

The page features a decorative graphic consisting of several overlapping circles in various shades of blue (dark, medium, and light) and thin blue lines that intersect to form a triangular shape in the upper right quadrant. The circles are arranged in a way that they appear to be floating or overlapping each other.

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 December 27, 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: Screening services only: mammography, DEXA

BaryLaw

Bary W. Hausrath, P.C.

PO Box 13890

Richmond, Virginia 23225

Phone: 804-482-1649

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.

Capitol 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.

Sarah Charbonneau, LCSW

Discovery Counseling and Consulting

4118 East Parham Road, Suite A

Richmond, Virginia 23228

Phone: 804-591-0002 ext. 2004

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

Email: scharbonneau@vadcc.com

Pride Inside

3026 A West Cary Street

Richmond VA 23221

Email: sarah@sarahscharbonneaulcsw.com

Virginia Transgender Resource and Referral List

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. Does not accept Medicaid. Handicap accessible.

Clearwater Counseling & Wellness Services

Heather Kay, PhD, LCP

530 East Main Street, Suite 910

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 Ext 129 or 4130

Fax: 804-231-5723 HIV: 804-422-2604

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; vision care.

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, shamanic astrology.

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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

Email: info@equality.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).

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>

Email: fiv1@verizon.net

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

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

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.

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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, Danielle@gossandfentress.com, Info@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. Offices are also located in Newport News, Norfolk, DC Metro Area, and Elizabeth City, NC.

Lisa Griffin, PhD

Pride Inside

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).

Health Brigade (formerly known as Fan Free Clinic)

Transgender Health Services

1010 North Thompson Street

Richmond, Virginia 23230

Phone: 804-358-6343, Ext. 143

Fax: 804-354-9124

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 Avenue

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

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counseling via phone and small group settings. Contact Shannon McKay at heshezeandwe@gmail.com for more information.

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

Email: helpline@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

Launchpad Counseling

Mark Loewen

2008 Libbie Avenue, Suite 101

Richmond, Virginia 23226

Phone: 804-665-4681

Fax: 888-379-2724

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.

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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.

The Mind Health Center

Diane Taylor PHD LCW, Melanie Stephenson LCSW

5700 West Grace Street, Suite 105-A

Richmond, Virginia 23226

Phone: 804-442-3116 EXT 1, 2, or 3

Email: info@mindhealthcenter.net

Website: <http://www.mindhealthcenter.net/>

Hours of Operation: Monday – Friday 8:30 AM – 7:00 PM, by appointment only.

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

Montante Plastic Surgery and Aesthetics

7605 Forest Avenue, Suite 100

Richmond, Virginia 23229

Phone: 804-325-4795

Fax: 804-441-8746

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

Email: info@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.

Virginia Transgender Resource and Referral List

Nationz Foundation

4794 Finlay Street, Suite 1

Richmond, VA 23231

Phone: 804-716-7597

Text Line: 804-999-1440

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

T.E.A.M. support group – Call for next meeting time, also see separate listing p. 11

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, support and social groups for MTF and FTM trans persons, and other support services, mobile testing unit.

Holli Newman, LPC

807 Spottswood Road

Richmond, Virginia 23220

Phone: 804-231-2273

Email: hollisemail@verizon.net

Hours of Operation: Monday – Friday 10:00 AM - 4:00 PM

Services Provided: Individual psychotherapy & counseling, couples work, adults over 21 only, no insurance or out of pocket claims, sliding scale fees available.

Planned Parenthood Raleigh Health Center (serving Southside Virginia)

100 South Boylan Avenue

Raleigh, North Carolina 27603

Phone: 919-833-7526

Fax: 919-832-9061 and 919-833-0730

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.

Virginia Transgender Resource and Referral List

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 and vicky.watson@vcuhealth.org

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

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

Services Provided: HIV clinical trials

Richmond Center for the Healing Arts (formerly known as Innovative Medicine)

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

1807 Huguenot Rd Suite 105 Midlothian VA 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

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.

Virginia Transgender Resource and Referral List

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, also 804-864-8012

Email: Ted.Heck@vdh.virginia.gov

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

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

Serenity, Inc.

114 North Union Street
Petersburg, Virginia 23803
Phone: 804-861-9977
Fax: 804-861-9395

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, please schedule an appointment, if possible.

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>. Also see <https://www.facebook.com/sidebysideva/>.

Instagram: <http://instagram.com/sidebysidevirginia>

Hours of Operation: Monday – Thursday 9:00 AM – 9:00 PM, see below and website for details.

Services Provided: Support group for Trans-identified youth or those questioning their gender identity, ages 14 – 20, offered Thursdays nights at 6:30-8:30. Side by Side also offers weekly curriculum based support groups for LGBTQ youth. For ages 14 – 20, groups are on Tuesday nights 6:30-8:30 and for ages 11 – 14 on

Virginia Transgender Resource and Referral List

Wednesday nights 6:00-7:30. Information and referrals provided for youth and families. Trainings for school personnel, human service providers, and other youth workers on how to best address needs of LGBTQ youth.

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

Meets at Nationz Foundation

4794 Finlay Street, Suite 1

Richmond, VA 23231

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.

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

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

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

LGBTQ Helpline Line: 1-866-356-6998

Email: director@virginiaavp.org

Website: www.virginiaavp.org

Hours of Operation: Hours vary, except for LGBTQ Helpline, available every day 24 hours/day.

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 and 804-355-5216

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. **New hormone appointments can not be scheduled online.**

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. Medicaid and most insurance accepted. For ages 16 and older, PrEP and PEP services, STI Testing available. VA Beach Location offers identical services.

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: Monday – Friday 8 AM - 9 PM

Saturday – Sunday 10:00 AM – 2:00 PM

Thursdays by appointment. Evenings available.

Services Provided: Individual and group psychotherapy & counseling for adults and youth, family and couples counseling, Medication management.

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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, Maggie is appointment only.

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 and 757-668-8221

Email: rohnr@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.

Caplan Law Group

Michael B. Hamar

Newport News:

11815 Fountain Way, Suite 300

Newport News, Virginia 23606

Phone: 757-264-6524

Fax: 757-926-5204

Virginia Beach:

5350 Kemps River Dr., Suite 108

Virginia Beach, Virginia 23464

Phone: 757-523-0023

Fax: 757-420-3811

Email: mhamar@caplanlegal.com

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

Services Provided: Birth certificate amendments, all real estate and other legal issues.

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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 8:00 AM - 12:00 Noon.

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
Fax: 757-382-8683

Website: <http://www.vdh.virginia.gov/chesapeake/>

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 individual 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

Email: ezansknightlaw@cox.net

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.

Gender Expression Movement

Meets at The LGBT Center of Hampton Roads

247 W. 25th Street

Norfolk, Virginia 23517

Phone: 757-200-9198

Fax: 757-622-8932

Email: Info@LGBTlifecenter.org

Website: <https://lgbtlifecenter.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, mental health services.

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 (Phones don't turn on till 9:00)

Accepts walk-ins

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

Virginia Transgender Resource and Referral List

Cassie Jacobs, LCSW

Colonial Psychiatric Associates

708 Mobjack Place

Newport News, Virginia 23606

Phone: 757-873-1958

Fax: 757-873-2143

Email: cassiedjacobs@lcsw.com

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

Services Provided: Psychotherapy and counseling. Sliding scale fee available; can sometimes take clients for pro bono services. Medicaid and most insurances accepted.

LGBT Life Center of Hampton Roads

248 W. 24th Street

Norfolk, Virginia 23517

Phone: 757-200-9198 and 757-640-0929

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, and 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; Weekdays 8:30-4:45 for medication pick up.

Services Provided: Primary Care, Pre-Exposure Prophylaxis (PrEP), HIV and STD testing.

Virginia Transgender Resource and Referral List

River Pointe Concordia

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.

Stacey Salant, PhD, Licensed Clinical Psychologist

1604 Hilltop West Executive Center, Suite 215

Virginia Beach, Virginia 23451

Phone: 757-351-4650

Fax: 757-932-5432

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

Hours of Operation: Monday – Friday 7:00 AM – 5:00 PM; Some Saturdays

Services Provided: Psychological evaluation, individual psychotherapy and counseling for adults. Medicare and most insurances accepted; will bill out of network if client has benefits through a provider not accepted. Can occasionally accept a pro bono client.

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, twice a month group therapy for transgender and gender diverse adults – email or call for details.

Southeastern Virginia Health System

Two Locations:

48th Street Physicians

Badavi Aurora S., MD

4714 Marshall Avenue

Newport News, Virginia 23607

East End Physicians (children's services)

1033 28th Street

Newport News, Virginia 23607

Virginia Transgender Resource and Referral List

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.

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 currently accepting new patients, but can assist in finding care for patients seeking healthcare services.

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.

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

Virginia Transgender Resource and Referral List

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, Hampton Roads Clinic

403 Yale Drive
Hampton, Virginia 23666
Phone: 757-826-2079
Fax: 757-825-9165

Hours of Operation: Monday 10:00 AM – 6:00 PM
Thursday 9:00 AM – 5:00 PM
Fri 8:00 AM – 4:00 PM.

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

Email: Mijackson@vlpp.org

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

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

Virginia League For Planned Parenthood, Virginia Beach Clinic

515 Newtown Road
Virginia Beach, Virginia 23462
Phone: 757-499-7526
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. Medicaid and most insurance accepted. For ages 16 and older, PrEP and PEP services, STI Testing available.

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: 8 AM- 5 PM Monday-Friday

Clinic is by appointment only.

Services Provided: STD screening/treatment, including cultures for herpes simplex 2; anonymous and confidential HIV testing - 4th generation testing only.

Austin-Weston Center for Cosmetic Surgery

George Westin, MD; Robert Sigal, MD; Byron Poindexter, MD; Christopher Knotts, MD

1825 Samuel Morse Drive

Reston, Virginia 20190

Phone: 703-893-6168

Fax: 703-790-3444

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

Hours of Operation: Monday – Thursday 9:00 AM – 5:00 PM; Friday 9:00 AM – 4:30 PM

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

Virginia Transgender Resource and Referral List

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

Fax: 866-871-2234

Email: dr.aledwards@raisemewell.com

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

Hours of Operation: Monday – Friday 8:00 AM – 5:00 PM, call for an appointment.

Services Provided: Individual psychotherapy for adults, youth ages 13 and above, families, and couples; letters for hormone replacement therapy and gender-affirming surgeries. Psychotherapy services for loved ones of LGBT community members also offered.

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.

Virginia Transgender Resource and Referral List

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 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. Cannot take funding through Ryan White services.

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.

Virginia Transgender Resource and Referral List

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.

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 as well as trans and gender non-binary persons.

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 Thursday 5-6:30.

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. Letters provided for hormone replacement therapy and gender affirmation surgeries.

Synergy Immediate Care

Pallavi Heda, MD, Endocrinologist

1980 Gallows Road, 1st Floor

Tysons, Virginia 22182

Phone: 703-942-5331

Fax: 703-942-5535

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

Hours of Operation: Tuesday and Wednesday 8:00 AM – 4:00 pm

Thursday 10:00 AM – 6:00 PM

Services Provided: Hormone replacement therapy, other endocrinology services. Other medical services available from other providers at Synergy Immediate Care, including primary care, urgent care, immunizations and vaccinations, gynecological care, psychiatric care, etc. Medicare and all commercial insurances accepted except Kaiser. Services available in Spanish, Chinese, Korean, Arabic, Hindi, Urdu, Punjabi, and Pashto. Handicap accessible.

Virginia Transgender Resource and Referral List

Transgender Education Association (TGEA)

Contact: Rev. Emma Chattin

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

Phone: 202-460-6002 and 703-371-3622

Email: tgea4u@yahoo.com and revenmachattin@gmail.com

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

Hours of Operation: 2nd Friday of each month 7:00 PM – 8:30 pm Four separate groups meet at this time.
3rd Sunday of each month 3:00 PM – 4:30 PM Meeting for Significant Others of those in transition.

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. 3rd Sunday group for significant others of those in transition. Play group for trans and gender non-binary children, ages 5 to 11 also available; call for details.

Vocal Self

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.

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).

Virginia Transgender Resource and Referral List

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

AIDS Response Effort

Ladawn Hairston

124 West Piccadilly Street

Winchester, Virginia 22601

Phone: 540-536-5578

Fax: 540-431-5996

Website: <http://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.

Adult Transgender Services Clinic

At UVA Family Medicine and Specialty Care Crozet

375 Four Leaf Lane, Suite 103

Charlottesville, Virginia 22903

Phone: 434-982-0070

Fax: 434-243-0680

Website: <https://uvahealth.com/locations/profile/family-medicine-specialty-care-crozet>; see also <https://uvahealth.com/services/transgender>

Hours of Operation: Monday - Friday 8:00 AM – 5:00 PM, by appointment only.

Adult Transgender Services Clinic is held 1st Friday of each month.

Services Provided: Primary care services; psychiatric services; individual psychotherapy and counseling; hormone therapy – in consultation with endocrinologist; obstetrics/gynecological services; transgender clinic; vaccines; birth control (contraception); referral letters for surgery and for gender markers changes. Surgical procedures include hysterectomy, transmasculine chest reconstruction, transfeminine breast augmentation, orchiectomy, facial plastic surgery; referrals to other trans-competent resources provided. Accepts Medicaid, Medicare, and most insurances. Sliding scale fee available.

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; local referrals for hormone therapy. Fees adjustable on sliding scale basis for those who qualify. Medicaid, Medicare, and all insurances accepted.

Virginia Transgender Resource and Referral List

Augusta Health, Speech Therapy Department

78 Medical Center Drive
Fishersville, Virginia 22939
Phone: 540-932-4033

Hours of Operation: Monday – Friday 9:00AM – 3:15 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, also open every other Saturday.
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. Free condom distribution by mail; see form: <http://www.fahass.org/Condom%20Order%20Form.pdf>.

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, couples counselling, letters for hormones and surgeries, assessment and diagnosis, referrals to trans-affirming medical care. Services available for adults and youth. EMDR certified. Anthem insurance accepted, and will complete out-of-network forms for reimbursement by other insurance companies.

Virginia Transgender Resource and Referral List

Harmony Speech-Language Services

Jennye Johnson, LSP

(Address for mailing only) P.O. Box 304

Greenwood, Virginia, 22943

Phone: 828-243-4690

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

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.

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 and families of transgender and gender variant youth. The C’Ville Trans Peer support group for trans-identified persons of all ages participates in the 1st half of the meeting, then the two groups break into separate meetings in two rooms. For more information, contact Circe at neriad6@gmail.com.

Virginia Transgender Resource and Referral List

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 parents and families of transgender and gender variant youth. The C'Ville Trans Peer support group for trans-identified persons of all ages participates in the 1st half of the meeting, then the two groups break into separate meetings in two rooms.

Shenandoah Art Therapy, LLC

Greenbrier Office Park

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

Splaun Psychotherapy

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 9:00 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 Street

Charlottesville, Virginia 22903

Phone: 434-982-0090, Ext. 1

Fax: 434-924-9983

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

Email: masullivan@virginia.edu

Hours of Operation: Monday - Friday 8:30 AM – 5:00 PM and evening hours on Tuesdays and Thursdays.
By 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; vaccines; birth control (contraception); referral letters for surgery and for gender markers changes; referrals to other trans-competent resources provided.

Kimberly Thrasher, LCSW

133 West Boscawen Street, Suite 5

Winchester, Virginia 22601

Phone: 540-303-0252

Fax: 540-302-8056

Email: peaceofmyheartcounseling@gmail.com

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

Hours of Operation: Monday, Tuesday, Thursday, and Friday 9:00 AM – 5:00 PM
Sundays by appointment.

Limited evening hours also available, closed Wednesdays.

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

Harrisonburg Community Health Center

124 Newman Avenue,

Harrisonburg, Virginia 22801

Phone: 540-432-3308

Fax: 540-432-3309

Email: Kim Wetzel kwhtezel@hburgchc.org

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

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

Call for appointment.

Services Provided: HIV testing, support services (must be HIV+ to be eligible for support services) including food pantry, housing assistance, individualized medical case management, and transportation. Primary medical care and dental care. Income-based Sliding Fee Discount Program available.

The Women's Initiative

Leigh Freilich, LCSW

Jefferson School City Center

233 4th Street NW, Room 255-B

Charlottesville, Virginia 22903

Phone: (434) 872-0047

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. The Women's Initiative hosts PFLAG and C'Ville Trans Peer support group on 3rd Saturday of each month. See listing on p. 28 for *PFLAG Blue Ridge: Charlottesville Support Group*.

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 – 5:00 PM

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

Community Access Network

800 5th Street (Martin Luther King, Jr. Boulevard)
Lynchburg, Virginia 24504
Phone: 434-200-3366
Fax: 434-528-9101 or 434-200-3106

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

Hours of Operation: Open 7 days a week: 10:00 AM – 10:00 PM every day except
Wednesdays 9:00 AM – 5:00 PM.

Services Provided: Primary medical care services, pediatric care, gynecology, and on site optometrist; 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.

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: Monday and Friday 9:00 AM – 5:00 PM
Tuesdays and Thursdays 9:00 AM – 6 PM
Closed from 1:00 PM – 2:00 PM daily

Services Provided: HIV and hepatitis C prevention, counseling, and testing; support groups for bisexual persons and HIV positive individuals; and resources and referrals. HIV and Hepatitis C case management. Support groups for transgender persons are held at the Roanoke Diversity Center (see listing below).

Virginia Transgender Resource and Referral List

Horizon Behavioral Health, Courtland Wellness Center

Amy Rugh, LPC

620 Court Street

Lynchburg, Virginia 24504

Phone: 434-477-5000, 434-847-8035, or 434-847-8050

Fax: 434-455-2720

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.

Kindred at Home

1928 Thompson Drive

Lynchburg, Virginia 24501

Phone: 434-846-5219

Fax: 434-528-4963

Website: <https://www.kindredhealthcare.com/our-services/home-care/about/affiliates/gentiva>

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

Services Provided: Home health; skilled nursing and therapies, and social work case management.

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: <https://andymatzner.com/> or <https://blueridgetransgender.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.

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: Tuesday 9:00 AM – 4:00 PM

Wednesday 9:00 AM – 3:00 PM

Thursday 11:00 AM – 7:00PM

Friday & Saturday 9:00 AM – 2:00 PM

Appointment required. Closed Mondays. Saturday is abortion clinic only.

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. Sliding scale fees available to those with no insurance and/or with financial need.

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 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/>

Hours of operation: Weekday evenings and Saturday mornings. By appointment only, via phone or email.

Services Provided: Psychotherapy and counseling for adults and for adolescents 15 years and older, psychological evaluation. Training for cultural competency in transgender health. Care first, Blue Cross and Blue Shield insurances accepted.

D.C Area Trans Masculine Society (DCATS)

1701 14th Street, NW
Washington, DC 20009
Phone: 571-293-2287

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

Hours of Operation: Meets 2nd Sunday of each month 5:00 PM — 7:00 PM

Services Provided: A peer facilitated social and support group in the D.C. area for anyone on the FTM spectrum. Offers monthly support group meetings and social events, binder and syringe exchange, trans-competent wellness database, and an online Discord community (see website for details).

Facial & Plastic Surgicenter

Ira D. Papel, MD, Theda Kontis, MD, & Emile Brown, MD
1838 Green Tree Road, Suite 370
Baltimore, Maryland 21208
Phone: 410-486-3400

Fax: 410-486-0092

Website: <https://www.facial-plasticsurgery.com/>

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

Services Provided: Facial plastic surgeries, including rhinoplasty, blepharoplasty, browlift, mentoplasty. Transgender procedures including laser hair removal, and full body contouring. Medicare and many insurance plans accepted.

Virginia Transgender Resource and Referral List

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. Sessions are by appointment only.

Services Provided: Therapeutic massage, psychotherapy, counseling for mental health, energy healing, yoga, mindfulness coaching, 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 9:00 AM – 5:00 PM

Accepts walk-ins.

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

Virginia Transgender Resource and Referral List

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), mini facial, signature facials, micro dermabrasion, and mesotherapy treatments.

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. **Not currently accepting new clients.**

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. Sigma insurance 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: 443-540-4817

Fax: 410-583-2693

Email: kthoma36@jhmi.edu

Website: <http://www.sexualtherapy.com/therapists/kthomas.htm>

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

Virginia Transgender Resource and Referral List

S T A T E W I D E

LGBTQ Partner Abuse and Sexual Assault Helpline

Virginia Sexual and Domestic Violence Action Alliance

1118 West Main Street

Richmond, Virginia 23220

Phone: 804-377-0335,

Fax: 804-377-0339

Hotline: 866-356-6998

Text line: 804-793-9999

Chat Online: www.vadata.org/chat

Email: info@vsdvalliance.org

Website: www.vsdvalliance.org

Hours of Operation: Hotline, Textline, and Chat available every day, 24 hours/day.

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.

AnnMarie Mullins, LPC

P.O. Box 4835

Parker, Colorado 80134

Phone: 720-746-9751 or 540-320-1888

Fax: 720-746-9785

Email: annmariemullins51@gmail.com

Hours of Operation: Sunday, Monday, and Tuesday, by appointment only.

Services Provided: Individual psychotherapy and counseling, via telephone/skype. Some insurances accepted; sliding scale fee available.

Prismatic Speech Services, PLLC

600 Summit Avenue

Greensboro, North Carolina 27405

Phone: 336-609-6258

Email: kevin@prismaticspeech.com

Website: <https://prismaticspeech.com/>

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

Services Provided: Transgender vocal training, rehabilitative voice therapy. Services available in Virginia (statewide), North Carolina, and South Carolina, via telepractice.

Virginia Transgender Resource and Referral List

Transgender Assistance Program of Virginia (TAP)

Contact De Sube

5906 Beachwalk Drive

Virginia Beach, Virginia 23464

Phone: 757-933-1504 or contact De Sube directly at 757-563-4784 and 757-409-2568

Fax: 757-499-0106

Email: transactivista@gmail.com

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

Hours of Operation: Daily 9 AM - 9 PM

Services Provided: Emergency housing, food, resources, and referrals. All services are free to transgender and gender non-binary adults statewide.