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## Resources for Iowa's Trans\* Families

2 messages

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Mon, Mar 13, 2023 at 10:04 PM



## Resources for Iowa Trans\* Families

A big thanks to everyone who joined the urgent meeting for trans\* families last week. While these are very difficult times for Iowa's LGBTQ families, the ways our community have showed up is life-giving. Thank you. Here are the resources shared during the meeting.

### Health Care and Mental Health Resources

- [One Iowa Gender Affirming Care resources](#)
- [Midwest Health Care resources](#)
- *We will share additional resources and information as we receive them.*

### Legislative Resources

- [Iowa Safe Schools legislative one-pager](#)
- [One Iowa Action legislative update](#)

### Community Support and Resources

- [Iowa Safe Schools resources for trans youth](#)
- [Iowa's Trans Mutual Aid Fund](#)
- [Max the Doula](#)
- [Central Iowa Rainbow Families](#)

If you would like to request the recording or transcript of the meeting, please send an email to [CentralIowaRainbowFamilies@gmail.com](mailto:CentralIowaRainbowFamilies@gmail.com).

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## Now What?

- The gender affirming ban has not yet been signed into law (as of March 13). We expect that to happen soon but until then, nothing has changed.
- If your child is currently accessing gender-affirming care: Don't panic! You have time. Contact your child's health care and mental health providers to make a plan.
- Assess your options. If you are able, consider accessing care out of state.
- Take care of yourself and your family. Find support, your people, and your community.

Join Central Iowa Rainbow Families

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## Support our Statewide Orgs

This important work doesn't fund itself. If you have the means, please donate to our statewide LGBTQ organizations.

Iowa Trans Mutual Aid Fund

### One Iowa

Donate Today

### Iowa Safe Schools

Donate Today

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## Express Your Thanks

Our allies across the isle are key to stopping more anti-LGBTQ legislation from passing. The lawmakers listed below voted against the gender-affirming care ban. Please take a moment to send them a note expressing your thanks and asking them to continue to stand up for all of Iowa's families.

- Rep. Megan Jones - [megan.jones@legis.iowa.gov](mailto:megan.jones@legis.iowa.gov)
- Rep. Chad Ingels - [chad.ingels@legis.iowa.gov](mailto:chad.ingels@legis.iowa.gov)
- Rep. Brian Lohse - [brian.lohse@legis.iowa.gov](mailto:brian.lohse@legis.iowa.gov)

- Rep. Hans Wilz - [hans.wilz@legis.iowa.gov](mailto:hans.wilz@legis.iowa.gov)
- Rep. Shannon Latham - [shannon.latham@legis.iowa.gov](mailto:shannon.latham@legis.iowa.gov)
- All Democratic legislators ([find contact info](#))

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## Don't miss these upcoming events

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**AFFIRMING IDENTITIES WORKSHOP:**

**Changing your Name and/or Gender Marker in Iowa**

iowa safe schools | 大成 DENTONS | oneiowa | CENTRAL IOWA RAINBOW FAMILIES

### **Affirming Identities: Name Change & Gender Marker Workshop**

Tuesday, March 21, 6-7:30 pm

Virtual

Have questions about how the process of legally changing you or a child's name and/or gender marker works? Join this workshop.

REGISTER TODAY



**ALL AGES DRAG SHOW**

THE GARDEN, 5 PM  
3RD SUNDAY EACH MONTH

**G** GARDEN

### **All Ages Drag Show**

Sunday, March 18, 5 pm

The Garden

Join other Rainbow Families at The Garden's monthly all-ages drag show and support our young people.



**Wild Pride**

### **Wild Pride: Birds of Spring**

Sunday, March 26, 1-2:30 pm

Jester Park Nature Center

A partnership with Polk County Conservation to learn about and enjoy nature in an affirming environment.

[Learn more](#)

[Learn more](#)

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[Visit Central Iowa Rainbow Families](#)

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