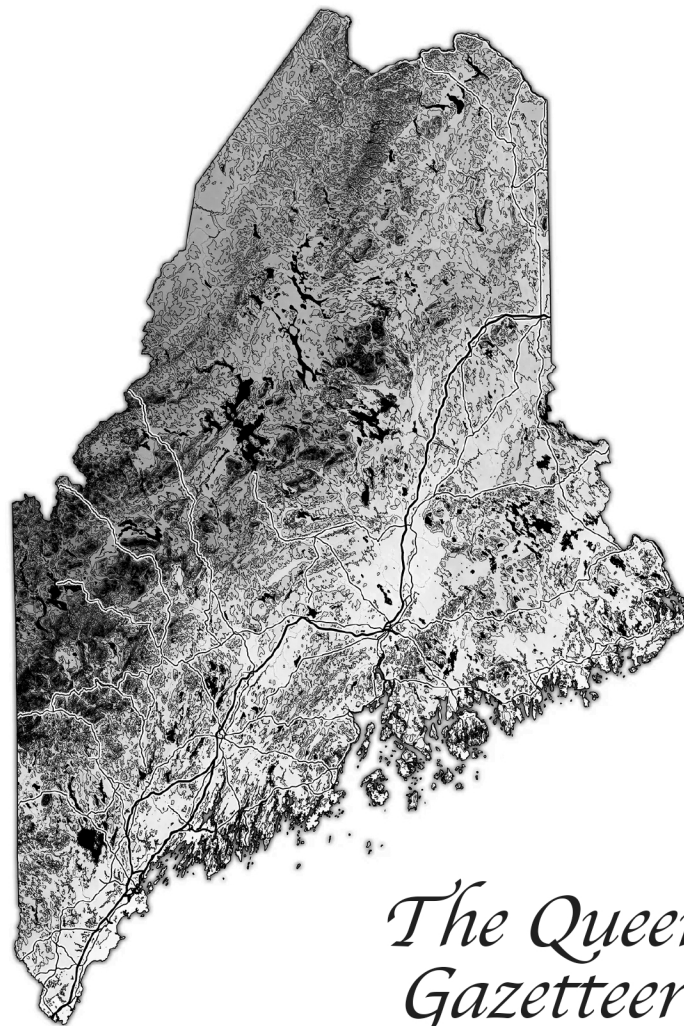




*Welcome  
home.*

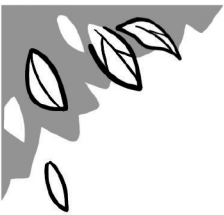
*Welcome to  
Maine*

**FREE!**



*The Queer  
Gazetteer*



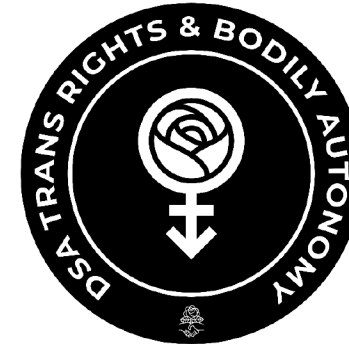
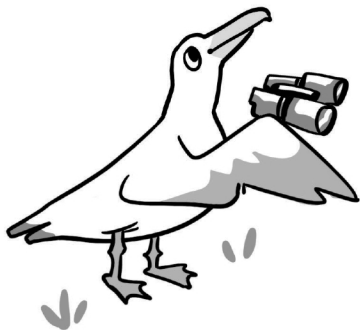


# Welcome to Maine!

This project was created by the Bodily Autonomy Working Group of the Maine Democratic Socialists of America to help newcomers, especially trans and nonbinary folks, access bodily autonomy resources in Maine.

The Bodily Autonomy Working Group (BAWG) is a diverse group of queer folks, women, and allies within the Maine DSA. We help people access the care and community they need, whether that means healthcare, legal aid, or welcoming spaces in Maine. We also advocate for trans rights and reproductive justice in our state and beyond.

It is a scary time for bodily autonomy in this country, but we hope that this guide helps you find resources, community, and maybe even a good book! The goal of this zine is to get anyone reading it a little closer to *"the way life should be!"*



The Bodily Autonomy Working Group is part of the Maine Democratic Socialists of America, formed to defend and advocate for LGBTQIA+ and reproductive rights across Maine. Reach out to us!

*You can also help support our work by donating to our fund:*

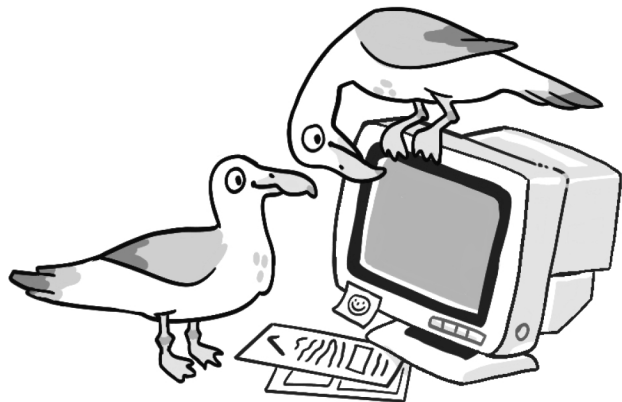


[bit.ly/bawgfund](https://bit.ly/bawgfund)

Learn more or take part at [www.mainedsa.org](http://www.mainedsa.org)

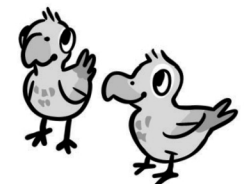
Illustration by Wylliam Wold (@mylkwyrn)

***WE'RE HAPPY  
YOU'RE HERE!***



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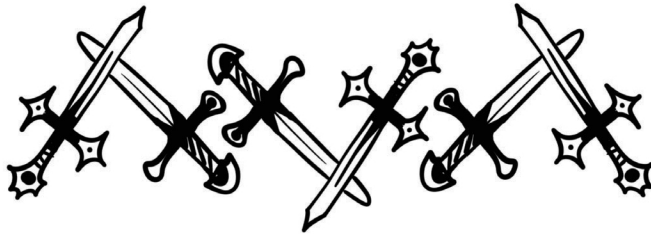


# HEALTHCARE SERVICES

## Maine's Shield Law

Maine being a **shield state** ensures protection for patients and providers of reproductive and gender affirming care. It shields Mainers and individuals who travel to Maine for care, as well as the providers who offer it, from legal attacks stemming from other states' laws.

- Healthcare providers in Maine cannot face professional discipline or civil liability for providing this type of care, and are granted address confidentiality.
- Patient's medical information related to reproductive and gender-affirming care remains private, especially from legal challenges in other states.



### TIP!

#### Safe sharps disposal in Maine:

<https://www.maine.gov/dep/waste/biomedical/sharps.html>

Make your own sharps container using a heavy puncture-proof plastic bottle, such as empty laundry detergent containers. When it's full, seal it with the cap and heavy-duty tape, mark "SHARPS - Do Not Recycle" and simply place in your household trash.

## WHAT TO . . .

### . . . READ

#### Fiction

*a/s/l* by Jeanne Thornton  
*Lessons in Magic and Disaster* by Charlie Jane Anders  
*Paul Takes the Form of a Mortal Girl* by Andrea Lawlor  
*Girlfriends* by Emily Zhou  
*Future Feeling* by Joss Lake  
*The Sapling Cage* by Margaret Killjoy  
*An Unkindness of Ghosts* by Rivers Solomon  
*Iron Widow* by Xiran Jay Zhao

#### Non-fiction

*Gender Queer: A Memoir* by Maia Kobabe  
*He/She/They* by Schuyler Bailar  
*Close to the Knives: A Memoir of Disintegration* by David Wojnarowicz  
*Why Women Have Better Sex Under Socialism* by Kristen Ghodsee  
*Never Say You Can't Survive* by Charlie Jane Anders  
*Radical Reproductive Justice* by Loretta J. Ross, Lynn Roberts, Erika Derkas, Whitney Peoples, and Pamela Bridgewater Toure

#### Children's

*Pink, Blue, and You* by Elise Gravel and Mykaell Blais  
*The Pronoun Book* by Chris Ayala-Kronos and Marco Tirado  
*Peanut Goes for the Gold* by Jonathan Van Ness and Gillian Reid

#### Comics

*Super Late Bloomer* by Julia Kaye  
*Until I Love Myself* by Poppy Pesuyama  
*Enlightened Transsexual Comix* by Sam Szabo  
*On a Sunbeam* by Tillie Walden (*free online!*)

### . . . WATCH

#### • TV: G to TV 14

Stephen Universe  
Dead End: Paranormal Park  
The Owl House  
Heartstopper

#### • TV: MA

Feel Good  
Our Flag Means Death  
Pose  
Sense8  
Umbrella Academy

#### • Movies

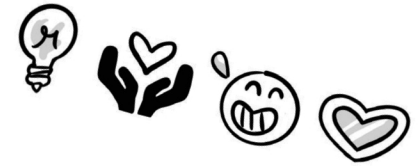
Nimona (PG)  
I Saw the TV Glow (PG-13)  
Tangerine (R)  
Boy Meets Girl (R)  
Grandma (R)

#### • Documentaries

Will and Harper  
Paris is Burning  
I Am Jazz

### . . . PLAY

Splatoon  
Shovel Knight  
Sims 4  
In Stars and Time



# THE LIBRARY

*Some affirming and expansive recs for queer-friendly media!*



## ONLINE MEDIA

<https://www.digitaltransgenderarchive.net/>  
<https://www.queerliberationlibrary.org/>  
<https://www.queerkidstuff.com/>  
<https://www.erininthemorning.com/>

## QUEER BOOKSTORES + EVENT SPACES

- **Stone Broke Bread & Books** — Gardiner  
<https://www.stonebrokebreadandbooks.com/events.html>  
Stocks only small press books to cultivate a community for under-represented voices and care-building with events to go along with the readings.
- **Print: A Bookstore** — Portland  
<https://printbookstore.com/reading-rainbow>  
Print's "Reading the Rainbow" book club focuses on books written by, for and about LGBTQ+ folks and experiences.
- **Back Cove Books** — Portland  
<https://www.backcovebooks.com/>  
Weekly storytime with Lindz Amer is a fun, educational activity for younger folks featuring queer picture books and music.
- **The Equality Community Center** — Portland  
The ECC has a free-to-use library room! You can visit Monday through Friday between 9:00 am and 6:00 pm.



## GENDER-AFFIRMING HORMONAL CARE

... via **FAMILY PLANNING CLINICS**

*note: these clinics also offer telehealth!*

### Planned Parenthood

All locations in Maine

### Maine Family Planning

Lewiston, Norway, Belfast, Fort Kent,  
Presque Isle, Thomaston, Bangor

### Mabel Wadsworth Center

Bangor

... via **HEALTH CENTERS**

### Greater Portland Health

**MaineHealth Specialty Care** — Portland

**Northern Light Eastern Maine Medical Center Gender Clinic**

... via **ONLINE TELEHEALTH**

### Plume <https://getplume.co/>

Monthly or annual subscription, also offers a one-time visit for granting a physician's "letter of support" often needed for surgical care or court orders.

### Folx <https://www.folxhealth.com/>

Monthly or annual membership, accepts insurance for care costs.

### QMed <https://queermed.com/>

Accepts insurance, or offers monthly or per-visit fees.

## GENDER-AFFIRMING SURGICAL CARE

### ... FOR TOP SURGERY

**Plastic + Hand Surgical Associates** — Westbrook  
**Holland Plastic Surgery** — Falmouth  
**Northern Light Plastic Surgery** — Bangor  
**MaineGeneral Health** — Waterville & Augusta

### ... FOR BOTTOM SURGERY

Some surgeries such as orchiectomies are possible locally, but require consultation and a referral from your primary care physician.

## ABORTION

### ... via IN-OFFICE PROCEDURE + PILL

#### Maine Family Planning

Procedural: Augusta  
Pill: All locations  
*Up to 14 weeks in pregnancy*

#### Mabel Wadsworth Center

Procedural: Bangor  
Pill: All locations

#### Planned Parenthood

Procedural: Portland  
Pill: All locations  
*Up to 21 weeks and 6 days in pregnancy*

### ... via PILL ONLY

**TST Health** — The Satanic Temple Telehealth  
<https://www.tsthealth.org/>

#### NATIONAL ABORTION HOTLINE

1-800-772-9100  
M-F 8am-7pm  
Sat/Sun 8am-4pm



## SOCIAL GROUPS

- **Queerly ME**  
<https://www.queerlyme.org/>
- **Kindling Collective**  
<https://www.kindlingcollective.org/>  
A queer-centered gear library and education center creating an accessible pathway to outdoor experiences in Wabanaki Confederacy Territory / Maine.
- **Rainbow Arts Collective**  
<https://www.rainbowartscollective.org/>  
Hosts regular art markets and includes the groups Queer Craft Maine and the Lavender Choir.
- **Pride Sports**  
<https://linktr.ee/PrideSportsPortlandMaine>  
Dodgeball, bowling, pickleball, volleyball & kickball.
- **Out Maine**  
<https://www.outmaine.org/>  
Youth programs and resources.
- **EqualityMaine Network for Older Adults (NOA)**  
<https://www.equalitymaine.org/noa-/>  
Community meals, Zoom socials, speaker series, and movie nights!



## COMMUNITY BOARDS

- **Queer Housing Maine** — Facebook group  
<https://www.facebook.com/groups/queerhousingmaine/>  
A private group for the Maine LGBTQIA2S+ community to connect with one another to find housing.
- **Queer Exchange Maine** — Facebook group  
<https://www.facebook.com/groups/queerexchangeme/>  
A private space for the queer and trans communities in Maine to post queer/trans-friendly housing, job opportunities, buy/sell/trade/free, ride shares, events, etc.

**Browse Queerly ME's directory for more!** <https://www.queerlyme.org/>

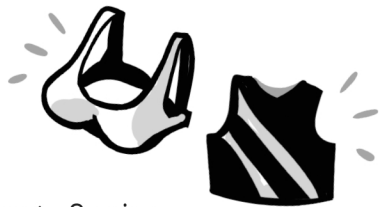
# FINDING COMMUNITY

## SUPPORT

- **MaineTransNet**  
Offers trans-only and trans+ally support groups statewide.
- **The Equality Community Center**  
Hosts a wide range of community events, support groups and art markets, along with providing an open space for anyone to lounge or do quiet work during open hours.

## SHOPS

- **Safe Combinations**  
Thrift shop run by MaineTransNet volunteers.  
Pay-what-you-can system plus free binder & bra program.
- **Artemis Plus Size Thrift**  
An inclusive, queer- and woman-owned thrift shop for quality, secondhand clothing.
- **Past + Future**  
Secondhand fiber art supplies with Intro to Sewing classes for trans folks.



## BARS AND RESTAURANTS

- **Geno's Rock Club**  
Inclusive dive bar & venue that hosts queer-specific events, movies, and drag performances.
- **Flask Lounge**  
Queer friendly club in Portland with karaoke, dance nights, DJs, live bands, etc.
- **NOVEL**  
A Portland café-slash-bar and bookshop with regular events in the downstairs venue space.

## CONTRACEPTIVE

Birth control is available through Planned Parenthood, Maine Family Planning, Mabel Wadsworth, and most every health center. Physical barriers such as condoms are distributed for free in these locations, along with public centers such as the Equality Community Center.

## STERILIZATION

### ... VASECTOMY PROCEDURES

**Planned Parenthood** — Portland  
**Maine Family Planning** — Augusta & Belfast

### ... TUBAL LIGATION, SALPINGECTOMY, OOPHORECTOMY & HYSTERECTOMY:

These procedures require consultation with your primary care physician and a referral to a local OBGYN.

## other resources + financial assistance

- **Plan C Pills** <https://www.plancpills.org/>  
Directory of telehealth clinics, sites to purchase pills and in-person clinics nationwide and worldwide .
- **SAFE Maine** <https://www.safemaine.org/>  
Can provide financial assistance for abortions and connect folks to clinics to receive care.
- **National Network of Abortion Funds (NNAF)** <https://abortionfunds.org/>
- **Maine Solidarity Fund** <https://www.mainesolidarity.org/>  
Exists to help Maine residents and workers access healthcare, legal services, and emergency familial support.
- **The Repro Legal Defense Fund** <https://reprolegaldefensefund.org/>  
Provides bail and ongoing legal expenses for people criminalized for abortion, pregnancy loss such as stillbirths or miscarriages, allegation of drug use during pregnancy, and people who are criminalized for supporting others.

# LEGAL AID

## ... FOR LEGAL ADVICE OR REPRESENTATION:

### Justice Maine Foundation

<https://justicemaine.org/about/providers/>

### GLAD Law

<https://www.gladlaw.org/know-your-rights/>

### A4TE: Advocates for Trans Equality

<https://transequality.org/>

### Lambda Legal

<https://lambdalegal.org/>

## ... FOR NAME/GENDER MARKER CHANGES:

### Maine DSA Bodily Autonomy Working Group (BAWG)

[bodilyautonomy@mainedsa.org](mailto:bodilyautonomy@mainedsa.org)

<https://actionnetwork.org/groups/bodily-autonomy-mdsa>

The Bodily Autonomy Working Group is volunteer-run and offers free appointments to help with legal name changes and birth certificate amendments. This service includes free notarization, forms and financial assistance.

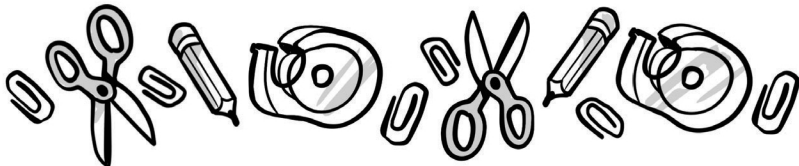
*(We are not lawyers and cannot give legal advice)*

### MaineTransNet

<https://www.mainetrans.net>

Also offers 1-on-1 help with name/gender marker changes, including a handy guide here:

<https://www.mainetrans.net/change-vital-docs>



To check the status of your court case/petition, or view related documents virtually, use the **Maine Probate Court Case Lookup:**  
<https://www.maineprobate.net/search/>



## Changing Your Name in Maine

In Maine, you can change your name legally through the Probate Court in your county of residence. Each county has its own fees and documentation requirements, which range from \$80-135 and may include presenting a certified copy of your birth certificate along with your driver's license/state ID to verify identity.

Every county's Probate Court will require filing a petition and an affidavit, which must be notarized. Those forms are different for adults and minors:

### For Adults

- CN-1 "Petition for Change of Name"
- AF-103 "Affidavit of Name Change"

### For Minors

- NC-001 "Petition for Name Change of Minor"
- AF-101 "Jurisdictional Affidavit"

### Forms can be found at

<https://www.maineprobate.net/welcome/probateforms-2019/>

If you have any questions or need help navigating this system, **please reach out** to BAWG or MaineTransNet (see previous page). Someone will happily guide you from start to finish! They can also help with updating birth certificates from both Maine and out-of-state, and give guidance on state IDs and Social Security.