Virginia Transgender Resource and Referral List

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DISCLAIMER

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

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

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.

Virginia Disease Prevention Hotline
Updated April 15, 2024
(800) 533-4148
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**Virginia Transgender Resource and Referral List**

### Central Virginia

**Equality Virginia**  
530 East Main Street, Suite 600  
Richmond, Virginia 23219  
Phone: 804-643-4816  
Fax: 804-643-1554  
Website: [http://www.equalityvirginia.org](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**  
Website: [http://heshezewe.org](http://heshezewe.org)  
Email: shannon@heshezewe.org  
Hours of Operation: See website for meeting schedule and calendar.  
**Services Provided:** HSZ&W is a statewide 501(c)3 non-profit offering weekly support meetings for parents, caregivers, and adult family members of transgender and gender-diverse individuals of ALL ages. 12+ opportunities each month to connect and learn with others including: virtual and in-person, morning and evening, plus Orientation, BIPOC and Interfaith meetings. If you are seeking support for your family, please fill out the confidential contact form ([https://heshezewe.org/contact/](https://heshezewe.org/contact/)) and follow directions to set up your initial virtual Welcome Call with one of our facilitators. Other services include: individual consultations about navigating next steps and resources, family social gatherings, and adult social events. HSZ&W also offers professional development training about welcoming and inclusion practices through a gender lens for the larger community including schools, agencies, businesses, community groups, etc. Visit our website for more information. All inquiries for training and other questions, please email Executive Director, Shannon McKay, at shannon@heshezewe.org.

**Honoring Choices Virginia**  
2821 Emerywood Parkway, Suite 200  
Richmond, Virginia 23294  
Phone: 804-6228141  
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
Virginia Transgender Resource and Referral List

Fax: 866-681-0490  
**Hotline:** 804-458-2840  
Website: [http://www.thejameshouse.org/](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: [https://www.facebook.com/groups/jrts.rva](https://www.facebook.com/groups/jrts.rva)  
Hours of Operation: The 1st Friday of each month from 7:00 PM – 8:30 PM  
**Services Provided:** Support and social group for transgender persons.

**Let’s Talk**  
Meets at Diversity Richmond  
1407 Sherwood Avenue  
Richmond, Virginia 23220  
Phone: 804-543-7403  
Website: [https://www.facebook.com/groups/537913609911373](https://www.facebook.com/groups/537913609911373)  
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**  
1603 Santa Rosa Road, Suite 203  
Richmond, Virginia 23229  
Phone: 804-716-7597  
Text Line: 804-999-1440  
Fax: 804-716-7668  
Email: nationzfoundation@nationzfoundationrva.org  
Website: [http://www.nationzfoundationrva.org](http://www.nationzfoundationrva.org)  
Hours of Operation: Monday – Thursday 10:00 AM – 9:00 PM  
Friday 10:00 AM – 6:00 PM  
**TGurls Rock support group** – Thursday 7:00 PM – 9:00 PM  
**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.

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Virginia Disease Prevention Hotline  
(800) 533-4148  
Updated April 15, 2024
Peter’s Place RVA Recovery
Richmond, Virginia
Phone: 804-298-0706
Email: jayden@petersplacervarecovery.org
Website: https://petersplacervarecovery.org/ Also see: https://www.facebook.com/PPRVA
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. All meetings are conducted via Zoom and when possible, also in-person. Call or email for details on how to participate.

SensibleTips, LLC
2220 Dabney Road, Suite 6434
Richmond, Virginia 23230
Phone: 804-528-2067
Email: sensible-tipsllc@outlook.com
Website: https://www.sensible-tips.com/
Hours of Operation: Tuesday – Friday 9:00 AM – 4:00 PM
Saturday by appointment only.
Services Provided: Peer education, free clothing pantry, chest binders and alternatives, monthly workshops, and a social group for ages 18 and up.

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.

**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](http://www.sidebysideva.org). Also see [https://www.facebook.com/sidebysideva/](https://www.facebook.com/sidebysideva/).
Instagram: [http://instagram.com/sidebysidevirginia](http://instagram.com/sidebysidevirginia)

Hours of Operation: Monday – Thursday 9:00 AM – 4:00 PM, see below and website for details.
  - Drop-In Hours: Monday – Thursday 4:00 AM – 6:00 PM
  - Support Groups: Registration and current schedule can be found online at [https://www.sidebysideva.org/support-groups](https://www.sidebysideva.org/support-groups)

Services Provided: Weekly support groups for Transgender and Gender-Expansive Youth (ages 14-18), LGBTQ+ Youth of Color (ages 14-18), LGBTQ+ Youth (ages 14-18), LGBTQ+ Middle School Youth (grades 6-8), and LGBTQ+ Young Adults (ages 18-25/post-high school). 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 can be accessed both in-person and virtually.**

**T.E.A.M. – Transforming Empowered Aspiring Men**
Meets at Nationz Foundation
1603 Santa Rosa Road, Suite 203
Richmond, Virginia 23229
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/](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

The Law Office of Bary W Hausrath, PLLC
PO Box 13890
Richmond, Virginia 23225
Phone: 804-482-1649
Fax: 888-583-4991
Hours of Operation: Monday – Friday 10:00 AM – 7:00 PM, by appointment only
Websites: General information about name changes in Virginia: https://www.barylaw.com/faqs/NGCGen
Information about qualifications for free assistance: https://www.barylaw.com/faqs/fees
Appointments: https://www.barylaw.com/appointments
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
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@chirofactorrva.com
Website: https://chirofactorrva.com/
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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 Quioccasin Road, Suite 105
Richmond, Virginia 23229

Clinic Phone (both locations): 804-655-2794, option 6
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 – 12:00 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.

Dr. Jamie McLaughlin, DOM, MS, LAc, Acupuncture
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.

Now Care MD Urgent & Primary Care Center
Diane Alvarez, FNP-C
2301 Hilliard Road, Suite 2
Henrico, Virginia 23228
Phone: 804-591-1021
Email: nowcaremdurgentandprimarycare@gmail.com
Website: https://www.nowcaremdurgentandprimary.com/
Hours of Operation: Open 7 days/week 9:00 AM – 6:00 PM
Services Provided: Primary care services for adults and children ages 8 and above; urgent care for all ages; hormone therapy, OB/GYN services, laser hair removal services and/or electrolysis, cosmetic botox, dermal fillers, permanent make-up. Services available in Spanish and Greek. Medicaid, Medicare, and most insurances accepted.

Progress Physical Therapy
Midlothian location:
2436 Colony Crossing Place, Suite 2
Midlothian, Virginia 23112
Phone: 804-918-8515
Fax: 804-302-5382
Hours of Operation: Monday & Tuesday 7:30 AM – 6:30 PM
Wednesday 7:30 AM – 5:30 PM
Thursday 11:00 AM – 6:30 PM
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Friday 7:30 AM – 4:30 PM

Mechanicsville location:
7415 Lee Davis Road
Mechanicsville, Virginia 23111
Phone: 804-789-9475
Fax: 804-764-4953
Hours of Operation: Monday – Wednesday 7:30 AM – 7:00 PM
Thursday 11:00 AM – 7:00 PM
Friday 8:00 AM – 5:00 PM

Website: https://www.progressptmidlothian.com/

Services Provided: Offering a wide variety of physical therapies; for trans and non-binary community members, specializing in bladder/bowel dysfunction, pelvic or abdominal pain, sexual dysfunction, and post-surgical care for top and bottom gender affirming surgeries. Medicare and most insurances accepted except Medicaid and Optima. Sliding scale fee available.

Seven Hills Family Medicine
9 West Grace Street
Richmond, Virginia 23220
Phone: 804-376-9441
Email: taras@sevenhillsfamilymedicine.com
Website: https://www.sevenhillsfamilymedicine.com/

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

Services Provided: Primary care services, gender affirming care including HRT, OB/GYN services. Telehealth services available.

Mary Stevenson, MD
VCU Health Mayland Medical Center
3470 Mayland Court
Richmond, Virginia 23233
Phone: (804) 527-4540
Fax: (804) 527-4201
Website: https://www.vcuhealth.org/find-a-provider/mary-stevenson

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

Services Provided: Endocrinology services, including hormone therapy for transition for adults and youth ages 16 and above (youth must be accompanied by an adult). New patient visits in person, but follow-up appointments can be virtual/video. MAARTI video interpretation is available for language access other than English. Medicaid, Medicare, and most insurances accepted.

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:
Virginia Transgender Resource and Referral List

1122 North 25th Street
Richmond, Virginia 23223
Phone: 804-508-6045
Fax: 804-355-5216
Email: tgnbservices@vlpp.org
Website: https://www.plannedparenthood.org/planned-parenthood-virginia-league/for-patients/transgender-services, also see https://drive.google.com/file/d/1s1Cp_ZgzoZXYRhPWJOsDRSe2GY0Dyy3t/view for more details about available services at VLPP.

Hours of Operation: Monday – Saturday, by appointment only.
Hours vary depending on schedule, 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 for most services, so long as the patient is physically located in Virginia. 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
4807 Hermitage Road. Suite 203
Richmond, VA 23227
Phone: 804-750-3641
Fax: 815-425-8519
Email: clearwatercounselingrv@gmail.com
Website: http://www.ccwsrvacom/
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.
Inner Odyssey Counseling, LLC
10431 Patterson Avenue
Henrico, Virginia 23238
Phone: 804-692-6957
Website: https://www.innerodysseycounseling.com/
Email: jmize@innerodysseycounseling.com
Hours of Operation: Contact for appointment.
Services Provided: Individual and group psychotherapy and counseling for adults 18 and above, relationship counseling, letters to support gender confirmation surgery. Sliding scale fee available.

Innovative Care, LLC
1108 East Main Street, 7th Floor
Richmond, Virginia 23219
Phone: 804-608-6577
Fax: 855-700-5593
Email: referrals@innovativecarellc.com
Website: https://sites.google.com/view/innovative-care-llc or https://www.innovativecarellc.com
Hours of Operation: As scheduled, based on appointments.
Services Provided: Individual, group, and family psychotherapy and counseling for youth and adults, psychological evaluations, letters for gender confirmation surgeries, letters to support ADA accommodations for emotional support animals. Services available in Spanish, and most services are available virtually or in person. Medicaid and many insurances accepted.

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: aaloach@healthbrigade.org
Hours of Operation: Monday – Friday, by appointment only.
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Services Provided: Psychotherapy and counseling, psychoeducation, trauma processing, substance counseling, letters to support gender confirmation surgery (GCS).

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.

Prince KittyCo., LLC
Andrea Gehlich, LCSW
4807 Hermitage Road, Suite 202
Richmond, Virginia 23227
Phone: 804-396-4161
Website: https://www.princekittyco.com/
Hours of Operation: By appointment.
Services Provided: Individual and group psychotherapy and counseling for youth and adults, neurodivergent autism/ADHD assessments (formal Dx and/or identity support), and support services. No insurance is accepted, but sliding scale fee is available.

The Properties of Light, LLC
Rachel Boggan, LCSW
Vee Lamneck, MSW, Supervisee in Social Work
PO Box 7017
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
4807 Hermitage Road, Suite 203
Richmond, Virginia 23227
Phone: 804-373-7957
Email: info@camillerudneylcsw.com
Website: https://www.camillerudneylcsw.com/
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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 psychotherapy and counseling for adults. Specializing in working with trans and queer individuals. Evaluations and letter writing for gender affirming care. Services available in person for local residents and statewide via telehealth.

EASTERN VIRGINIA

Transfeminine Social Support Group
Meets at The LGBT Life Center
5360 Robin Hood Rd, Suite 202
Norfolk, Virginia 23513
Phone: 757-640-0929
Email: stephchic88@gmail.com or info@LGBTlifecenter.org
Website: https://lgbtlifecenter.org/events/
Hours of Operation: Meeting via Zoom: 1st Thursdays of each month 6:30 PM – 8:00 PM
Meeting in-person: 3rd Thursdays of each month 6:30 PM – 8:00 PM
Services Provided: This group is a peer-facilitated social support group in Hampton Roads for transgender women and transfeminine people (ages 18+).

LGBT Life Center
5360 Robin Hood Road
Norfolk, Virginia 23513
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 8:00 AM – 8:00 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: ddavis@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.

Thriving Transmen of Color
Phone: 804-505-5013
Email: thrivingtransmenofcolor@gmail.com
Website: https://www.thrivingtransmenofcolor.org/, see also https://www.facebook.com/THRIVINGTRANSMENOFCOLOR
Hours of Operation: Monday and Tuesday 8:00 am – 10:00 am
Wednesday – Friday 7:00 pm – 9:00 pm
Services Provided: Needs based mutual aid (transportation assistance, rental assistance, food assistance, gently used clothes), community education, mentorship.

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/
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/, 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:
Virginia Transgender Resource and Referral List

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/
Hours of Operation: Monday – Friday 8:30 AM – 5:00 PM
Services Provided: Birth certificate amendments, all real estate, and other legal issues.

Medical

**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
Website: http://www.vdh.virginia.gov/chesapeake/

Hours of Operation: Monday – Friday 8:15 AM – 5:00 PM
Services Provided: STD Clinic, immunizations, family planning, and HIV and STD testing for both youth and adults. Language translation services available.

**Choices Clinic**
891 Norfolk Square
Norfolk, Virginia 23502
Phone: 757-461-0011
Fax: 757-461-5762
Email: twlgbt@gmail.com

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

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.

**Empowering Transgender Services, Inc.**
135 Kings Way, Suite 100
Hampton, Virginia 23669
Phone 757-765-5940
Email: rosariomatthew@empoweringtransgenderserv.org
Website: [http://www.empoweringtransgenderserv.org/](http://www.empoweringtransgenderserv.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 Public Health**
Dr. Annie Williams – 757-355-5671
830 Southampton Avenue, Suite 200 (Nursing Dept.)
Norfolk, Virginia 23510
Phone: Call 757-683-2800 to make an appointment for STD testing, Immunizations, PrEP, family Planning, and general questions.

Call 757-683-2432 for PrEP questions.
Fax: 757-683-9211
Website: [https://www.norfolk.gov/153/Public-Health](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.

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/](http://www.riverpointehc.com/)

Hours of Operation: 24/7

Services Provided: Nursing home care, inpatient physical therapy, occupational therapy. Most insurances accepted.

**Virginia League for Planned Parenthood, Hampton Roads Clinic**
403 Yale Drive
Hampton, Virginia 23666
Phone: 757-826-2079
Virginia Transgender Resource and Referral List

Fax: 804-355-5216
Hours of Operation:  Monday – Friday 9:00 AM – 5:00 PM
By appointment only. Hours vary from week to week; please call.
Email: tgnbservices@vlpp.org
Website: https://www.plannedparenthood.org/planned-parenthood-virginia-league/for-patients/transgender-services, also see https://drive.google.com/file/d/1s1Cp_ZgzoZXYRhPWJ0sDRSe2GY0Dyy3t/view for more details about available services at VLPP.

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: tgnbservices@vlpp.org
Website: https://www.plannedparenthood.org/planned-parenthood-virginia-league/for-patients/transgender-services, also see https://drive.google.com/file/d/1s1Cp_ZgzoZXYRhPWJ0sDRSe2GY0Dyy3t/view for more details about available services at VLPP.

Hours of Operation:  Monday – Friday 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.

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: OB/GYN services, hormone replacement therapy, and other support services, including surgical and psychiatric referrals. Medicaid and 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.

Michael Bailey, DSW, LCSW
1215 Lead Street
Norfolk, Virginia 23504
Virginia Transgender Resource and Referral List

Phone: 804-929-9796
Email: drmichaelbailey@gmail.com
Hours of Operation: Monday – Thursday 9:00 AM – 5:00 PM
Services Provided: Gender affirming individual psychotherapy and counseling for youth and adults, via telehealth. Other services include psychological evaluation and letters to support gender affirmation surgery and hormones. Services are available in French and Creole in addition to English. Medicaid, Medicare, and many insurances accepted; please contact for details.

Balance Health
6275 East Virginia Beach Boulevard, Suite 303
Norfolk, Virginia 23502
Phone: 757-626-3733
Fax: 757-626-3331
Website: http://www.balancebehavior.com/
Hours of Operation: Monday – Thursday 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.

Andrea Latell, LPC
25 Office Park Drive, Suite 2
Kilmarnock, Virginia 22482
Phone: 804-435-7355
Email: alatell@hotmail.com
Website: https://www.andrealatelllp.com/
Hours of Operation: Monday – Thursday 9:00 AM – 6:00 PM
Services Provided: Psychotherapy and counseling for children, adolescents, adults, families, and couples. Services available both in person and virtually. Can provide letters to support gender confirmation surgery and hormones. All insurances accepted, including Medicaid. Medicare will be accepted in January 2024.

The Mahogany Projek
1545 Crossways Boulevard, Suite 250
Chesapeake, Virginia, 23320
Phone: 757-945-4005
Fax: 757-945-4003
Virginia Transgender Resource and Referral List

Website: [https://www.themahoganyprojek.com](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. Virtual services only at this time.

OutKind Counseling
Shawn Patrick McNulty, LPC, CGCS, M.Ed.
204 Packets Court
Williamsburg, Virginia 23185
Phone: 757-204-1785
Email: abinder@outkindcounseling.com
Website: [https://outkindcounseling.com/](https://outkindcounseling.com/)
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 Spring 2024. Many insurances and Medicaid accepted.

Protect Your Peace Psychiatry
900 Commonwealth Place, Suite 2062
Virginia Beach, Virginia 23464
Phone: (252) 621-2453
Fax: (757) 432-3561
Website: [https://www.protectyourpeacepsych.com/](https://www.protectyourpeacepsych.com/)
Hours of Operation: Monday – Friday, by appointment.
Services Provided: Psychiatric services including medication management, individual psychotherapy and counseling for adults, letters of support for gender affirming care. Many insurances accepted. All services currently via telehealth.

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](http://www.seekyourserenity.com)
Hours of Operation: Tuesday and Thursday 10:00 AM – 5:00 PM
   - Wednesday 10:00 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.
Writer’s BloQ Therapeutic Solutions
Phone: 757-301-1185
Email: info@writersbloqtherapy.com
Website: http://writersbloqtherapy.com/
Hours of Operation: By appointment.
Services Provided: Psychotherapy and counseling for adults, sex therapy, relationship counseling, couples counseling, gender affirmation letters. Multiple insurances accepted and sliding scale fee available. Services are virtual, and in-home/travel is available as an option.

Northern Virginia

Impacto LGBT
Meets at Clarendon Presbyterian Church
1305 North Jackson Street
Arlington, Virginia 22201
Phone: 703-725-4990
Email: info@impactolgbt.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 of Washington, DC (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.

NovaSalud, Inc.
2946 Sleepy Hollow Road, Suite 3C
Falls Church, Virginia 22044
Virginia Transgender Resource and Referral List

Phone: 703-533-1858
Fax: 703-533-1870
Website: [https://www.novasaludinc.org/](https://www.novasaludinc.org/)
Hours of Operation: Monday – Friday 9:00 AM – 5:00 PM
Services Provided: Free HIV, hepatitis, and STI testing, free condoms and other harm reduction supplies, navigation to PrEP and nPEP services, evidence-based group and individual health programs tailored for trans people including T-SISTA and CLEAR, health education and risk reduction counseling, individual and group psychotherapy and counseling services, psychological evaluation, referrals for housing, food vouchers, and other social support services. Services available in Spanish and English.

**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/](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
Phone: 202-460-6002 and 703-371-3622
Email: tgea4u@yahoo.com and revemmachattin@gmail.com
Website: [http://www.tgeagw.org/](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. TGEA can also provide speakers to organizations or community groups for outreach and/or education.

Legal

Amanda S. Feldman, Esq.
Reese Law P.C.
3050 Chain Bridge Road, Suite 510
Fairfax, Virginia 22030
Phone: 703-279-5140
Fax: 703-279-5141
Email: afeldman@reese.law
Website: https://www.reeselawoffice.com/amanda-feldman.html
Hours of Operation: Monday – Friday 9:00 AM – 5:00 PM
Services Provided: Legal services in DC and VA, including name and gender marker change assistance, family law.

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.diabetesandendocrinerecareassociates.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
Virginia Transgender Resource and Referral List

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: Monday 3:00 PM – 7:00 PM
                      Tuesday 8:00AM – 12:00 PM
                      Wednesday 8:00AM – 12:00 PM, and every 1st & 3rd Wed. afternoon 2:30 PM – 5:30 PM
                      Clinic is by appointment only.
Services Provided: STD screening/treatment, including cultures for herpes simplex 2; 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
Lee I. Blecher, MD
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, psychotherapy & counseling. OB/GYN services including IUS, contraceptive implants, and colposcopy. 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
Virginia Transgender Resource and Referral List

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/
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
Website: http://www.vdh.virginia.gov/prince-william/
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.
Virginia Transgender Resource and Referral List

**Mental Health**

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

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

**Hours of Operation:**
- Tuesday 12:00 PM – 8:00 PM
- Wednesday 10:00 AM – 5:00 PM
- Thursday 12:00 PM – 6:00 PM

**Services Provided:** Individual psychotherapy and counseling.

**Anne L. Edwards, Psy.D.**
Phone: 703-509-6753
Fax: 866-871-2234
Email: dr.aledwards@raisemewell.com
Website: [http://www.raiseyourwellness.com/](http://www.raiseyourwellness.com/)

**Hours of Operation:** Monday – Friday 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. All services are virtual only.

**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/](https://www.ngcgrp.com/)
Email: clientcare@ngcgrp.com
Virginia Transgender Resource and Referral List

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](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.

**Potomac Center**
5500 Holmes Run Parkway, Suite C4
Alexandria, Virginia 22304
Phone: 703-379-7350
Fax: 703-379-7352
Email: admin@potomaccenter-inc.com
Website: [https://mypotomaccenter.com/](https://mypotomaccenter.com/)
Hours of Operation:  Monday – Saturday, variable hours
Services Provided: Individual psychotherapy and counseling for youth and adults, psychological evaluation.  Dr. Giles can provide letters for gender affirming hormone therapy and/or surgeries.  Services available in Thai.  Most insurances accepted.

**Shawn Rubin, Psy.D.**
Licensed Clinical Psychologist
8608 Pepperdine Drive
Fairfax, Virginia 22180
Phone: 510-725-7600
Email: shawn@shawnrubin.com
Website: [http://www.shawnrubin.com](http://www.shawnrubin.com)
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.
AIDS Response Effort
Laura Arellano
124 West Piccadilly Street
Winchester, Virginia 22601
Second Office:
1104 Amherst Street Suite 200
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 – 5:00 PM
Services Provided: Free HIV/STI testing, free rapid HIV/HCV testing, linkage to care & treatment, condom distribution program including free external and internal condoms and dental dams, RW services, RW housing services, medical case management for people living with HIV, PrEP navigation, linkage to care. Testing & prevention 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 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
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. See Facebook page for other upcoming events.

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
Virginia Transgender Resource and Referral List

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: Circe Strauss and Charley Burton
1101 East High Street
Charlottesville, Virginia 22902
(corner of 10th & Jefferson)
Email: pflagbr@gmail.com or cvilletranspeergroup@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.
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/
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
Virginia Transgender Resource and Referral List

Greenwood, Virginia, 22943
Phone: 828-243-4690
Email: jenny@harmonyspeech-language.com
Website: 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 kim.whetzel@hburgch.org
Website: http://www.hburgchc.org/
Hours of Operation: Monday – Friday 8:00 AM – 4:30 PM, Call for appointment.
Services Provided: HIV testing, support services (must be HIV+ to be eligible for support services) including food pantry, housing assistance, individualized medical case management, and transportation. Primary medical care and dental care. Income-based Sliding Fee Discount Program available.

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
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. Telehelth can be provided. Medicaid and most major insurance plans accepted.
Virginia Transgender Resource and Referral List

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. Also offering the full spectrum of affirming genital surgery. This includes robot-assisted peritoneal flap vaginoplasty, shallow depth vaginoplasty, metoidioplasty, vaginectomy, and phalloplasty.

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
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
Emails: Flora Vassilev: FV4FD@uvahealth.org, Joanna Lott: JL4BW@uvahealth.org, and Casey Resnick: CCP3C@uvahealth.org
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.
Virginia Transgender Resource and Referral List

**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**

25 Myers Corner Drive  
Staunton, Virginia 24401  
Phone: 540-688-2646  
Fax: 540-688-2656  
Email: questions@getbacktoyou.com  
Website: [https://www.getbacktoyou.com/](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/](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)  
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
Virginia Transgender Resource and Referral List

Email: leighfreilich@icloud.com
Hours of Operation: Monday – Friday 9:00 AM – 6:00 PM
Services Provided: Individual psychotherapy & counseling for adults, couples counselling, letters for hormones and surgeries, assessment and diagnosis, referrals to trans-affirming medical care. EMDR certified. Self-pay only (no insurances), and will complete out-of-network forms for reimbursement by all 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
Email: Carmen Greiner at cgreiner@lhcfxbg.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.
Virginia Transgender Resource and Referral List

Shield; can provide documentation to submit for reimbursement for other out-of-network plans.

**River Lily Counseling, LLC**
Laura Syzikowski, MS, LPC, CPSC
174 Round Hill School Road
Fort Defiance, Virginia 234437
Phone: 540-524-2224
Website: [https://www.riverlilycounseling.com/](https://www.riverlilycounseling.com/)
Hours of Operation: Monday – Friday 9:00 AM – 5:00 PM
*Services Provided:* Individual and group telehealth counseling for adults and youth ages 13 and above. Same-day assessments and letters to support gender affirming surgeries. 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/](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/](https://www.eliotsinger.com/)
Hours of Operation: Monday – Friday 9:00 AM – 6:00 PM
*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 208B, #3
Charlottesville, Virginia 22902
Phone: 434-205-4502
Fax: 434-270-7438
Email: allisonsplaunphd@gmail.com
Website: [http://www.allisonsplaunphd.com/](http://www.allisonsplaunphd.com/)
Hours of Operation: Tuesday – Friday 9:00 AM – 5:00 PM
*Services Provided:* Individual and family psychotherapy and counseling for youth and adults, psychological evaluation, evaluation for letters of support for hormone therapy and gender confirmation surgery.
The Women’s Initiative
Jefferson School City Center
233 4th Street NW, Room 255-B
Charlottesville, Virginia 22903
Phone: (434) 872-0047
Fax: 434-202-7694
Website: http://thewomensinitiative.org/
Hours of Operation: Monday, Wednesday, & Friday: 9:00 AM to 5:00 PM
Tuesday & Thursday: 9:00 AM to 8:00 PM
For the Walk-in Clinic:
Mondays 10:00 AM – 12 PM at Westhaven Nursing Clinic
803 Hardy Drive, Charlottesville, Virginia 22903
Tuesdays 9:00 AM – 12:00 PM at Jefferson School City Center (satellite office)
233 4th Street NW, Room 255-B, Charlottesville, Virginia 22903
Wednesdays 2:00 PM – 5:00 at The Women’s Initiative (main office)
1101 E. High Street, Suite A, Charlottesville, Virginia 22902
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

Southwest 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 and linkage to care; resources and
referrals for those HIV and/or HCV positive and for those at risk; HIV and Hepatitis C case management; Ryan
White Services; CHARLII Services; Consumer Advisory Board meeting/support group; Harm Reduction Services.

TransParent USA, Roanoke Valley Chapter
Email: Roanoke.VA@transparentusa.org
Website: https://transparentusa.org/

Hours of Operation:  Second Tuesday of each month, 6:30 PM – 8:00 PM


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/

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.
Virginia Transgender Resource and Referral List

Mental Health

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

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 foundation trained. Medicaid, Medicare, and many insurances accepted. Sliding scale fee available.

WASHINGTON D.C./MARYLAND

Trans Maryland
Email: info@transmaryland.org
Website: https://transmaryland.org/
Hours of Operation: No set hours or days; please contact to arrange times for assistance.
Services Provided: Name and gender marker change program (peer to peer with cost assistance), resource navigation, other support services. Services are free of charge, although donation are accepted to support programming.

Medical

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
Virginia Transgender Resource and Referral List

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, microdermabrasion, and mesotherapy treatments.

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: 202-994-7360
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, also general voice therapy, accent modification, acquired neurological disorders, feeding disorder, fluency disorder, hearing health care, language disorder literacy, social communication disorder, voice.

Whitman-Walker Health
Health Center
1525 14th Street, N.W.
Washington, D.C. 20005
Hours of Operation: Monday – Thursday 8:30 AM – 12:30 PM and 1:30 PM – 5:30 PM
Friday 8:30 AM – 12:30 PM and 2:30 – 5:00 PM
Max Robinson Center
2301 Martin Luther King Jr. Avenue, SE
Washington, D.C. 20020
Hours of Operation: Monday – Friday 8:30 AM – 6:30 PM
Phone: 202-745-7000
Fax: 202-332-1049
Website: http://www.whitman-walker.org/
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.
Virginia Transgender Resource and Referral List

Mental Health

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

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
3000 Connecticut Ave., NW, Suite 406
Washington, D.C. 20008
Phone: 202-364-1575 ext. 104
Fax: 202-770-1575
Email: mhendricksphd@gmail.com
Website: https://mhendricksphd.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
STATED WIDE

LGBTQ Partner Abuse and Sexual Assault Helpline
Virginia Sexual and Domestic Violence Action Alliance
1411 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
Email: info@vsdvalliance.org
Website: 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 VA)
Contact: De Sube
Phone: 757-563-4784
Fax: 757-499-0106
Email: transactivistva@gmail.com
Website: https://www.tapvirginia.org/
Hours of Operation: Daily 9:00 AM – 5:00 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.
Virginia Transgender Resource and Referral List

**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/](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**
1005 Hayfield Lane
Greensboro, North Carolina 27410
Phone: 336-609-6258
Fax: 336-232-1371
Email: kevin@prismaticspeech.com
Website: [https://prismaticspeech.com/](https://prismaticspeech.com/)
Hours of Operation: Sunday - Thursday 10:00 AM – 5:00 PM
Services Provided: Transgender vocal training, habilitative voice therapy. Services available online in 15+ states including Virginia (statewide), North Carolina, New Jersey, and Pennsylvania. Full list of states and free 30-minute consultations available on our website!

**TruVoice Lessons, LLC**
Phone: 888-318-7267
Email: contact@truvoicelessons.com
Website: [https://www.truvoicelessons.com/](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**

**Jonathan Lebolt, PhD, LCSW, CGP**
38 Cerone Court
West Orange/Essex, New Jersey 07052
Phone: 973-524-4917
Website: [https://doctor-jon.com/](https://doctor-jon.com/)
Hours of Operation: Monday – Friday 10:00 AM – 6:00 PM
Services Provided: Individual, couples, and group psychotherapy for adults. Sliding scale fee available and will file out of network claims for clients.