

The page features a decorative graphic consisting of several overlapping circles in various shades of blue. Two thin, light blue lines intersect at the top left and extend diagonally across the page. The largest circle is in the top right, a smaller one is in the middle, and a very large one is in the bottom right corner.

# **Virginia Transgender Resource and Referral List**

**The Virginia Department of Health, Division of Disease Prevention**

**The Virginia Transgender Taskforce,**

**On behalf of Virginia HIV Community Planning Group**

Updated April 15, 2019

# Virginia Transgender Resource and Referral List

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# Virginia Transgender Resource and Referral List

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

### **Equality Virginia**

530 East Main Street, Suite 600

Richmond, Virginia 23219

Phone: 804-643-4816

Fax: 804-643-1554

Website: [www.equalityvirginia.org](http://www.equalityvirginia.org)

Email: [info@equality.org](mailto: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](mailto: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](mailto: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](http://www.thejameshouse.org)

Email: [helpline@thejameshouse.org](mailto: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.

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### James River Transgender Society (JRTS)

Meets at Diversity Richmond

1407 Sherwood Avenue  
Richmond, Virginia 23220

Phone: 804-404-2425

Website: [www.jrts.org](http://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](mailto:nationzfoundation@nationzfoundationrva.org)

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

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

**T.Girls 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** – 1<sup>st</sup> and 3<sup>rd</sup> 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](mailto: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](mailto: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](mailto: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](mailto: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](mailto:director@virginiaavp.org)

Website: [www.virginiaavp.org](http://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.

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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.barylaws.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](mailto:russellfentress@gossandfentress.com), [Danielle@gossandfentress.com](mailto:Danielle@gossandfentress.com), [Info@gossandfentress.com](mailto:Info@gossandfentress.com)

Website: [www.gossandfentress.com](http://www.gossandfentress.com)

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

Accepts walk-ins

Services Provided: Legal services; social security disability and SSI claims, personal injuries. Offices are also located in Newport News, Norfolk, DC Metro Area, and Elizabeth City, NC.

## Medical

### **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.

### **Captial Area Health Network**

2809 North Avenue, Suite 206

Richmond, Virginia 23222

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

Fax: 804-780-0862

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

Friday 8:00 AM – 7:00 PM

Website: [www.cahealthnet.org](http://www.cahealthnet.org)

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

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### **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](mailto:info@crossoverministry.org)

Website: [www.crossoverministry.org](http://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.

### **Ann Furniss – Licensed Acupuncturist, R.N.**

4807 Hermitage Road Suite 204

Richmond, VA 23227

Phone: 804-938-5668

Website: [www.qinurse.com](http://www.qinurse.com)

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

Services Provided: Acupuncture.

### **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: 919-341-0915

Fax: 919-341-0917

Email: [drmacphee@keeleemacpheedmd.com](mailto:drmacphee@keeleemacpheedmd.com)

Website: <https://keeleemacpheedmd.com>

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

Fridays 8:00 AM – 12:00 PM

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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](mailto: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](http://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.



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### Richmond AIDS Consortium

PO Box 980049

Richmond, Virginia 23298

Phone: 804-828-3450

Fax: 804-828-0570

Email: [hivcenter@vcu.edu](mailto:hivcenter@vcu.edu) and [vicky.watson@vcuhealth.org](mailto: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](mailto: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](mailto: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

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

### 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](mailto:scharbonneau@vadcc.com)

Pride Inside

3026 A West Cary Street  
Richmond VA 23221  
Email: [sarah@sarahscharbonneaulcsw.com](mailto:sarah@sarahscharbonneaulcsw.com)

Hours of Operation: Monday – Friday, by appointment only

Services Provided: Education, individual psychotherapy and counseling. Provides resources and referral letters to assist with gender transition. Medicare and most insurances accepted. 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](mailto: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.

#### **Cypress Counseling, LLC**

Chris Carson, LCSW  
1312 W. Main St.  
Richmond, Virginia 23220  
Phone: 804-651-3941  
Email: [Chris@cypresscounseling.com](mailto:Chris@cypresscounseling.com)  
Website: [www.cypresscounseling.com](http://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@thedoorways.org](mailto:sstack@thedoorways.org)

Website: [www.thedoorways.org](http://www.thedoorways.org)

Hours of Operation: 24/7

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

### **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](mailto: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](mailto:Lisa@drlisagriffin.com)

Website: [www.drlisagriffin.com](http://www.drlisagriffin.com)

Hours of Operation: Hours vary; by appointment only.

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

### **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

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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.

### **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](mailto: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](mailto: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: [carriehartwell@gmail.com](mailto:carriehartwell@gmail.com)

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

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

### **Richmond Creative Counseling, LLC**

1900 Byrd Avenue

Richmond, Virginia 23230

Phone: 804-592-6311

Fax: 804-237-0532

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

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

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

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### 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](mailto: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.

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

### 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](mailto:Info@LGBTlifecenter.org)

Website: <https://lgbtlifecenter.org/>

Hours of Operation: Meeting Times: 1st and 3<sup>rd</sup> 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. 24<sup>th</sup> Street

Norfolk, Virginia 23517

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

Fax: 757-622-8932

Email: [info@lgbtlifecenter.org](mailto: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](mailto:info@lgbtlifecenter.org)

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

Hours of Operation: 2<sup>nd</sup> 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](mailto:info@lgbtlifecenter.org)

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

Hours of Operation: Meetings on 3<sup>rd</sup> 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: [mhamar@caplanlegal.com](mailto: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.

### 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](mailto: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](http://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.

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### **Bartley F. Tuthill**

464 Dinwiddie Street

Portsmouth, Virginia 23704

Phone: 757-393-6544

Fax: 757-393-1916

Email: [barttuthill@hotmail.com](mailto: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: [rohnr@chkd.org](mailto: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.

#### **Chesapeake Care, Inc.**

2145 South Military Highway

Chesapeake, Virginia 23320

Phone: 757-545-5700

Fax: 757-545-7706

Email: [info@chesapeakecare.org](mailto: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



## Virginia Transgender Resource and Referral List

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](mailto:info@esrh.org)

Website: [www.esrh.org](http://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](mailto:info@sevhs.org)

Website: [www.sevhs.org](http://www.sevhs.org)

## Virginia Transgender Resource and Referral List

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.

### **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](mailto: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.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 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](mailto: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](mailto: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: [maryaabconsulting@gmail.com](mailto:maryaabconsulting@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.

## Virginia Transgender Resource and Referral List

### Balance Health

Maggie Chubb, LCSW

930 Redgate Ave.

Norfolk, Virginia 23507

Phone: 757-626-3733

Fax: 757-626-3331

Website: [www.balancebehavior.com](http://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 21<sup>st</sup> 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: [cassiedjacoblcsw@gmail.com](mailto:cassiedjacoblcsw@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

1<sup>st</sup> & 3<sup>rd</sup> 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/>

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](mailto: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.

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

### **Impacto LGBT**

Meets at Clarendon Presbyterian Church

1305 North Jackson Street

Arlington, Virginia 22201

Phone: 703-725-4990

Website: <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](mailto:info@magicdc.org)

Website: [www.magicdc.org](http://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](mailto: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](mailto:tgea4u@yahoo.com) and [revehmachattin@gmail.com](mailto:revehmachattin@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 2<sup>nd</sup> 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. 2<sup>nd</sup> Friday is composed of four sub-groups: Main, Parents, Tweens & Teens, and Transmasculine/non-binary. 3<sup>rd</sup> 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.

## Virginia Transgender Resource and Referral List

### Vocal Self

Linda Siegfriedt, MED, CCC, SLP. Transgender Voice Specialist

14617 Outpost Court

Centreville, Virginia 20121

Phone: 703-966-6232

Email: [lindatalk@msn.com](mailto:lindatalk@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](mailto: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 - 4<sup>th</sup> 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](mailto: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](mailto: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.



## Virginia Transgender Resource and Referral List

### 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 2<sup>nd</sup> and 4<sup>th</sup> 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.

## Virginia Transgender Resource and Referral List

### **Synergy Immediate Care**

Pallavi Heda, MD, Endocrinologist

1980 Gallows Road, 1<sup>st</sup> 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.

### **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: [cjdozier@aol.com](mailto: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](mailto: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.

## Virginia Transgender Resource and Referral List

### **Timothy Q. Elliott, MSW**

3801 North Fairfax Drive, Suite 53

Arlington, Virginia 22203

Phone: 301-679-5785

Email: [elliottmsw@gmail.com](mailto: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.

### **K.I. Services**

20 S. Quaker Lane. #240

Alexandria, Virginia 22314

Phone: 703-823-4401

Fax: 703-823-4407

Email: [info@kiservices.org](mailto:info@kiservices.org)

Website: [www.kiservices.org](http://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](mailto: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](mailto:shawn@shawnrubin.com)

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

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

## Virginia Transgender Resource and Referral List

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 3<sup>rd</sup> Floor

Alexandria, Virginia 22314

Phone: 703-683-0710

Email: [EllenRWarren.lcsw@gmail.com](mailto:EllenRWarren.lcsw@gmail.com)

Hours of Operation: Days and evenings, by appointment

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

## 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](mailto: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

## Virginia Transgender Resource and Referral List

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](mailto: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](mailto: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](mailto:pflagbr@gmail.com)

Website: [www.pflagblueridge.org/charlottesville.html](http://www.pflagblueridge.org/charlottesville.html)

Hours of Operation: Meets 3<sup>rd</sup> 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 1<sup>st</sup> half of the meeting, then the two groups break into separate meetings in two rooms. For more information, contact Circe at [neriad6@gmail.com](mailto: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

## Virginia Transgender Resource and Referral List

Email: [mitchmarke@aol.com](mailto:mitchmarke@aol.com)

Website: [www.pflagblueridge.org/harrisonburg.html](http://www.pflagblueridge.org/harrisonburg.html)

Hours of Operation: Meets 1<sup>st</sup> 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 1<sup>st</sup> half of the meeting, then the two groups break into separate meetings in two rooms.

### 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](mailto: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 1<sup>st</sup> 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

## Virginia Transgender Resource and Referral List

Fax: 434-924-9983

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

Email: [masullivan@virginia.edu](mailto: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](mailto: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.

### 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.

### Leigh Freilich, LCSW

100 East South Street, Suite 2

Charlottesville, Virginia 22902

Phone: 434-260-0193

Email: [leighfreilich@icloud.com](mailto:leighfreilich@icloud.com)

## Virginia Transgender Resource and Referral List

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](mailto: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](mailto: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](mailto: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](mailto:allisonsplaunphd@gmail.com)



## Virginia Transgender Resource and Referral List

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**

133 West Boscawen Street, Suite 5

Winchester, Virginia 22601

Phone: 540-303-0252

Fax: 540-302-8056

Email: [peaceofmyheartcounseling@gmail.com](mailto: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.

### **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 4<sup>th</sup> 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 3<sup>rd</sup> 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

#### **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](mailto:dropnctr@councilofcommunityservices.org)

Website: [www.councilofcommunityservices.org/programs/drop-in-center](http://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](mailto:dollydavis@cox.net)

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

Hours of Operation: Meets 3<sup>rd</sup> 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](http://www.RoanokeDiversityCenter.com)

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

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

# Virginia Transgender Resource and Referral List

## 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.

### **Community Access Network**

800 5<sup>th</sup> 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>

## Virginia Transgender Resource and Referral List

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.

### 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](mailto: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

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

### **D.C Area Trans Masculine Society (DCATS)**

1701 14th Street, NW  
Washington, DC 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](mailto: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

### **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.

# Virginia Transgender Resource and Referral List

## 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](mailto: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](mailto:info@freedbodyworks.com)

Website: [www.freedbodyworks.com](http://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](mailto: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.

### **Ace Lipson, MD**

1120 19<sup>th</sup> 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.sklarendocrinology.com/>

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

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

### **Whitman-Walker Health**

1525 14<sup>th</sup> 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)

## Virginia Transgender Resource and Referral List

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](mailto: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.

#### **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](mailto:mhendricksphd@gmail.com)

Website: [www.wpcdc.com](http://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](mailto: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.**



## Virginia Transgender Resource and Referral List

### **Kate Thomas, PhD**

2360 West Joppa Road, Suite 219

Lutherville, Maryland 21093

Phone: 443-540-4817

Fax: 410-583-2693

Email: [kthoma36@jhmi.edu](mailto: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](mailto:azurn2@aol.com)

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

Services Provided: Individual/couples psychotherapy and counseling

## 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](http://www.vadata.org/chat)

Email: [info@vsdvalliance.org](mailto:info@vsdvalliance.org)

Website: [www.vsdvalliance.org](http://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](mailto:kevin@prismaticspeech.com)

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

## Virginia Transgender Resource and Referral List

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](mailto: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](mailto: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.