

The page features a decorative graphic consisting of several overlapping circles in various shades of blue (light, medium, and dark) and thin blue lines that intersect to form a triangular shape in the upper right quadrant. The circles are arranged in a way that they appear to be floating or overlapping each other.

# **Virginia Transgender Resource and Referral List**

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

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

Updated December 3, 2024

# Virginia Transgender Resource and Referral List

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## D I S C L A I M E R

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](mailto:ted.heck@vdh.virginia.gov) or 804-864-8012.

# 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>

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

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

Services Provided: Information and referrals to community resources; additional resources available on website.

Community education, outreach, and advocacy.

### He She Ze and We

Website: <http://heshezewe.org>

Email: [shannon@heshezewe.org](mailto: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/) 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](mailto: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/>

Email: [honoringchoicesvirginia@ramdocs.org](mailto: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

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Fax: 866-681-0490

**Hotline:** 804-458-2840

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

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

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>

Hours of Operation: The 2<sup>nd</sup> & 4<sup>th</sup> 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](mailto:nationzfoundation@nationzfoundationrva.org)

Website: <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** – 1<sup>st</sup> and 3<sup>rd</sup> Friday of each month

Services Provided: Health promotion and outreach in lesbian, gay, bisexual, transgender, and queer communities of Richmond including HIV prevention education, cancer awareness, HIV testing, 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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### **Peter's Place RVA Recovery**

Richmond, Virginia

Phone: 804-298-0706

Email: [jayden@petersplacervarecovery.org](mailto: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](mailto: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](mailto: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](mailto:serenity9977@yahoo.com)

Website: <http://www.serenity-crater.org/>

Hours of Operation: Monday – Thursday 9:00 AM – 4:00 PM, Friday 9:00 AM – 12:00 PM, please schedule an appointment, if possible.

Services Provided: Serenity provides services to people living with HIV/AIDS and those at risk for HIV infection. A variety of support and educational services are available to transgender community members, as well as referrals

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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](mailto:info@sidebysideva.org)

Website: <http://www.sidebysideva.org>. Also see <https://www.facebook.com/sidebysideva/>.

Instagram: <http://instagram.com/sidebysidevirginia>

Hours of Operation: Monday – Thursday 9:00 AM – 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>

**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](mailto: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: [vavpadvocacyandservices@virginiaavp.org](mailto:vavpadvocacyandservices@virginiaavp.org)

Text: 804-793-9999

**LGBTQ Helpline Line: 1-866-356-6998**

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

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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.baryl原因.com/faqs/NGCGen>

Information about qualifications for free assistance: <https://www.baryl原因.com/faqs/fees>

Appointments: <https://www.baryl原因.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](mailto:rusty@chirofactorrva.com)

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

Hours of Operation: Monday, Tuesday, Thursday, and Friday 1:00 PM – 7:00 PM

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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](mailto: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.ginurse.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

Lori Landes, MD PhD

4730 East Southside Plaza

Richmond, Virginia 23223

Phone: 804-230-7777

Fax: 804-230-2071

Email: [suzanne.giunta@vcuhealth.org](mailto: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.



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### 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](mailto: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](mailto: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](mailto: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](mailto: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:

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1122 North 25<sup>th</sup> Street  
Richmond, Virginia 23223  
Phone: 804-508-6045  
Fax: 804-355-5216

Email: [tgnbservices@vlpp.org](mailto: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](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](mailto: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: [clearwatercounselingrva@gmail.com](mailto:clearwatercounselingrva@gmail.com)

Website: <http://www.ccwsrva.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.

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### **Inner Odyssey Counseling, LLC**

10431 Patterson Avenue  
Henrico, Virginia 23238  
Phone: 804-692-6957

Website: <https://www.innerodysseycounseling.com/>

Email: [jmize@innerodysseycounseling.com](mailto: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, 7<sup>th</sup> Floor  
Richmond, Virginia 23219  
Phone: 804-608-6577

Fax: 855-700-5593

Email: [referrals@innovativecarellc.com](mailto: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: [alaoch@healthbrigade.org](mailto:alaoch@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](mailto: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**

Angelica Gehlich, LCSW (she/they)  
Address upon request.  
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. Queer/Gender-affirming consultations/trainings for businesses/companies. No insurance is accepted, but sliding scale fee is available. Accepts exchange/trade as appropriate.

### **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](mailto: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.

### **Richmond Restorative Therapy**

5700 West Grace Street, Suite 104  
Richmond, Virginia 23226  
Phone: 804-551-7324  
Fax: 804-359-0029

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Email: [cmclaughlin@richmondrestorativetherapy.com](mailto:cmclaughlin@richmondrestorativetherapy.com)

Website: <https://www.richmondrestorativetherapy.com/>

Hours of Operation: Monday – Friday 9:00 AM – 7:00 PM

Services Provided: Psychotherapy and counseling for individuals, families, and groups, including services for youth and adults. Other services include Reiki. Services available in-person or via telehealth. Many insurances accepted including some Medicaid plans; please contact to determine insurance coverage.

### **Camille Rudney, LCSW**

4807 Hermitage Road, Suite 203

Richmond, Virginia 23227

Phone: 804-373-7957

Email: [info@camillerudneylcsw.com](mailto: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](mailto: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.

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

### **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](mailto: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;

## Virginia Transgender Resource and Referral List

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](mailto: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: 3<sup>rd</sup> 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.

### Southeastern Transgender Resource Center

2418 Granby Street

Norfolk, Virginia 23517

Phone: 757-937-3196

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

Thursday – Friday 10:00 AM – 5:30 PM

Email: [setranscenter@gmail.com](mailto:setranscenter@gmail.com)

Website: <https://www.southeasterntranscenter.org/>

Services Provided: Peer support groups, art therapy group, gender marker change support, insurance enrollment assistance, job search assistance, 3-month housing program, GED program, clothing closet, food pantry, case management, mental health counseling, safe community space.

### Thriving Transmen of Color

Phone: 804-505-5013

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

### 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](mailto:stephchic88@gmail.com) or [info@LGBTlifecenter.org](mailto:info@LGBTlifecenter.org)

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

## Virginia Transgender Resource and Referral List

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+).

### 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](mailto: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:

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](mailto: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



## Virginia Transgender Resource and Referral List

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

Website: <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](mailto:rosariomatthew@empoweringtransgenderserv.org)

Website: <http://www.empoweringtransgenderservices.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

## Virginia Transgender Resource and Referral List

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>

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/>

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

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](mailto: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](https://drive.google.com/file/d/1s1Cp_ZgzoZXYRhPWJOsDRSe2GY0Dyy3t/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](mailto: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](https://drive.google.com/file/d/1s1Cp_ZgzoZXYRhPWJOsDRSe2GY0Dyy3t/view) for more details about available services at VLPP.

## Virginia Transgender Resource and Referral List

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  
Phone: 804-929-9796  
Email: [drmichaeldailey@gmail.com](mailto:drmichaeldailey@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

## Virginia Transgender Resource and Referral List

Portsmouth, Virginia 23704

Phone: 757-392-2334

Email: [ewilliams@myghs.net](mailto:ewilliams@myghs.net) or [glasgow@myghs.net](mailto:glasgow@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](mailto:alatell@hotmail.com)

Website: <https://www.andrealatellpc.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

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. 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](mailto:abinder@outkindcounseling.com)

Website: <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.

## Virginia Transgender Resource and Referral List

### **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/>

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](mailto:angela@seekyourserenity.com)

Website: <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.

### **Truth & Purpose Counseling**

Kaye-Loni Johnston, LMFT

397 Little Neck Road, #3300, Suite 230

Virginia Beach, Virginia 23452

Phone: 804-537-0579

Email: [kjohnston@truthpurposecounseling.com](mailto:kjohnston@truthpurposecounseling.com)

Website: <https://www.truthpurposecounseling.com/>

Hours of Operation: By appointment.

Services Provided: Psychotherapy and counseling for youth and adults, couples and family counseling. Can provide assessment for referral letters for hormone therapy and/or surgery. Services available in Tagalog. Many insurances accepted. If self-pay, sliding scale fee and/or payment plan may be negotiated.

### **Virginia Beach Counseling and Wellness**

1553 Bradford Road, Suite 102

Virginia Beach, Virginia 23455

Phone: 757-453-2144

Hours of Operation: Daytime and evenings, weekends by appointment.

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

## Virginia Transgender Resource and Referral List

Services Provided: Psychotherapy and counseling for youth and adults, letters to support gender affirming medical care. Some insurances accepted.

### Writer's BloQ Therapeutic Solutions

Phone: 757-301-1185

Email: [info@writersbloqtherapy.com](mailto: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.

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

### Impacto LGBT

Meets at Clarendon Presbyterian Church

1305 North Jackson Street

Arlington, Virginia 22201

Phone: 703-725-4990

Email: [info@imapacto.org](mailto: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 1<sup>st</sup> and 3<sup>rd</sup> 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](mailto:transmagicdc@gmail.com)

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

Hours of Operation: 1<sup>st</sup> Friday of each month 8:00 PM – 10:00 PM on Zoom

3<sup>rd</sup> 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.

## Virginia Transgender Resource and Referral List

### **NovaSalud, Inc.**

2946 Sleepy Hollow Road, Suite 3C  
Falls Church, Virginia 22044  
Phone: 703-533-1858  
Fax: 703-533-1870

Website: <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](mailto: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@safespacnova.org](mailto:jordan@safespacnova.org)

Website: <http://safespacnova.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 Chatten

Meets at: Metropolitan Community Church of Northern Virginia

10383 Democracy Lane

Fairfax, VA 22030

Mailing Address: 5765F Burke Centre Parkway, Suite 167  
Burke, Virginia 22015

Phone: 202-460-6002 and 703-371-3622

Email: [tgea4u@yahoo.com](mailto:tgea4u@yahoo.com) and [revenmachatten@gmail.com](mailto:revenmachatten@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

## Virginia Transgender Resource and Referral List

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](mailto: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.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



## Virginia Transgender Resource and Referral List

### Skintelligence Spa:

421 Church Street, NE, Suite A  
Vienna, Virginia 22180  
Phone 703-255-7237

Email: [maureenschantz@gmail.com](mailto:maureenschantz@gmail.com)

Website: <http://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 1<sup>st</sup> & 3<sup>rd</sup> 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 - 4<sup>th</sup> generation testing only.

### Azure Dream Day Spa

901 North Quincy Street  
Arlington, Virginia 22203

Phone: 703-243-4343

Email: [manager@azuredreamspa.com](mailto: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

Kati Wilkowski, MD MS

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

## Virginia Transgender Resource and Referral List

scale fee available. Services available in Spanish onsite. An interpreter service is available for other languages.

### **Jacob E. Kuperstock, MD**

3801 University Drive, 1<sup>st</sup> Floor

Fairfax, Virginia 22030

Phone: 703-383-7340

Fax: 703-383-7350

Websites: <http://www.facialdocs.com/> and <http://www.entmds.net/>

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.vhcephysianguroup.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

## Virginia Transgender Resource and Referral List

immunizations; family planning; tuberculosis screening; pregnancy testing. Sliding scale fee available; Medicaid, Medicare, and most insurances accepted. Spanish language services available.

### Mental Health

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

#### **Carolyn Dozier, LCSW**

207 Park Avenue, Suite B-3

Falls Church, Virginia 22046

Phone: 703-532-2424

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

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

Hours of Operation: Tuesday 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.**

Phone: 703-509-6753

Fax: 866-871-2234

Email: [dr.aledwards@raisemewell.com](mailto:dr.aledwards@raisemewell.com)

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

Hours of Operation: Monday – Friday 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](mailto:timothy@elliottmsw.com) or [sarah@elliottmsw.com](mailto:sarah@elliottmsw.com)

Website: <http://www.elliottmsw.com/>; <https://www.psychologytoday.com/us/therapists/sarah-lawson-arlington-va/925532>

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

## Virginia Transgender Resource and Referral List

Phone: 703-988-4236

Website: <https://www.ngcgrp.com/>

Email: [clientcare@ngcgrp.com](mailto: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](mailto: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.

### Potomac Center

5500 Holmes Run Parkway, Suite C4

Alexandria, Virginia 22304

Phone: 703-379-7350

Fax: 703-379-7352

Email: [admin@potomaccenter-inc.com](mailto:admin@potomaccenter-inc.com)

Website: <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](mailto:shawn@shawnrubin.com)

Website: <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.

# Virginia Transgender Resource and Referral List

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

### **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](mailto: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](mailto: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](mailto:fxbg.acts@gmail.com)

Website: <https://www.facebook.com/groups/896511383719908/>

Hours of Operation: Meets 1<sup>st</sup> 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](mailto: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](mailto:pflagbr@gmail.com) or [cvilletranspeergroup@gmail.com](mailto:cvilletranspeergroup@gmail.com)

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

Hours of Operation: Meets 3<sup>rd</sup> Saturday of the Month 5:30 PM – 7:00 PM

Services Provided: Support group for parents and families of transgender and gender variant youth. The C'Ville Trans Peer support group for trans-identified persons of all ages participates in the 1<sup>st</sup> half of the meeting, then the two groups break into separate meetings in two rooms. For more information, contact Circe at [neriad6@gmail.com](mailto:neriad6@gmail.com).

### **Power Safe Place Resource Center of Virginia**

P.O. Box 1849

Front Royal, Virginia 22630

Phone: 540-686-1280

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

## Virginia Transgender Resource and Referral List

### Shenandoah LGBTQ Center

13 West Beverly Street, 5<sup>th</sup> Floor

Staunton, Virginia 24401

Phone: 540-466-3320

Email: [hello@shenlgbtqcenter.org](mailto: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

Services Provided: Communication and voice therapy for the transgender population. Spanish language service available. Payment Plan Available.

#### 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: [jennye@harmonyspeech-language.com](mailto:jennye@harmonyspeech-language.com)

Website: <http://harmonyspeech-language.com>

Hours of Operation: Monday – Friday 10:00 AM – 7:00 PM, 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](mailto: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, 2<sup>nd</sup> 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. Telehealth 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](mailto:FV4FD@uvahealth.org), Joanna Lott: [JL4BW@uvahealth.org](mailto:JL4BW@uvahealth.org), and Casey Resnick: [CCP3C@uvahealth.org](mailto: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](mailto:questions@getbacktoyou.com)

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](mailto: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)  
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>

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](mailto: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](mailto: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](mailto: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 22407

Phone: (540) 907-0121

Fax: (866) 832-7890

Email: [admin@lhcfxbg.com](mailto:admin@lhcfxbg.com)

Website: <https://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. Can provide letters of support for hormone therapy and gender confirmation surgery. 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](mailto:therapy@katierichardlpc.com)

Website: <https://www.katierichardlpc.com/>

Hours of Operation: By appointment, currently via telehealth only.

## Virginia Transgender Resource and Referral List

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 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/>

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@elioticsinger.com](mailto:eliot@elioticsinger.com)

Website: <https://www.elioticsinger.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

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

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

## Virginia Transgender Resource and Referral List

### The Women's Initiative

Jefferson School City Center  
233 4th Street NW, Room 255-B

Charlottesville, Virginia 22903

Phone: (434) 872-0047

Fax: 434-202-7694

Website: <http://thewomensinitiative.org/>

Hours of Operation: Monday, Wednesday, & Friday: 9:00 AM to 5:00 PM

Tuesday & Thursday: 9:00 AM to 8:00 PM

For the Walk-in Clinic:

Mondays 10:00 AM – 12 PM at Westhaven Nursing Clinic  
803 Hardy Drive, Charlottesville, Virginia 22903

Tuesdays 9:00 AM – 12:00 PM at Jefferson School City Center (satellite office)  
233 4<sup>th</sup> Street NW, Room 255-B, Charlottesville, Virginia 22903

Wednesdays 2:00 PM – 5:00 at The Women's Initiative (main office)  
1101 E. High Street, Suite A, Charlottesville, Virginia 22902

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 3<sup>rd</sup> Saturday of each month. See listing on p. 24 for *PFLAG Blue Ridge: Charlottesville Support Group*.

## S O U T H W E S T V I R G I N I A

### The Drop-In Center of the Council of Community Services

356 Campbell Avenue, SW

Roanoke, Virginia 24016

Phone: 540-982-2437

Fax: 540-342-2204

Hotline Number: 540-982-2437

Email: [dropnctr@councilofcommunityservices.org](mailto:dropnctr@councilofcommunityservices.org)

Website: [www.councilofcommunityservices.org/programs/drop-in-center](http://www.councilofcommunityservices.org/programs/drop-in-center)

Hours of Operation: Monday, 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.

## Virginia Transgender Resource and Referral List

### **TransParent USA, Roanoke Valley Chapter**

Email: [Roanoke.VA@transparentusa.org](mailto: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. Meets virtually via Zoom. Please email for connection information.

### **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](mailto: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](mailto: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.

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

### **Trans Maryland**

Email: [info@transmaryland.org](mailto: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 donations 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](mailto: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.

### 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](mailto:lindas@gwu.edu)

Website: <http://departments.columbian.gwu.edu/speechhearing/center>

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

Services Provided: Voice training for the transitioning voice, 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 14<sup>th</sup> 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](mailto: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](mailto:kthoma36@jhmi.edu) or [katesxdoc@gmail.com](mailto: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](mailto:azurn2@aol.com)

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

Services Provided: Individual/couples psychotherapy and counseling

# Virginia Transgender Resource and Referral List

## S T A T E W I D E

### **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](mailto: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](mailto: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](mailto: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**

1005 Hayfield Lane  
Greensboro, North Carolina 27410  
Phone: 336-609-6258  
Fax: 336-232-1371

Email: [kevin@prismaticspeech.com](mailto:kevin@prismaticspeech.com)

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

Hours of Operation: Sunday - Thursday 10:00 AM – 5:00 PM

Services Provided: Transgender vocal training, rehabilitative 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](mailto: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**

### **Jonathan Lebolt, PhD, LCSW, CGP**

38 Cerone Court  
West Orange/Essex, New Jersey 07052  
Phone: 973-524-4917

Website: <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.