

MISCELLANEOUS

Grizz Cross

(412) 407-3445

Sewing services of all kinds, from custom kink garments or objects to simple alterations.

Chrome Empire Pole Dance Studio

@chrome.empire on Instagram

4460 Steubenville Pike, Pittsburgh, Pennsylvania, 15205

Offers a variety classes and workshops. An all inclusive pole studio where everyone, all bodies, skill levels are welcome. They offer pole, floor work, conditioning, and more.

**Referred by a SWer: "Been going there for a couple years is a very sex worker/stripper friendly studio the people there are or have been sex workers themselves and or are sex worker allies."*

LEAVING THE INDUSTRY

Community College of Allegheny County (CCAC)

ccac.edu | 412.237.CCAC (Information Center)

Local community college with open admissions and multiple locations.



Pittsburgh School of Massage Therapy

www.massageschoolpittsburgh.edu | 412.241.5155

Offers a massage therapy training program totaling 682 hours, taking under 11 months to complete.

CareerLink Pittsburgh

careerlinkpittsburgh.org/ | 412.248.5627

Offers resources for finding a job and creating a resume.



Carnege Mellon University Temporary Staffing

www.cmu.edu/jobs/tes.html

CMU Temporary Employment Service (TES) provides temporary office support staff to the university. Diverse educational backgrounds and levels of experience are welcome to apply. Once you have applied to TES, you need not apply again. Your credentials will be kept on file and reviewed when temporary positions become available.



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KNOW YOUR RIGHTS

Excerpted from a document by SexWorkersProject.org, 2012

No matter your age, gender, immigration status, or whether you are committing a crime, US law guarantees certain rights that cannot be violated.

YOU HAVE THE RIGHT:

to be free of illegal searches & arrests
to remain silent
to not answer questions from the police
to have a lawyer

There are ways to stand up for those rights! Sadly, police may not always respect your rights. *Always do what feels safest if you are afraid of violence.*

If a cop approaches you on the street, you don't have to answer questions. Say: "Am I free to go?"

If they say yes, then go! If they say no, then ask: "Am I being detained?"

If they say no, then calmly leave.

If they say yes, ask why.

Don't argue, but remember their badge number, what they look like, and anything they say or do. If you are detained, an officer can question you, ask for ID, or pat you down outside of your clothes to check for weapons.

They can't go into your pockets or bags without asking permission, or search you to try to identify your sex.

If a cop tries to search you, say:

"I do not consent to this search."

This does not give them an excuse to arrest you. They might arrest you anyway. If they do arrest you they can search you without asking permission.

You can also be arrested by an undercover cop. It is hard to tell when someone is an undercover cop, because they are not in uniform, and they can drink, do drugs, touch, be touched, lie, and pretend not to be a police officer. If an undercover cop does something you think might be against their rules, remember and tell your lawyer.

MASSAGE THERAPISTS

Ru Emmons, LMT

www.ruemmons.com

(412) 651-4737

r.emmonsapt@gmail.com

Trauma-informed, queer and trans-centric bodywork and somatic practice. Ru offers one-on-one sessions incorporating myofascial massage, cranial sacral work and neuromuscular release as well as somatics work for individuals and groups. Their work is offered on a sliding scale.

Roberta Guido, LMT

(412) 492-0140 (Text)

rmguido1@gmail.com

Massage therapist working in Squirrel Hill specializing in Neuromuscular Therapy and Manual Lymphatic Drainage. Sliding scale rates available, just ask!

Lavender Sedlock, LMT

Silver Moon Medice

<https://silvermoonmedice.wixsite.com>

lavendermedice@gmail.com

Referral: *"A sex positive massage therapist, reiki practitioner, tarot card reader, and holistic health practitioner."*



Eli Shumaker, LMT

Body Euphoria/Central Outreach Medical Spa

beinclusivemassage.com

<https://www.centraloutreach.com/services/medical-spa>

(412) 328-3717

5268 Butler St, Pittsburgh, PA 15201

From Website: *We treat folks suffering from pain resulting from chest-binding, dysphoria, anxiety, depression, PTSD, common musculoskeletal and pain issues. Eli is a transgender man, and has been serving the LGBTQIA+ community since 2015.*

COMMUNITY



SWOP Community Help Line

(877) 776-2004

Jointly run by volunteers from SWOP-USA and SWOP Behind Bars. This support line is operated by tireless volunteers who are trained in rape counseling and crisis intervention.



SWOP-Pittsburgh's Discord Server

swop.pittsburgh@gmail.com

A local Discord server for current and former sex workers in Western PA to talk about jobs, lives, and give and receive support. Email us for a link.



Lysistrata

www.lysistratamccf.org

An online SW activist collective and emergency fund. Lysistrata is available to assist individuals in the case of emergencies related to illness, injury, homelessness, wrongful arrest and incarceration, unstable or abusive working conditions, domestic violence, discrimination, and a number of other crises that can impact sex workers.

Priority goes to POC and trans workers.

“Self Care 101 for Sex Workers”

A free webinar.

Full slideshow and notes available online.

<https://tinyurl.com/swopsc>

Do not say or sign anything without your lawyer there! Police are trained to lie in order to get info, and they can put snitches in the cell with you. Anything you say to anyone except your lawyer, doctor or therapist can be used against you, even if you are innocent. If you need medical help, **ASK FOR IT**, even if they say it will take longer to get out.

Police sometimes take condoms away from sex workers. Police are not allowed to arrest you *only* because you have condoms. It is not a crime to carry condoms!

Don't let the police scare you - carry condoms if you need to stay safe!

Never resist or fight back. If you are being arrested, say:

“I am not resisting, officer.”

If you are arrested, they may not say “You are under arrest,” or read you your rights. If this happens, say:

“I am going to remain silent, and I want to speak to a lawyer.”

MAKE AN ARREST PLAN

If you think you could be arrested, make a plan just in case. Think of everything that would need to be taken care of if you were arrested and in jail for a few days:

- Children need to be cared for
- Pets need to be fed
- Your job or school needs to be called and give an excuse
- Your lawyer needs to be called
- You need someone to show up to court to pay bail and help you get home when you are released.
- Think of a friend for each of these tasks. Think of one responsible friend who can call the others to tell them you need help. Give this friend a copy of your ID with your legal name and birthdate.
- Call your friends and let them know your arrest plan. Give them keys to your apartment if they need them.

MAKE AN ARREST PLAN (continued)

- If you have a few arrests on your record, try to save some money in case bail is set – give a friend access to this money.
- Tell your most responsible friend every time you go to work. Give them as much info as possible, in case something goes wrong. Memorize their phone number.
- If you are arrested while with someone you know, ask them to call your most responsible friend.
- Usually you can make a phone call after arrest.

ARREST PLAN WORKSHEET

This worksheet is taken from SWOP USA. Once you fill it out or make your own, give it to a trusted person who can advocate on your behalf if you're arrested. They should keep this information in a secure location and treat it as confidential. Fill out as much of this information is relevant to you.

Date filled out:

Legal Name:

Birthdate:

Sex Marker on ID:

Gender Identity:

Allergies:

Dietary Restrictions:

Current Medications (name, dose, frequency):

-
-
-
-

HERBALISTS

Stonefruit Community Herbalists

www.wildcherries.org

contact@wildcherries.org

Herbalists offering sliding scale herbal consultations and education. They run The Wild Cherries Herbal Studies Program: 108 hours of herbal education total, over one weekend per month, March to November.

Birdie Radford

aberdeenradford@gmail.com

(718) 614-3585

Herbal consultations, peer support for mental health issues. Sliding scale.

Michelle Soto

Cutting Root Farm

michelle@cuttingroot.com

(615) 804-0064

Herbal farm, blends to order, consultations and education.

Charlie Baron

Slowpoke Herb Clinic

slowpokeherbclinic.com

slowpokeherbclinic@gmail.com

Sliding-scale herbal consultations and holistic sexual health education.

Brittany Ducham, LMT

Earthbody Studio

spellboundherbal.com

spellboundherbals@gmail.com

Herbal consultations, bodywork, zines, education.

LEGAL SERVICES (continued)

Patrick K. Nightingale, PKN Law

www.patricknightingale.com

pknlaw@mac.com

PKN Law provides comprehensive criminal defense services/representation



Nicky Ripley

Hugh Lane Wellness Foundation

hughlane.org/wellness-services/#legal-services

info@hughlane.org

Free civil legal aid services for LGBTQ+ and HIV+ folks in Southwestern Pennsylvania. Assistance for cases involving identity document support (e.g. name changes), public benefits counseling, housing support, and civil expungement of criminal records. We also assist in connecting people with free or discounted legal aid and other support services. We are unable to take any cases involving criminal law.

Instructions on domestic obligations (child/elder care, pets, etc.):

Monthly bills (minimum payment, dates):

Company Name	Amount Owed	Date due	How to pay

Who to notify of arrest (family, friends, employers, etc.). Include name, relationship, contact info:

-
-
-
-
-

Preferred lawyer to contact? Or public defender?

Consider sharing your password manager login: Site, username, password

Should an arrest be publicly announced? Do you want to ask any communities to support you? Where would you like it announced?

Meal you want when released:

BLOGS, PODCASTS, & BOOKS

PODCASTS

“Peepshow Column & Podcast”

A podcast on sex work and sexuality by Jessie & PJ Sage, formerly a weekly column in *Pittsburgh City Paper*.

“Strange Bedfellows”

Strangebedfellowspdx.com is a sex work podcast hosted by Elle & Jon.

“On the Whoreizon”

A podcast about what's on the whoreizon for sex workers, and how to navigate it. Hosted by Jessie Sage and MelRose Michaels.

“Sex, Magick & Dessert”

On Apple Podcasts Podcast with artists, witches, & sex workers.

“The Oldest Profession”

Changing the stories people tell about sex workers. Changing the story changes everything.”

SWOP-USA’s Resources page:

swopusa.org/resources A great collection of articles on things like racial justice, trafficking, capitalism, and how to be an ally.

Tryst Blog

tryst.link/blog Resources on sex work, interviews, blog posts, and guides for allies and clients.

BOOKS

Working It: Sex Workers on the Work of Sex, edited by Matilda Bickers, peach breshears, and Janis Luna

We Too: Essays on Sex Work and Survival, edited by Natalie West with Tina Horn

The Streets Belong to Us: Sex, Race, and Police Power from Segregation to Gentrification, by Anne Gray Fischer

LEGAL SERVICES



Women’s Law Project

www.womenslawproject.org | (412) 281-2892

428 Forbes Avenue, Suite 1710,
Pittsburgh, PA 15219

Free legal help in civil cases, especially sexual assault and harassment.



Bukit Bail Fund of Pittsburgh

(412) 593-4355 | bukitbaifund@protonmail.com

Providing jail support and funds for bail.



SWOP Behind Bars

www.swopbehindbars.org

(877) 776-2004 (x555) | swopbehindbars@gmail.com

Provides community support for incarcerated sex workers. Includes a monthly newsletter, books, study materials, and sex worker pen pals for incarcerated sex workers. Upon release, they help sex workers meet their basic needs, provide resources, networking, and linkages for successful community reentry.



Crisis Center North

CrisisCenterNorth.org (Web chat available)

(412) 364-5556 (24/7 Call) | (412) 444-7660 (24/7 Text)

Services for victims and survivors of domestic abuse:

- Medical Advocacy
- Legal Advocacy (Help with Protection from Abuse orders, Magisterial Court, and Support Animals for during the Court Process)
- Counseling for All Age, Sexes, and Gender Expressions
- Economic Empowerment (Rapid Re-Housing, Micro-Loans, Financial Literacy Courses)

Crisis Center North does not have a shelter but we can help arrange for shelter services if needed.

ACCOUNTING

Steel City Accounting

www.steelcityaccounting.com

412-900-2290

Tax Preparation and Resolution Services

Erica Moulinier, Moulin Consulting

www.moulinconsulting.com

(215) 870-2655 | moulinconsulting@gmail.com

**Recommended by a SWer*

Accounting and Tax Preparation Services for Dreamers and Misanthropes.

Daphne Roberts, Professional Accountant and Tax Preparer

daphe.ltd@gmail.com

East End, Pittsburgh, PA

Free Tax Prep Coalition

justharvest.org/get-help/tax-preparation/

Every year, Just Harvest helps low-income households file their income tax return and maximize their tax refund. Launched in 2003, Just Harvest's free IRS-certified tax return preparation service is now one of the largest in the entire state. It is typically available at four Volunteer Income Tax Assistance sites in Allegheny County. Opens in January for tax prep services.

GetYourRefund

www.getyourrefund.org/en

A free virtual service that helps low-income households across America receive tax services from the convenience of your home. Open January 31 through October. If you made under \$66,000, you can get free help from a certified tax preparer and file multiple years. If you made under \$73,000, you can file your own taxes for the most recent tax year.

Coming Out like a Porn Star: Essays on pornography, protection, and privacy, edited by Jiz Lee

Hustling Verse: An anthology of sex workers' poetry, edited by Amber Dawn & Justin Ducharme

To Live Freely in this World: Sex worker activism in Africa, by Chi Adanna Mgbako

Insatiable: Porn - a Love Story, by Asa Akira

Wayward Lives, Beautiful Experiments: Intimate Histories of Social Upheaval, by Saidiya Hartman

Revolting Prostitutes: The Fight for Sex Workers' Rights, by Molly Smith & Juno Mac

Thriving in Sex Work: Heartfelt Advice for Staying Sane in the Sex Industry, by Lola Davina

Playing the Whore: The Work of Sex Work, by Melissa Gira Grant

Challenging Perspectives on Street-Based Sex Work, by Katie Hail-Jar es, Corey S. Shdaimah, & Chrysanthi S. Leon

A Taste for Brown Sugar: Black Women in Pornography, by Mireille Miller-Young

Sex Lies & Statistics, by Dr. Brooke Magnanti

Rent Girl, by Michelle Tea

Youth Who Trade Sex in the U.S.: Intersectionality, Agency, and Vulnerability, by Carisa R. Showden, Samantha Majic

A Whore's Manifesto: An Anthology of Writing and Artwork by Sex Workers, edited by Kay Kassirer

FOOD



Just Harvest

(412) 431-8960, option 3
<https://justharvest.org/>
 Food stamp/SNAP helpline.



Greater Pittsburgh Community Food Bank

(412) 460-3663
Pittsburghfoodbank.org
 1 N. Linden St. Duquesne, PA 15110
 They work with a network of 1,000+ agencies across the Pittsburgh area to provide access to food, through food pantries, soup kitchens, meal programs, deliveries, etc.

FOODPANTRIES.ORG

Foodpantries.org

National listing of food pantries that you can search by state.

HOUSING



Hearth

(412) 366-9801
www.hearthpgh.org
 Suburban transitional housing program for homeless women with children and survivors of domestic abuse.

MENTAL HEALTH (continued)



Meagan Narvaez, M.Ed. LMHC, LPC

The Passion Lab
thepassionlab.com
 412-212-3053

Provides mental health services related to sex therapy, relationship therapy, general therapy. Knowledgeable and friendly toward diversity of queer, gender, kink/BDSM, and non-monogamous identities. Virtual sessions only.

Camille Interligi

www.camilleinterligi.com

(412) 368 – 2846

Sliding scale (\$40-200) individual therapy. Teletherapy only, available to clients in PA, OH, WV, or other any PSYPACT state.

Diane Dahm, LCSW

Phases of You, LLC

www.phasesofyou.org
diane@phasesofyou.org

Provides individual therapy including EMDR and Ecotherapy through telehealth only.

MENTAL HEALTH

SW-RECOMMENDED THERAPISTS & SUPPORT

G Hoffer, NCC, LPC Village Center for Holistic Therapy

ghoffer@villagetherapy.org

412.455.6890

I offer individual therapy and am very experienced with trauma/PTSD, gender identity, and managing relationships. I am queer, neurodivergent, non-binary and have experience working with the following: LGBTQIA+, sex workers, body positive/HAES, neurodivergent, ethical non-monogamy/

West End
68 Wabash Street, Suite 100
Pittsburgh, PA 15220

Shaler
1407 Mt. Royal Blvd.
Glenshaw, PA 15116a

Pineapple Support: Stigma-Free Therapy

pineapplesupport.org

contact@pineapplesupport.org

Pineapple Support Society is a free support and therapy service for all persons working in the online adult industry – no matter their gender, ethnic origin, social status, age or sexual orientation. We have an ever growing team of sex-worker friendly, kink-aware therapists who offer face-to-face and online video therapy sessions. We operate 24/7, and we raise funds to help with the costs of professional coaching, counselling and therapy for those who need it.

Lumos Transforms | <https://lumotransforms.com>

(323) 254-7775 | info@lumotransforms.com

*Recommended by a SWer

Multi-modality and personalized transformative services for recovery, deep healing, and personal growth. Woman-of-color owned.

HOUSING (continued)

sisTersPGH

(412) 259-3091

info@sisterspgh.org

2014 Monongahela Ave, Pgh, PA 15218



Supports the trans and non-binary community through multiple programs including transitional housing assistance and food aid.



Women's Center & Shelter of Greater Pittsburgh

(412) 687-8005 (24 hr hotline)

www.wcspittsburgh.org/

Provides 24-hour hotline, emergency shelter, child-care, legal advocacy, medical advocacy, and support groups.



Proud Haven

(412) 953-4666

www.proudhaven.org/

admin@proudhaven.org

517 E. Ohio St. Pittsburgh, PA 15212

Helping housing-insecure LGBTQ+ youth and adults find housing and resources.



True T: Op

(412) 366-9801

<https://www.truetpgh.com/option-u>

info@truetpgh.com

Trans-focused LGBTQIA+ emergency housing program that creates a safe space for individuals to obtain stable housing while achieving personal and professional goals.

HEALTHCARE

Your Rights as a Patient:

- To **NOT** answer questions from health professionals and to refuse any testing or treatment;
- To use a friend's or a public address if you don't have your own;
- To communication accommodations (like translation). Try to give clinics a heads up about your needs before visiting for best results, but accommodations should be available.

REPRODUCTIVE HEALTHCARE



Planned Parenthood—Greater Pittsburgh

Appointments encouraged—Walk-ins welcome
Book online for virtual & in-person appointments:
<https://www.plannedparenthood.org/planned-parenthood-western-pennsylvania>

Offers:

- Hormone Therapy
- Gynecological care
- Contraceptive services
- Pregnancy testing
- Colposcopy and cryotherapy
- Pelvic and breast exams
- STI testing & treatment
- Emergency contraception (by location)
- Medical and surgical abortion
- Professional counseling



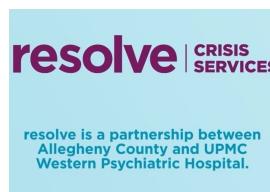
AIDS/HIV SUPPORT

AIDS Free Pittsburgh

(412) 586-6706
www.aidsfreepittsburgh.org
info@aidsfreepittsburgh.org

EQT Plaza
625 Liberty Ave, Ste. 2500
Pittsburgh, PA 15222

AIDS Free Pittsburgh is a public health movement to end the HIV epidemic in Allegheny County by 2030. Individuals can search for service providers and other support using this website.



CRISIS SUICIDE HOTLINES

Resolve Crisis Center

Crisis line: 1-888-7YOU-CAN (796- 8226)
Non-urgent line: (412) 864-5004
333 North Braddock Ave, Pittsburgh, Pa 15208

Offers:

- Phone counseling
- Mobile crisis unit
- Walk-in center
- Residential services
- Child and adolescent crisis team

National Suicide Hotline

1-800-273-TALK(8255)
suicidepreventionlifeline.org

MISC. HEALTH

Mask Up Pittsburgh

maskuppittsburgh@gmail.com
<https://linktr.ee/maskuppittsburgh>

Provides free high-quality masks and rapid Covid-19 tests to anyone who needs them. Offers contactless pick-up and drop-off.

LGBTQIA+ HEALTHCARE & SUPPORT (continued)



Central Outreach Wellness Center (cont.)

Central Outreach Wellness Center –Washington
 (724) 993-8000
 817 Jefferson Ave,
 Washington, PA 15301

Central Outreach Wellness Center –Aliquippa
 (724) 707-1155
 2360 Hospital Drive, Upper Suite 1,
 Aliquippa, PA 15001

Central Outreach Wellness Center –Erie
 (814)19-4009
 3104 State Street,
 Erie, PA 16508

Referral:

“Extremely welcoming to all. Highly recommend.”



Allies for Health + Wellbeing

(412) 345- 7456
www.alliespgh.org
 Online appointment scheduling available
info@alliespgh.org
 5913 Penn Ave, 2nd Floor,
 Pittsburgh, PA 15206

Offers:

- STI testing
- Counseling
- PrEP, PEP, HIV support services & treatment
- Hep C treatment
- Gynecological care
- Trans care
- Contraception Services

REPRODUCTIVE HEALTHCARE



Planned Parenthood—Greater Pittsburgh con't

Pittsburgh Family Planning Health Center
 (412) 434-8971 or 1-800-230-7526
 933 Liberty Ave,
 Pittsburgh, PA 15222

Bridgeville Health Center
 (412) 257-9880
 533 Washington Pike, Suite 203,
 Bridgeville, PA 15017

Moon Township Health Center
 (412) 264-7205
 935 Beaver Grade Road, Suite 12,
 Moon Township, PA 15108

Greenburgh Health Center
 (724) 552-0352
 125 Nature Park Road,
 Greenburgh, PA 15601

Somerset Health Center
 (814) 443-6549
 118 South Kimberly Ave, Suite 201,
 Somerset, PA 15501

Johnstown Health Center
 (814) 535-5545
 817 Franklin Street,
 Johnstown, PA 15901

REPRODUCTIVE HEALTHCARE (continued)



The Midwife Center for Birth & Women's Health
 (412) 321-6880
midwifecenter.org
 2831 Penn Avenue Pittsburgh, PA 15222

Offers:

- Pregnancy
- Childbirth
- Primary gynecological clinic
- Contraceptive clinic

To minimize the risks of exposure to Covid-19, With Woman Fridays now uses same day scheduling To make an appointment, call (412) 321-6880 (option 4) any Friday between 9:00 am—2:00 pm to schedule an appointment between 1:00—5:00 pm.



Allegheny Reproductive Health Center
 (412) 661-8811
alleghenyreproductive.com
 5910 Kirkwood St, Pittsburgh, Pa 15206

Offers:

- Abortion
- Gynecological care
- Prenatal care
- Contraception services
- STD testing
- Hormone therapy
- GYN services,
- Surgery services
- Fertility services

Dr. Sheila Ramgopal got a particular recommendation in our survey! Call for appointment options.

HARM REDUCTION + RESOURCE LINKAGES



Bridge Outreach

(412) 699-0462
bridgepgh.org
 1526 Rhine St, Pittsburgh, PA 15212

A team of dedicated individuals connecting those in all walks of life to resources meant to alleviate a myriad of challenges.

Including, but not limited to:

- housing instability
- food insecurity
- medical and mental health inaccessibility
- unsafe substance-use.

LGBTQIA+ HEALTHCARE & SUPPORT



Central Outreach Wellness Center

centraloutreach.com
 Online appointment scheduling available
 Offers:

- Comprehensive Gay & Transgendered Health Care
- HIV Primary Care
- Hep C Primary Care
- PrEP & nPEP HIV prevention
- Drug and Alcohol Rehab
- Housing Resources and Referrals
- Women's healthcare
- Non-emergency contraceptives
- Clothing center

Central Outreach Wellness Center –Pittsburgh

(412) 322-4151
 127 Anderson Street, Suite 101
 Timber Court Building, Pittsburgh, PA 15212