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
Virginia Transgender Resource and Referral List

CENTRAL VIRGINIA

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

Capitial 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@thedoorways.org
Website: www.thedoorways.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)
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](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](http://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](http://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](http://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).
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.barylaw.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.
Keelee J. MacPhee, MD  
Renaissance Plastic & Reconstructive Surgery  
Rex Medical Plaza  
4414 Lake Boone Trail, Suite 407  
Raleigh, North Carolina 27607  
Phone: 919-341-0915  
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.
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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
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: carrieahartwell@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.
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 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](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](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.
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/  
Services Provided: Individual and group psychotherapy & counseling for adults and youth

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.
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
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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.
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
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
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.
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.
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://althealthassociates.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.
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.
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 Meicaid 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
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
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.

NORTHWEST VIRGINIA

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.
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.
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.
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.
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
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.
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](https://www.plannedparenthood.org/planned-parenthood-south-atlantic/for-patients)
Hours of Operation: Monday & Thursday 11:00 AM – 7:00PM  
Tuesday 9:00 PM – 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](http://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.

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**WASHINGTON D.C. / MARYLAND**

**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
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).
Chase Brexton Health Care
111 North Charles Street
Baltimore, Maryland 21201
Phone: 410-837-2050
Website: [http://www.chasebrexton.org/](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 established 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/](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/](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](http://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.
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).
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