Central Virginia
Legal
Medical
Mental Health

Eastern Virginia
Legal
Medical
Mental Health

Northern Virginia
Medical
Mental Health

Northwest Virginia
Medical
Mental Health

Southwest Virginia
Medical
Mental Health

Washington D.C./Maryland
Medical
Mental Health

Statewide
Medical
Mental Health

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

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

VDH keeps a non-public list of resources known to the transgender community which have not been listed here. If you need resources that are not included here, you are encouraged to contact Ted Heck at ted.heck@vdh.virginia.gov or 804-864-8012.
**CENTRAL VIRGINIA**

**Black Transmen Can Cook**  
Meets at Diversity Richmond  
1407 Sherwood Avenue  
Richmond, Virginia 23220  
Phone: 434-825-1052  
Email: charley@blackmencancook.com  
Hours of Operation: 1st Sunday of every month.  
**Services Provided:** Support group for Black Transmen to gather, learn cooking and baking skills, educate on nutrition, and enjoy fellowship.

**Equality Virginia**  
530 East Main Street, Suite 600  
Richmond, Virginia 23219  
Phone: 804-643-4816  
Fax: 804-643-1554  
Website: [http://www.equalityvirginia.org](http://www.equalityvirginia.org)  
Email: info@equality.org  
Hours of Operation: Monday – Friday 9:00 AM – 5:00 PM  
**Services Provided:** Information and referrals to community resources; additional resources available on website. Community education, outreach, and advocacy.

**He, She, Ze, and We**  
Meets at Side by Side, facilitator: Shannon McKay  
2311 Westwood Avenue  
Richmond, Virginia 23230  
Website: [http://heshezewe.org](http://heshezewe.org)  
Email: admin@heshezewe.org  
Hours of Operation: See website for meeting schedule and calendar.  
**Services Provided:** HSZW offers weekly support meetings for parents, caregivers and adult family members of transgender and gender-diverse individuals of ALL ages. **Before attending your first meeting, please contact.** Activities include support meetings for families, peer counseling via phone and small group settings, family playgroups, education, events and resources. Visit our website for more information.

**Honoring Choices Virginia**  
2821 Emerywood Parkway, Suite 200  
Richmond, Virginia 23294  
Phone: 804-622-8141  
Fax: 804-788-9987  
Website: [https://honoringchoices-va.org/](https://honoringchoices-va.org/)  
Email: honoringchoicesvirginia@ramdocs.org  
Hours of Operation: Monday – Friday 9:00 AM – 5:00 PM
Services Provided: Advance care planning and completion/updating of advance medical directives and Healthcare POAs. Services are free for all Virginians.

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: http://www.thejameshouse.org/
Email: helpline@thejameshouse.org
Hours of Operation: Monday – Thursday 9:00 AM – 4:30 PM
Friday by appointment only.
Services Provided: Education, support, and advocacy for all people impacted by interpersonal violence. Most services provided remotely via Zoom and telephone, due to COVID-19. Services available in Spanish.

James River Transgender Society (JRTS)
Meets at Diversity Richmond
1407 Sherwood Avenue
Richmond, Virginia 23220
Phone: 804-543-7403
Website: 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 transgender persons. Message us through our website!

Let’s Talk
Meets at Diversity Richmond
1407 Sherwood Avenue
Richmond, Virginia 23220
Phone: 804-543-7403
Website:
Hours of Operation: The 2nd & 4th Friday of each month from 7:00 PM – 8:30 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
Text Line: 804-999-1440
Email: nationzfoundation@nationzfoundationrva.org
Website: http://www.nationzfoundationrva.org
Hours of Operation: Monday – Friday 10:00 AM – 6:00 PM, by appointment only
TGurls Rock support group – Call for next meeting time
Virginia Transgender Resource and Referral List

T.E.A.M. support group – Call for next meeting time, also see separate listing p. 6
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, support and social groups for MTF and FTM trans persons, and other support services, mobile testing unit, and a food pantry that is open daily to LGBTQ community members.

Peter’s Place RVA
Phone: 804-539-2507
Email: info@petersplacerva.org
Website: https://www.petersplacerva.org/ Also see: https://www.facebook.com/Peters-Place-RVA-105010671306903/
Hours of Operation: Monday – Friday 9:00 AM – 5:00 PM
Services Provided: Compassionate and accessible housing in the Richmond, VA area, resources, and trauma-informed care to LGBTQIA+ individuals seeking individualized recovery support. Spanish language services available.

Richmond Transformers
Meets at Health Brigade*
1010 North Thompson Street
Richmond, Virginia 23230
Phone: 804-358-6343, also 804-864-8012
Email: ted.heck@vdh.virginia.gov
Website: Facebook group page and Discord server available to members. Please contact via email for more information.
Hours of Operation: Meets 2nd Tuesday of each month 7:00 PM – 9:00 PM
Services Provided: Peer-led support and social group for transmasculine people (assigned female at birth who no longer identify in that way). Accepts walk-ins. *Due to COVID-19, all meetings are conducted via Zoom until further notice. Call or email for details on how to participate.

Serenity, Inc.
114 North Union Street
Petersburg, Virginia 23803
Phone: 804-861-9977
Fax: 804-861-9395
Email: serenity9977@yahoo.com
Website: http://www.serenity-crater.org/
Hours of Operation: Monday – Thursday 9:00 AM – 4:00 PM, Friday 9:00 AM – 12:00 PM, please schedule an appointment, if possible.
Services Provided: Serenity provides services to people living with HIV/AIDS and those at risk for HIV infection. A variety of support and educational services are available to transgender community members, as well as referrals to other types of service providers. Walk-ins welcome, but please call first due to COVID, and all services are free.
Virginia Transgender Resource and Referral List

Side by Side
2311 Westwood Ave.
Richmond, Virginia 23230
Phone: 804-644-4800
Youth Support Line: 888-644-4390
Email: info@sidebysideva.org
Website: http://www.sidebysideva.org. Also see https://www.facebook.com/sidebysideva/.
Instagram: http://instagram.com/sidebysidevirginia

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

Services Provided: Support group for Trans-identified youth or those questioning their gender identity, ages 14 – 20, offered Thursdays nights at 6:30-8:30. Side by Side also offers weekly curriculum based support groups for LGBTQ youth. For ages 14 – 20, groups are on Tuesday nights 6:30-8:30 and for ages 11 – 14 on Wednesday nights 6:00-7:30. LGBTQ youth of color group on Monday nights 6:30-8:30. Housing and other types of emergency assistance are also available, including some transition-related items, please see website for details. 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. Please note: all support groups are meeting virtually during the COVID-19 pandemic; see website for details.

The Men in Transition

Services Provided: Monthly group meetings currently in hybrid virtual and in-person formats, social events, life skills courses, community service, referrals, and other support services for transmen in the Richmond Central Virginia and Hampton Roads areas of Virginia. See p. 13 for contact information.

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: team@nationzfoundationrva.org

Hours of Operation: Thursdays 6:00 PM - 8:00 PM

Services Provided: Peer-led support group for trans men.

Virginia Anti-Violence Project
P.O. Box 7445
Richmond, Virginia 23221
Direct Advocacy and Services: vavadvocacyandservices@virginiaavp.org
Text: 804-793-9999
LGBTQ Helpline Line: 1-866-356-6998
Email: info@virginiaavp.org
Website: 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. Spanish language services available.

Legal

**BaryLaw**

Bary W. Hausrath, P.C.
PO Box 13890
Richmond, Virginia 23225
Phone: 804-482-1649
Fax: 888-583-4991
Hours of Operation: Monday – Friday 9:00 AM – 5:00 PM, by appointment only
Website: [https://www.barylaw.com/](https://www.barylaw.com/)

**Services Provided:** Legal services, gender marker changes, some services for youth.

Medical

**Children’s Hospital of Richmond at VCU**

An Pham, MD, MPH
Bryce Nelson, MD PhD
Jessica Wester, CPNP
Shannon Hagan, FNP-BC
Children’s Pavilion
    1000 East Broad Street
    Richmond, Virginia 23219
Center for Endocrinology Diabetes, and Metabolism
    2305 North Parham Road, Suite 1
    Richmond, Virginia 23229
Phone: 804-828-CHOR (2467)
Website: [https://www.chrichmond.org/services/transgender](https://www.chrichmond.org/services/transgender)

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

**Services Provided:** Primary care services for children and youth, hormone therapy, puberty blockers, and reproductive health, (including LARCs for menstrual suppression). Spanish language interpretation available in person and video translation services available for many other languages. Medicaid and most insurances accepted.

**ChiroFactor**

3026A West Cary Street
Richmond, Virginia 23221
Phone: 804-999-8418
Email: rusty@chirofactorrvra.com
Website: [https://chirofactorrvra.com/](https://chirofactorrvra.com/)

**Hours of Operation:** Monday, Tuesday, Thursday, and Friday 1:00 PM – 7:00 PM
Services Provided: Chiropractic and physiotherapy for adults and youth. Anthem, Cigna, and Aetna PPO insurance plans accepted; no HMOs.

Crossover Ministry
Richmond Clinic:
  108 Cowardin Avenue
  Richmond, Virginia 23224
  Hotline: 804-426-9624
Henrico Clinic:
  8600 Quiccasin Road, Suite 105
  Richmond, Virginia 23229
  Hotline: 804-426-7180
Clinic Phone (both locations): 804-655-2794
Pharmacy line (both locations): 804-521-8267
Fax: 804-422-2604
Email: info@crossoverministry.org
Website: https://www.crossoverministry.org/
Hours of Operation: Monday – Thursday 8:30 AM - 5:00 PM
                      Friday 8:30 AM – 3:30 PM, 1st Friday of the month close at 12:30 PM.
Services Provided: Services for youth and adults: primary care; dental care; individual psychotherapy and counseling; HIV care services; vision care. Services available in Spanish.

Ann Furniss – Licensed Acupuncturist, R.N.
4807 Hermitage Road Suite 204
Richmond, VA 23227
Phone: 804-938-5668
Website: http://www.qinurse.com/
Hours of Operation: Monday, Tuesday, Wednesday 8:00 AM – 6:00 PM; by appointment only.
Services Provided: Acupuncture.

Hayes E. Willis Clinic
Jackie Britz, MD
Suzanne Giunta, MD
4730 East Southside Plaza
Richmond, Virginia 23223
Phone: 804-230-7777
Fax: 804-230-2071
Email: suzanne.giunta@vcuhealth.org
Hours of Operation: Monday – Friday 7:45 AM – 5:00 PM
Services Provided: Primary care services, hormone therapy, most OB/GYN services, psychiatric services including medication management, and support services. Medicaid, Medicare, and most insurances accepted. Sliding scale fee also available. Wait times for an appointment can be weeks to months. If needing care sooner, please email.
Health Brigade
Transgender Health Services, Contact: Jordin Cotman
1010 North Thompson Street
Richmond, Virginia 23230
Phone: 804-358-6343, direct line to Maxine: 804-716-5832
Fax: 804-354-9124
Email: mwylde@healthbrigade.org
Website: http://www.healthbrigade.org/, for trans services: https://www.healthbrigade.org/patients-and-clients/trans-health/
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; letters for surgery & for updating legal name and gender markers.

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, Tuesday, Thursday 8:00 AM – 4:45 PM
Wednesdays 8:00 AM – 6:00 PM
Friday 8:00 AM – 4:30 PM
Services Provided: Primary care services. Hormone replacement therapy services are not provided.

Richmond Center for the Healing Arts (formerly known as Innovative Medicine)
Jamie McLaughlin, D.O.M., L.A.C.
1807 Huguenot Road
Midlothian VA 23113
Phone: 804-389-0267
Email: docjamieacupuncture@msn.com
Website: https://www.drjamiemclaughlin.com/
Hours of Operation: Monday – Friday 9:00 AM – 4:00 PM, by appointment only.
Services Provided: Acupuncture, plant-based medicine, herbals, Asian bodywork, massage, nutrition consultation.

Virginia League For Planned Parenthood (VLPP)
Hamilton Health Center:
201 N. Hamilton Street
Richmond, Virginia 23221
Phone: 804-355-4358
Fax: 804-355-5216
East End Health Center:
1122 North 25\textsuperscript{th} Street
Richmond, Virginia 23223
Phone: 804-508-6045
Virginia Transgender Resource and Referral List

Fax: 804-355-5216
Email: transgenderhealth@vlpp.org
Website: http://www.vlpp.org, also see
https://drive.google.com/file/d/1s1Cp_ZgzoZXYRhPWJOsDRSe2GY0Dyy3t/view for more details about available services at VLPP.

Hours of Operation: Monday – Saturday 9:00 AM - 5:00 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 16 or above. For ages 16 and older, PrEP and PEP services, STI Testing available. Services available in Spanish. Telehealth can be provided from all VLPP locations. Medicaid and most major insurance plans accepted, including Tricare as of 2020.

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
Pride Inside
3026-A West Cary Street
Richmond, Virginia 23221
Phone: 804-305-6536
Email: sarah@sarahscharbonneaulcsw.com
Website: http://www.prideinside.us/
Hours of Operation: Vary, by appointment only
Services Provided: Education, support, individual psychotherapy and counseling for adults 18 and over. Provides resources and referral letters to assist with gender transition. Self pay/out of network. Member of WPATH, WPATH-certified Gender Specialist.

Clearwater Counseling & Wellness Services
Heather Kay, PhD, LCP
530 East Main Street, Suite 910
Richmond, Virginia 23219
Fax: 815-425-8519
Email: clearwatercounselingrva@gmail.com Email is not currently working; please contact through my website. Thanks!
Website: http://www.clearwatercounselingrva.com
Hours of Operation: Monday – Friday 10:00 AM – 5:00 PM
Services Provided: Psychological evaluation, individual psychotherapy and counseling. Multiple insurances accepted; contact for details. Sliding scale fee available.
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, by appointment only.
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.

Ari Laoch, LPC, CRC, CBIST
Health Brigade Mental Health & Wellness
1010 North Thompson Street
Richmond, Virginia 23230
Phone: 804-358-6343
Fax: 804-354-9124
Website: http://www.healthbrigade.org/
Email: alaoch@healthbrigade.org
Pride Inside
3026-A West Cary Street
Richmond, Virginia 23221
Email: arilaoch@gmail.com
Hours of Operation: Monday – Friday, by appointment only.
Services Provided: Psychological evaluation, psychotherapy and counseling, psychoeducation, trauma recovery,
substance counseling, letters to support gender confirmation surgery. Services at Health Brigade are free for
those who meet income/insurance limitations. At Pride Inside, no insurance is accepted, but sliding scale fees
are available.

Mind Meld Psychotherapy
3530 North Courthouse Road
Providence Forge, Virginia 23140
Phone: 804-409-7525
Fax: 804-315-9380
Email: admin@mindmeldpsychotherapy.com
Website: https://mindmeldpsychotherapy.com/
Hours of Operation: Monday & Friday by appointment, Tuesday – Thursday 10:00 AM – 6:00 PM
Services Provided: Individual and group psychotherapy and counseling for adolescents and adults, psychological
evaluation, outpatient mental health services, and other support services. Medicaid, Medicare, and most
insurances accepted. Sliding scale fees are also available.

The Properties of Light, LLC
Rachel Boggan, LCSW
Vee Lamneck, MSW, Supervisee in Social Work
PO Box 7017
Virginia Transgender Resource and Referral List

Richmond, VA 23221
Email: info@thepropertiesoflight.com
Website: https://www.thepropertiesoflight.com/
Hours of Operation: By appointment, including evenings and weekends.
Services Provided: Individual and group counseling services; play and expressive arts therapy services for transgender, non-binary, and gender expansive youth up to age 18. ADHD, autism evaluations, education and consultation for all ages, utilizing gender inclusive, neurodiversity-affirming framework. No insurances accepted, but sliding scale fee is available.

Camille Rudney, LCSW
530 East Main Street, Suite 910
Richmond, Virginia 23219
Phone: 804-373-7957
Email: info@camillerudneylcsw.com
Website: https://www.camillerudneylcsw.com/
Hours of Operation: Monday – Friday 9:00 AM – 6:00 PM
Services Provided: Psychological evaluation, psychotherapy and counseling, psychoeducation, trauma recovery, substance counseling, letters to support gender confirmation surgery. Services available in French. In-network for Anthem Healthkeepers Plus (Medicaid) plan. Will complete out-of-network forms for reimbursement by insurance plans providing that benefit.

Milo Wilson, PhD
Transformations Counseling
530 East Main Street, Suite 530
Richmond, Virginia 23219
Phone: 804-885-3046
Email: drmilowilson@transformationsrva.com
Website: https://transformationsrva.com/
Hours of Operation: Monday – Friday, by appointment only.
Services Provided: Psychological evaluation, individual and group psychotherapy and counseling for adults. Services available statewide via telehealth.

Eastern Virginia

Gender Expression Movement
Meets at The LGBT Center of Hampton Roads
247 W. 25th Street
Norfolk, Virginia 23517
Phone: 757-200-9198
Fax: 757-622-8932
Email: Info@LGBTlifecenter.org
Website: https://lgbtlifecenter.org/
Hours of Operation: Meeting Times: 1st and 3rd Saturdays of each month at 7:00 PM
Virginia Transgender Resource and Referral List

Services Provided: Transgender support group; transgender education services, mental health services.

LGBT Life Center of Hampton Roads
248 W. 24th Street
Norfolk, Virginia 23517
Phone: 757-200-9198 and 757-640-0929
Fax: 757-622-8932
Email: info@lgbtlifecenter.org
Website: http://www.lgbtlifecenter.org
Hours of Operation: Monday – Friday 8:30 AM – 5:00 PM, call for additional hours.

Services Provided: Support groups; individual, couples, and family counseling, transitioning counseling, rapid HIV testing, educational workshops, community events and gatherings, and yoga. AA and NA meetings also available; please see website or call/email for details. Accepts walk-ins. Most support groups meeting virtually due to COVID-19. Contact for details on how to participate.

The Men in Transition
Meets at The LGBT Life Center of Hampton Roads
5360 Robin Hood Road
Norfolk, Virginia 23513
Email: davis@tmenintransition.com
Website: https://tmenintransition.com. See also Facebook https://www.facebook.com/themenintransition, Twitter @tmenmeet, Instagram @tmenintransition, and https://lgbtlifecenter.org/wellness/support-groups/#ment
Hours of Operation: 3rd Friday of each month 7:00 PM – 8:30 PM

Services Provided: Monthly group meetings currently in hybrid virtual and in-person formats, social events, life skills courses, community service, referrals, and other support services for transmen in the Hampton Roads area of Virginia. Email for more information on how to participate in person or virtually.

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: soffalgbtlifecenter@gmail.com or info@lgbtlifecenter.org
Website: https://lgbtlifecenter.org/events/
Hours of Operation: 2nd Wednesday of each month at 6:30 -8:00 PM

Services Provided: Support group for individuals that are adjusting to and/or assisting with someone in their lives that is transitioning. Meeting virtually due to COVID-19. Contact for details on how to participate.

Trans Masculine Group
Meets at The LGBT Life Center of Hampton Roads
247 W. 25th Street
Norfolk, Virginia 23517
Phone: 757-200-9198
Email: transmasclifecenter@gmail.com or info@lgbtlifecenter.org
**Virginia Transgender Resource and Referral List**

Website: [https://lgbtlifecenter.org/events/](https://lgbtlifecenter.org/events/)

Hours of Operation: Meetings on 1st Wednesday of each month at 7:00 PM – 8:30 PM

**Services Provided:** Support group for trans masculine identified people and their specific needs. **Meeting virtually due to COVID-19. Contact for details on how to participate.**

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**Legal**

**Burroughs Law Office (DBA Frugal Legal Services)**
Lawren D. Burroughs
4445 Corporation Lane, Suite 142
Virginia Beach, Virginia 23462
Phone 757-363-0077 (call or text)
Fax: 804-412-6108
Email: lawren@burroughs.law
Website: [https://www.burroughs-law.com/](https://www.burroughs-law.com/)

Hours of Operation: Flexible hours, by appointment only.

**Services Provided:** Family law services including divorce, adoption, child custody, visitation, child support, domestic violence. Can also provide connection to local resources in the Hampton Roads area. Some services offered for free for trans community members through [https://www.frugallegalservices.com/](https://www.frugallegalservices.com/), including name and gender maker change assistance. Call or visit the website for a virtual Zoom consultation.

**Caplan Law Group**
Michael B. Hamar
Newport News:
11815 Fountain Way, Suite 300
Newport News, Virginia 23606
Phone: 757-264-6524
Fax: 757-926-5204

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

Email: mhamar@caplanlegal.com
Website: [http://www.caplanlegal.com/](http://www.caplanlegal.com/)

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

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

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**Medical**

**CSG – Pediatric Endocrinology**
Melinda Penn, MD
601 Children’s Lane
Norfolk, Virginia 23507  
Phone: 757-668-7237  
Fax: 757-668-8215 and 757-668-8221  
**Hours of Operation:** Monday – Friday 8:30 AM – 4:30 PM  
**Services Provided:** Primary care services, hormone therapy, support services, referrals to outside providers.  
Services for children and adolescents only. Medicaid and multiple insurances accepted.

**Prashant Charugundla, DDS**  
Oral and Maxillofacial Surgery  
Children’s Hospital of the King’s Daughters  
301 Riverview Avenue  
Norfolk, Virginia 23510  
Phone: 757-668-7713  
Fax: 757-668-7711  
Email: poms@chkd.org  
**Hours of Operation:** Monday – Friday 8:00 AM – 5:00 PM  
**Services Provided:** Offering a wide spectrum of facial masculinization/feminization surgical procedures for adults of any age and youth over age 13. Medicaid, Medicare, and most insurances accepted.

**Chesapeake Health Department**  
748 Battlefield Boulevard North  
Chesapeake, Virginia 23320  
Phone: 757-382-8600  
Fax: 757-382-8683  
**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.

**Choices Clinic**  
891 Norfolk Square  
Norfolk, Virginia 23502  
Phone: 757-461-0011  
Fax: 757-461-5762  
Email: twlgbt@gmail.com  
Website: [http://www.twlgbtcare.com/](http://www.twlgbtcare.com/)  
**Hours of Operation:** Weekdays, mostly 8:00 AM – 4:00 PM, 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.
Virginia Transgender Resource and Referral List

Empowering Transgender Services, Inc.
135 Kings Way, Suite 100
Hampton, Virginia 23669
Phone 757-765-5940
Email: nbyers@empoweringtransgenderserv.org
Website: http://www.empoweringtransgendersevices.org/
Hours of Operation: Monday – Friday, 9:00 AM – 5:00 PM
Services Provided: Psychotherapy and counseling, peer support groups, vocational education, employment and career readiness services, hormone therapy, PrEP, HIV Testing, COVID vaccine referrals. Services available in Spanish.

Norfolk Department of Health
Dr. Annie Williams – 757-355-5671
830 Southampton Avenue, Suite 200 (Nursing Dept.)
Norfolk, Virginia 23510
Phone: Call 757-683-2800 for STD testing and general questions.
   Call 757-683-2432 for PrEP.
Fax: 757-683-9211
Website: https://www.norfolk.gov/153/Public-Health
Hours of Operation: Call for hours; Weekdays 8:30-4:45 for medication pick up. All services by appointment only during COVID-19.
Services Provided: Family planning, child and adult immunizations, Pre-Exposure Prophylaxis (PrEP), HIV and STD testing and treatment, TB testing and treatment.

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. Most insurances accepted.

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: 804-355-5216
Hours of Operation:  Monday 10:00 AM – 6:00 PM
    Thursday 9:00 AM – 5:00 PM
    Fri 8:00 AM – 4:00 PM.
    By appointment only. Hours vary from week to week; please call.
Email: Mijackson@vlpp.org
Website: http://www.vlpp.org
Services Provided: Primary care services, hormone therapy, OB/GYN services. Many services are available to youth; for hormones, must be age 17 or above. Medicaid and most insurance accepted.

Virginia League For Planned Parenthood, Virginia Beach Clinic
515 Newtown Road
Virginia Beach, Virginia 23462
Phone: 757-499-7526
Fax: 804-355-5216
Email: transgenderhealth@vlpp.org
Website: http://www.vlpp.org
Hours of Operation:  Monday 9:00 AM - 5:00 PM
    Tuesday – Wednesday 9:00 AM – 7:00 PM
    Thursday – Saturday 9:00 AM - 5:00 PM
    By appointment only. Hours vary from week to week, please call.
Services Provided: Primary care services, hormone therapy, OB/GYN services. Many services are available to youth; for hormones, must be age 17 or above. Services available in Spanish. Medicaid and most insurance accepted. Medicaid and most insurance accepted. For ages 16 and older, PrEP and PEP services, STI Testing available.

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

Mary Aab, LPC
Assessment & Therapy Associates
2006 Old Greenbrier Road, Suite 5
Chesapeake, Virginia 23230
Phone: 757-403-0610
Fax: 757-961-0568
Email: maryaabconsulting@gmail.com
Hours of Operation:  Monday – Friday 9:00 AM – 7:00 PM
Virginia Transgender Resource and Referral List

Services Provided: Psychotherapy & Counseling for adults and youth, medical referrals for transition-related care. Sliding scale fee available; Medicaid and many insurances accepted. Only offering telehealth services at this time due to COVID-19.

Balance Health
5215 Collie Avenue, Suite 131
Norfolk, Virginia 23508
Phone: 757-626-3733
Fax: 757-626-3331
Website: http://www.balancebehavior.com/
Hours of Operation: Monday – Friday 9:00 AM – 5:00 PM
Services Provided: Individual psychotherapy and counseling.

Glasgow Health Services
301 Goode Way, Suite 105
Portsmouth, Virginia 23704
Phone: 757-392-2334
Email: ewilliams@myghs.net or glascow@myghs.net
Website: https://www.myghs.net/
Hours of Operation: Monday – Friday 9:00 AM – 5:00 PM
Services Provided: Psychotherapy and counseling for groups, individuals, families, and couples, psychological evaluation, treatment planning and care coordination, and other services (Mental Health Skill Building (MHSS) and Intensive In-Home (IIH)); see website for more information. Services available for youth and adults. Commercial, Medicaid, and Medicare insurances accepted.

The Mahogany Projek
2021 Cunningham Drive, Suite 216
Hampton, Virginia 23607
Phone: 757-945-4003
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
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.

OutKind Counseling
Shawn Patrick McNulty, LPC
1769 Jamestown Road, Suite 108
Williamsburg, Virginia 23185
Phone: 757-952-6767
Website: https://outkindcounseling.com/
Virginia Transgender Resource and Referral List

Hours of Operation: Monday – Friday, by appointment only.
Services Provided: Psychotherapy and counseling for adults and youth ages 14 and above. Group therapy is anticipated to begin in January 2021. Many insurances and Medicaid accepted.

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
Email: staceysalant@gmail.com
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.

Seek Your Serenity Counseling Center LLC
Angela P. Callahan, LPC, NCC
500 Washington Street, Suite 2
Portsmouth, Virginia 23704
Phone: 757-372-7868
Fax: 757-447-2590
Email: angela@seekyourserenity.com
Website: http://www.seekyourserenity.com
Hours of Operation: Tuesday and Thursday 10:00 AM – 5:00 PM
        Wednesday 12:00 PM – 5:00 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 available for transgender and gender diverse adults; email or call for details. Multiple insurances accepted.

Northern Virginia

Impacto LGBT
Meets at Clarendon Presbyterian Church
1305 North Jackson Street
Arlington, Virginia 22201
Phone: 703-725-4990
Email: info@imapacto.org
Website: https://www.impactolgbt.org/ See also https://www.facebook.com/impactolgbt,
        Instagram – ImpactoLGBT, Twitter – @impactolgbt, and YouTube – Impacto LGBT
Hours of Operation: See Facebook page and website calendar for details about monthly meetings and special events.
Services Provided: Community building (LGBT and allies) activities, family-friendly social events, community health education, navigation and linkage to health and social services, HIV & STI testing and counseling, and peer support. Somos Familia (We are Family) support group for Latino MSM living with HIV, meets 1st and 3rd Sunday of each month. Services available in Spanish and English.

Metro Area Gender Identity Connection (MAGIC)
Meets at Falls Church Presbyterian Church
225 East Broad Street
Falls Church, Virginia 22041
Phone: 703-532-6518
Email: transmagicdc@gmail.com
Website: http://www.magicdc.org/
Hours of Operation: 1st Friday of each month 8:00 PM – 10:00 PM on Zoom
3rd Friday of each month 8:00 PM – 10:00 PM in person
Services Provided: Peer support group for transsexual, gender queer, and other gender identity questioning people living in the greater Washington DC metropolitan area. Email for details, including Zoom meeting information or meeting location.

PFLAG T* Families Support Group
Meets at Metropolitan Community church NOVA
Facilitator: Libby McKnight
10383 Democracy Lane
Fairfax, Virginia 22030
Phone: 202-460-6002
Email: transfamiliesva@gmail.com
Hours of Operation: 3rd Sunday of every month 2:00 PM – 4:00 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. Due to COVID-19, all meetings are via Zoom until further notice. Call or email to request meeting link.

Safe Space NOVA
Phone: 703-419-5270
Email: jordan@safespacenova.org
Website: http://safespacenova.org/
Hours of Operation: Call or email for details.
Services Provided: Programs, support, and social activities for LGBTQ+ youth, ages 14 – 18.

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
Virginia Transgender Resource and Referral List

Phone: 202-460-6002 and 703-371-3622
Email: tgea4u@yahoo.com and revemmachattin@gmail.com
Website: http://www.tgeagw.org/

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

Services Provided: Monthly 2nd Friday meeting providing safe space for connection, peer-facilitated trans support, and community building. TGEA is for those in gender transition, considering the possibility (even remotely), or post-transition (however the individual may define that), and to anyone anywhere along the gender spectrum, whether static or dynamic. Significant others, friends, family, and allies are welcome. 2nd Friday is composed of four sub-groups: Main, Parents, Tweens & Teens, and Transmasculine/non-binary. 3rd Sunday group for significant others of those in transition. Play group for trans and gender non-binary children, ages 5 to 11 also available; call for details. All groups are currently meeting on Zoom; contact for information on how to connect.

Medical

Miriam H. Ahmad, MD
Diabetes & Endocrine Care Associates
103 West Broad Street, Suite 120
Falls Church, Virginia 22046
Phone: 703-534-6002
Fax: 703-534-7472
Website: https://www.diabetesandendocrinecareassociates.com/doctors/miriam-ahmad-md/

Hours of Operation: Monday – Thursday 9:00 AM – 5:00 PM
Friday 9:00 AM – 12:00 PM

Services Provided: Treatment and management of hormone replacement therapy during transition, for adult patients. Services available in Spanish, Urdu, and Hindi. Most insurances accepted.

Alternative Health Associates
Maureen Schantz
Old Town Alexandria:
215 North Washington Street
Alexandria, Virginia 22314
Phone: 703-683-5736

Skintelligence Spa:
421 Church Street, NE, Suite A
Vienna, Virginia 22180
Phone 703-255-7237
Email: maureenschantz@gmail.com
Website: http://althealthassociates.com/

Hours of Operation: 7 Days a week, 10:00 AM – 7:00 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
Contact: Sharron Martin
Sequoia Plaza, 2100 Washington Boulevard, 2nd Floor
Arlington, VA 22204
Phone: 703-228-1200
Fax: 703-228-1255
Hours of Operation: 8 AM- 5 PM Monday-Friday
Clinic is by appointment only.
Services Provided: STD screening/treatment, including cultures for herpes simplex 2; anonymous and confidential HIV testing - 4th generation testing only.

Azure Dream Day Spa
901 North Quincy Street
Arlington, Virginia 22203
Phone: 703-243-4343
Email: manager@azuredreamspa.com
Website: http://azuredreamspa.com/
Hours of Operation: Monday – Friday 8:00 AM – 7:00 PM, Saturday & Sunday 8:00 AM – 5:00 PM
Services Provided: Genital electrolysis and laser hair removal, esthetic services such as IPL, skin tightening, microneedling, etc. Services available in Farsi, Mongolian, German, and Spanish.

Fairfax Family Practice
Alison Huffstetler, MD
3650 Joseph Siewick Drive, Suite 400
Fairfax, Virginia 22033
Phone: 703-391-2020
Website: https://www.inova.org/locations/primary-care/fairfax-family-practice
Hours of Operation: Monday – Friday 8:00 AM – 6:30 PM
Services Provided: Primary care services for all ages, hormone therapy, OB/GYN services, psychotherapy & counseling. Medicare and most insurances accepted. Sliding scale fee available. Services available in Spanish onsite. An interpreter service is available for other languages.

Jacob E. Kuperstock, MD
3801 University Drive, 1st Floor
Fairfax, Virginia 22030
Phone: 703-383-7340
Fax: 703-383-7350
Hours of Operation: Monday – Friday 8:00 AM – 5:00 PM
Services Provided: Facial Feminization Surgery (Type 3 forehead contouring, scalp advancement, brow lift, feminizing rhinoplasty, lip lift, cheek augmentation, mandible contouring, tracheal shave, face lift,
blepharoplasty), vocal feminization surgery, skin care consultation and treatment, general ear nose and throat services.

**Alexis Light, MD**  
Virginia Hospital Center Physician Group  
700 South Washington Street, NW  
Alexandria VA 22314  
Phone: 703-940-3364  
Fax: 703-717-4055  
Website: [https://www.vhcphysiciangroup.com/doctors/alexis-light/](https://www.vhcphysiciangroup.com/doctors/alexis-light/)  
Hours of Operation: Monday – Friday 8:00 AM – 4:00 PM  
**Services Provided:** OB/GYN services, hormone therapy, contraception management, STI testing and treatment, pre-conception counseling, laboratory and imaging services, gynecological surgeries including hysterectomy and oophorectomy. Medicare and most insurances accepted. Spanish language services available, and interpreting services are available for all other languages.

**Prince William Health District**  
Manassas Clinic  
9301 Lee Avenue  
Manassas, Virginia 20110  
Phone: 703-792-6300  
Fax: 703-792-6338  
Hours of Operation: Monday – Friday 8:00 AM – 4:30 PM, all services by appointment only.  
**Services Provided:** (All services for both youth and adults) ADAP services by referral only; immunizations; tuberculosis screening; STD testing; women’s wellness. Sliding scale fee available; Medicaid, Medicare, and most insurances accepted. Spanish language services available.

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, all services by appointment only.  
**Services Provided:** (All services for both youth and adults) ADAP Services by referral only; STD clinic: adult immunizations; family planning; tuberculosis screening; pregnancy testing. Sliding scale fee available; Medicaid, Medicare, and most insurances accepted. Spanish language services available.

**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, by appointment only (call 703-746-4846 or
Virginia Transgender Resource and Referral List

Additional services/clinics available for general population, please call for details and to make an appointment.

Services Provided: A welcoming and safe clinic for gay, bisexual and same gender loving men and persons of trans experience. Free HIV rapid testing. Confidential sexually transmitted infection (STI) testing and treatment, HPV, Hepatitis A & B immunizations for qualifying individuals and referrals. You do not have to live in Virginia. Bring health insurance information with you. If you do not have health insurance you may be billed based on a sliding fee scale. No one turned away based on ability to pay.

Vocal Self
Linda Siegfriedt, MED, CCC, SLP, Transgender Voice Specialist
14617 Outpost Court
Centreville, Virginia 20121
Phone: 703-966-6232
Email: lindatailk@msn.com
Hours of Operation: Monday – Saturday 9:00 AM – 5:00 PM, by appointment.
Services Provided: Gender Affirmation voice training services. No insurances accepted, but documentation for reimbursement can be provided upon request.

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: cldozi@arlo.com
Website: http://www.carolynndozi.com/
Hours of Operation: Tuesday 12:00 PM – 8:00 PM
       Wednesday 10:00 AM – 5:00 PM
       Thursday 12:00 PM – 6:00 PM
Service Provided: Individual psychotherapy and counseling.

Anne L. Edwards, Psy.D.
7019 Backlick Court
Springfield, Virginia 22151
Phone: 703-509-6753
Fax: 866-871-2234
Email: dr.aledwards@raisemewell.com
Website: http://www.raiseyourwellness.com/
Hours of Operation: Monday – Friday 9:00 AM – 6:00 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.

Practice: Timothy Q. Elliott, MSW LLC  
Clinician: Sarah Lawson, LCSW  
3801 North Fairfax Drive, Suite 30  
Arlington, Virginia 22203  
Phone: 301-679-5785 or 571-354-0152 for Sarah  
Email: timothy@elliottmsw.com or sarah@elliottmsw.com  
Hours of Operation: Monday – Thursday 8:00 AM – 8:00 PM, by appointment only.  
Services Provided: Psychotherapy and counseling for children, adolescents, adults, and families; letters for hormone replacement therapy and gender-affirming surgeries.

Sally Harney, PhD, MA, NCC, CCTP  
Neutral Ground Counseling Group  
44121 Harry Byrd Highway, Suite 225  
Ashburn, Virginia 20147  
Phone: 703-988-4236  
Website: https://www.ngcgrp.com/  
Email: clientcare@ngcgrp.com  
Hours of Operation: Monday – Thursday 10:00 AM – 6:00 PM  
Services Provided: Individual psychotherapy and counseling for youth and adults.

Life Transitions Counseling  
Chris McClure, LPC  
9254 Mosby Street, Suite B  
Manassas, Virginia 20110  
Phone: 703-895-5208  
Fax: 888-509-0859  
Email: chris@transitions.life  
Website: http://www.transitions.life  
Hours of Operation: Monday & Wednesday 1:00 PM – 5 PM  
Tuesday, Thursday, & Friday 9:00 AM – 5:00 PM  
Services Provided: Individual psychotherapy and counseling for adults. Some insurances accepted.

Shawn Rubin, Psy.D.  
Licensed Clinical Psychologist in Virginia and Michigan  
8608 Pepperdine Drive  
Fairfax, Virginia 22180  
Phone: 510-725-7600  
Email: shawn@shawnrubin.com  
Website: http://www.shawnrubin.com
Virginia Transgender Resource and Referral List

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

Services Provided: Individual 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. No insurances accepted, but sliding scale fee available.

NORTHWEST VIRGINIA

AIDS Response Effort
Emily Fultz
124 West Piccadilly Street
Winchester, Virginia 22601
Phone: 540-536-5578
Fax: 540-431-5996 or 540-536-0190
Website: http://aidsresponseeffort.org/
Email: efultz@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. For at-risk people: primary care services, dental services, psychiatric services, OB/GYN services, support services, and referrals. Services available in Spanish.

Diversity in Recovery

Phone:
Email: info@diversityinrecovery.com
Website: http://www.diversityinrecovery.com

Hours of Operation: See website for more information or reach out via email.

Services Provided: Regular 12-step recovery meetings, resources for 12-step recovery. Diversity in Recovery is a group of LGBTQ BIPOC and allies promoting recovery from drugs and alcohol in the Piedmont area including Charlottesville City, Albemarle, Fluvanna, Orange, Louisa, Nelson, Buckingham, and Greene counties.

Fredericksburg Area HIV/AIDS Support Services (FAHASS)

Pride Center and Administration Office
4343 Plank Road, Suite 100 for the Admin Office
Suite 110 for the Pride Center
Fredericksburg, Virginia 22407
Phone: 540-907-4555
Fax: 540-907-4318

Testing & Prevention Services:
415 Elm Street
Fredericksburg, Virginia 22401
Phone: 540-371-7532
Fax: 540-371-8446
Mosaic Care Center:
10514 Wakeman Drive
Fredericksburg, Virginia 22407
Phone: (540) 907-4555
Fax: (833) 918-2314
Hours of Operation: Monday – Friday 9:00 AM – 5:00 PM – For all locations.
Email: information@fahass.org
Website: http://www.fahass.org/
Services Provided: Primary medical care/ambulatory outpatient care, mental health services, HIV specialty care, medical and non-medical services, HIV testing & referral services, medical transportation services, and LGBTQ meeting and event space. Free condom distribution by mail; see form: https://www.fahass.org/condom-order-form.

PFLAG Blue Ridge: Charlottesville Support Group
Meets at The Women’s Initiative; Facilitators: Jane Cornelius, Circe Strauss
1101 East High Street
Charlottesville, Virginia 22902
(corner of 10th & Jefferson)
Email: pflagbr@gmail.com
Website: www.pflagblueridge.org/charlottesville.html
Hours of Operation: Meets 3rd Saturday of the Month 5:30 PM – 7:00 PM
Services Provided: Support group for parents and families of transgender and gender variant youth. The C’Ville Trans Peer support group for trans-identified persons of all ages participates in the 1st half of the meeting, then the two groups break into separate meetings in two rooms. For more information, contact Circe at neriad6@gmail.com.

Power Safe Place Resource Center of Virginia
P.O. Box 1849
Front Royal, Virginia 22630
Phone: 540-686-1280
Email: psprcva@gmail.com
Website: https://powersafeplace.org/
Hours of Operation: Daily 10:00 AM - -10:00 PM
Services Provided: Free HIV testing, transgender peer support for incarcerated trans men, trans women, and GNC/non-binary folx, food distribution (meals on wheels program), distribution of clothes, shoes, toiletries, & hygiene products, LGBTQIA peer support group, educational workshops, peer support for victims of violence, job board, work readiness program, transportation assistance, and more programs in development. Please contact for more information.

Fredericksburg Area Community Transgender Support (FACTS)
Meets at the FAHASS Pride Center
4343 Plank Road, Suite 110,
Fredericksburg, Virginia 22407
Phone: 540-846-3241
Email: fxbg.acts@gmail.com
Virginia Transgender Resource and Referral List

Website: https://www.facebook.com/groups/896511383719908/
Hours of Operation: Meets 1st Thursday of each month at 6:15 PM – 8:15 PM; other events as scheduled.
Services Provided: Peer and ally support and social group for trans persons. Spanish language interpretation available.

**Side by Side Charlottesville/Blue Ridge - Youth Support Group**
Meets at UVA Teen & Young Adult Health Center
1204 West Main Street
Charlottesville, Virginia 22903
Phone: 804-651-2120
Youth Support Line: 888-644-4390
Email: info@sidebysideva.org
Website: http://www.sidebysideva.org
Hours of Operation: Meeting Times: Mondays 6:30 PM - 8:30 PM for ages 14 – 20
Sundays 3:30 PM – 5:00 PM for ages 11 – 14
Services Provided: Side by Side offers weekly curriculum based support groups for LGBTQ youth ages 11-20; 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. Housing and other types of emergency assistance are also available, including some transition-related items, please see website for details. Information and referrals provided for youth and families. Please note: all support groups are meeting virtually during the COVID-19 pandemic.

**Shenandoah LGBTQ Center**
13 West Beverly Street, 5th Floor
Staunton, Virginia 24401
Phone: 540-466-3320
Email: hello@shenlgbtqcenter.org
Website: https://www.shenlgbtqcenter.org/
Hours of Operation: Tuesday, Thursday, and Sunday 2:00 PM – 5:00 PM, Friday 5:00 PM – 8:00 PM
Services Provided: Peer support groups, healthcare navigation, case management, life skills classes, referrals.

**Medical**

**Adult Transgender Services Clinic**
At UVA Family Medicine and Specialty Care, Crozet
375 Four Leaf Lane, Suite 103
Charlottesville, Virginia 22903
Phone: 434-243-0070
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 available when open, except for Wednesdays; some telehealth availability.
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 (including hysterectomy, transmasculine chest reconstruction, transfeminine breast augmentation, orchiectomy, facial plastic surgery) and for gender marker changes; referrals to other trans-competent resources provided, including gender confirmation surgeons. Accepts Medicaid, Medicare, and most insurances. Sliding scale fee available.

Augusta Health, Speech Therapy Department
107 Medical Center Circle
Fishersville, Virginia 22939
Phone: 540-932-4010
Fax: 540-332-4031
Website: [https://www.augustahealth.com/](https://www.augustahealth.com/)
Hours of Operation: Monday – Friday 9:00AM – 3:15 PM, by appointment only

Harmony Speech-Language Services
Jennye Johnson, LSP
(Address for mailing only) P.O. Box 304
Greenwood, Virginia, 22943
Phone: 828-243-4690
Email: jennye@harmonyspeech-language.com
Website: [http://harmonyspeech-language.com](http://harmonyspeech-language.com)
Hours of Operation: Monday – Friday 10:00 AM – 7:00 PM, by appointment only.
Services Provided: Voice-communication evaluation, speech therapy, and other services.

Harrisonburg Community Health Center
Contact: Kim Wetzel
124 Newman Avenue, Suite B101
Harrisonburg, Virginia 22801
Phone: 540-432-3308
Fax: 540-432-3309
Email: Kim Wetzel Kwhtezel@hburgchc.org
Website: [http://www.hburgchc.org/](http://www.hburgchc.org/)
Hours of Operation: Monday – Friday 8:00 AM – 4:30 PM, Call for appointment.
Services Provided: HIV testing, support services (must be HIV+ to be eligible for support services) including food pantry, housing assistance, individualized medical case management, and transportation. Primary medical care and dental care. Income-based Sliding Fee Discount Program available.

Sam L. Oyer, MD
University of Virginia Facial Plastic Surgery
415 Ray C. Hunt Drive, 2nd Floor, Suite 2200
Charlottesville, Virginia 22908
Phone: 434-928-0251
Virginia Transgender Resource and Referral List

Fax: 434-244-7512
Website: https://uvahealth.com/services/facial-plastics
Hours of Operation: Monday – Friday 8:00 AM – 4:30 PM
Services Provided: Facial feminization, rhinoplasty, facial implants, facelift. Medicaid, Medicare, and most insurance plans accepted. Spanish and Korean language services available.

Planned Parenthood Charlottesville
2964 Hydraulic Road
Charlottesville, Virginia 22901
Phone: 434-296-1000
Fax: 434-975-3424
Website: https://www.plannedparenthood.org/health-center/virginia/charlottesville/22901/charlottesville-health-center-2815-90860
Hours of Operation: Tuesday 8:00 AM – 3:00 PM, Wednesday 10:00 AM – 6:00 PM,
Thursday 8:00 AM – 4:00 PM, Friday 8:00 AM – 1:00 PM
Services Provided: Primary care services, hormone therapy, OB/GYN services. Many services are available to youth; for hormones, must be age 16 or above and have parental consent. For ages 16 and older, PrEP and PEP services, STI Testing available. Telehealth can be provided from all VLPP locations. Medicaid and most major insurance plans accepted.

JT Stranix, MD
UVA Health Plastic Surgery
1300 Jefferson Park Avenue
Charlottesville, Virginia 22908
Phone 434-297-5763
Fax: 434-924-7333
Website: https://www.uvaplasticsurgery.com/surgical/transgender-surgery/
Hours of Operation: Monday – Friday 8:00 AM – 4:00 PM
Services Provided: Chest surgery for transmasculine or female to male spectrum persons, breast augmentation for transfeminine or male to female spectrum persons, facial plastic surgery.

Teen and Young Adult Health Center - UVA
University of Virginia
1204 W. Main Street
Charlottesville, Virginia 22903
Phone: 434-982-0090, Ext. 1
Fax: 434-924-9983
Website: https://childrens.uvahealth.com/services/teen-health
Hours of Operation: Monday - Friday 8:30 AM – 5:00 PM, by appointment only.
Services Provided: Primary care services; STD clinic; 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.

UVA Voice & Swallowing Center
Joanna Lott, MA, CCC-SLP
Virginia Transgender Resource and Referral List

Casey Resnick, M.Ed., CCC-SLP
Flora Vassilev, M.Ed., CCC-SLP
415 Ray C. Hunt Drive, Suite 2200
Charlottesville, Virginia 22903
Phone: 434-924-5700
Fax: 434-924-1736
Email: ccp3c@hsccmail.mcc.virginia.edu or jlott@virginia.edu
Website: https://uvahealth.com/services/transgender/transgender-voice-services
Hours of Operation: Monday – Friday 8:00 AM – 4:30 PM
Services Provided: Gender-affirming voice and communication modification/training. Medicaid, Medicare, and most major insurance plans accepted. Also offering telehealth to reach those across the state of Virginia.

Mental Health

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

Comprehensive Behavioral Health
Joseph Jordan, PA-C
25 Myers Corner Drive
Staunton, Virginia 24401
Phone: 540-688-2646
Fax: 540-688-2656
Website: https://www.getbacktoyou.com/
Hours of Operation: Monday - Friday 8:00 AM - 5:00 PM, by appointment only. Please visit website or call to schedule.
Services provided: Psychiatric services in patients 14 years and above including psychiatric evaluation, medication management, medical and behavioral health referrals, surgical clearance letters for gender-affirming surgeries, TMS therapy and supportive therapy. Accepts most insurances including medicaid and medicare. Spanish language services available.

April Cordell-Bryant, LPC
Allied Transformations
15 Pratts Run, Suite 104
Waynesboro, Virginia 22980
Phone: 540-609-2570
Fax: 844-430-0195
Email: abryant@alliedtransformations.com
Website: https://alliedtransformations.com/
Hours of Operation: Monday – Friday 8:00 AM – 5:00 PM, and by appointment outside of those times.
Services Provided: Psychotherapy and counseling. Telehealth available.

Family Stress Clinic
Department of Family Medicine at UVA’s Primary Care Center
Box 800729 (mailing address)
Virginia Transgender Resource and Referral List

1221 Lee Street (physical address)
Charlottesville, VA 22908
Phone: 434-243-6868
Fax: 434-243-1473
Website: [https://med.virginia.edu/family-medicine/clinics/family-stress-clinic](https://med.virginia.edu/family-medicine/clinics/family-stress-clinic)

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

Services Provided: Family therapy, couples therapy, youth and child therapy, parent training. Medicaid, Medicare, and most insurances accepted. Sliding scale fee available.

Leigh Freilich, LCSW
100 East South Street, Suite 2
Charlottesville, Virginia 22902
Phone: 434-260-0193
Email: leighfreilich@icloud.com

Hours of Operation: Monday – Friday 9:00 AM – 6:00 PM

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

Emily E. Lape, LCSW
421 Park Street, Suite 101
Charlottesville, Virginia 22902
Phone: 434-971-1930
Email: ELapeLCSW@gmail.com

Hours of Operation: Monday – Friday, 9:30 AM – 11:30 AM telehealth visits
Monday – Friday, 1:00 PM – 5:00 PM in person visits

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.

David Lewis, LCSW
P.O. Box 1261
Crozet, Virginia 22932
Phone: 434-264-7711
Email: davidlewislcsw@gmail.com

Hours of Operation: Monday – Friday 10:00 AM – 6:00 PM

Services Provided: Psychotherapy & counseling and psychological evaluation for all ages, affirmative therapy for families and couples, supportive letter writing for gender transition. No insurances accepted, but sliding scale fees are available.

Lighthouse Counseling of Fredericksburg, PLC
420 Hudgins Road, Suite 201
Fredericksburg, Virginia 22408
Phone: (540) 907-0121
Fax: (866) 832-7890
Virginia Transgender Resource and Referral List

Email: Carmen Greiner at cgreiner@lighthousefredericksburg.com
Website: http://lighthousefredericksburg.com/
Hours of Operation: Monday – Friday 8:00 AM – 7:00 PM, by appointment only.
Services Provided: Individual and group psychotherapy and counseling for youth and adults. Most major insurances accepted except Medicaid and Medicare.

Katie Richard, LPC
435 Merchant Walk Square, Suite 300-512
Charlottesville, Virginia 22902
Phone: 434-201-8713
Email: therapy@katierichardlpc.com
Website: https://www.katierichardlpc.com/
Hours of Operation: By appointment, currently via telehealth only.
Services Provided: Individual psychotherapy and counseling for adults. In-network for Anthem/Blue Cross Blue Shield; can provide documentation to submit for reimbursement for other out-of-network plans.

River Lily Counseling, LLC
Laura Szyikowshi, MS, LPC, CPSC
174 Round Hill School Road
Fort Defiance, Virginia 234437
Phone: 540-524-2224
Website: https://www.riverlilycounseling.com/
Hours of Operation: Monday – Friday 9:00 AM – 5:00 PM
Services Provided: Individual and group telehelth counseling for adults and youth ages 13 and above. Some insurances accepted.

Shepherd Family Counseling & Consulting, PLLC
11 North Central Avenue, Suite 17
Staunton, Virginia 24401
Phone: 540-416-2302
Website: https://www.shepardfamilycounseling.com/
Hours of Operation: Monday – Friday, by appointment.
Services Provided: Individual psychotherapy and counseling for adults and youth, couples counseling, family counseling, referrals for gender-confirming medical services, interprofessional consultation. Can accept insurance plans from Anthem BCBS, Optima, United Healthcare, VA Premier, Aetna, and Medicaid.

Eliot Singer, LPC
1110 Rose Hill Drive, Suite 201
Charlottesville, Virginia 22903
Phone: 434-220-3334
Fax: 434-220-3335
Email: eliot@eliotsinger.com
Website: https://www.eliotsinger.com/
Hours of Operation: Monday – Friday 9:00 AM – 6:00 PM
Virginia Transgender Resource and Referral List

**Services Provided:** Individual psychotherapy and counseling for adults, couples counseling, and family therapy. Most major insurances accepted

**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/](http://www.allisonsplaunphd.com/)
Email: allisonsplaunphd@gmail.com
Hours of Operation: Tuesday – Thursday 9:00 AM – 5:00 PM
**Services Provided:** Individual and family psychotherapy and counseling for youth and adults, psychological evaluation.

**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/](http://thewomensinitiative.org/)
Hours of Operation: Monday, Wednesday, & Friday: 9:00 AM to 5:00 PM
Tuesday & Thursday: 9:00 AM to 8:00 PM
**For the Walk-in Clinic:**
- Mondays 10:00 AM – 12 PM at Westhaven Nursing Clinic
  803 Hardy Drive, Charlottesville, Virginia 22903
- Tuesdays 9:00 AM – 12:00 PM at Jefferson School City Center (satellite office)
  233 4th Street NW, Room 255-B, Charlottesville, Virginia 22903
- Wednesdays 2:00 PM – 5:00 at The Women’s Initiative (main office)
  1101 E. High Street, Suite A, Charlottesville, Virginia 22902
- Thursdays 5:00 PM – 7:00 PM, call for location.
**Services Provided:** Mental health services, including outpatient counseling (individuals & couples), therapeutic and social support groups, education, outreach, free walk-in clinic, assessment and diagnostic services, and referral letters for gender-affirming medical care. Counseling services provided on a sliding scale to uninsured and under-insured cisgender female, transgender, and nonbinary/gender-nonconforming individuals, regardless of ability to pay. The Women’s Initiative hosts PFLAG and C’Ville Trans Peer support group on 3rd Saturday of each month. See listing on p. 24 for **PFLAG Blue Ridge: Charlottesville Support Group**.

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Virginia Disease Prevention Hotline
(800) 533-4148
Virginia Transgender Resource and Referral List

SOUTH WEST VIRGINIA

The Drop-In Center of the Council of Community Services
356 Campbell Avenue, SW
Roanoke, Virginia 24016
Phone: 540-982-2437
Fax: 540-342-2204
Hotline Number: 540-982-2437
Email: dropnctr@councilofcommunityservices.org
Website: www.councilofcommunityservices.org/programs/drop-in-center
Hours of Operation: Monday, Tuesday, Thursday, and Friday 9:00 AM – 5:00 PM (closed daily 1:00 PM – 2:00 PM for lunch)
Closed Wednesdays.
Services Provided: HIV and hepatitis C prevention, counseling, and testing; resources and referrals for those HIV and/or HCV positive and for those at risk; HIV and Hepatitis C case management. Consumer Advisory Board meeting/support group Lunch 2nd Wednesday of each month.

TransParent USA, Roanoke Valley Chapter
Meets at Roanoke Diversity Center
806 Jamison Ave SE
Roanoke, Virginia 24013
Email: Roanoke.VA@transparentusa.org
Website: https://transparentusa.org/
Hours of Operation: Second Tuesday of each month, 6:30 PM – 8:00 PM
Services Provided: Monthly support group for parents of transgender children.

Medical

Kindred at Home
20715 Timberlake Road, Suite 106
Lynchburg, Virginia 24502
Phone: 434-846-5219
Fax: 434-528-4963
Website: https://www.kindredhealthcare.com
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.

Valley Voice, PLLC
621 Walnut Avenue, SE
Roanoke, Virginia 24014
Phone: 704-806-1443
Email: lauren.n.lawson@gmail.com
Website: https://roavalleyvoice.com/
Hours of Operation: Monday – Thursday 5:00 PM – 8:00 PM
Saturday 1:00 PM – 5:00 PM

**Services Provided:** Gender voice alignment, singing and speaking lessons, and vocal rehabilitation. Sliding scale fee available. Contact for pricing information.

**Vishal D. Patel, M.D.**
Carilion Clinic
3 Riverside Circle
Roanoke, Virginia 24016
Phone: 540-224-5170
Fax: 540-983-8229
Website: [https://www.carilionclinic.org/](https://www.carilionclinic.org/)

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

**Services Provided:** Internal medicine, primary care services, and hormone therapy for persons age 18 or above. Most insurances accepted.

**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
2215 Langhorne Road
Lynchburg, Virginia 24501
Phone: 434-477-5000, 434-847-8035, or 434-847-8050
Fax: 434-455-2720
Website: [http://www.horizonbh.org](http://www.horizonbh.org)

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

*Transgender Therapy group - by appointment only*

**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.

**Melanie Quillen, LCSW, C-DBT**
1719 Grandin Road, SW
Roanoke, Virginia 24015
Phone: 540-254-0346
Email: mftatetherapy@gmail.com

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

**Services Provided:** Psychotherapy and counseling for youth and adults. Medical referrals for transition-related care. WPATH certified. Medicaid, Medicare, and many insurances accepted. Sliding scale fee available.
Medical

Susan Bienvenu Acupuncture LLC, LMSW
17013 Clear Creek Drive
Silver Spring, Maryland 20905
Phone: 240-839-1675
Email: tendingchi@gmail.com
Website: http://tendingchi.com/transgender-specialist/
Hours of Operation: By appointment. Evenings and weekends available, and appointments can be made on short notice. See listing below in Mental Health section for counseling office.
Services Provided: Traditional and laser acupuncture, cupping, and gua sha (scraping). See listing in Mental Health Section below for counseling office.

Chase Brexton Health Care
111 North Charles Street
Baltimore, Maryland 21201
Phone: 410-837-2050
Fax: 410-837-1119
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 Monday – Friday 8:20 AM – 12:00 PM
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. Self pay available depending on services.

Diane Hamou, LE, CPE
Electrolysis and Skin Care of Silver Spring
651 Bryants Nursery Road
Silver Spring, Maryland 20905
Phone: 301-384-3667
Email: dianehamou407@gmail.com
Website: http://www.electrobeauty.com/
Hours of Operation: Sunday 9:00 AM – 2:00 PM
Monday and Wednesday 9:00 AM – 6:00 PM
Tuesday and Thursday 8:30 AM – 7:30 PM
Friday 8:30 AM – 1:00 PM
Saturday Closed.
Services Provided: Electrolysis hair removal, needling (face only), mini facial, signature facials, micro dermabrasion, and mesotherapy treatments.
Virginia Transgender Resource and Referral List

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

Whitman-Walker Health
Health Center
1525 14th Street, N.W.
Washington, D.C. 20005
Max Robinson Center
2301 Martin Luther King Jr. Avenue, SE
Washington, D.C. 20020
Phone: 202-745-7000
Fax: 202-332-1049
Website: http://www.whitman-walker.org/
Hours of Operation: Monday – Friday 8:30 AM – 5:00 PM (with some extended hours at both locations)
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.

Susan Bienvenu LLC, LMSW
Flourish Counseling and Wellness Center
913 Olney-Sandy Spring Road
Sandy Spring, Maryland 20860
Phone: 240-839-1675
Email: flourishoffice@flourishcounselingandwellness.com or aopes@flourishcounselingandwellness.com
Website: https://flourishcounselingandwellness.com
Hours of Operation: By appointment only. Evenings and weekends available, and appointments can be made on short notice. Contact Monday – Friday 9:00 AM – 5:00 PM for billing inquiries.
Services Provided: Psychotherapy and counseling via video only. Most insurances accepted. See listing above in Medical section for acupuncture office.
Healthy Foundations Group: Gender Wellness Clinic
4350 East-West Highway, Suite 201
Bethesda, Maryland 20814
Phone: 301-970-4099
Website: https://theheartwoodprogram.com/gender-wellness-clinic/
Hours of Operation: Call for more information.
Services Provided: Group psychotherapy and counseling services for adolescents ages 13-17 who identify as lesbian, gay, trans, gender nonconforming, gender queer, questioning, nonbinary, intersex, and asexual, for young adults ages 18-25 who identify as trans, gender nonconforming, gender queer, and nonbinary, and for parents of children and adolescents who are transgender, gender non-conforming and non-binary. Call or visit the website for more information. All types of Blue Cross/Blue Shield insurance are accepted.

Michael L. Hendricks, Ph.D., ABPP
5225 Wisconsin Avenue, NW, Suite 513
Washington, D.C. 20015
Phone: 202-364-1575 ext. 104
Fax: 202-364-0561
Email: mhendricksphd@gmail.com
Website: www.wpcdc.com
Hours of Operation: Monday – Friday (Hours vary)
Services Provided: (All services for adolescents and adults) Psychological evaluation; individual and couples psychotherapy and counseling.

Kate Thomas, PhD
1601 Guilford Avenue
Baltimore, Maryland 21202
Phone: 443-540-4817
Email: kthoma36@jhmi.edu or katesxdoc@gmail.com
Website: https://katethomasphd.com/
Hours of Operation: Monday – Thursday 8:00 AM – 6:00 PM
Friday and Saturday 9:00 AM – 12:00 PM
Services Provided: Individual psychotherapy and counseling for adults, youth, and families; psychological evaluation. Does not take insurance, but fees are adjustable on sliding scale basis.

Amelie Zurn, LCSW-C
612 Gist Avenue
Silver Springs, Maryland 20910
Phone: 301-641-3401
Email: azurn2@aol.com
Hours of Operation: Everyday but Tuesday and Saturday, by appointment only.
Services Provided: Individual/couples psychotherapy and counseling
**Black Transmen, Incorporated**  
Contact: Charley Burton  
Virginia State Chapter  
Phone: 434-825-1052  
Email: [cburton@blacktransmen.org](mailto:cburton@blacktransmen.org) or [mjackson@blacktransmen.org](mailto:mjackson@blacktransmen.org)  
Website: [https://blacktransmen.org/](https://blacktransmen.org/)  
Hours of Operation: Akanni group meets online Wednesdays 7:00 PM EST. Call or email for details about other services.  
**Services Provided:** Akanni group – support for Black transmen to provide mentorship for Black transmen. Other services include yoga, mindfulness meditation classes, binder exchange, and now grants available to assist with costs of surgeries, binders, and other health products; see website for details.

**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:** [http://www.vadata.org/chat](http://www.vadata.org/chat)  
Email: [info@vsdvalliance.org](mailto:info@vsdvalliance.org)  
Website: [http://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. Services can also be provided in 200 other languages through contracted phone service.

**Transgender Assistance Program of Virginia (TAP)**  
Contact: De Sube  
Phone: 757-563-4784  
Fax: 757-499-0106  
Email: transactivista@gmail.com  
Website: [https://www.tapvirginia.org/](https://www.tapvirginia.org/)  
Hours of Operation: Daily 9:00 AM – 6:00 PM  
**Services Provided:** Emergency housing, assistance with rent, utilities, phone bills, food, resources, and referrals. All services are free to transgender and gender non-binary adults (age 18 or older) statewide.
Medical

FOLX Health
One Boston Place
Boston, Massachusetts 02108
Website: https://folxhealth.com/
Hours of Operation: Member support contact is available Monday – Friday 9:00 AM – 7:00 PM ET
Services Provided: Hormone therapy (estrogen, testosterone), erectile medication, PrEP, and virtual primary care/consults. All services for people 18 and over. No insurances accepted (eligible for pharmacy benefits); eligible for payment through Health Savings Accounts (HSAs) or health Flexible Spending Accounts (FSAs). FOLX Health is also currently available for people in 40 US states with services for additional states coming soon. See website for details.

Molly Gordon, SLP, LLC
884 Broadway, Suite 5
South Portland, Maine 04106
Phone: 207-358-0065
Fax: 207-387-1904
Email: molly@mollygordonslp.com
Website: https://www.mollygordonslp.com/
Hours of Operation: Monday – Friday 8:00 AM – 6:00 PM
Services Provided: Speech language pathology services (voice therapy) for adults and youth, via telehealth. Services available in Spanish (provider is a non-native speaker). Medicaid, Medicare, and some private insurances accepted. Sliding scale fee available.

Prismatic Speech Services, PLLC
600 Summit Avenue
Greensboro, North Carolina 27405
Phone: 336-609-6258
Fax: 336-2321371
Email: kevin@prismaticspeech.com
Website: https://prismaticspeech.com/
Hours of Operation: Sunday - Thursday 10:00 AM – 5:00 PM
Services Provided: Transgender vocal training, habilitative voice therapy. Services available in Virginia (statewide), North Caroline, South Carolina, and Georgia, via telepractice.

TruVoice Lessons, LLC
Phone: 888-318-7267
Email: contact@truvoicelessons.com
Website: https://www.truvoicelessons.com/
Hours of Operation: Seven days/week, by appointment.
Services Provided: Transgender voice training for all genders. All services provided online, via Zoom. Services available in English, Spanish, German, and Turkish.
Mental Health

Cassie DeSena Jacobs, DSW, LCSW, MS
Starting Gate Teletherapy
P.O. Box 2976
Williamsburg, VA 23187
Phone: 757-204-1347
Email: contact@startinggatetherapy.com
Website: https://www.startinggatetherapy.com/

Hours of Operation: Monday – Thursday 8:30 AM – 4:30 PM

Services Provided: Psychotherapy and counseling. Sliding scale fee available. Medicaid and many insurances accepted; call or email for more information.