Virginia Transgender Resource and Referral List

The Virginia Department of Health, Division of Disease Prevention

The Virginia Transgender Taskforce,

On behalf of Virginia HIV Community Planning Group

Updated July 12, 2016

CENTRAL VIRGINIA

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

Bon Secours - Laburnum Diagnostic Imaging Center
4630 South Laburnum Avenue, Suite C
Richmond, Virginia 23231
Phone: 804-226-4637
Fax: 804-222-7551
Hours of Operation: Monday – Friday 7:30 AM – 4:00 PM
Services Provided: mammography, breast ultrasound, DEXA

Captial Area Health Network
2809 North Avenue, Suite 206
Richmond, Virginia 23222
Phone: 804-780-0840 (Northside/Main Phone Line)
Fax: 804-780-0862
Hours of Operation: Monday – Thursday 8:00 AM – 11:00 PM
Friday 8:00 AM – 7:00 PM
Website: www.cahealthnet.org
Services Provided: Primary care; dental; support services; psychotherapy and counseling

Clearwater Counseling & Wellness Services
Heather Kay, PhD, LCP
530 East Main Street, Suite 1012
Richmond, Virginia 23219
Phone: 804-382-6546
Fax: 815-425-8519
Email: clearwatercounselingrva@gmail.com
Website: http://www.clearwatercounseling.com
Hours of Operation: Monday – Friday 9:00 AM – 7:00 PM
Services Provided: Psychological evaluation, individual and group psychotherapy and counseling

Virginia Transgender Resource and Referral List

Crossover Ministry
108 Cowardin Avenue
Richmond, Virginia 23224
Phone: 804-233-5016
Fax: 804-231-5723
Email: info@crossoverministry.org
Website: www.crossoverministry.org
Hours of Operation: Monday – Thursday 8:30 AM - 5:00 PM
Friday 8:30 AM – 5:00 PM
Services Provided: Primary care; dental care; individual psychotherapy and counseling; HIV care services

Cypress Counseling, LLC
Chris Carson, LCSW
1312 W. Main St.
Richmond, Virginia 23220
Phone: 804-651-3941
Email: Chris@cypresscounseling.com
Website: www.cypresscounseling.com
Hours of Operation: Monday – Thursday 12:00 PM – 8:00 PM;
Friday: 8:00 AM – 5:00 PM
Services Provided: Individual and group psychotherapy and counseling

Discovery Counseling and Consulting
Sarah Charbonneau, LCSW
4118 East Parham Road, Suite A
Richmond, Virginia 23228
Phone: 804-591-0002 ext. 2004
Email: scharbonneau@vadcc.com
Hours of Operation: Monday – Friday, by appointment only
Services Provided: Education, individual psychotherapy and counseling. Provides resources and referral letters to assist with gender transition. Medicare and most insurances accepted. Handicap accessible.

The Doorways
612 East Marshall Street
Richmond, Virginia 23219
Phone: 804-828-6901
Fax: 804-828-6913
Email: asruhwald@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

Virginia Transgender Resource and Referral List

Equality Virginia
530 East Main Street, Suite 600
Richmond, Virginia 23219
Phone: 804-643-4816
Fax: 804-643-1554
Website: www.equalityvirginia.org
Hours of Operation: Monday – Friday 9:00 AM – 5:00 PM
Services Provided: Information and referrals to community resources; additional resources available on website. Community education and outreach including the annual *Virginia Transgender Information and Empowerment Summit* (TIES)

The Family Institute of Virginia
Michael F. Jeffrey, MS, LPC, LMFT – Therapist
Grace Hadeed, PhD. – Clinical Director
2910 Monument Avenue
Richmond, Virginia 23221
Phone: 804-355-6876
Fax: 804-355-2597
Website: http://www.familyinstituteofva.com
Hours of Operation: Mondays – Fridays 9:00 AM – 5:00 PM
Services Provided: Psychological evaluation; individual psychotherapy and counseling; marriage and family therapy

Ann Furniss – Licensed Acupuncturist, R.N.
4801 Hermitage Road, Suite 101
Richmond, Virginia 23227
Phone: 804-938-5668
Website: www.qinurse.com
Hours of Operation: Monday, Tuesday, Wednesday 8:00 AM – 6:00 PM; by appointment only
Services Provided: Acupuncture

Goss & Fentress Law Offices
Moorefield One
812 Moorefield Park Drive, Suite 120
Richmond, Virginia 23236
Phone: 804-225-0880
Toll-free: 866-873-2338
Email: russellfentress@gossandfentress.com
Website: www.gossandfentress.com
Hours of Operation: Monday – Friday 8:30 AM – 5:00 PM
Accepts walk-ins
Services Provided: Legal services; social security disability and SSI claims, personal injuries.

Virginia Transgender Resource and Referral List

Lisa Griffin, PhD
2405 West Main Street, Suite 3
Richmond, Virginia 23220
Phone: 704-458-0433
Email: Lisa@drlisagriffin.com
Website: www.drlisagriffin.com
Hours of Operation: Hours vary; by appointment only.
Services Provided: Individual psychotherapy, counseling, psychological evaluation, and referral for medical intervention when appropriate, for transgender and gender-nonconforming children and youth up to age 21 (and their families).

Health Brigade (formerly known as Fan Free Clinic)
Transgender Health Services, Contact Jenn Galliene, Trans Health Services Program Manager
1010 North Thompson Street
Richmond, Virginia 23230
Phone: 804-358-6343, Ext. 143
Fax: 804-521-0309
Website: http://www.healthbrigade.org/
Hours of Operation: Monday – Thursday 9:00 AM – 5:00 PM and Friday 9:00 AM – 12:00 PM
Patients must complete a financial screening first.
Services Provided: Primary care; hormone therapy; counseling; support services; psychosocial assessments; STD screening; mental health referrals

Innovative Medicine
Jamie McLaughlin, D.O.M., L.A.C.
13354 Midlothian Turnpike, Suite 101
Midlothian, Virginia 23113
Phone: 804-389-0267
Email: docjamiemac@msn.com
Hours of Operation: Monday – Friday 8:00 AM – 8:00 PM, walk-ins accepted on Tuesday and Thursdays.
Saturday & Sunday by appointment only.
Services Provided: Acupuncture, plant-based medicine, herbals, Asian bodywork, massage, nutrition consultation

The James House
6610 Commons Drive, Suite C
Prince George, Virginia 23875
Phone: 804-458-2704
Fax: 866-681-0490
Hotline: 804-458-2840
Website: www.thejameshouse.org
Hours of Operation: Monday – Thursday 9:00 AM – 5:00 PM
Accepts walk-ins
Services Provided: Education, support and advocacy for all people impacted by interpersonal violence.

Virginia Transgender Resource and Referral List

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 7-9pm
Services Provided: Support and social group for MTF trans persons

LGBTQ Partner Abuse and Sexual Assault Helpline
Virginia Sexual and Domestic Violence Action Alliance
5008 Monument Avenue, Suite A
Richmond, Virginia 23230
Phone: 804-377-0335
Fax: 804-377-0339
Hotline: 866-356-6998
Text: 804-793-9999
Chat Online: www.vadata.org/chat
Email: info@vsdvalliance.org
Website: www.vsdvalliance.org
Hours of Operation: 24/7
Services Provided: Free and confidential telephone service for lesbian, gay, bisexual, trans, and queer or questioning callers looking for information or help regarding intimate partner abuse, sexual assault, and stalking. Servicios en español están disponibles.

Launchpad Counseling
2008 Libbie Avenue, Suite 101
Richmond, Virginia 23226
Phone: 804-665-4681
Website: http://www.launchpadcounseling.com
Hours of Operation: Monday – Friday 9:00 AM – 7:00 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.

Nationz Foundation
1200 Bentley Street
Richmond, Virginia 23227
Phone: 804-716-7597
Fax: 804-716-7668
Email: nationzfoundation@nationzfoundationrva.org
Website: http://www.nationzfoundationrva.org
Hours of Operation: Monday – Friday 1:00 PM – 8:00 PM, by appointment only
TGurls Rock support group – Call for next meeting time
Food Pantry – 1st and 3rd Friday of each month
Services Provided: Health promotion and outreach in lesbian, gay, bisexual, transgender, and queer communities of Richmond including HIV prevention education, cancer awareness, HIV testing, food pantry, TGurls Rock support and social group for MTF trans persons, and other support services.

Holli Newman, LPC
807 Spottswood Road
Richmond, Virginia 23220
Phone: 804-231-2273
Fax: 804-232-8222
Email: hollisemail@verizon.net
Hours of Operation: Monday – Friday 9:00 AM – 5:00 PM
Services Provided: Individual psychotherapy & counseling, couples work

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: 804-828-6471
Fax: 804-828-0570
Hours of Operation: Monday – Friday 8:30 AM - 5:00 PM
Services Provided: HIV clinical trials

Virginia Transgender Resource and Referral List

Richmond Consultation Services
Carrie Hartwell, PhD, LCSW
5700 West Grace Street, Suite 108
Richmond, Virginia 23226
Phone: 804-503-1074
Fax: 804-288-2616
Email: 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 Transformers
Meets at Health Brigade
1010 North Thompson Street
Richmond, Virginia 23230
Phone: 804-358-6343
Email: Ted.Heck@vdh.virginia.gov
Hours of Operation: 2nd Tuesday of each month 7:00 PM – 9:00 PM
Accepts walk-ins
Services Provided: Support and social group for FTM trans persons

ROSMY
2311 Westwood Ave.
Richmond, Virginia 23230
Phone: 804-644-4800
Fax: 804-644-4368
Youth Support Line: 888-644-4390
Email: rosmy@rosmy.org
Website: www.rosmy.org
Hours of Operation: Monday – Thursday 9:00 AM – 9:00 PM
Services Provided: Support group for Trans-identified youth or youth who are questioning their gender identity. ROSMY also offers weekly curriculum based support groups for LGBTQ youth ages 14-20 and information and referrals for youth and families. Trainings for school personnel, human service providers, and other youth workers on how to best address the needs of LGBTQ youth.

VCU/MCV Physicians at Temple Avenue
Early Intervention HIV Clinic
2035 Waterside Road, Suite 100
Prince George, Virginia 23875
Phone: 804-957-6274
Fax: 804-957-9724
Hours of Operation: Monday – Friday 9:00 AM – 5:00 PM
Services Provided: Primary care facility; support services for HIV/AIDS positive individuals.

Virginia Transgender Resource and Referral List

Virginia Anti-Violence Project
P.O. Box 7445
Richmond, Virginia 23221
Phone: 804-925-9242
Email: director@virginiaavp.org
Website: www.virginiaavp.org
Hours of Operation: Hours vary
Services Provided: Advocacy and support services for LGBTQ-identified survivors of violence, including individual and group support, individual and systems advocacy, and accompaniment; relationship skills classes centered in queer/transgender identity experiences; training for professionals to deepen capacity in serving survivors of violence with diverse LGBTQ identities

Virginia Commonwealth University, Dept. of Psychiatry
401 N. 11th Street
Richmond, Virginia 23298
Phone (Intake/New Patient): 804-828-2000
Phone (Clinic): 804-828-9452
Fax: 804-828-9282
Website: http://psych.vcu.edu/patients/outpatient-services
Hours of Operation: Monday – Friday 8:00 AM - 5:00 PM
Services Provided: Psychiatric services, psychological evaluation, and psychotherapy & counseling, and medication management. Will not write letters for transition.

Virginia League For Planned Parenthood
201 N. Hamilton Street
Richmond, Virginia 23221
Phone: 804-355-4358
Fax: (804) 213-0548
Website: www.vlpp.org
Hours of Operation: Monday – Wednesday 8:00 AM - 8:00 PM
Thursday 8:00 AM - 7:00 PM, Friday 8:00 AM - 6:00 PM
Saturday 8:00 AM - 4:00 PM
Sunday 1:00 PM- 4:00 PM
Services Provided: Obstetrics/gynecological services

EASTERN VIRGINIA

Balance Health
Maggie Chubb, LCSW
930 Redgate Ave.
Norfolk, Virginia 23507
Phone: 757-626-3733
Fax: 757-626-3331
Website: www.balancebehavior.com
Hours of Operation: Monday – Friday 9:00 AM – 5:00 PM
Services Provided: Individual psychotherapy and counseling

Chesapeake Care, Inc.
2145 South Military Highway
Chesapeake, Virginia 23320
Phone: 757-545-5700
Fax: 757-961-0471
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
Services Provided: Primary care; dental care; pharmacy services. Eligibility for services to be determined by income. Please contact for further information.

Chesapeake Health Department
748 Battlefield Boulevard North
Chesapeake, Virginia 23320
Phone: 757-382-8600
Hours of Operation: Monday – Friday 8:15 AM – 5:00 PM
Services Provided: STD Clinic, immunizations, family planning, and HIV and STD testing for both youth and adults. Language translation services available.

Community Psychological Resources
919 West 21st St, Suite B
Norfolk, Virginia 23517
Phone: 757-622-6794
Fax: 757-626-1509
Hours of Operation: Monday – Friday 8:00 AM - 6:00 PM
Services Provided: Psychological evaluation; individual psychotherapy, family counseling and counseling

Virginia Transgender Resource and Referral List

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

Evans Knight Law Firm, LLC
Barbara Evans Knight
1517 Hardycash Dr
Hampton, Virginia 23666
Phone: 757-827-3588
Fax: 757-827-9559
Hours of Operation: Monday – Thursday 8:00 AM – 5:00 PM (by appointment at other times)
Friday 8:00 AM – 1:00 PM (by appointment at other times)
Accepts walk-ins (Appointment will be set at initial meeting)
Services Provided: Legal services; provides representation for youth in social security issues, disability services, personal injuries, simple divorces, notary services, prepares wills and power of attorney

Gender Expression Movement
Meets at The LGBT Center of Hampton Roads
247 W. 25th Street
Norfolk, Virginia 23517
Phone: 757-200-9198
Email: LGBTCenter@accessaids.org
Website: http://www.accessaids.org
Hours of Operation: Meeting Times: 1st and 3rd Saturdays of each month at 7:00 PM
Services Provided: Transgender support group; transgender education services

Goss & Fentress Law Offices
Norfolk/Virginia Beach:
735 Newtown Road, Suite 100
Norfolk, Virginia 23502
Phone: 757-466-1095
Fax: 757-461-4670
Peninsula:
Suntrust Bank Building
11817 Cannon Boulevard, Suite 201-B
Newport News, Virginia 23606
Phone: 757-873-2274
Fax: 757-461-4670
Toll-free: 866-873-2338
Website: www.gossandfentress.com
Hours of Operation: Monday – Friday 8:30 AM – 5:00 PM
Accepts walk-ins
Services Provided: Legal services; social security disability and SSI claims, personal injuries. Tagalog language services available.

Michael B. Hamar
Newport News:
11815 Fountain Way, Suite 300
Newport News, Virginia 23606
Phone: 757-264-6524
Virginia Beach:
5350 Kemps River Dr., Suite 108
Virginia Beach, Virginia 23464
Phone: 757-523-0023
Fax: 757-926-5204
Email: mhamar@caplanlegal.com
Hours of Operation: Monday – Friday 8:30 AM – 5:00 PM
Services Provided: Birth certificate amendments and legal services

Kindred Nursing and Rehabilitation - River Pointe
4142 Bonney Road
Virginia Beach, VA 23452
Phone: 757-340-0620
Fax: 757-340-7037
Website: http://www.riverpointehc.com/
Hours of Operation: 24/7
Services Provided: Nursing home care, outpatient physical therapy, occupational therapy

Virginia Transgender Resource and Referral List

LGBT Center of Hampton Roads
247 W. 25th Street
Norfolk, Virginia 23517
Phone: 757-200-9198
Fax: 757-622-8932
Email: LGBTCenter@accessaids.org
Website: http://www.accessaids.org
Hours of Operation: Monday – Friday 8:30 AM – 5:00 PM, call for additional hours.
Accepts walk-ins
Services Provided: Support groups; individual, couples, and family counseling, transitioning counseling, rapid HIV testing, educational workshops, community events and gatherings, yoga

Non Transitioning Spouse/Partner Support
Meets at The LGBT Center of Hampton Roads
247 W. 25th Street
Norfolk, Virginia 23517
Phone: 757-200-9198
Email: LGBTCenter@accessaids.org
Website: http://www.accessaids.org
Hours of Operation: 2nd Wednesday of each month at 7:00 PM
Services Provided: Support group for individuals that are adjusting to and/or assisting with someone in their lives that is transitioning.

Norfolk Department of Health
830 Southampton Avenue, Suite 200
Norfolk, Virginia 23510
Phone: 757-683-2796
Fax: 757-683-8878
Hours of Operation: Call for hours
Services Provided: Primary Care

Southeastern Virginia Health System
48th Street Physicians
4714 Marshall Avenue
Newport News, Virginia 23607
Phone: 757-380-8709
Fax: 757-952-1345
Email: info@sevhs.org
Website: www.sevhs.org
Hours of Operation: Monday – Friday 8:00 AM – 5:00 PM, Tuesday 8:00 AM – 7:00 PM
Services Provided: (All services for both youth and adults) Primary care; dental care; gynecological services

Virginia Transgender Resource and Referral List

Serenity Counseling LLC
Angela P. Callahan, LPC, NCC
500 Washington Street
Portsmouth, Virginia 23704
Phone: 757-372-7868
Fax: 757-419-5365
Email: angela@seekyourserenity.com
Hours of Operation: Tuesday and Thursday 10:00 AM – 6:00 PM
Saturday 10:00 AM – 3:00 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.

Trans Masculine Group
Meets at The LGBT Center of Hampton Roads
247 W. 25th Street
Norfolk, Virginia 23517
Phone: 757-200-9198
Email: LGBTCenter@accessaids.org
Website: http://www.accessaids.org
Hours of Operation: Meetings on 3rd Saturday of each month at 10 AM
Services Provided: Support group for trans masculine identified people and their specific needs.

Bartley F. Tuthill
464 Dinwiddie Street
Portsmouth, Virginia 23704
Phone: 757-393-6544
Fax: 757-393-1916
Email: barttuthill@hotmail.com
Hours of Operation: Monday – Friday 9:00 AM – 5:00 PM
Services Provided: Legal services

NORTHERN VIRGINIA

Arlington County Public Health Department
Sequoia Plaza, 2100 Washington Boulevard, 2nd Floor
Arlington, VA 22204
Phone: 703-228-1200
Fax: 703-228-1255
Hours of Operation: Mondays 12:00 PM – 3:00 PM
Thursdays 2:00 PM – 5:30 PM
STD Clinic is by appointment only
Services Provided: STD screening/treatment; anonymous and confidential HIV testing; confidential rapid HIV testing

Timothy Q. Elliott, MSW
3801 North Fairfax Drive, Suite 53
Arlington, VA 22203
Phone: 301-679-5785
Email: elliottmsw@gmail.com
Website: http://www.elliottmsw.com/
Hours of Operation: Evening hours, by appointment only.
Services Provided: Pschotherapy and counseling for children, adolescents, adults, and families; letters for HRT and gender-affirming surgeries

Inova Juniper Program
2740 Prosperity Avenue, Suite 200
Fairfax, Virginia 22031
Phone: 703-321-2600
Fax: 703-204-9034
Hours of Operation: Monday – Friday 8:30 AM – 5:00 PM
Services Provided: Primary care; dental care; psychiatric services; psychological evaluation; psychotherapy and counseling; HIV care services

K.I. Services
20 S. Quaker Lane. #210
Alexandria, Virginia 22314
Phone: 703-823-4401
Fax: 703-823-4407
Email: info@kiservices.org
Website: www.kiservices.org
Hours of Operation: Monday – Friday 10:00 AM - 3:00 PM by appointment, Saturday by appointment
Services Provided: Therapeutic mental health individual/group counseling; substance abuse treatment and counseling; facilitate psychiatric treatment services; HIV testing and counseling; comprehensive risk counseling services, health education and outreach services. Virginia Meicaid and self pay (cash and credit) accepted.

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 Burke Supervisor's Meeting Room, behind King's Park Library
Libby McKnight
9002 Burke Lake Road
Burke, Virginia 22030
Phone: 202-460-6002
Fax: 703-537-0262
Email: transfamiliesva@gmail.com
Hours of Operation: 4th Sunday of every month 3:30 PM – 5:00 PM or 4:00 PM – 5:30 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.

Prince William Health District
Manassas Clinic
9301 Lee Avenue
Manassas, VA 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; adult immunizations

Woodbridge Clinic
4001 Prince William Parkway, Suite 101
Woodbridge, VA 22192
Phone: 703-792-7300
Fax: 703-792-7311
Hours of Operation: Monday – Friday 8:00 AM – 4:30 PM
TB screenings on Tuesday 8:15 AM – 10:00 AM
Pregnancy testing on 2nd and 4th Monday of each month 1:30 PM – 2:30 PM
Maternity and family planning by appointment only.
Services Provided: (All services for both youth and adults) ADAP Services; HIV support groups; STD clinic: adult immunizations; maternity and family planning; tuberculosis screening; pregnancy testing

Virginia Transgender Resource and Referral List

Rainbow Tuesdays Clinic
Alexandria Health Department
4480 King Street
Alexandria, Virginia 22302
Phone: 703-746-4986
Fax: 703-838-4038
Hours of Operation: Every Tuesday 5:00 PM - 6:30 PM
Services Provided: FREE, walk-in sexually transmitted infection testing and treatment for all STDs, HIV rapid testing, hepatitis B immunizations and referrals.

Shawn Rubin, Psy.D.
Licensed Clinical Psychologist in Virginia and Michigan
2700 Dorr Avenue
Fairfax, Virginia 22031
Phone: 510-725-7600
Email: shawn@shawnrubin.com
Website: http://www.shawnrubin.com
Hours of Operation: Monday – Friday 10:00 AM – 9:00 PM, Weekends 10:00 AM – 4:00 PM
Services Provided: Psychotherapy and counseling, psychological evaluation, and letters of support for adults, children, and adolescents. Parent and family therapy also available.

Linda Siegfriedt, MED, CCC, SLP
Transgender Voice Specialist
14617 Outpost Court
Centreville, Virginia 20121
Phone: 703-966-6232
Email: lindatalk@msn.com
Hours of Operation: Weekend hours, by appointment
Services Provided: Transgender voice services

Transgender Education Association (TGEA)
Meets at: Unitarian Universalist Church of Arlington
4444 Arlington Boulevard, Lower Level
Arlington, VA 22204-1399
Mailing Address: P.O Box 16032
Arlington , Virginia 22215
Email: tgea4u@yahoo.com
Website: http://www.tgea.net/
Hours of Operation: 1st Saturday of each month, email for further details.
Services Provided: Peer-facilitated social and support group for the D.C. area TG/TS/TV/CD communities

Ellen R. Warren, LCSW
950 North Washington Street, Suite 240
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
124 W. Piccadilly St
Winchester, VA 22601
Phone: 540-536-5291
Fax: 540-536-5290
Website: www.aidsresponseeffort.org
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, and can arrange presentations for individuals or agencies wanting to increase their education and sensitivity in working with those who are transgender.

Augusta Behavioral Health
Lauren Tancyus, LCSW, DCSW
79 N. Medical Park Drive
Fishersville, Virginia 22939
Phone: 540-941-2525
Fax: 540-941-2555
Email: ltancyus@augustahealth.com
Website: www.augustahealth.com
Hours of Operation: Monday – Friday 8:30 AM – 5:00 PM, by appointment only
Services Provided: Individual and group psychotherapy and counseling; can make local referrals for hormone therapy. Fees adjustable on sliding scale basis for those who qualify. Medicaid, Medicare, and all insurances accepted.

Augusta Health Speech Therapy Department
78 Medical Center Drive
Fishersville, Virginia 22939
Phone: 540-932-4033
Hours of Operation: Monday – Friday 8:30 AM – 4:00 PM, by appointment only
Services Provided: Communication and voice therapy for the transgender population. Spanish language service available.

Fredericksburg Area HIV/AIDS Support Services (FAHASS)
Testing & Prevention Services:
415 Elm Street
Fredericksburg, Virginia 22401
Phone: 540-371-7532
Fax: 540-371-8446
Hours of Operation: Monday – Friday 9:00 AM – 5:00 PM, Wednesdays open until 7:00 pm
Accepts walk-ins for HIV testing services only
Care Services & Administration:
4701 Market Street
Fredericksburg, VA 22408
Phone: (540) 907-4318
Fax: (540) 907-4318
Hours of Operation: Monday – Friday 9:00 AM – 5:00 PM
Email: information@fahass.com
Website: http://www.fahass.org/
Services Provided: LGBTQ youth support group for ages 15 - 19, risk reduction counseling, referrals, medical case management for HIV+ persons, mental health services for HIV+ persons, and housing assistance and transportation for HIV+ persons, confidential free rapid HIV testing (testing offered only at Elm St. location). Spanish language services available. Please call for more information about times and locations of services.

Emily E. Lape, LCSW
421 Park Street, Suite 3
Charlottesville, Virginia 22902
Phone: 434-971-1930
Email: ELapeLCSW@gmail.com
Hours of Operation: Monday – Friday, 9:00 AM – 5:00 PM, other hours occasionally available.
Services Provided: Psychotherapy and counseling, both individual and group. Aetna and Blue Cross Blue Shield insurance plans accepted, and can bill for out-of-network reimbursement.

Virginia Transgender Resource and Referral List

PFLAG Blue Ridge: Charlottesville Support Group
Meets at The Women's Initiative; Facilitators: Jane Cornelius, Circe Strauss
1101 East High Street
Charlottesville, VA 22902
(corner of 10th & Jefferson)
Phone: 434-882-3453
Email: pflagbr@gmail.com
Website: www.pflagblueridge.org/charlottesville.html
Hours of Operation: Meets 3rd Saturday of the Month 5:30 PM – 7:00 PM
Services Provided: Support group for parents/families of transgender and gender variant youth. A peer-led support group for trans-identified persons also meets at the same time and location; for more information, contact Circe at neriad6@gmail.com.

PFLAG Blue Ridge: Harrisonburg Support Group
Meets at JMU - Blue Ridge Hall, Room 325; Facilitator: Mark Mitchell
201 East Market Street
601 University Blvd
Harrisonburg, Virginia 22807
Phone: 540-405-1227
Email: mitchmarke@aol.com
Website: www.pflagblueridge.org/harrisonburg.html
Hours of Operation: Meets 1st Thursday of the Month 6:30 PM – 8:00 PM
Services Provided: Support group for LGBTQ+ individuals and allies

ROSMY 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: m.sullivan@rosmy.org
Website: www.rosmy.org
Hours of Operation: Meeting Time: Monday 6:30 PM - 8:30 PM.
Services Provided: ROSMY 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.

Teen and Young Adult Health Center - UVA
University of Virginia
1204 W. Main St.
Charlottesville, VA 22903
Phone: 434-982-0090
Fax: 434-924-9983
Hours of Operation: Monday - Friday 8:30 AM – 5:00 PM,
Accepts walk-Ins
Services Provided: Primary care services; STD clinic; psychiatric services; hormone therapy – in conjecture with endocrine; obstetrics/gynecological services; transgender clinic; referrals; vaccines; birth control (contraception)

Valley AIDS Network
601 University Blvd
Suite 322-324
Harrisonburg, Virginia 22807
Phone: 540-568-8833
Fax: 540-568-8835
Email: contactvalleyaidsnetwork@gmail.com
Website: www.valleyaidsnetwork.org
Hours of Operation: Call for Appointment
Services Provided: HIV testing, support services (must be HIV+ to be eligible for services), food pantry, housing assistance, individualized medical case management, and transportation

SOUTHWEST VIRGINIA

Centra
2215 Landover Place
Lynchburg, Virginia 24501
Phone: 434-947-3945 Ext. 2270
Fax: 434-544-2354
Hours of Operation: Monday – Friday 8:30 AM - 5:00 PM
Services Provided: Primary care; dental care; psychiatric services; psychological evaluation; support services; case management; psychotherapy and counseling; transportation; labs

Virginia Transgender Resource and Referral List

Comprehensive Counseling Services
1115 First Street, SW
Roanoke, Virginia 24016
Phone: 540-343-0004
Fax: 540-343-1576
Hours of Operation: Monday – Thursday 8:30 AM – 4:30 PM
Friday 8:30 AM – 12:00 PM
Services Provided: Support services; individual/group psychotherapy and counseling; psychotherapy for youth; family therapy; anger management; children services available

The Drop-In Center of the Council of Community Services
356 Campbell Ave, SW
Roanoke, Virginia 24016
Phone: 540-982-2437
Fax: 540-342-2204
Hotline Number: 540-982-2437
Email: dropnctr@councilofcommunityservices.org
Website: www.councilofcommunityservices.org/programs/drop-in-center
Hours of Operation: 9:00 AM – 5:00 PM, closed from 1:00 PM – 2:00 PM
Services Provided: HIV prevention counseling and testing; support groups for bisexual and HIV positive individuals; support groups for transgenders are held at the Roanoke Diversity Center; resources and referrals

Gentiva Health Services
1928 Thompson Drive
Lynchburg, Virginia 24501
Phone: 434-846-5219
Fax: 434-528-4963
Website: www.gentiva.com
Hours of Operation: Monday – Friday 8:00 AM – 5:00 PM (RN always on-call)
Services Provided: Home health; skilled nursing and therapies

Horizon Behavioral Health, Courtland Wellness Center
Amy Rugh, LPC
620 Court Street
Lynchburg, Virginia 24504
Phone: 434-477-5000 or 434-847-8035
Website: http://www.horizonbh.org
Hours of Operation: Transgender Therapy group - by appointment only
Clinic Hours: Monday – Friday 8:30 AM – 5:00 PM
Services Provided: Individual and group psychotherapy and counseling, transgender therapy group, HIV and Hepatitis C testing available (if any questions regarding testing, please call and ask for Rhonda Turner). Medicaid, Medicare, and most insurance accepted; sliding scale available.

Virginia Transgender Resource and Referral List

Ladies and Gents of the Blue Ridge – Transgender Alliance, LLC (LGBR-TA)
Meets at Roanoke Diversity Center
806 Jamison Ave SE
Roanoke, Virginia 24013
Email: dollydavis@cox.net
Website: https://www.facebook.com/groups/LBRTA
Hours of Operation: Meets 3rd Friday of each month 7:00 PM — 9:00 PM and additional events as scheduled
Services Provided: Support, social networking, education and outreach for full spectrum of MTF and FTM transgender persons, connections and referrals to Transgender Health Clinic (Roanoke), Roanoke Diversity Center, Drop-In Center, Roanoke Pride, and local gender counselors.

Andrew Matzner, LCSW
1402 Grandin Road
Roanoke, Virginia 20415
Phone: 540-819-0429
Email: andymatzner@gmail.com
Website: www.AndyMatzner.com
Hours of Operation: Weekdays and some evenings
Services Provided: Individual, couples, and family counseling and coaching; counseling available via Skype. Spanish language service available.

Pro Bono Counseling Program at the Mental Health America of New River Valley
1200 Elm St, Suite A
Christiansburg VA 24073
Phone: 540-381-2192
Fax: 540-381-2195
Email: mhainfo@mhanrv.org
Website: www.mhanrv.org
Hours of Operation: Monday – Thursday 9:00 AM – 5:00 PM
Friday 9:00 AM – 1:00 PM
Services Provided: Psychiatric services; psychotherapy and counseling; limited services because of waitlist

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.

WASHINGTON D.C. / MARYLAND

Rachel Bluebond-Langner, MD
22 South Greene Street, S8-D18
Baltimore, Maryland 21201
Phone: 410-328-2360
Fax: 410-328-0638
Website: http://umm.edu/programs/plastic-surgery
Hours of Operation: By appointment only.
Services Provided: Surgical procedures including MTF and FTM genital reassignment, chest reconstruction for FTMs, breast augmentation for MTFs, tracheal shave. Medicaid, Medicare, and most insurance plans accepted.

Chase Brexton Health Care
111 N. Charles Street
Baltimore, Maryland 21201
Phone: 410-837-2050
Website: http://www.chasebrexton.org/
Hours of operation: Monday – Thursday 8:00 AM – 8:00 PM, Friday 8:00 AM – 5:00 PM.
Accepts walk-ins for establish patients only.
Services Provided: Primary care services, hormone therapy, OB/GYN services, dental services, legal services, psychiatric services, psychotherapy and counseling, psychological evaluation, case management, pharmacy, laboratory services, addiction services. Medicaid, Medicare, and most insurance plans accepted.

D.C Area Trans Masculine Society (DCATS)
Meets at Whitman Walker Health
1701 14th Street NW
Washington,, D.C. 20009
Phone: 571-293-2287
Website: http://www.dcatsinfo.org/
Hours of Operation: Meets 2nd Sunday of each month 5 PM — 7 PM
Services Provided: A peer facilitated social and support group in the D.C. area for anyone on the FTM spectrum

Freed Bodyworks
Frances Reed
1337 Pennsylvania Avenue, S.E.
Washington, D.C. 20003
Phone: 202-321-9715
Email: info@freedbodyworks.com
Website: www.freedbodyworks.com
Hours of Operation: 7:00 AM – 10:00 PM Sunday – Saturday
Online schedule shows availability.
Services Provided: Therapeutic massage, psychotherapy, energy healing, yoga, herbal medicine, meditation; specializing in trans & gender non-conforming bodies, including prenatal services.

George Washington University Speech and Hearing Center
Linda Siegfriedt, MED, CCC, SLP
2115 G Street, N.W.
Hall of Government 201
Washington, D.C. 20052
Phone: 202-994-3027
Fax: 202-994-2589
Email: lindas@gwu.edu
Website: http://departments.columbian.gwu.edu/speechhearing/center
Hours of Operation: Monday – Friday 9 AM – 5 PM
Services Provided: Voice training for the transitioning voice

Goss & Fentress Law Offices
5873 Allentown Road
Camp Springs, Maryland 20746
Phone: 301-423-3430
Fax: 301-423-5513
Toll-free: 866-873-2338
Website: www.gossandfentress.com
Hours of Operation: Monday – Friday 8:30 AM- - 5:00 PM
Accepts walk-ins
Services Provided: Legal services; social security disability and SSI claims, personal injuries. Tagalog language services available.

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.

Jonathan Lebolt, PhD, DCSW, CGP
1001 Spring Street, Suite 110
Silver Spring, Maryland 20910
Phone: 240-507-7696
Email: Therapy@doctor-jon.com
Website: www.Doctor-Jon.com
Hours of Operation: Day and evening hours available.
Services Provided: Individual, couples, and group psychotherapy. Fees adjustable on sliding scale basis, and some insurance plans accepted.

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
Services Provided: Individual/couples psychotherapy and counseling