is compassionate support at your fingertips.

<https://www.sageusa.org/hearme/>

## **AIDS Project Worcester, Inc.**

APW is the primary and most comprehensive AIDS Service Organization in Central Massachusetts. It is the second largest ASO in New England, providing services to persons living with HIV/AIDS since 1987. Over the decades, APW has adapted and expanded to meet emerging public health issues in Central Massachusetts, reflected in the multiple services we offer today to HIV-positive and HIV-negative people.

<https://www.aidsprojectworcester.org/>

## **Edward M. Kennedy Health Center Gender Affirming Care**

EMK's Gender Affirming Care Team provides comprehensive care to our transgender and gender diverse community within a primary care setting. You must have a primary care provider at Kennedy Community Health to become a GAC patient. To establish as a GAC patient, please call our gender affirming health clinic queue number: 508-595-1160 and identify yourself as a patient interested in the gender affirming care program.

<https://www.kennedychc.org/services/lgbtq/>

## **Fenway Health's LGBTQIA+ Aging Project**

The LGBTQIA+ Aging Project works toward equity, inclusion, and community for lesbian, gay, bisexual, transgender, queer, questioning, intersex, and asexual older adults, ensuring that they can age with the dignity and respect they deserve.

<https://fenwayhealth.org/the-fenway-institute/lgbtqia-aging-project/>

## **Massachusetts Mental Health Resources**

Massachusetts has a strong network of mental health resources. Anyone struggling with their mental health or substance use disorder can access crisis care through any of Massachusetts Community Behavioral Health Centers, no insurance needed. The Behavioral Health Help Line is open 24/7, including holidays. Call or text (833) 773-2445 or visit [masshelpline.com](http://masshelpline.com) to speak with a trained staff member and get directly connected to treatment or support.

<https://www.mass.gov/lgbtq-mental-health-resources>

## **National Alliance on Mental Illness, Massachusetts**

A curated this page to provide a wide range of resources, including support organizations, hotlines, therapy options, online communities, and educational materials, all designed to empower LGBTQ+ individuals on their mental health journey. Whether you are seeking guidance, connection, or information, we hope these resources serve as a valuable tool to help navigate the complexities of mental health and foster a sense of belonging and resilience within the LGBTQ+ community.

<https://namimass.org/resources-for-the-lgbtq-community/>

## **AA RAINBOW RECOVERY**

Monday, 7:00 pm - 8:15 pm

695 Southbridge St, Worcester, MA 01610

Selected AA chapters focus on providing a safe space for the LGBTQ+ community, and generally welcome LGBTQ+ allies. These groups prioritize members' recovery and sobriety within a non-heteronormative context.

<https://aaworcester.org/AATownPage.aspx?GRP=WAI&ID=Worcester>

## **Transgender Emergency Fund of Massachusetts**

The TEF assists with homelessness prevention, shelter assistance, nutrition assistance, prescription co-pay assistance, transportation and escort to medical appointments, etc. All services are contingent on the availability of funds. The Transgender Emergency Fund is a nonprofit 501(c)3 organization and is operated solely on donations.

<https://transemergencyfund.org/>

## **Transgender ID Project**

Free resources for transgender people living in New England (Connecticut, Maine, Massachusetts, New Hampshire, Rhode Island or Vermont) seeking to update their legal name and gender on federal and state documents.

<https://www.glad.org/id/>

## **Massachusetts Transgender Political Coalition**

MTPC began as an all-volunteer program in 2001 working for the transgender, nonbinary, and gender expansive communities of Massachusetts. MTPC is the only statewide advocacy organization focused solely on our communities – led by trans people, for trans people. MTPC provides a range of resources from legal referrals to advocacy with state, local, and federal entities and informational guides for our community and allies. Through our partnerships with trans-led businesses, we supply gender-affirming and health products to individuals in Massachusetts at no cost.

<https://www.masstpc.org/>

## **namesake**

be seen for who you are. namesake streamlines the legal name & gender marker change process for trans, nonbinary, & gender expansive folks. rigid systems weren't made for us...but we'll figure them out together. we're currently available in Massachusetts through the Massachusetts Transgender Political Coalition.

<https://www.joinnamesake.com/>

## **The Trans Community of New England**

TCNE is a Boston area transgender support organization for the transgender community. TCNE has offered transgender social activities and support since the 1970's! We are one of the oldest transgender groups in the world and one of very few with our own permanent location.

<https://tcne.org/>

## **Trans Doe Task Force**

TDTF finds and researches cases of LGBTQ+ missing and murdered persons, especially focusing on unidentified individuals who may have been transgender. TDTF advises and educates the public, media, and forensic professionals about the needs of and differences between Trans Doe cases and other Doe cases. The TDTF can also assist law enforcement departments, medical examiners, and forensic anthropologists with getting their cases worked on by

forensic genetic genealogists and has a Trans-led forensic genetic genealogy team in house.

<https://transdoetaskforce.org/>

### **The Massachusetts Commission on LGBT Aging**

The first statewide commission in the country to focus on the needs and unique barriers of LGBT seniors in Massachusetts. The special commission shall investigate, analyze and study the health, housing, financial, psychosocial and long-term care needs of older lesbian, gay, bisexual and transgender adults and their caregivers, and shall make recommendations to improve access to benefits and services where appropriate and necessary.

<https://malegislature.gov/Commissions/Detail/250/Hearings>

### **MassEquality**

MassEquality is the leading statewide grassroots advocacy organization working to ensure that everyone across Massachusetts can thrive from cradle to grave without discrimination and oppression based on sexual orientation, gender identity, or gender expression.

<https://massequality.org/>

### **LGBT Asylum Task Force**

The LGBT Asylum Task Force is a church ministry formed in 2008. We welcome LGBTQ people of all faith traditions as we provide housing, food, and connections to legal, educational, medical, and mental health resources at other local agencies. Asylum seekers are not allowed to work for up to two years after arriving in the US. Our vital ministry provides comprehensive support for the entire duration of those two years it is needed.

<https://www.lgbtasylum.org/>

### **Pride Worcester**

History of Pride in Worcester Massachusetts

<https://www.prideworcester.org/our-history>

## **Worcester LGBTQ+ History Project**

Established in 2018, the Worcester LGBTQ+ History Project seeks to understand more fully our past and the possibilities for our collective future by collecting, preserving, and making accessible Worcester's queer history.

<https://lgbtq.worcesterhistory.org/>

## **The Network/La Red**

A survivor-led, social justice organization that works to end partner abuse in lesbian, gay, bisexual, transgender, kink, polyamorous, and queer communities. Rooted in anti-oppression principles, our work aims to create a world where all people are free from oppression. We strengthen our communities through organizing, education, and the provision of support services.

<https://www.tnlr.org/en/>

## **The Network/La Red's 24-hour hotline**

**617-742-4911 (voice) • 800-832-1901 (Toll-Free)**

The Network/La Red's 24-hour hotline provides confidential emotional support, information, referrals, safety planning, and crisis intervention for lesbian, gay, bisexual, queer and/or transgender (LGBTQ+) folks, as well as folks in kink and polyamorous communities who are being abused or have been abused by a partner. All hotline staff are trained in domestic violence, peer counseling, crisis intervention, and safety planning. You don't have to leave or want to leave your relationship to get support.

## **Daybreak**

Shelter for battered women.

508-755-9030

<http://ywcacentralmass.org/domestic-violence/dvs-daybreak>

## **Abby's House**

Domestic Violence Shelter for women and children.

508-756-5486

<https://abbyshouse.org/>



## **Pathways to Change**

(Formerly the Worcester Rape Crisis Center)

Serves men and women.

24-hour Hotline 1-800-870-5905

<https://pathwaysforchange.help/>

## **Daybreak Resources at the YWCA**

Domestic violence resources for women and children.

Worcester Hotline: 508- 755-9030

<https://ywcacm.org/domestic-violence-services/>

## **MASS Rainbow Groups**

Rainbow groups are groups for self-advocates who are members of both the intellectual and developmental disability community as well as the LGBTQ+ community.

<https://www.wearemass.org/rainbow-group>

## **Traveling to other states?**

**The Human Rights Campaign** has created this guidebook to help people stay informed about changing laws in states across the USA which can impact LGBTQ+ people. Know before you go! This Guidebook also explores many ways YOU can take action and help create changes in your hometown and home state.

<https://hrc-prod-requests.s3-us-west-2.amazonaws.com/LGBTQ-Guidebook-for-Action.pdf>

## **Gay For Good Boston**

Gay For Good Boston mobilizes lesbian, gay, bisexual, transgender, queer (LGBTQ+) and ally volunteers in the broader Boston community to promote diversity, foster inclusion and enhance LGBTQ+ visibility. We facilitate welcoming, inclusive service projects in support of a wide range of causes throughout Boston and the surrounding areas, and we look forward to meeting you. LGBTQ+ and ally volunteers welcome! <https://gayforgood.org/boston/>

## **Greater Boston PFLAG Support Groups**

Our support groups are safe and welcoming spaces where you can meet with other community members with LGBTQ+ people in their lives, including families whose children have come out to them, friends and significant others, or those who are interested in learning how to become a better ally to LGBTQ+ people. These groups meet monthly, are run by trained volunteers, most of whom are parents, and are filled with people who can offer support, answer questions, and link you to resources. Attending these meetings is free of charge and all information you share is confidential. We have support groups all over the Greater Boston area. Please reach out to each group via email to find out the location of their meeting space. You can attend any support group that is a good fit for you.

<https://www.gbpf.org/support-groups>

## **Stonewall Sports Boston**

Stonewall Sports Boston was founded in 2017 as a local chapter of Stonewall Sports, Inc with a single Billiards league. Since its inception, our chapter has grown to offer six different sports and countless social opportunities that serve over 2000 players. We believe every Bostonian, regardless of athletic ability or previous experience with leagues, should have the ability to feel comfortable playing organized sports. Our league aims to create a community and strive for friendly and fun competition.

<https://sites.google.com/stonewallsports.org/bos/home>

## **Boston Lesbigay Urban Foundation**

Boston Lesbigay Urban Foundation creates safe spaces for events while providing ways to build long lasting relationships. We seek to break the cycle of disfunction in marginalized communities making medical and mental health awareness a priority uplifting voices of LGBTQ+ leaders , that will instill a sense of hope in the future for our black/brown/latino LGBTQ+ inner city community.

<https://www.lesbigayurbanfoundation.org/>