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 November 15, 2019
Virginia Transgender Resource and Referral List

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DISCLAIMER

The Virginia Transgender Resource & Referral List (“the List”) is intended as an informational resource only. Providers included here have not been endorsed, certified, or vetted by the Virginia Department of Health beyond fulfilling the requirement to complete and send in the Transgender Resource and Referral List Information Form. VDH can make no guarantees about providers listed here. VDH contacts all entities included on the List annually to check that each organization’s information is accurate and up to date, but cannot guarantee accuracy throughout the year.

Further, websites and other materials developed or produced by these providers are solely the responsibility of those entities. VDH cannot censor external sites’ content, so it is possible that some individuals who choose to browse an outside website may encounter materials or information that they consider offensive or inappropriate. If you have questions or comments about content on a provider’s website, please contact the provider directly to address your concerns.
Central Virginia

Equality Virginia
530 East Main Street, Suite 600
Richmond, Virginia 23219
Phone: 804-643-4816
Fax: 804-643-1554
Website: http://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).

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 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.

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.

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.
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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 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.

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. Spanish language services available.
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Legal

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.barylaw.com/
Services Provided: Legal services, including some services for youth.

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.

Medical

Cynthia Bettinger
HealthVisionsMD, Inc.
1230 Alverser Drive, Suite 100
Midlothian, VA 23113
Phone: 804-893-7800
Fax: 804-893-7801
Email: contact@healthvisionsmd.com
Website: https://healthvisionsmd.com/
Hours of Operation: Monday – Friday 8:30 AM – 5:00 PM
Saturday 9:00 AM – 1:00 PM
Services Provided: Primary care, OB/GYN services, laser hair removal, laboratory and X-ray services. Medicaid, Medicare, and most insurances accepted; call for more information.
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.

Capital 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.

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.

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.
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.

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.

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@keelemacpheimd.com
Website: https://keelemacpheimd.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
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.

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.

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
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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

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 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.
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Mental Health

*Please note that some service providers listed in the Medical section above also offer counseling and other mental health services.

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@sarahscharbonneaulcsaw.com

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

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

Services Provided:
- Psychological evaluation, individual and group psychotherapy and counseling.
- Individual and group psychotherapy and counseling, shamanic astrology.
Amy Goss, LMFT LLC
106 North Thompson Street, Suite 200
Richmond, Virginia 23221
Phone: 804-369-3006
Email: agossmft@gmail.com
Hours of Operation: By appointment only.
Services Provided: Psychotherapy & counseling for adults. Full fee required at time of service; sliding scale fee available.

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.

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).

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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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.

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.

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.
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.

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.

EASTERN VIRGINIA

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.
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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.

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.

Legal

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
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Virginia Beach:
5350 Kemps River Dr., Suite 108
Virginia Beach, Virginia 23464
Phone: 757-523-0023
Fax: 757-420-3811
Email: mhammer@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.

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.

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.
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

Medical

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

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

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.

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.

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
Phone: 757-380-8709
Fax: 757-952-1345
Email: info@sevhs.org
Website: www.sevhs.org
Joanne Thambuswamy, MD  
Maryview Medical Center  
3640 High Street, Suite 3B  
Portsmouth, Virginia 23707  
Phone: 757-397-6344  
Fax: 757-606-1185  
Hours of Operation: Monday – Friday, 8:00 AM – 5:00 PM  
Services Provided: Primary care medical services for adults and youth, including hormone therapy, puberty blocking, psychiatric care, and OB/GYN services. Medicaid, Medicare, and many insurances accepted. Spanish language services 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 currently accepting new patients, but can assist in finding care for patients seeking healthcare 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.womanarecenters.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 Transgender Resource and Referral List

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.

Mental Health

*Please note that some service providers listed in the Medical section above also offer counseling and other mental health services.

Mary Aab, LPC
Assessment & Therapy Associates
2006 Old Greenbrier Road, Suite 5
Chesapeake, Virginia 23230
Phone: 757-961-0567
Fax: 757-961-0568
Email: maryaabconsultinhg@gmail.com

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

Services Provided: Psychotherapy & Counseling for adults and youth, medical referrals for transition-related care. Sliding fee available; Medicaid and many insurances accepted.
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

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.

Cassie Jacobs, LCSW
Colonial Psychiatric Associates
708 Mobjack Place
Newport News, Virginia 23606
Phone: 757-873-1958
Fax: 757-873-2143
Email: cassiedjacobslcsw@gmail.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.

The Mahogany Projek
2021 Cunningham Drive, Suite 216
Hampton, VA 23607
Phone: 757-655-3365
Fax: 757-945-4003
Website: https://www.themahoganyprojek.com
Hours of Operation: By appointment only.
Mondays 5:00 PM – 8:00 PM
Tuesdays 9:00 AM – 5:00 PM
Wednesdays – Fridays 5:00 PM – 8:00 PM
1st & 3rd Saturdays of the month 9:00 AM – 1:00 PM
Services Provided: Psychological evaluation, individual psychotherapy and counseling for children, adolescents, and adults; family and couples counseling; group counseling; addiction counseling services. Many insurances accepted.
**Virginia Transgender Resource and Referral List**

**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/](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](http://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.

**Northern Virginia**

**Impacto LGBT**  
Meets at Clarendon Presbyterian Church  
1305 North Jackson Street  
Arlington, Virginia 22201  
Phone: 703-725-4990  
Website: [https://www.facebook.com/impactoLGBT](https://www.facebook.com/impactoLGBT). See also Instagram – ImpactoLGBT, Twitter – @impactolgbt, and YouTube – Impacto LGBT  
Hours of Operation:  See Facebook page for details about monthly meetings and special events.  
Services Provided: Community (LGBT and allies) activities, family-friendly social events, community health education, linkage to services, and HIV & STI testing and counseling. Services available in Spanish and English.
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.

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 revemmachattin@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: lindataalk@msn.com
Hours of Operation: Weekend hours, by appointment
Services Provided: Transgender voice services.

Medical

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://alhealthassociates.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.
Virginia Transgender Resource and Referral List

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.

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.

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.

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.
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 (call 703-746-4846) Wednesday 3:30 Pm – 6:00 PM
Rapid HIV Testing (call 703-746-4976) Wednesday 1:00 PM – 3:00 PM
Thursday 5:00 PM-6:30 PM.
Services Provided: FREE, walk-in services for sexually transmitted infection testing and treatment for all STDs, HIV rapid testing, hepatitis B immunizations and referrals; no one will be turned away.

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
Virginia Transgender Resource and Referral List

**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.

**Mental Health**

*Please note that some service providers listed in the Medical section above also offer counseling and other mental health services.*

**Carolyn Dozier, LCSW**  
207 Park Avenue, Suite B-3  
Falls Church, Virginia 22046  
Phone: 703-532-2424  
Email: cjdzier@aol.com  
Website: [http://www.carolyndozier.com/](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/](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/](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.
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.

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.

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.

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).
NORTHWEST VIRGINIA

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.

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
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.

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.

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.

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.
Virginia Transgender Resource and Referral List

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.

Medical

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.

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.

**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/](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.

**Mental Health**

*Please note that some service providers listed in the Medical section above also offer counseling and other mental health services.*

**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](http://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.

**April Cordell-Bryant, LPC**
Allied Transformations
50 Middlebrook Avenue, Suite 302
Staunton, Virginia 24401
Phone: 540-480-1660
Email: abryant@alliedtransformations.com
Hours of Operation: Monday and Wednesday – Sunday, by appointment only.
Services Provided: Psychotherapy and counseling.
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.

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.

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.
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.

Kimberly Thrasher, LCSW
9396 South Congress Street
New Market, Virginia 22844
Phone: 540-247-6308
Fax: 540-302-8056
Email: peaceofmyheartcounseling@gmail.com
Website: https://peaceofmyheartcoun.wixsite.com/kimberlythrasherlcsw
Hours of Operation: By appointment only.
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”, except for Medicare which is in-network.

The Women’s Initiative
Jefferson School City Center
233 4th Street NW, Room 255-B
Charlottesville, Virginia 22903
Phone: (434) 872-0047
Fax: 434-202-7694
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

Virginia Disease Prevention Hotline
(800) 533-4148
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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.

SOUTH WEST VIRGINIA

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).

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.

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.
Medical

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.

Kevin Edelen, FNP, RN
Novant Health Northwest Family Medicine
7607-B NC Route 68
Oak Ridge, North Carolina 27310
Phone: 336-643-3378
Email: kevin.edelen@novanthealth.org
Hours of Operation: Monday – Friday 7:30 AM – 5:30 PM
Services Provided: Primary medical care services for all ages, hormone services, and other support services. Medicaid, Medicare, and all insurances accepted.

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.

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.
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 PM – 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.

Mental Health
*Please note that some service providers listed in the Medical section above also offer counseling and other mental health services.

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.

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.
### WASHINGTON D.C. / MARYLAND

**D.C Area Trans Masculine Society (DCATS)**
1701 14th Street, NW
Washington, D.C. 20009
Phone: 571-293-2287

**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.

**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](http://departments.columbian.gwu.edu/speechhearing/center)

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

**Services Provided:** Voice training for the transitioning voice

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**Legal**

*Please note, Whitman-Walker Health, in the Medical section below, also offers legal services.*

**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](http://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.
Medical

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).

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.

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.

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
Virginia Transgender Resource and Referral List

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.

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, microdermabrasion, and mesotherapy treatments.

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.

Mark Sklar, MD
3 Washington Circle, NW, Suite 303
Washington, D.C. 20037
Phone: 202-887-4769
Fax: 202-223-2552
Website: http://www.sklaendocrinology.com/

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

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

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.

Mental Health

*Please note that some service providers listed in the Medical section above also offer counseling and other mental health services.

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.

Connor M. Dale, LPC, NASM-CPT
1725 I Street, NW
Washington, D.C. 20006
Phone: 571-327-0890
Fax: 202-349-3915
Website: http://www.connordaletherapy.com/
Hours of operation: Monday – Thursday (by appointment only)
Services Provided: Psychotherapy & counseling; personal training, fitness, and body acceptance. Sliding scale fee available, full fee required at time of service, Blue Cross Blue Shield PPO insurance accepted.

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.

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.

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

STATEWIDE

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
Virginia Transgender Resource and Referral List

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.

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, habilitative voice therapy. Services available in Virginia (statewide), North Carolina, and South Carolina, via telepractice.

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.

Mental Health

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.