

The background features a decorative graphic consisting of several overlapping circles in various shades of blue. Two thin, light blue lines intersect at the top center and extend diagonally towards the bottom corners. A large, partially visible circle is located in the bottom right corner.

Virginia Transgender Resource and Referral List

The Virginia Department of Health, Division of Disease Prevention

The Virginia Transgender Taskforce,

On behalf of Virginia HIV Community Planning Group

Updated July 30, 2018

Virginia Transgender Resource and Referral List

C E N T R A L V I R G I N I A

Bon Secours - Laburnum Diagnostic Imaging Center

4630 South Laburnum Avenue, Suite C

Richmond, Virginia 23231

Phone: 804-226-4637

Fax: 804-222-7551

Hours of Operation: Monday – Friday 7:30 AM – 4:00 PM

Services Provided: mammography, breast ultrasound, DEXA

Captial Area Health Network

2809 North Avenue, Suite 206

Richmond, Virginia 23222

Phone: 804-780-0840 (Northside/Main Phone Line)

Fax: 804-780-0862

Hours of Operation: Monday – Thursday 8:00 AM – 9:00 PM

Friday 8:00 AM – 7:00 PM

Website: www.cahealthnet.org

Services Provided: Primary care; dental; support services; psychotherapy and counseling

Clearwater Counseling & Wellness Services

Heather Kay, PhD, LCP

530 East Main Street, Suite 1012

Richmond, Virginia 23219

Phone: 804-382-6546

Fax: 815-425-8519

Email: clearwatercounselingrva@gmail.com

Website: <http://www.clearwatercounseling.com>

Hours of Operation: Monday – Friday 9:00 AM – 7:00 PM

Services Provided: Psychological evaluation, individual and group psychotherapy and counseling

Crossover Ministry

108 Cowardin Avenue

Richmond, Virginia 23224

Phone: 804-233-5016

Fax: 804-231-5723

Email: info@crossoverministry.org

Website: www.crossoverministry.org

Hours of Operation: Monday – Thursday 8:30 AM - 5:00 PM

Friday 8:30 AM – 5:00 PM

Services Provided: Primary care; dental care; individual psychotherapy and counseling; HIV care services

Virginia Transgender Resource and Referral List

Cypress Counseling, LLC

Chris Carson, LCSW

1312 W. Main St.

Richmond, Virginia 23220

Phone: 804-651-3941

Email: Chris@cypresscounseling.com

Website: www.cypresscounseling.com

Hours of Operation: Monday – Thursday 12:00 PM – 8:00 PM;

Friday: 8:00 AM – 5:00 PM

Services Provided: Individual and group psychotherapy and counseling

Discovery Counseling and Consulting

Sarah Charbonneau, LCSW

4118 East Parham Road, Suite A

Richmond, Virginia 23228

Phone: 804-591-0002 ext. 2004

Email: scharbonneau@vadcc.com

Hours of Operation: Monday – Friday, by appointment only

Services Provided: Education, individual psychotherapy and counseling. Provides resources and referral letters to assist with gender transition. Medicare and most insurances accepted. Handicap accessible. No longer accepts Medicaid.

The Doorways

612 East Marshall Street

Richmond, Virginia 23219

Phone: 804-828-6901

Fax: 804-828-6913

Email: sstack@thedoormways.org

Website: www.thedoormways.org

Hours of Operation: 24/7

Services Provided: Lodging for families in medical crisis; must have a referral from a participating hospital

Equality Virginia

530 East Main Street, Suite 600

Richmond, Virginia 23219

Phone: 804-643-4816

Fax: 804-643-1554

Website: www.equalityvirginia.org

Hours of Operation: Monday – Friday 9:00 AM – 5:00 PM

Services Provided: Information and referrals to community resources; additional resources available on website. Community education and outreach including the annual *Virginia Transgender Information and Empowerment Summit* (TIES)

Virginia Transgender Resource and Referral List

The Family Institute of Virginia

Michael F. Jeffrey, MS, LPC, LMFT – Therapist

Grace Hadeed, PhD. – Clinical Director

2910 Monument Avenue

Richmond, Virginia 23221

Phone: 804-355-6876

Fax: 804-355-2597

Website: <http://www.familyinstituteofva.com>

Hours of Operation: Mondays – Fridays 9:00 AM – 5:00 PM

Services Provided: Psychological evaluation; individual psychotherapy and counseling; marriage and family therapy

Ann Furniss – Licensed Acupuncturist, R.N.

4807 Hermitage Road Suite 204

Richmond, VA 23227

Phone: 804-938-5668

Website: www.qinurse.com

Hours of Operation: Monday, Tuesday, Wednesday 8:00 AM – 6:00 PM; by appointment only

Services Provided: Acupuncture

Goss & Fentress Law Offices

Moorefield One

812 Moorefield Park Drive, Suite 120

Richmond, Virginia 23236

Phone: 804-225-0880

Toll-free: 866-873-2338

Email: russellfentress@gossandfentress.com

Website: www.gossandfentress.com

Hours of Operation: Monday – Friday 8:30 AM – 5:00 PM

Accepts walk-ins

Services Provided: Legal services; social security disability and SSI claims, personal injuries.

Lisa Griffin, PhD

3026A West Cary Street

Richmond, Virginia 23221

Phone: 704-458-0433

Email: Lisa@drlisagriffin.com

Website: www.drlisagriffin.com

Hours of Operation: Hours vary; by appointment only.

Services Provided: Individual psychotherapy, counseling, psychological evaluation, and referral for medical intervention when appropriate, for transgender and gender-nonconforming children and youth up to age 21 (and their families).

Virginia Transgender Resource and Referral List

BaryLaw

Bary W. Hausrath, P.C.

PO Box 13890

Richmond, Virginia 23225

Phone: 804-404-5711

Fax: 888-583-4991

Hours of Operation: Monday – Friday 9:00 AM – 5:00 PM, by appointment only

Website: <https://www.baryl原因.com/>

Services Provided: Legal services, including some services for youth.

Health Brigade (formerly known as Fan Free Clinic)

Transgender Health Services, contact Jenn Galliene, Trans Health Services Program Manager

1010 North Thompson Street

Richmond, Virginia 23230

Phone: 804-358-6343, Ext. 143

Fax: 804-521-0309

Website: <http://www.healthbrigade.org/>

Hours of Operation: Monday – Thursday 9:00 AM – 5:00 PM and Friday 9:00 AM – 12:00 PM

Patients must complete a financial screening first.

Services Provided: Primary care; hormone therapy; counseling; support services; psychosocial assessments; STD screening; mental health referrals

He, She, Ze, and We

Meets at Side by Side, facilitator: Shannon McKay

2311 Westwood Ave.

Richmond, Virginia 23230

Email: heshezeandwe@gmail.com

Hours of Operation: Email for details of location and times of meetings.

Services Provided: Support for caregivers and families of transgender and gender expansive young people of all ages. Activities include family gatherings, support meetings for adults, education and resources, peer counseling via phone and small group settings. Contact Shannon McKay at heshezeandwe@gmail.com for more information.

Innovative Medicine

Jamie McLaughlin, D.O.M., L.A.C.

13354 Midlothian Turnpike, Suite 101

Midlothian, Virginia 23113

Phone: 804-389-0267

Email: docjamiemac@msn.com

Hours of Operation: Monday – Friday 8:00 AM – 8:00 PM, walk-ins accepted on Tuesday and Thursdays.

Saturday & Sunday by appointment only.

Services Provided: Acupuncture, plant-based medicine, herbals, Asian bodywork, massage, nutrition consultation

Virginia Transgender Resource and Referral List

The James House

6610 Commons Drive, Suite C

Prince George, Virginia 23875

Phone: 804-458-2704

Fax: 866-681-0490

Hotline: 804-458-2840

Website: www.thejameshouse.org

Hours of Operation: Monday – Friday 8:50 AM – 4:50 PM

Accepts walk-ins

Services Provided: Education, support and advocacy for all people impacted by interpersonal violence.

James River Transgender Society (JRTS)

Meets at Diversity Richmond

1407 Sherwood Avenue

Richmond, Virginia 23220

Phone: 804-404-2425

Website: www.jrts.org

Hours of Operation: The 1st Friday of each month from 7:00 PM – 9:00 PM

Services Provided: Support and social group for MTF trans persons

LGBTQ Partner Abuse and Sexual Assault Helpline

Virginia Sexual and Domestic Violence Action Alliance

1118 W. Main Street

Richmond, Virginia 23220

Phone: 804-377-0335

Fax: 804-377-0339

Hotline: 1-800-838-8238

Chat Online: www.vadata.org/chat

Email: info@vsdvalliance.org

Website: www.vsdvalliance.org

Hours of Operation: 24/7

Services Provided: Free and confidential telephone service for lesbian, gay, bisexual, trans, and queer or questioning callers looking for information or help regarding intimate partner abuse, sexual assault, and stalking. Servicios en español están disponibles.

Launchpad Counseling

Mark Loewen

2008 Libbie Avenue, Suite 101

Richmond, Virginia 23226

Phone: 804-665-4681

Website: <http://www.launchpadcounseling.com>

Hours of Operation: Monday – Friday 10:00 AM – 6:00 PM

Services Provided: LGBTQ affirming counseling for youth and adults, play and expressive therapies for children and teens. Spanish language service available. Provides referral letters for hormone therapy and/or surgery.

Virginia Transgender Resource and Referral List

Keelee J. MacPhee, MD

Renaissance Plastic & Reconstructive Surgery

Rex Medical Plaza

4414 Lake Boone Trail, Suite 407

Raleigh, North Carolina 27607

Phone: 191-341-0915

Fax: 919-341-0917

Email: drmacphee@keeleemacpheemd.com

Website: <https://keeleemacpheemd.com>

Hours of Operation: Tuesdays – Thursdays 8:00 AM – 4:00 PM

Fridays 8:00 AM – 12:00 PM

Services Provided: Plastic reconstructive surgery, genital reassignment surgery (vaginoplasty) and breast augmentation for MTF persons, facial feminization, tracheal shave, and chest surgery for FTM persons. Will work with patients to obtain insurance pre-authorization and reimbursement for surgeon's fees. Services available to youth with parental/guardian consent.

Montante Plastic Surgery and Aesthetics

7605 Forest Avenue, Suite 100

Richmond, Virginia 23229

Phone: 804-325-4795

Website: <http://www.montanteaesthetics.com/>

Hours of Operation: Monday, Thursday, Friday 9:00 AM – 5:00 PM

Tuesday, Wednesday 11:00 AM – 7:00 PM

Services Provided: Chest surgery for FTM persons, breast augmentation for MTF persons, facial feminization, aesthetic and reconstructive surgery of the face, breast, and body, non-surgical aesthetic treatments. Services available to adults and youth. Most insurances accepted, including Medicaid and Medicare. Sliding scale fee available.

Nationz Foundation

1200 Bentley Street

Richmond, Virginia 23227

Phone: 804-716-7597

Fax: 804-716-7668

Email: nationzfoundation@nationzfoundationrva.org

Website: <http://www.nationzfoundationrva.org>

Hours of Operation: Monday – Friday 11:00 AM – 6:00 PM, by appointment only

TGurls Rock support group – Call for next meeting time.

Food Pantry – 1st and 3rd Friday of each month

Services Provided: Health promotion and outreach in lesbian, gay, bisexual, transgender, and queer communities of Richmond including HIV prevention education, cancer awareness, HIV testing, food pantry, TGurls Rock support and social group for MTF trans persons, and other support services.

Virginia Transgender Resource and Referral List

Holli Newman, LPC

807 Spottswood Road
Richmond, Virginia 23220
Phone: 804-231-2273
Fax: 804-232-8222

Email: hollisemail@verizon.net

Hours of Operation: Monday – Friday 9:00 AM – 5:00 PM

Services Provided: Individual psychotherapy & counseling, couples work

Planned Parenthood Raleigh Health Center (serving Southside Virginia)

100 South Boylan Avenue
Raleigh, North Carolina 27603
Phone: 919-833-7526
Fax: 919-832-9061

Website: <https://www.plannedparenthood.org/planned-parenthood-south-atlantic/for-patients>

Hours of Operation: Monday 9:00 AM – 5:00PM

Tuesday 12:00 PM – 7:00 PM

Thursday 11:00 AM – 7:00 PM

Friday Closed

Most services require an appointment

Services Provided: Primary care services, hormone replacement therapy, OB/GYN services, referral to resources and other services. Services available in Spanish. Medicaid and most insurance accepted.

Primary Health Group Chippenham

500 Hioaks Rd, Suite B
Richmond, Virginia 23225
Phone: 804-560-0490
Fax: 804-560-3424

Website: www.phg-chippenham.com

Hours of Operation: Monday, Wednesday, Thursday 8:00 AM – 6:00 PM,
Tuesday & Friday: 8:00 AM – 5:00 PM

Services Provided: Primary care services. Hormone replacement therapy services are **not** provided.

Richmond AIDS Consortium

PO Box 980049
Richmond, Virginia 23298
Phone: 804-828-3450
Fax: 804-828-0570

Email: hivcenter@vcu.edu

Website: <https://hivservices.vcu.edu/research/>

Hours of Operation: Monday – Friday 8:30 AM - 5:00 PM

Services Provided: HIV clinical trials

Virginia Transgender Resource and Referral List

Richmond Consultation Services

Carrie Hartwell, PhD, LCSW

5700 West Grace Street, Suite 108

Richmond, Virginia 23226

Phone: 804-503-1074

Fax: 804-288-2616

Email: carriehartwell@gmail.com

Hours of Operation: Monday – Friday 9:30 AM – 5:30 PM

Services Provided: Psychotherapy and counseling for LGBT youth, adults, couples, and families.

Richmond Creative Counseling, LLC

1900 Byrd Avenue

Richmond, Virginia 23230

Phone: 804-592-6311

Fax: 804-237-0532

Website: <http://www.richmondcreativecounseling.com/>

Hours of Operation: Monday – Saturday 8:00 AM – 8:00 PM

Services Provided: Psychiatric services, individual and group psychotherapy & counseling for adults, adolescents, and children, family counseling, and couples counseling. Medicaid and multiple insurances accepted, sliding scale fees available.

Richmond Transformers

Meets at Health Brigade

1010 North Thompson Street

Richmond, Virginia 23230

Phone: 804-358-6343

Email: Ted.Heck@vdh.virginia.gov

Hours of Operation: 2nd Tuesday of each month 7:00 PM – 9:00 PM

Accepts walk-ins

Services Provided: Peer-led support and social group for FTM trans persons.

Serenity, Inc.

114 North Union Street

Petersburg, Virginia 23803

Phone: 804-861-9977

Email: serenity9977@yahoo.com

Website: <http://www.serenity-crater.org/>

Hours of Operation: Monday – Thursday 9:00 AM – 4:00 PM

Friday 9:00 AM – 12:00 PM

Services Provided: Serenity provides services to people living with HIV/AIDS and those at risk for HIV infection. A variety of support and educational services are available to transgender community members, as well as referrals to other types of service providers. Walk-ins welcome and all services are free.

Virginia Transgender Resource and Referral List

Side by Side

2311 Westwood Ave.

Richmond, Virginia 23230

Phone: 804-644-4800

Youth Support Line: 888-644-4390

Email: info@sidebysideva.org

Website: <http://www.sidebysideva.org>

Hours of Operation: Monday – Thursday 9:00 AM – 9:00 PM

Services Provided: Support group for Trans-identified youth or youth who are questioning their gender identity. Side by Side also offers weekly curriculum based support groups for LGBTQ youth ages 14-20 and information and referrals for youth and families. Trainings for school personnel, human service providers, and other youth workers on how to best address the needs of LGBTQ youth.

T.E.A.M. – Transforming Empowered Aspiring Men

Meets at Nationz Foundation

1200 Bentley Street

Richmond, Virginia 23227

Phone: 804-716-7597

Fax: 804-716-7668

Email: Kelz.Royster@gmail.com

Hours of Operation: Every other Saturday 1:00 PM – 3:00 PM. Call or email to confirm a meeting is scheduled for a particular Saturday.

Services Provided: Peer-led support group for trans men of color.

VCU/MCV Physicians at Temple Avenue

Early Intervention HIV Clinic

2035 Waterside Road, Suite 100

Prince George, Virginia 23875

Phone: 804-957-6274

Fax: 804-957-9724

Hours of Operation: Monday – Friday 9:00 AM – 5:00 PM

Services Provided: Primary care facility; support services for HIV/AIDS positive individuals.

Virginia Anti-Violence Project

P.O. Box 7445

Richmond, Virginia 23221

Phone: 804-925-9242

Email: director@virginiaavp.org

Website: www.virginiaavp.org

Hours of Operation: Hours vary

Services Provided: Advocacy and support services for LGBTQ-identified survivors of violence, including individual and group support, individual and systems advocacy, and accompaniment; relationship skills classes centered in queer/transgender identity experiences; training for professionals to deepen capacity in serving survivors of violence with diverse LGBTQ identities

Virginia Transgender Resource and Referral List

Virginia Commonwealth University, Dept. of Psychiatry

501 N. 2nd Street 3rd Floor

Richmond, VA 23219

Phone (Intake/New Patient): 804-828-2000

Phone (Clinic): 804-828-9452

Fax: 804-828-9282

Website: <http://psych.vcu.edu/patients/outpatient-services>

Hours of Operation: Monday – Friday 8:00 AM - 5:00 PM

Services Provided: Psychiatric services, psychological evaluation, and psychotherapy & counseling, and medication management. Will not write letters for transition.

Virginia League For Planned Parenthood

201 N. Hamilton Street

Richmond, Virginia 23221

Phone: 804-482-6154

Fax: 804 213-0548

Email: transgenderhealth@vlpp.org

Website: <http://www.vlpp.org>

Hours of Operation: Monday – Wednesday 9:00 AM - 7:00 PM

Thursday – Friday 9:00 AM - 5:00 PM

Saturday 9:00 AM - 4:00 PM

Sunday 10:00 AM- 6:00 PM

By appointment only. Hours vary from week to week, please call.

Services Provided: Primary care services, hormone therapy, OB/GYN services. Many services are available to youth; for hormones, must be age 17 or above. Services available in Spanish. Medicaid and most insurance accepted.

Ophelia von Ludwig, LCSW

The Mind Health Center

5700 West Grace Street, Suite 105-A

Richmond, Virginia 23226

Phone: 804-442-3116

Email: info@mindhealthcenter.net

Hours of Operation: Monday – Friday 8:30 AM – 7:00 PM

Services Provided: Individual psychotherapy and counseling for adults and youth, ages 12 and up. Some insurances accepted, sliding fee available.

Virginia Transgender Resource and Referral List

Julie Wilcox, LCSW

Thriveworks Chesterfield
9846 Lori Road, Suite 201
Chesterfield, Virginia 23832
Phone: 804-419-4122

Fax: 804-4823782

Email: juliew@thriveworks.com

Website: <http://thriveworks.com/chesterfield-counseling/>

Hours of Operation: Sunday – Thursday by appointment. Evenings available.

Services Provided: Individual and group psychotherapy & counseling for adults and youth

E A S T E R N V I R G I N I A

Balance Health

Maggie Chubb, LCSW
930 Redgate Ave.
Norfolk, Virginia 23507
Phone: 757-626-3733
Fax: 757-626-3331

Website: www.balancebehavior.com

Hours of Operation: Monday – Friday 9:00 AM – 5:00 PM

Services Provided: Individual psychotherapy and counseling

CSG – Pediatric Endocrinology

Reuben Rohn, MD
601 Children's Lane
Norfolk, Virginia 23507
Phone: 757-668-7237
Fax: 757-668-8215

Email: rohnrd@chkd.org

Hours of Operation: Monday – Friday 8:30 AM – 4:30 PM

Services Provided: Psychological evaluation, hormone therapy, support services, referrals to outside providers. Medicaid and multiple insurances accepted; sliding scale fees available. Services for children and adolescents only.

Virginia Transgender Resource and Referral List

Chesapeake Care, Inc.

2145 South Military Highway
Chesapeake, Virginia 23320
Phone: 757-545-5700
Fax: 757-545-7706

Email: info@chesapeakecare.org

Hours of Operation: Monday 9:00 AM – 5:00 PM
Tuesday – Thursday 9:00 AM – 8:00 PM
Friday 9:00 AM – 1:00 PM
Open two Saturdays a month

Services Provided: Primary care; dental care; pharmacy services. Eligibility for services to be determined by income. Please contact for further information.

Chesapeake Health Department

748 Battlefield Boulevard North
Chesapeake, Virginia 23320
Phone: 757-382-8600

Hours of Operation: Monday – Friday 8:15 AM – 5:00 PM

Services Provided: STD Clinic, immunizations, family planning, and HIV and STD testing for both youth and adults. Language translation services available.

Community Psychological Resources

919 West 21st St, Suite B
Norfolk, Virginia 23517
Phone: 757-622-6794
Fax: 757-626-1509

Hours of Operation: Monday – Friday 8:00 AM - 6:00 PM

Services Provided: Psychological evaluation; individual psychotherapy, family counseling and counseling

Eastern Shore Rural Health System, Inc.

20280 Market Street
Onancock, VA 23417
Phone: 757-414-0400
Fax: 757-414-0569

Email: info@esrh.org

Website: www.esrh.org

Hours of Operation: Monday – Friday 8:30 AM – 5:00 PM
Saturday 8:00 AM – 1:00 PM (only some centers)

Services Provided: (All services for youth and adults) Primary care; dental care

Virginia Transgender Resource and Referral List

Evans Knight Law Firm, LLC

Barbara Evans Knight

1517 Hardycash Dr

Hampton, Virginia 23666

Phone: 757-827-3588

Fax: 757-827-9559

Hours of Operation: Monday – Thursday 8:00 AM – 5:00 PM (by appointment at other times)

Friday 8:00 AM – 1:00 PM (by appointment at other times)

Accepts walk-ins (Appointment will be set at initial meeting)

Services Provided: Legal services; provides representation for youth in social security issues, disability services, personal injuries, simple divorces, notary services, prepares wills and power of attorney

Gender Expression Movement

Meets at The LGBT Center of Hampton Roads

247 W. 25th Street

Norfolk, Virginia 23517

Phone: 757-200-9198

Email: LGBTCenter@accessaids.org

Website: <http://www.accessaids.org>

Hours of Operation: Meeting Times: 1st and 3rd Saturdays of each month at 7:00 PM

Services Provided: Transgender support group; transgender education services

David A. Gilbert, M.D.

400 West Brambleton Avenue, Suite 300

Norfolk, Virginia 23510

Phone: 757-274-4000

Fax: 757-274-4001

Email: dagilb3@msn.com

Hours of Operation: Monday – Friday 9:00 AM – 5:00 PM, by appointment only

Services Provided: Chest surgery for FTMs, breast augmentation for MTFs, tracheal shave, facial feminization, secondary GRS surgery for FTMs and MTFs, surgical support.

Virginia Transgender Resource and Referral List

Goss & Fentress Law Offices

Norfolk/Virginia Beach:

735 Newtown Road, Suite 100

Norfolk, Virginia 23502

Phone: 757-466-1095

Fax: 757-461-4670

Peninsula:

Suntrust Bank Building

11817 Cannon Boulevard, Suite 201-B

Newport News, Virginia 23606

Phone: 757-873-2274

Fax: 757-461-4670

Toll-free: 866-873-2338

Website: www.gossandfentress.com

Hours of Operation: Monday – Friday 8:30 AM – 5:00 PM

Accepts walk-ins

Services Provided: Legal services; social security disability and SSI claims, personal injuries. Tagalog language services available.

Caplan Law Group

Michael B. Hamar

Newport News:

11815 Fountain Way, Suite 300

Newport News, Virginia 23606

Phone: 757-264-6524

Virginia Beach:

5350 Kemps River Dr., Suite 108

Virginia Beach, Virginia 23464

Phone: 757-523-0023

Fax: 757-926-5204

Email: mhamar@caplanlegal.com

Hours of Operation: Monday – Friday 8:30 AM – 5:00 PM

Services Provided: Birth certificate amendments and legal services

Kindred Nursing and Rehabilitation - River Pointe

4142 Bonney Road

Virginia Beach, VA 23452

Phone: 757-340-0620

Fax: 757-340-7037

Website: <http://www.riverpointehc.com/>

Hours of Operation: 24/7

Services Provided: Nursing home care, outpatient physical therapy, occupational therapy

Virginia Transgender Resource and Referral List

LGBT Life Center of Hampton Roads

248 W. 24th Street

Norfolk, Virginia 23517

Phone: 757-200-9198

Fax: 757-622-8932

Email: info@lgbtlifecenter.org

Website: <http://www.lgbtlifecenter.org>

Hours of Operation: Monday – Friday 8:30 AM – 5:00 PM, call for additional hours.

Accepts walk-ins

Services Provided: Support groups; individual, couples, and family counseling, transitioning counseling, rapid HIV testing, educational workshops, community events and gatherings, yoga

Non Transitioning Spouse/Partner Support

Meets at The LGBT Life Center of Hampton Roads

247 W. 25th Street

Norfolk, Virginia 23517

Phone: 757-200-9198

Email: info@lgbtlifecenter.org

Website: <http://www.lgbtlifecenter.org/>

Hours of Operation: 2nd Wednesday of each month at 7:00 PM

Services Provided: Support group for individuals that are adjusting to and/or assisting with someone in their lives that is transitioning.

Norfolk Department of Health

Dr. Anne Williams (757-355-5671)

830 Southampton Avenue, Suite 200

Norfolk, Virginia 23510

Phone: 757-683-2800

Fax: 757-683-8878

Hours of Operation: Call for hours

Services Provided: Primary Care

Southeastern Virginia Health System

48th Street Physicians

4714 Marshall Avenue

Newport News, Virginia 23607

Phone: 757-380-8709

Fax: 757-952-1345

Email: info@sevhs.org

Website: www.sevhs.org

Hours of Operation: Monday – Friday 8:00 AM – 5:00 PM, Tuesday 8:00 AM – 7:00 PM

Services Provided: (All services for both youth and adults) Primary care; dental care; gynecological services

Virginia Transgender Resource and Referral List

Serenity Counseling LLC

Angela P. Callahan, LPC, NCC

500 Washington Street

Portsmouth, Virginia 23704

Phone: 757-372-7868

Fax: 757-419-5365

Email: angela@seekyourserenity.com

Website: www.seekyourserenity.com

Hours of Operation: Tuesday and Thursday 10:00 AM – 6:00 PM

Wednesday 12:00 PM – 6:00 PM

Services Provided: Psychotherapy and counseling for individual adults and/or couples, to include referral for medical transition and other services. Services for youth include individual and family counseling and referral to appropriate medical providers.

TeleMentalHealthCare

John M. Thurston, MD

440 Monticello Ave Suite 1800

Norfolk, Virginia 23510

Phone: 757-955-8460

Website: <https://www.telementalhealthcare.com/>

Hours of Operation: Tuesday – Thursday, Saturday, and Sunday, by appointment only.

Services Provided: Psychiatric services, psychological evaluation, individual psychotherapy & counseling.

Insurance not accepted, but sliding scale fee available.

Tidewater Women's & LGBT Primary Care Center

891 Norfolk Square

Norfolk, Virginia 23502

Phone: 757-461-0011

Fax: 757-461-5762

Email: twlgbt@gmail.com

Website: <http://www.twlgbtcare.com/>

Hours of Operation: Weekday, evening, and weekend hours available, please call for appointment.

Services Provided: Primary care services, hormone therapy, OB/GYN services. No insurance plans accepted, but labs can be billed to insurance, and office visit costs are similar to co-pays for most insurance. Not accepting new patients.

Trans Masculine Group

Meets at The LGBT Life Center of Hampton Roads

247 W. 25th Street

Norfolk, Virginia 23517

Phone: 757-200-9198

Email: info@lgbtlifecenter.org

Website: <http://www.lgbtlifecenter.org>

Hours of Operation: Meetings on 3rd Saturday of each month at 10:00 AM

Services Provided: Support group for trans masculine identified people and their specific needs.

Virginia Transgender Resource and Referral List

Transgender Assistance Program of Virginia (TAP)

5906 Beachwalk Drive

Virginia Beach, Virginia 23464

Phone: 757-933-1504

Email: transactivista@gmail.com

Website: <https://www.tapvirginia.org/>

Hours of Operation: 24/7

Services Provided: Emergency housing, food, resources, and referrals. All services are free to transgender and gender non-binary persons statewide. Services are also available in Spanish and French.

Bartley F. Tuthill

464 Dinwiddie Street

Portsmouth, Virginia 23704

Phone: 757-393-6544

Fax: 757-393-1916

Email: barttuthill@hotmail.com

Hours of Operation: Monday – Friday 9:00 AM – 5:00 PM

Services Provided: Legal services

Hugh Dixon Wolcott, MD

Woman Care Centers, PLC

100 Kingsley Lane, Suite 200

Norfolk, Virginia 23505

Phone: 757-451-0929

Fax: 757-423-4901

Website: <http://www.womancarecenters.com>

Hours of Operation: Monday – Friday 8:30 AM – 4:30 PM, by appointment only

Services Provided: Primary care medical services, hormone replacement therapy, OB/GYN services, and other support services, including surgical and psychiatric referrals. Medicaid and most insurances accepted.

Virginia League For Planned Parenthood

515 Newtown Road

Virginia Beach, Virginia 23462

Phone: 757-482-6154

Fax: 757-309-4853

Email: transgenderhealth@vlpp.org

Website: <http://www.vlpp.org>

Hours of Operation: Monday 9:00 AM - 5:00 PM

Tuesday – Wednesday 9:00 AM – 7:00 PM

Thursday – Saturday 9:00 AM - 5:00 PM

By appointment only. Hours vary from week to week, please call.

Services Provided: Primary care services, hormone therapy, OB/GYN services. Many services are available to youth; for hormones, must be age 17 or above. Services available in Spanish. Medicaid and most insurance accepted.

Virginia Transgender Resource and Referral List

N O R T H E R N V I R G I N I A

Alternative Health Associates

Maureen Schantz

Old Town Alexandria:

215 North Washington Street

Alexandria, Virginia 22314

Phone: 703-683-5736

Skintelligence Spa:

421 Church Street, NE, Suite A

Vienna, Virginia 22180

Phone 703-255-7237

Email: maureenschantz@gmail.com

Website: <http://althhealthassociates.com/>

Hours of Operation: Monday – Friday 9:00 AM – 8:00 PM

Saturday 8:30 AM – 5:00 PM

Sunday 8:30 AM – 3:00 PM

By appointment only

Services Provided: Laser hair removal and electrolysis for adults and youth. No sliding scale available, but clients can volunteer for free electrolysis work by students of electrolysis.

Arlington County Public Health Department

Sharron Martin

Sequoia Plaza, 2100 Washington Boulevard, 2nd Floor

Arlington, VA 22204

Phone: 703-228-1200

Fax: 703-228-1255

Hours of Operation: Thursdays 2:00 PM – 5:30 PM

STD Clinic is by appointment only

Services Provided: STD screening/treatment; anonymous and confidential HIV testing; confidential rapid HIV testing.

Beth Davis, M.Ac., L.Ac.

300 North Washington Street, Suite 302-A

Falls Church, Virginia 22046

Phone: 703-863-4292 (call or text)

Fax: 703-237-7238

Email: Beth@bethdavisacupuncturist.com

Website: <http://bethdavisacupuncturist.com/>

Hours of Operation: Monday – Thursday 9:00 AM – 7:00 PM

Services Provided: Acupuncture. Accepts Anthem Blue Cross/Blue Shield insurance.

Virginia Transgender Resource and Referral List

Carolyn Dozier, LCSW

207 Park Avenue, Suite B-3

Falls Church, Virginia 22046

Phone: 703-532-2424

Email: cjdozier@aol.com

Website: <http://www.carolyndozier.com/>

Hours of Operation: Tuesday, Thursday, Friday 12:00 PM – 8:00 PM

Wednesday 10:00 AM – 2:00 PM

Service Provided: Individual psychotherapy and counseling.

Anne L. Edwards, Psy.D.

7019 Backlick Court

Springfield, Virginia 22151

Phone: 703-509-6753

Email: dr.aledwards@raisemewell.com

Website: <http://www.raiseyourwellness.com/>

Hours of Operation: Monday – Friday 8:00 AM – 5:00 PM

Services Provided: Individual psychotherapy for adults, youth ages 13 and above, and families; letters for hormone replacement therapy and gender-affirming surgeries.

Timothy Q. Elliott, MSW

3801 North Fairfax Drive, Suite 53

Arlington, Virginia 22203

Phone: 301-679-5785

Email: elliottmsw@gmail.com

Website: <http://www.elliottmsw.com/>

Hours of Operation: Evening hours, by appointment only.

Services Provided: Psychotherapy and counseling for children, adolescents, adults, and families; letters for hormone replacement therapy and gender-affirming surgeries.

Inova Juniper Program

2740 Prosperity Avenue, Suite 200

Fairfax, Virginia 22031

Phone: 703-321-2600

Fax: 703-204-9034

Hours of Operation: Monday – Friday 8:30 AM – 5:00 PM

Services Provided: Primary care; dental care; psychiatric services; psychological evaluation; psychotherapy and counseling; HIV care services.

Virginia Transgender Resource and Referral List

K.I. Services

20 S. Quaker Lane. #240
Alexandria, Virginia 22314
Phone: 703-823-4401
Fax: 703-823-4407

Email: info@kiservices.org

Website: www.kiservices.org

Hours of Operation: Monday – Wednesday 10:00 AM - 3:00 PM by appointment,
Friday, Saturday by appointment

Services Provided: Therapeutic mental health individual/group counseling; substance abuse treatment and counseling; facilitate psychiatric treatment services; HIV testing and counseling; comprehensive risk counseling services, health education and outreach services. Virginia Medicaid and self pay (cash and credit) accepted.

Laser Electrolysis Center

943 South George Mason Drive
Arlington, Virginia 22204
Phone: 703-979-2853

Email: cigam7s@aol.com

Hours of Operation: Monday – Friday 1:30 PM – 9:00 PM

Services Provided: Laser hair removal and electrolysis.

Life Transitions Counseling

Chris McClure, LPC
9254 Mosby Street, Suite B
Manassas, Virginia 20110
Phone: 703-895-5208
Fax: 888-509-0859

Email: chris@transitions.life

Website: <http://www.transitions.life>

Hours of Operation: Monday – Friday 9:00 AM – 5 PM

Services Provided: Individual psychotherapy and counseling for adolescents, adults, and couples. Some insurances accepted. Services in Italian, French, and limited Spanish.

Metro Area Gender Identity Connection (MAGIC)

Meets at Falls Church Presbyterian Church
225 Broad Street
Falls Church, Virginia 22041

Email: info@magicdc.org

Website: www.magicdc.org

Hours of Operation: 3rd Friday of each month 8:00 PM – 10:00 PM

Services Provided: Peer support group for transsexual, gender queer, and other gender identity questioning people living in the greater Washington DC metropolitan area.

Virginia Transgender Resource and Referral List

PFLAG T* Families Support Group

Meets at Metropolitan Community church NOVA

Facilitator: Libby McKnight

10383 Democracy Lane

Fairfax, Virginia 22030

Phone: 202-460-6002

Email: transfamiliesva@gmail.com

Hours of Operation: 3rd Sunday of every month 3:00 PM – 5:00 PM

(Call or email to confirm location and time)

Services Provided: Support for family and friends of trans men, trans women, and gender queer or fluid folks.

Joan A. Pickett, LPC, CSAC

1485 Chan Bridge Road, Suite 203

McLean, Virginia 22101

Phone: 703-282-1642

Email: 2birches@verizon.net

Hours of Operation: 12:00 PM – 6:00 PM Monday – Saturday

Services Provided: Individual, group, and family psychotherapy and counseling.

Prince William Health District

Manassas Clinic

9301 Lee Avenue

Manassas, Virginia 20110

Phone: 703-792-6300

Fax: 703-792-6338

Hours of Operation: 8:00 AM – 4:30 PM

Services Provided: (All services for both youth and adults) ADAP services; HIV support groups; immunizations; STD testing; women's wellness

Woodbridge Clinic

4001 Prince William Parkway, Suite 101

Woodbridge, Virginia 22192

Phone: 703-792-7300

Fax: 703-792-7311

Hours of Operation: Monday – Friday 8:00 AM – 4:30 PM

TB screenings on Tuesday 8:15 AM – 10:00 AM

Pregnancy testing on 2nd and 4th Monday of each month 1:30 PM – 2:30 PM

Maternity and family planning by appointment only.

Services Provided: (All services for both youth and adults) ADAP Services; HIV support groups; STD clinic; adult immunizations; maternity and family planning; tuberculosis screening; pregnancy testing

Virginia Transgender Resource and Referral List

Rainbow Tuesdays Clinic

Alexandria Health Department

4480 King Street

Alexandria, Virginia 22302

Phone: 703-746-4986

Text: 571-214-9617

Fax: 703-845-1362

Hours of Operation: Every Tuesday 4:30 PM - 6:30 PM

Traditional STI Clinic Wednesday (call 703-746-4846) 3:30 PM – 6:00 PM

Rapid HIV Testing Wednesday (call 703-746-4976) 1:00 PM – 3:00 PM

Services Provided: FREE, walk-in sexually transmitted infection testing and treatment for all STDs, HIV rapid testing, hepatitis B immunizations and referrals; no one will be turned away

Shawn Rubin, Psy.D.

Licensed Clinical Psychologist in Virginia and Michigan

8608 Pepperdine Drive

Fairfax, Virginia 22180

Phone: 510-725-7600

Email: shawn@shawnrubin.com

Website: <http://www.shawnrubin.com>

Hours of Operation: Sunday – Friday 10:00 AM – 9:00 PM,

Services Provided: Psychotherapy and counseling, psychological evaluation, and letters of support for adults, children, and adolescents. Parent and family therapy also available. Letter for Hormone Replacement Therapy and gender affirmation surgeries.

Linda Siegfriedt, MED, CCC, SLP

Transgender Voice Specialist

14617 Outpost Court

Centreville, Virginia 20121

Phone: 703-966-6232

Email: lindatalk@msn.com

Hours of Operation: Weekend hours, by appointment

Services Provided: Transgender voice services

Transgender Education Association (TGEA)

Meets at: Metropolitan Community Church of Northern Virginia

10383 Democracy Lane

Fairfax, VA 22030

Mailing Address: 5765F Burke Centre Parkway, Suite 167

Burke, Virginia 22015

Email: tgea4u@yahoo.com

Website: <http://www.tgea.org>

Hours of Operation: 2nd Friday of each month from 7:00 – 8:30 pm

Services Provided: Monthly 2nd Friday meeting providing safe space for connection, peer-facilitated trans support, and community building. TGEA is for those in gender transition, considering the possibility (even

Virginia Transgender Resource and Referral List

remotely), or post-transition (however the individual may define that), and to anyone anywhere along the gender spectrum, whether static or dynamic. Significant Others, Friends, Family, and Allies are welcome. 2nd Friday is composed of four sub-groups: Main, Parents, Tweens & Teens, and Transmasculine/non-binary.

Ellen R. Warren, LCSW

218 North Lee Street 3rd Floor

Alexandria, Virginia 22314

Phone: 703-683-0710

Email: EllenRWarren.lcsw@gmail.com

Hours of Operation: Days and evenings, by appointment

Services Provided: Psychotherapy and Counseling (for individuals, couples, and families).

George Westin, MD

Austin-Weston Center for Cosmetic Surgery

1825 Samuel Morse Drive

Reston, Virginia 20190

Phone: 703-893-6168

Fax: 703-790-3444

Website: <http://www.austin-weston.com/>

Hours of Operation: Monday – Friday 9:00 AM – 5:00 PM

Services Provided: Chest surgery for FTMs, breast augmentation for MTFs, all facial and upper body feminization procedures.

N O R T H W E S T V I R G I N I A

AIDS Response Effort

Ladawn Harriston

124 West Piccadilly Street

Winchester, Virginia 22601

Phone: 540-536-5578

Fax: 540-431-5996

Website: www.aidsresponseeffort.org

Email: Lhairston@valleyhealthlink.com

Hours of Operation: Monday – Friday 8:30 AM – 5 PM

Services Provided:

- For HIV-negative people: PrEP for insured and non-insured, education, support services, housing, referrals, free rapid HIV testing
- For HIV-positive people: Medical case management and early intervention services, primary care services, dental services, housing, psychotherapy and counseling, and support services
- For transgender persons: PrEP for insured and non-insured, peer support services, educational materials, HIV testing, and referrals.

Virginia Transgender Resource and Referral List

Augusta Behavioral Health

Lauren Tancyus, LCSW, DCSW

79 North Medical Park Drive

Fishersville, Virginia 22939

Phone: 540-941-2525

Fax: 540-941-2555

Website: www.augustahealth.com

Hours of Operation: Monday – Thursday 8:00 AM – 5:00 PM, by appointment only

Services Provided: Individual and group psychotherapy and counseling; can make local referrals for hormone therapy. Fees adjustable on sliding scale basis for those who qualify. Medicaid, Medicare, and all insurances accepted.

Augusta Health Speech Therapy Department

78 Medical Center Drive

Fishersville, Virginia 22939

Phone: 540-932-4033

Hours of Operation: Monday – Friday 8:30 AM – 4:00 PM, by appointment only

Services Provided: Communication and voice therapy for the transgender population. Spanish language service available.

Fredericksburg Area HIV/AIDS Support Services (FAHASS)

Testing & Prevention Services:

415 Elm Street

Fredericksburg, Virginia 22401

Phone: 540-371-7532

Fax: 540-907-4318

Hours of Operation: Monday – Friday 9:00 AM – 5:00 PM, Wednesdays open until 7:00 pm

Accepts walk-ins for HIV testing services only

Care Services & Administration:

4701 Market Street

Fredericksburg, Virginia 22408

Phone: (540) 907-4555

Fax: (540) 907-4318

Hours of Operation: Monday – Friday 9:00 AM – 5:00 PM

Email: information@fahass.com

Website: <http://www.fahass.org/>

Services Provided: LGBTQ youth support group for ages 15 - 19, risk reduction counseling, referrals, medical case management for HIV+ persons, mental health services for HIV+ persons, and housing assistance and transportation for HIV+ persons, confidential free rapid HIV testing (testing offered only at Elm St. location). Spanish language services available. Please call for more information about times and locations of services.

Virginia Transgender Resource and Referral List

Leigh Freilich, LCSW

100 East South Street, Suite 2

Charlottesville, Virginia 22902

Phone: 434-260-0193

Email: leighfreilich@icloud.com

Hours of Operation: Monday – Friday 9:00 AM – 6:00 PM

Services Provided: Individual psychotherapy & counseling, letters for hormones and surgeries, assessment and diagnosis, referrals to trans-affirming medical care. Services available for adults and youth. No insurances accepted, but will complete out-of-network forms for reimbursement.

Harmony Speech-Language Services

Jennye Johnson, LSP

(Address for mailing only) 207 Champions Point Terrace

Zion Crossroads, Virginia 22942

Phone: 828-243-4690

Fax: 434-270-7438

Email: jennye@harmonyspeech-language.com

Website: <http://harmonyspeech-language.com>

Hours of Operation: Monday – Friday 10:00 AM – 7:00 PM

Services Provided: Voice-communication speech therapy

Emily E. Lape, LCSW

421 Park Street, Suite 3

Charlottesville, Virginia 22902

Phone: 434-971-1930

Email: ELapeLCSW@gmail.com

Hours of Operation: Monday – Friday, 9:00 AM – 5:00 PM, other hours occasionally available.

Services Provided: Psychotherapy and counseling, both individual and group. Aetna and Blue Cross Blue Shield insurance plans accepted, and can bill for out-of-network reimbursement. Not accepting new clients.

Lighthouse Counseling of Fredericksburg, PLC

420 Hudgins Road, Suite 201

Fredericksburg, Virginia 22408

Phone: (540) 907-0121

Fax: (866) 832-7890

Email: cgreiner@lighthousefredericksburg.com

Website: <http://lighthousefredericksburg.com/>

Hours of Operation: By appointment only, Monday – Friday

Services Provided: Individual and group psychotherapy and counseling for youth and adults. All insurances accepted except Medicaid and Medicare.

Virginia Transgender Resource and Referral List

PFLAG Blue Ridge: Charlottesville Support Group

Meets at The Women's Initiative; Facilitators: Jane Cornelius, Circe Strauss

1101 East High Street

Charlottesville, Virginia 22902

(corner of 10th & Jefferson)

Email: pflagbr@gmail.com

Website: www.pflagblueridge.org/charlottesville.html

Hours of Operation: Meets 3rd Saturday of the Month 5:30 PM – 7:00 PM

Services Provided: Support group for parents/families of transgender and gender variant youth. A peer-led support group for trans-identified persons also meets at the same time and location; for more information, contact Circe at neriad6@gmail.com.

PFLAG Blue Ridge: Harrisonburg Support Group

Meets at JMU - Blue Ridge Hall, Room 325; Facilitator: Mark Mitchell

201 East Market Street

601 University Boulevard

Harrisonburg, Virginia 22807

Phone: 540-405-1227

Email: mitchmarke@aol.com

Website: www.pflagblueridge.org/harrisonburg.html

Hours of Operation: Meets 1st Thursday of the Month 6:30 PM – 8:00 PM

Services Provided: Support group for LGBTQ+ individuals and allies

Shenandoah Art Therapy, LLC

1600 North Coulter Street, Suite 8

Staunton, Virginia 24401

Phone: 540-255-1458

Fax: 540-482-6060

Email: laura@shenarttherapy.com

Website: <http://www.shenarttherapy.com/>

Hours of Operation: By appointment only. Daytime, evening, and weekend availability.

Services Provided: Individual art therapy and/or trauma therapy for all ages. Spanish services available.

Side by Side Charlottesville/Blue Ridge - Youth Support Group

Meets at UVA Teen & Young Adult Health Center

1204 West Main Street

Charlottesville, Virginia 22903

Phone: 434-987-8975

Youth Support Line: 888-644-4390

Email: info@sidebysideva.org

Website: <http://www.sidebysideva.org>

Hours of Operation: Meeting Time: Monday 6:30 PM - 8:30 PM.

Services Provided: Side by Side offers weekly curriculum based support groups for LGBTQ youth ages 14-20; information and referrals for youth and families; and trainings for school personnel, human service providers, and other youth workers on how to best address the needs of LGBT youth.

Virginia Transgender Resource and Referral List

Allison Splaun, PhD

408 East Market Street, Suite 201B, #1

Charlottesville, Virginia 22902

Phone: 434-989-9240

Fax: 434-270-7438

Website: <http://www.allisonsplaunphd.com/>

Email: allisonsplaunphd@gmail.com

Hours of Operation: Tuesday – Thursday 8:00 AM – 5:00 PM

Services Provided: Individual and family psychotherapy and counseling for youth and adults, psychological evaluation.

Teen and Young Adult Health Center - UVA

University of Virginia

1204 W. Main St.

Charlottesville, VA 22903

Phone: 434-982-0090

Fax: 434-924-9983

Website: <https://childrens.uvahealth.com/services/teen-health>

Hours of Operation: Monday - Friday 8:30 AM – 5:00 PM,

Appointment only.

Services Provided: Primary care services; STD clinic; psychiatric services; psychological evaluation; psychotherapy and counseling; hormone therapy – in consultation with endocrinologist; obstetrics/gynecological services; transgender clinic; referrals; vaccines; birth control (contraception).

Kimberly Thrasher, LCSW

133 West Boscawen Street, Suite 5

Winchester, Virginia 22601

Phone: 540-303-0252

Email: peaceofmyheartcounseling@gmail.com

Website: <https://peaceofmyheartcoun.wixsite.com/kimberlythrasherlcsw>

Hours of Operation: Monday – Friday 9:00 AM – 5:00 PM

Sundays by appointment.

Limited evening hours also available.

Services Provided: Psychological evaluation, individual and group psychotherapy & counseling for adults, adolescents, and children, family counseling, couples counseling, referrals for medical intervention when appropriate, and support services. Counseling also available for non-transitioning family members. Insurance can be processed as “out-of-network”, pending in-network with Anthem and Aetna. Sliding scale fees available.

Virginia Transgender Resource and Referral List

Valley AIDS Network

601 University Boulevard

Suite 322-324

Harrisonburg, Virginia 22807

Phone: 540-568-8833

Fax: 540-568-8835

Email: contactvalleyaidsnetwork@gmail.com

Website: www.valleyaidsnetwork.org

Hours of Operation: Call for Appointment

Services Provided: HIV testing, support services (must be HIV+ to be eligible for services), food pantry, housing assistance, individualized medical case management, and transportation

The Women's Initiative

Leigh Freilich, LCSW

Jefferson School City Center

233 4th Street NW, Room 255-B

Charlottesville, Virginia 22903

Phone: 434-202-7692, Ext. 113

Fax: 434-202-7694

Email: lfreilich@thewomensinitiative.org

Website: <http://thewomensinitiative.org/>

Hours of Operation: Monday, Wednesday, & Friday: 9:00 AM to 5:00 PM

Tuesday & Thursday: 9:00 AM to 8:00 PM

For the Walk-in Clinic:

Mondays 10:00 AM – 12 PM at Westhaven Nursing Clinic

803 Hardy Drive, Charlottesville, Virginia 22903

Tuesdays 9:00 AM – 12:00 PM at Jefferson School City Center (satellite office)

233 4th Street NW, Room 255-B, Charlottesville, Virginia 22903

Wednesdays 2:00 PM – 5:00 at The Women's Initiative (main office)

1101 E. High Street, Suite A, Charlottesville, Virginia 22902

Services Provided: Mental health services, including outpatient counseling (individuals & couples), therapeutic and social support groups, education, outreach, free walk-in clinic, assessment and diagnostic services, and referral letters for gender-affirming medical care. Counseling services provided on a sliding scale to uninsured and under-insured cisgender female, transgender, and nonbinary/gender-nonconforming individuals, regardless of ability to pay.

Virginia Transgender Resource and Referral List

S O U T H W E S T V I R G I N I A

Aesthetic Surgery of Virginia

Enrique Silberblatt, MD

3505 Brambleton Avenue

Roanoke, Virginia 24018

Phone: 540-776-1600

Fax: 540-776-0082

Website: <https://www.silberblatt.com/>

Hours of Operation: Monday – Friday 8:30 AM – 5:30 PM

Services Provided: Chest surgery for FTM and MTF persons, and other plastic and cosmetic surgeries. Spanish language service available.

Centra

2215 Landover Place

Lynchburg, Virginia 24501

Phone: 434-947-3945 Ext. 2270

Fax: 434-544-2354

Hours of Operation: Monday – Friday 8:30 AM - 5:00 PM

Services Provided: Primary care; dental care; psychiatric services; psychological evaluation; support services; case management; psychotherapy and counseling; transportation; labs

Community Access Network

800 5th Street (Martin Luther King, Jr. Boulevard)

Lynchburg, Virginia 24504

Phone: 434-200-3366

Fax: 434-528-9101

Website: <http://www.communityaccessnetwork.org>

Hours of Operation:

Services Provided: Primary care services, individual short-term psychotherapy & counseling, psychiatric services, support groups. All insurances accepted including Medicaid and Medicare. Sliding fee and pro bono services available based on income. Spanish language services available.

Comprehensive Counseling Services

1115 First Street, SW

Roanoke, Virginia 24016

Phone: 540-343-0004

Fax: 540-343-1576

Hours of Operation: Monday – Thursday 8:30 AM – 4:30 PM

Friday 8:30 AM – 12:00 PM

Services Provided: Support services; individual/group psychotherapy and counseling; psychotherapy for youth; family therapy; anger management; children services available

Virginia Transgender Resource and Referral List

The Drop-In Center of the Council of Community Services

356 Campbell Avenue, SW

Roanoke, Virginia 24016

Phone: 540-982-2437

Fax: 540-342-2204

Hotline Number: 540-982-2437

Email: dropnctr@councilofcommunityservices.org

Website: www.councilofcommunityservices.org/programs/drop-in-center

Hours of Operation: 9:00 AM – 5:00 PM, closed from 1:00 PM – 2:00 PM

Services Provided: HIV prevention counseling and testing; support groups for bisexual persons and HIV positive individuals; and resources and referrals. Support groups for transgender persons are held at the Roanoke Diversity Center.

Kindred at Home

1928 Thompson Drive

Lynchburg, Virginia 24501

Phone: 434-846-5219

Fax: 434-528-4963

Website: www.gentiva.com

Hours of Operation: Monday – Friday 8:00 AM – 5:00 PM (RN always on-call)

Services Provided: Home health; skilled nursing and therapies

Horizon Behavioral Health, Courtland Wellness Center

Amy Rugh, LPC

620 Court Street

Lynchburg, Virginia 24504

Phone: 434-477-5000 or 434-847-8035

Website: <http://www.horizonbh.org>

Hours of Operation: Transgender Therapy group - by appointment only

Clinic Hours: Monday – Friday 8:30 AM – 5:00 PM

Services Provided: Individual and group psychotherapy and counseling, transgender therapy group, HIV and Hepatitis C testing available (if any questions regarding testing, please call and ask for Rhonda Turner). Medicaid, Medicare, and most insurance accepted; sliding scale available.

Alan Kauppi, MD

Medical Associates of Central Virginia

2215 Landover Place

Lynchburg, Virginia 24501

Phone: 434-947-3944

Fax: 434-544-2337

Email: alan.kauppi@macvmd.com

Website: http://www.centralvamd.com/welcome_end.html

Hours of Operation: Monday – Friday 8:00 AM – 5:00 PM

Services Provided: Endocrinology services for adults, including hormone replacement therapy. For low income patients who qualify, Dr. Kauppi can provide free services through the Free Clinic of Central Virginia.

Virginia Transgender Resource and Referral List

Ladies and Gents of the Blue Ridge – Transgender Alliance, LLC (LGBR-TA)

Meets at Roanoke Diversity Center

806 Jamison Ave SE

Roanoke, Virginia 24013

Email: dollydavis@cox.net

Website: <https://www.facebook.com/groups/LBRTA>

Hours of Operation: Meets 3rd Friday of each month 7:00 PM — 9:00 PM and additional events as scheduled

Services Provided: Support, social networking, education and outreach for full spectrum of MTF and FTM transgender persons, connections and referrals to Transgender Health Clinic (Roanoke), Roanoke Diversity Center, Drop-In Center, Roanoke Pride, and local gender counselors.

Andrew Matzner, LCSW

1402 Grandin Road

Roanoke, Virginia 20415

Phone: 540-819-0429

Email: andymatzner@gmail.com

Website: www.AndyMatzner.com

Hours of Operation: Weekdays and some evenings

Services Provided: Individual, couples, and family counseling and coaching; counseling available via Skype. Spanish language service available.

Pro Bono Counseling Program at the Mental Health America of New River Valley

1200 Elm Street, Suite A

Christiansburg Virginia 24073

Phone: 540-381-2192

Fax: 540-381-2195

Email: mhainfo@mhanrv.org

Website: www.mhanrv.org

Hours of Operation: Monday – Thursday 9:00 AM – 5:00 PM

Friday 9:00 AM – 1:00 PM

Services Provided: Psychiatric services; psychotherapy and counseling; limited services because of waitlist

Virginia Transgender Resource and Referral List

Planned Parenthood Asheville Health Center (serving Southwest Virginia)

68 McDowell Street

Asheville, North Carolina 28801

Phone: 828-252-7928

Fax: 828-253-1891

Website: <https://www.plannedparenthood.org/planned-parenthood-south-atlantic/for-patients>

Hours of Operation: Monday & Thursday 11:00 AM – 7:00PM

Tuesday 9:00 AM – 4:00 PM

Wednesday 9:00 AM – 3:00 PM

Friday & Saturday 9:00 AM – 2:00 PM

Most services require an appointment

Services Provided: Primary care services, hormone replacement therapy, OB/GYN services, referral to resources and other services. Services available in Spanish. Medicaid and most insurance accepted.

Roanoke Diversity Center

806 Jamison Ave SE

Roanoke, Virginia 24013

Website: www.RoanokeDiversityCenter.com

Hours of Operation: Wednesday, Thursday, Friday, and Saturday 4:00 PM – 7:00 PM, Saturday 4:00 PM – 6:00 PM

Services Provided: Library, film/DVD library, resource listings, meeting space for local LGBT organizations and groups.

W A S H I N G T O N D . C . / M A R Y L A N D

Susan Bienvenu Acupuncture LLC

Two locations:

17013 Clear Creek Drive

Silver Spring, Maryland 20905

And: 10111 Colesville Road, #123

Silver Spring, Maryland 20901 (Woodmoor Shopping Center)

Email: tendingchi@gmail.com

Website: <http://tendingchi.com/transgender-specialist/>

Hours of Operation: By appointment. Evenings and weekends available, and appointments can be made on short notice.

Services Provided: Traditional and laser acupuncture, cupping, and gua sha (scraping).

Virginia Transgender Resource and Referral List

Chase Brexton Health Care

111 North Charles Street
Baltimore, Maryland 21201
Phone: 410-837-2050

Website: <http://www.chasebrexton.org/>

Hours of operation: Monday – Thursday 8:00 AM – 8:00 PM, Friday 8:00 AM – 5:00 PM.

Accepts walk-ins for establish patients only.

Services Provided: Primary care services, hormone therapy, OB/GYN services, dental services, legal services, psychiatric services, psychotherapy and counseling, psychological evaluation, case management, pharmacy, laboratory services, addiction services. Medicaid, Medicare, and most insurance plans accepted.

Thomas Coughlin, LPC, NCC

1633 Q Street, N.W., Suite 210
Washington, D.C. 20009
Phone: 202-643-5675

Fax: 202-319-2770

Email: tcoughlinlpc@gmail.com

Website: <http://www.thomascoughlinlpc.com/>

Hours of operation: Weekday evenings and Saturday mornings.

Services Provided: Psychotherapy and counseling for adults and for adolescents 15 years and older, psychological evaluation. Some insurances accepted.

D.C Area Trans Masculine Society (DCATS)

Meets at Whitman Walker Health

1701 14th Street NW
Washington, D.C. 20009
Phone: 571-293-2287

Website: <http://www.dcatsinfo.org/>

Hours of Operation: Meets 2nd Sunday of each month 5 PM — 7 PM

Services Provided: A peer facilitated social and support group in the D.C. area for anyone on the FTM spectrum.

Freed Bodyworks

Jessica Von Dike
1337 Pennsylvania Avenue, S.E.
Washington, D.C. 20003
Phone: 202-321-9715

Email: info@freedbodyworks.com

Website: www.freedbodyworks.com

Hours of Operation: 7:00 AM – 10:00 PM Sunday – Saturday

Online schedule shows availability.

Services Provided: Therapeutic massage, psychotherapy, energy healing, yoga, herbal medicine, meditation; specializing in trans & gender non-conforming bodies, including prenatal services.

Virginia Transgender Resource and Referral List

George Washington University Speech and Hearing Center

Linda Siegfriedt, MED, CCC, SLP

2115 G Street, N.W.

Hall of Government 201

Washington, D.C. 20052

Phone: 202-994-3027

Fax: 202-994-2589

Email: lindas@gwu.edu

Website: <http://departments.columbian.gwu.edu/speechhearing/center>

Hours of Operation: Monday – Friday 9 AM – 5 PM

Services Provided: Voice training for the transitioning voice

Goss & Fentress Law Offices

Cody Ramon

5873 Allentown Road

Camp Springs, Maryland 20746

Phone: 301-423-3430

Fax: 301-423-5513

Toll-free: 866-873-2338

Website: www.gossandfentress.com

Hours of Operation: Monday – Friday 8:30 AM – 5:00 PM

Accepts walk-ins

Services Provided: Legal services; social security disability and SSI claims, personal injuries. Tagalog language services available.

Diane K. Hamou, LE, CPE

651 Bryants Nursery Road

Silver Spring, Maryland 20905

Phone: 301-384-3667

Email: dianehamou407@gmail.com

Website: <http://www.electrobeauty.com/>

Hours of Operation: Sunday 8:00 AM – 1:00 PM

Monday – Thursday 8:30 AM – 8:00 PM

Friday 8:00 AM – 2:00 PM

By appointment only.

Services Provided: Electrolysis hair removal, needling (face only).

Virginia Transgender Resource and Referral List

Michael L. Hendricks, Ph.D., ABPP

5225 Wisconsin Avenue, NW, Suite 513

Washington, D.C. 20015

Phone: 202-364-1575 ext. 104

Fax: 202-364-0561

Email: mhendricksphd@gmail.com

Website: www.wpcdc.com

Hours of Operation: Monday – Friday (Hours vary)

Services Provided: (All services for adolescents and adults) Psychological evaluation; individual and couples psychotherapy and counseling.

Joseph A. Izzo, MA, LICSW

4102 10th Street, NE

Washington, D.C. 20017

Phone: 202-425-0496 (cell – text and voice)

202-526-2471 (private practice)

Email: jizzo4102@gmail.com

Hours of Operation: 11:00 AM- 7:00 PM, Primarily Weekends

Services Provided: Individual and family counseling addressing gender dysphoria and gender transition.

Clearance letters provided for hormone therapy and gender affirming surgeries. Referrals to transgender services and providers.

Does NOT accept private insurance, Medicare, or Medicaid. Fees for services are negotiated directly with the client on a sliding scale basis based on client's income. Invoices will be provided to the client if they wish to submit to their insurance company.

Ace Lipson, MD

1120 19th Street, NW, Suite 200

Washington, D.C. 20036

Phone: 202-296-3443

Fax: 202-296-8760

Hours of Operation: Monday – Friday 8:00 AM – 5:00 PM

Services Provided: Endocrine evaluation and hormone therapy. Some insurance accepted.

Ira D. Papel, MD

1838 Green Tree Road, Suite 370

Baltimore, Maryland 21208

Phone: 410-486-3400

Fax: 410-486-0092

Hours of Operation: Monday – Friday 8:00 am – 4:00 PM

Services Provided: Facial plastic surgeries, including rhinoplasty, blepharoplasty, browlift, mentoplasty.

Medicare and many insurance plans accepted.

Virginia Transgender Resource and Referral List

Mark Sklar, MD

3 Washington Circle, NW, Suite 303

Washington, D.C. 20037

Phone: 202-887-4769

Fax: 202-223-2552

Website: <http://www.sklarendocrinology.com/>

Hours of Operation: Monday – Friday 9:00 AM – 4:30 PM

Services Provided: Endocrinology, hormone therapy. No insurance accepted.

Kate Thomas, PhD

2360 West Joppa Road, Suite 219

Lutherville, Maryland 21093

Phone: 410-616-7152

Fax: 410-583-2693

Email: kthoma36@jhmi.edu

Hours of Operation: Monday – Thursday 8:00AM – 6:00 PM

Services Provided: Individual psychotherapy and counseling for adults, youth, and families; psychological evaluation. Does not take insurance but fees are adjustable on sliding scale basis.

Whitman-Walker Health

1525 14th Street, N.W.

Washington, D.C. 20005

Phone: 202-745-7000

Fax: 202-332-1049

Website: <http://www.whitman-walker.org/>

Hours of Operation: Monday – Friday 8:00 AM – 6:00 PM (with some extended hours)

Services Provided: Primary care services, hormone therapy, OB/GYN services, dental services, legal services, psychiatric services, psychotherapy and counseling, psychological evaluation, laser hair removal and/or electrolysis, wellness services, youth services, support services.

Amelie Zurn, LCSW-C

612 Gist Avenue

Silver Springs, Maryland 20910

Phone: 301-641-3401

Email: azurn2@aol.com

Hours of Operation: Everyday but Tuesday and Saturday, by appointment only.

Services Provided: Individual/couples psychotherapy and counseling