



Virginia Transgender Resource and Referral List

Updated November 25, 2025

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.

If you need resources that are not included here, you are encouraged to contact Ted Heck at ted.heck@vdh.virginia.gov or 804-845-1722.

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

The Dandelion Hive

Richmond, Virginia

804-298-0706

Email: jayden@thedandelionhive.org

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

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

Services Provided: Trauma-informed recovery housing for LGBTQIA+ adults. Workshops, trainings, events and advocacy for LGBTQIA+ people in recovery and for professionals and others interested in supporting them.

Equality Virginia

PO BOX 17860

Richmond, Virginia 23226

Phone: 804-643-4816

Email: info@equalityvirginia.org

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

Hours of Operation: Monday – Friday

Services Provided: legislative advocacy, political advocacy, community engagement, civic engagement, public education.

He She Ze and We

Website: <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. Opportunities monthly 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, 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. Visit the 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/>

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

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POAs. Services are free for all Virginians.

The James House

6610 Commons Drive, Suite C

Prince George, Virginia 23875

Phone: 804-458-2704

Fax: 866-681-0490

Hotline: 804-458-2840

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

Email: helpline@thejameshouse.org

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

Friday by appointment only.

Services Provided: Education, support and advocacy for all people impacted by interpersonal violence. Services are provided remotely via Zoom and telephone or in person dependent on the need. 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 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

Fax: 804-716-7668

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

Food Pantry – Available by appointment.

Services Provided: Education, information, and services provided for LGBTQIA+ community members related to

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HIV prevention and overall health and wellness to inspire healthier lifestyle choices, and advocates for a more inclusive LGBTQIA+ community for individuals in Central Virginia. Services include free HIV/STI testing and treatment, reengagement in HIV care, PrEP, condom distribution, support groups, a food pantry, and referrals to other types of assistance.

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. 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, and all services are free.

Side by Side

2311 Westwood Ave.
Richmond, Virginia 23230
Phone: 804-644-4800, Ext. 105

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Email: info@sidebysideva.org

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

Facebook: <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 PM – 6:00 PM

Support Groups: Registration and current schedule can be found online at

<https://www.sidebysideva.org/support-groups>

Services Provided: Weekly in-person and virtual support groups for LGBTQ+ persons up to age 25. Referrals for affirming service providers (medical, legal, etc.). Housing and other types of emergency assistance also available, including some transition-related items. Trainings for service providers on how to best address needs of LGBTQ+ persons aged 25 and younger. Please see website for more information.

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: vavpadvocacyandservices@virginiaavp.org

Text: 804-793-9999

LGBTQ Helpline Line: 1-866-356-6998

Email: info@virginiaavp.org

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

Hours of Operation: Hours vary, except for LGBTQ Helpline, available every day 24 hours/day.

Services Provided: Advocacy and support services for LGBTQ-identified survivors of violence, including individual and group support, individual and systems advocacy, and accompaniment; relationship skills classes centered in queer/transgender identity experiences; training for professionals to deepen capacity in serving survivors of violence with diverse LGBTQ identities. Spanish language services available.

Legal

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

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Websites: General information about name changes in Virginia: <https://www.barylaws.com/faqs/NGCGen>

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

Appointments: <https://www.barylaws.com/appointments>

Services Provided: Legal services, gender marker changes.

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. Spanish language interpretation available in person and video translation services available for many other languages. Medicaid and most insurances accepted. Not currently accepting new patients.

ChiroFactor

3026A West Cary Street

Richmond, Virginia 23221

Phone: 804-999-8418

Email: rusty@chirofactorrva.com

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

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

Services Provided: Chiropractic and physiotherapy. 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

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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: 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

Lori Landes, MD PhD

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 Jordin: 804-358-6343, Ext. 1140

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 – Friday 9:00 AM – 5:00 PM

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. Patients must complete a financial screening first if they do not have health insurance. Medicaid is accepted for hormone replacement therapy.

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Jaemin Yoo, CCC-SLP, Speech-Language Pathologist

1300 East Marshall Street

Richmond, Virginia 23219

Phone: 804-628-0481

Email: jaemin.yoo@vcuhealth.org

Hours of Operation: Monday – Friday 7:00 AM – 3:30 PM

Services Provided: Gender affirming voice training. Services available in person or online. Interpretation for languages other than English through MARTII. Medicaid, Medicare, and most insurances accepted.

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

1807 Huguenot Road, Suite 103

Midlothian VA 23113

Phone: 804-389-0267

Email: docjamiemac@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 and urgent care services, 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

Friday 7:30 AM – 4:30 PM

Mechanicsville location:

7415 Lee Davis Road

Mechanicsville, Virginia 23111

Phone: 804-789-9475

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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 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. 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.

Tortoise Mental Health, PLLC

Lauren Connelly, PMHNP-BC

10431 Patterson Avenue

Henrico, Virginia 23238

Phone: 804-532-5147

Fax: 804-369-8818

Email: info@tortoisementalhealth.com

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

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

Services Provided: Psychiatric services including medication management and brief supportive therapy. Services available in-person and via telehealth across Virginia. Many commercial insurances accepted; sliding scale available; superbill can be provided for out of network submission. See website for more details.

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Virginia League For Planned Parenthood (VLPP)

Hamilton Health Center:

201 N. Hamilton Street
Richmond, Virginia 23221
Phone: 804-355-4358
Fax: 804-355-5216

East End Health Center:

1122 North 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://www.plannedparenthood.org/planned-parenthood-virginia-league> for more details about available services at VLPP.

Hours of Operation: Monday – Friday, 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, STI Testing. Telehealth available for selected services so long as the patient is physically located in Virginia. Medicaid and most major insurance plans accepted, including Tricare.

Mental Health

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

Athena Brewer, LMFT

The Known Heart LLC
513 Forest Avenue, Suite 203
Richmond, Virginia 23226
Phone: 206-886-8733

Email: info@athenabrewer.com

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

Hours of Operation: Monday – Friday 8:00 AM – 6:00 PM, by appointment only

Services Provided: Counseling, family therapy, and parent coaching, for families with children ages 3-18. Highly challenging behavior (including aggression/violence), attachment issues, adoption, ADHD, and autism. Skills based work (AutPlay, DBT, CBT), using attachment lens. Gender inclusive, neurodivergent-affirming evaluations for ADHD and autism. No insurances accepted, private pay only.

Sarah Charbonneau, LCSW

2405 W. Main Street, Suite 10
Richmond, VA 23220
Phone: 804-305-6536

Email: sarah@sarahscharbonneaulcsw.com

Virginia Transgender Resource and Referral List

Website: <https://www.psychologytoday.com/us/therapists/sarah-charbonneau-richmond-va/1274461>

Hours of Operation: Vary, by appointment only

Services Provided: Individual psychotherapy and gender affirming counseling for adults 18+, education and support. Provides resources and letters of support for gender affirming surgery. Services available in person and statewide via telehealth. Self pay/out of network. Member of WPATH; WPATH-certified Gender Specialist.

Inner Odyssey Counseling, LLC

10431 Patterson Avenue

Henrico, Virginia 23238

Phone: 804-691-6957

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

Email: jimize@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, 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

5540 Falmouth Street, Suite 100

Richmond, Virginia 23230

Phone: 804-665-4681

Fax: 888-379-2724

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

Hours of Operation: Monday – Friday 9:00 AM – 6:00 PM, by appointment only.

Services Provided: LGBTQ affirming counseling. Spanish language service available. Provides referral letters for hormone therapy and/or surgery. Can bill in-network to Aetna PPO, Cigna, and Optima/Sentara commercial plans. Unable to bill any Medicaid plans. Please contact for further insurance coverage details.

Ari Laoch, LPC, CRC, CBIST

Richmond Creative Counseling

Willow Lawn:

1900 Byrd Avenue

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Southside:

2550 Professional Road

North Chesterfield, Virginia 23235

Phone: 804-592-6311

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

Email: ari@richmondcreativecounseling.com, also info@richmondcreativecounseling.com

Hours of Operation: Vary, by appointment only.

Services Provided: Psychotherapy and counseling, psychoeducation, trauma processing, substance counseling, letters to support gender confirmation surgery (GCS).

Life Space Therapy Services

2614 West Cary Street

Richmond, Virginia 23220

Phone: 804-902-2354 – For a free 15 minute consultation and introduction.

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

Hours of Operation: By appointment.

Services Provided: Individual psychotherapy and counseling. Letters to support gender affirming care. Services available in Spanish. Medicaid and some insurances accepted; see website for additional details.

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: Tuesday – Thursday 8:30 AM – 5:00 PM

Friday by appointment

Saturday 8:30 AM – 5:00 PM

Services Provided: Individual psychotherapy and counseling, psychological evaluation, outpatient mental health services, and other support services. Medicaid, Medicare, and most insurances accepted.

erin O'Toole-Lyon, LCSW

2514 East Franklin Street

Richmond, Virginia 23223

Phone: 804-255-9386

Email: erin@erintoolelcsw.com

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

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

Saturday 9:00 – 1:00 PM

Services Provided: Psychotherapy & counseling services for individuals and couples. Medicaid, Medicare, and many insurances accepted.

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Persimmon Grove Therapy

1904 Byrd Avenue, Suite 325

Richmond, Virginia 23230

Phone: 804-215-6315

Email: ahardianto@persimmongrovetherapy.com

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

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

Services Provided: Individual and couples/relationship therapy. Specializing in affirming services for LGBTQIA+ persons, including support for transgender and nonbinary individuals exploring identity or medical transition. Also specializing in supporting individuals navigating intersections of AAPI/immigrant community identities and related issues. Many insurances accepted as well as out-of-pocket and limited sliding scale options available; see website for more info and/or contact for more details.

New Moon Therapy

Mary Beth Murray, LCSW, RPT-S

8601 Mayland Drive, Suite B

Henrico, Virginia 23294

Phone: 804-361-7804

Website: <https://newmoon-therapy.com/>

Hours of Operation: Appointments available on Sundays.

Services Provided: Psychotherapy & counseling services for individuals, families, and parents. No insurance accepted, but a monthly billing statement can be provided to submit for reimbursement. Please see website or call for more information.

Prince Kitty Co., 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, 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

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; ADHD and autism evaluations, education and consultation, utilizing gender inclusive, neurodiversity-affirming framework. No insurances accepted; sliding

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scale rates available to all.

Richmond Restorative Therapy

5700 West Grace Street, Suite 104

Richmond, Virginia 23226

Phone: 804-551-7324

Fax: 804-359-0029

Email: mclaughlin@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 and groups. 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

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

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

Services Provided: Psychological evaluation, psychotherapy and counseling, psychoeducation, trauma recovery, substance counseling, letters to support gender confirmation surgery. Services available in French. In-network for Anthem Healthkeepers Plus (Medicaid) plan. Will complete out-of-network forms for reimbursement by insurance plans providing that benefit.

Milo Wilson, PhD

Transformations Counseling

530 East Main Street, Suite 530

Richmond, Virginia 23219

Phone: 804-885-3046

Email: drmilowilson@transformationsrva.com

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

Hours of Operation: Monday – Friday, by appointment only.

Services Provided: Psychological evaluation, individual 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.

Wingspan Neuro-Affirming Care, PLLC

Richmond, Virginia 23227

Email: Kat@wingspan.care

Website: <https://www.wingspan.care/>

Hours of Operation: Fridays 9:00 AM – 4:00 PM

Services Provided: Neuro-affirming diagnostic evaluation for autism and ADHD, therapeutic consult sessions (one to three sessions; no ongoing therapy services). Services available in person in Richmond and virtually

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throughout Virginia. No insurances accepted but equitable sliding scale model available for all services.

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: 757-640-0929

Fax: 757-612-8557

Email: info@lgbtlifecenter.org

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

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

Friday 8:30 AM – 5:00 PM, call for additional hours.

Services Provided: Support groups; individual, couples, and family counseling, transitioning counseling, rapid HIV testing, educational workshops, community events and gatherings, and yoga. AA and NA meetings also available; please see website or call/email for details. Accepts walk-ins.

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://www.themenintransition.org/>. See also Facebook

<https://www.facebook.com/themenintransition>, Twitter @tmenmeet, Instagram @tmenintransition, and

<https://lgbtlifecenter.org/wellness/support-groups/#ment>

Hours of Operation: 3rd Saturday of each month 11:00 AM – 1:00 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

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.

Virginia Transgender Resource and Referral List

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.

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/> and <https://lgbtlifecenter.org/wellness/support-groups/#transfem>

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 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

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

Virginia Transgender Resource and Referral List

Virginia Beach:

5350 Kemps River Dr., Suite 108A
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. 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, and HIV and STD testing. Language translation services available.

Choices Clinic

891 Norfolk Square
Norfolk, Virginia 23502
Phone: 757-461-0011
Fax: 757-461-5762

Email: twlgbt@gmail.com

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

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.

Virginia Transgender Resource and Referral List

Michael J. Denk, MD, FACS

Associates in Plastic Surgery

1037 First Colonial Road

Virginia Beach, Virginia 23454

Phone: 757-491-3535

Fax: 757-422-4750

Email: quickz@associnps.com

Website: <https://www.drmihaeldenk.com/> and <https://associatesplasticsurgery.com/>

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

Services Provided: Chest surgery for transmasculine spectrum persons, breast augmentation for transfeminine spectrum persons, gender affirming facial surgery, rhinoplasty, face and body liposuction, face and body fat grafting, nonsurgical injectable and spa services.

ETSI Health Clinic

135 Kings Way, Suite 100

Hampton, Virginia 23669

Phone 757-765-5940

Email: info@etsihcva.org

Website: <https://www.etsihealthclinic.org/> Also see ETSI app available at

<https://apps.apple.com/app/id1673145186>

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

Wednesday 9:00 AM – 1:00 PM

Thursday by appointment only.

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. HRT appointments only available through app or website.

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.vdh.virginia.gov/norfolk/clinical-services/>

Hours of Operation: Call for hours; Weekdays 8:30-4:45 for medication pick up.

All services by appointment only.

Services Provided: Family planning, immunizations, Pre-Exposure Prophylaxis (PrEP), HIV and STD testing and treatment, TB testing and treatment.

Thalia Rehab and Nursing

4142 Bonney Road

Virginia Beach, VA 23452

Phone: 757-340-0620

Virginia Transgender Resource and Referral List

Fax: 757-340-7037

Website: <https://www.ehg.care/> and <https://thaliarehab.com/contact/>

Hours of Operation: 24/7

Services Provided: Nursing home care, inpatient physical therapy, occupational therapy, wound care, speech therapy, and general long term care. 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

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

Services Provided: Primary care services, hormone therapy, OB/GYN services. 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: <http://www.vlpp.org>

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. PrEP and PEP services, STI Testing available. Services available in Spanish. Medicaid and most insurance accepted. Medicaid and most insurance accepted.

Mental Health

*Please note that some service providers listed in the General and 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

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

Services Provided: Gender affirming individual psychotherapy and counseling, via telehealth. Other services include psychological evaluation and letters to support gender affirmation surgery and hormones. Services are

Virginia Transgender Resource and Referral List

available in French and Creole in addition to English. Medicaid, Medicare, and many insurances accepted; please contact for details.

Glasgow Health Services

301 Goode Way, Suite 105
Portsmouth, Virginia 23704

Phone: 757-392-2334

Email: ewilliams@myghs.net or 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, 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. 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.andrealatelllpc.com/>

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

Services Provided: Psychotherapy and counseling for individuals and couples. Services available both in person and virtually. Can provide letters to support gender confirmation surgery and hormones. All insurances accepted, including Medicaid.

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; couples counseling; group counseling; addiction counseling services. Many insurances accepted. Virtual services only at this time.

Corey McGinnis, MA E.D.

Roots Integrative Counseling
510 S Independence Boulevard, Unit 200
Virginia Beach, Virginia 23452

Phone: 757-333-3878

Email: corey@rootsintegrativecounseling.com

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

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Hours of Operation: Monday – Friday, upon request

Crisis communication Monday – Sunday all times

Services Provided: Mental health counseling for individuals and groups; support services including referrals for trans healthcare and recommendations for academic or professional employment/advancement, referrals for mutual aid resources including clothing and shelter. Can provide referrals to Spanish speaking colleagues who are gender-affirming. No insurances accepted, but sliding scale fee is available.

OutKind Counseling

Shawn Patrick McNulty, LPC, CGCS, M.Ed.

Phone: 757-204-1785

Email: abinder@outkindcounseling.com

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

Hours of Operation: Monday – Friday, by appointment only.

Services Provided: Psychotherapy and counseling. Many insurances and Medicaid accepted. Virtual services only.

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

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

Hours of Operation: Tuesday – Thursday 10:00 AM – 5:00 PM

Services Provided: Psychotherapy and counseling for individual adults and/or couples, to include referral for medical transition and other services. 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

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Phone: 804-537-0579

Email: kjohnston@truthpurposecounseling.com

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

Hours of Operation: By appointment.

Services Provided: Psychotherapy and counseling, 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/>

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

Sea Level Counseling & Wellness

Molly LaRocco, LPC

Nicky Wells, MS, Resident in Counseling, NCC

2200 Colonial Avenue, Suite 12

Norfolk, Virginia 23517

Phone: 757-937-5708

Email: info@sealevelcw.com, molly@sealevelcw.com, or nicky@sealevelcw.com

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

Hours of Operation: Monday – Friday 9:00 AM – 5:00 PM Contact for additional hours.

Services Provided: Gender-affirming psychotherapy and counseling, trauma-informed care, and EMDR.

Assessment and referral for gender-affirming care to appropriate medical providers for hormone therapy and/or surgical procedures. Virtual or in-office options. Multiple insurances, Medicaid, and self-pay accepted.

Writer's BloQ Therapeutic Solutions

Phone: 757-301-1185

Email: info@writersblogtherapy.com

Website: <http://writersblogtherapy.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

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1305 North Jackson Street
Arlington, Virginia 22201
Phone: (703) 415-8220
Email: info@imapacto.org

Website: <https://www.impactolgbt.org/> See also <https://www.facebook.com/impactoLGBT>

Instagram – ImpactoLGBT, Twitter – @impactolgbt, and YouTube – Impacto LGBT

Hours of Operation: See Facebook page and website calendar for details about monthly meetings and special events.

Services Provided: Community building (LGBT and allies) activities, family-friendly social events, community health education, navigation and linkage to health and social services, HIV & STI testing and counseling, and peer support. *Somos Familia* (We are Family) support group for Latino MSM living with HIV, meets 1st and 3rd Sunday of each month. Services available in Spanish and English.

Metro Area Gender Identity Connection 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

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 transgender, gender diverse, and gender identity questioning people and their allies living in the greater Washington DC metropolitan area, and from any internet-accessible location for virtual meetings. Email for details, including Zoom meeting information or meeting location.

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

Facilitator: Libby McKnight
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 time and connection details)

Services Provided: Support for family and friends of trans men, trans women, and gender queer or fluid folks as

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well as trans and gender non-binary persons. **All meetings are via Zoom. Call or email to request meeting link.**

Safe Space NOVA

Phone: 703-419-5270

Email: jordan@safespacenova.org

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

Hours of Operation: Email for details.

Services Provided: Programs, support, and social activities. See website for more information.

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 revenmachattin@gmail.com

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

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

Services Provided: Monthly 2nd Friday meeting providing safe space for connection, peer-facilitated trans support, and community building. TGEA is for those in gender transition, considering the possibility (even remotely), or post-transition (however the individual may define that), and to anyone anywhere along the gender spectrum, whether static or dynamic. Significant others, friends, family, and allies are welcome. 2nd Friday is composed of four sub-groups: please see website for details about each group. 3rd Sunday group for significant others of those in transition. 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.

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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

Serena Schantz

215 North Washington Street

Alexandria, Virginia 22314

Phone: 703-683-5736

Email: SerennaSchantz@gmail.com

Website: <http://althhealthassociates.com/>

Hours of Operation: 7 Days a week, 10:00 AM – 7:00 PM

By appointment only.

Services Provided: Laser hair removal and electrolysis. 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 – 5:30 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

Thursday – 3:00 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, genital warts treatment, mpox (monkeypox) screening.

Azure Dream Day Spa

901 North Quincy Street

Arlington, Virginia 22203

Phone: 703-243-4343

Email: manager@azuredreamspa.com

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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, botox, filler, 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, 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.

Daria Hamrah, DMD, FAACS, FADSA

NOVA SurgiCare, PC

8201 Greensboro Drive, Suite 601

McLean, Virginia 22102

Phone: 703-288-4495

Fax: 703-288-4497

Email: info@novasurgicare.com

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

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

Services Provided: Gender affirming facial surgeries for both transfeminine and transmasculine spectrum persons; laser hair removal; dental implants and other oral and maxillofacial surgeries. German, Persian, Spanish, Korean, Portuguese, Chinese, Vietnamese, and Russian translation available on-site.

Alexis Light, MD

Virginia Hospital Center Physician Group

700 South Washington Street, Suite 300

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.

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Otolaryngology Associates

Jacob E. Kuperstock, MD
3801 University Drive, 1st 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.

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.

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: 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.

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

Email: 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. Telehealth appointments only.

Virginia Transgender Resource and Referral List

Anne L. Edwards, Psy.D.

Phone: 703-509-6753

Email: dr.aledwards@raisemewell.com

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

Hours of Operation: Monday – Friday 9:00 AM – 6:00 PM, call for an appointment.

Services Provided: Psychotherapy and counseling for individuals 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

Clinicians: Timothy Elliott, LCSW & Sarah Lawson, LCSW

3801 North Fairfax Drive, Suite 30

Arlington, Virginia 22203

Phone: 301-679-5785 for Timothy or 301-615-3215 for Sarah

Email: timothy@elliottmsw.com or 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; letters for hormone replacement therapy and gender-affirming surgeries.

Rachel W. Friendly, PhD, Licensed Clinical Psychologist

8001 Forbes Place, Suite 211

North Springfield, Virginia 22151

Phone: 671-675-1330

Email: rwfriendly@FriendlyPsychologyLLC.hush.com

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

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

Services Provided: Individual culturally responsive psychotherapy and counseling for adults, letters in support of gender affirming surgeries. No insurances accepted, but can provide documentation for out of network reimbursement. Sliding scale fee available. Telehealth services available.

Heather Kirby, LCSW

Kirby Creative Clinical Solutions, LLC

3929 Blenheim Boulevard, Suite 92-D

Fairfax, Virginia 22030

Phone: 703-409-2571

Email: heather@kcclinicalsolutions.com

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

Hours of Operation: Monday – Thursday 12:00 PM – 8:00 PM

Services Provided: Individual and group psychotherapy and counseling for trans, non-binary, and genderqueer persons, with a special focus on group therapy and support. Letters to support readiness for gender transition care. Training and consultation for other providers with less experience in gender affirming mental health care.

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Life Transitions Counseling

Chris McClure, LPC
9254 Mosby Street, Suite B
Manassas, Virginia 20110
Phone: 703-895-5208
Fax: 888-509-0859
Email: chris@transitions.life

Website: <http://www.transitions.life>

Hours of Operation: Monday & Wednesday 1:00 PM – 5 PM
Tuesday, Thursday, & Friday 9:00 AM – 5:00 PM

Services Provided: Individual psychotherapy and counseling for adults. Some insurances accepted.

Neutral Ground Counseling Group

44121 Harry Byrd Highway, Suite 225
Ashburn, Virginia 20147
Phone: 703-988-4236
Website: <https://www.ngcgrp.com/>
Email: clientcare@ngcgrp.com

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

Services Provided: Individual psychotherapy and counseling.

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/>

Hours of Operation: Monday – Saturday, variable hours

Services Provided: Individual psychotherapy and counseling, 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>

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

Services Provided: Individual psychotherapy and counseling, psychological evaluation, and letters of support. 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

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, medical case management and housing services for people living with HIV, PrEP navigation, linkage to care. Testing & prevention services available in Spanish.

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

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

Virginia Transgender Resource and Referral List

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 persons. The C'Ville Trans Peer support group for trans-identified persons 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/>

Virginia Transgender Resource and Referral List

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.

TransParent, Central Virginia Chapter

Email: central.va@transparentusa.org

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

Hours of Operation: TBA

Services Provided: Monthly support group for parents of transgender persons. Please email for connection information.

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

Outpatient Therapy Clinic Building

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.

Heart Vibrations Healing

Jennifer (Jennye) Johnson, CCC-SLP, Speech-Language Pathologist

Virginia Transgender Resource and Referral List

(Address for mailing only) 807 N Coalter Street

Staunton, Virginia 24401

Phone: 828-243-4690

Email: jennye@heartvibrationshealing.com

Website: <https://heartvibrationshealing.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 Whetzel

124 Newman Avenue, Suite B101

Harrisonburg, Virginia 22801

Phone: 540-432-3308

Fax: 540-432-3309

Email: Kim Wetzel kim.whetzel@hburgchc.org

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

Hours of Operation: Monday – Friday 8:00 AM – 4:30 PM, Call for appointment.

Services Provided: Rapid 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 South Atlantic

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: Limited primary care services, hormone therapy, OB/GYN services. 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; vaccines; birth control (contraception); referral letters for surgery and for gender markers changes; referrals to other trans-competent resources provided. Only accepting new patients age 19 and older.

UVA Voice & Swallowing Center

Joanna Lott, MA, CCC-SLP
Casey Resnick, M.Ed., CCC-SLP
Maria Trapnell, MA, 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, Maria Trapnell: MT5YP@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.

April Cordell, LPC, LPCC

Allied Transformations
15 Pratts Run, Suite 104
Waynesboro, Virginia 22980
Phone: 540-609-2570
Fax: 844-430-0195

Email: abryant@alliedtransformations.com

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

Hours of Operation: Monday – Friday 8:00 AM – 5:00 PM, and by appointment outside of those times.

Services Provided: Psychotherapy and counseling. Telehealth available.

Family Stress Clinic

Department of Family Medicine at UVA's Primary Care Center
Box 800729 (mailing address)
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: Individual therapy, family therapy, couples therapy, parent training. Medicaid, Medicare, and most insurances accepted. Sliding scale fee available.

Leigh Freilich, LCSW

Charlottesville, Virginia
(Services available Statewide by Telehealth)
Phone: 434-260-0193

Email: leighfreilich@proton.me

Hours of Operation: Tuesday – Friday 9:00 AM – 4:00 PM

Services Provided: Individual psychotherapy and couples counseling for adults (18+). Provides educational resources and letters of support for gender-affirming medical care. Services are available statewide by Telehealth. In-network with Aetna commercial plans only. Provides documentation to help clients seek reimbursement from "out-of-network" insurance plans. Specializes in culturally-responsive LGBTQIA+ care and trauma recovery. Is a Certified EMDR Therapist and Certified Clinical Anxiety Treatment Specialist. Member of WPATH and EMDR International Association. Is licensed to provide therapy to residents of Virginia and North Carolina.

Emily E. Lape, LCSW

421 Park Street, Suite 101
Charlottesville, Virginia 22902
Phone: 434-971-1930

Virginia Transgender Resource and Referral List

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

300 Claremont Lane, Suite 103

Crozet, Virginia 22932

Phone: 434-264-7711

Email: davidlewislcsw@gmail.com

Hours of Operation: Tuesday – Thursday 9:00 AM – 6:00 PM

Services Provided: Psychotherapy & counseling and psychological evaluation, affirmative therapy, 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

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. 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

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

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

Services Provided: Individual psychotherapy and counseling for adults. In-network for Anthem/Blue Cross Blue Shield; can provide documentation to submit for reimbursement for other out-of-network plans.

River Lily Counseling, LLC

Laura Szyikowshi, MS, LPC, CPSC

174 Round Hill School Road

Fort Defiance, Virginia 234437

Phone: 540-524-2224

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

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

Services Provided: Individual and group telehealth counseling. Same-day assessments and letters to support

Virginia Transgender Resource and Referral List

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, couples counseling, referrals for gender-confirming medical services, interprofessional consultation. Can accept insurance plans from Anthem BCBS, Optima, United Healthcare, VA Premier, Aetna, and Medicaid.

Ellen Singer, LPC

536 Pantops Center, Suite 232

Charlottesville, Virginia 22911

Phone: 434-220-3334

Fax: 434-220-3335

Email: ellensinger108@gmail.com

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

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

Services Provided: Individual psychotherapy and counseling for adults, couples counseling. Medicaid and 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

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

Services Provided: Individual and family psychotherapy and counseling, psychological evaluation, evaluation for letters of support for hormone therapy and gender confirmation surgery.

The Women's Initiative

1101 E High Street

Charlottesville, Virginia 22902

Phone: (434) 872-0047

Fax: 434-872-0049

Email: info@thewomensinitiative.org

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

Virginia Transgender Resource and Referral List

Walk-in Clinic and Call-in Clinic Schedule:

Mondays Call-in hours 10:00 AM – 12 PM

Tuesdays Walk-in 9:00 AM – 11:00 AM at Jefferson School City Center
(233 4th Street NW, Charlottesville, Virginia 22903)

Wednesdays Walk-in hours 2:00 PM – 5:00 PM at Main Office

Thursdays Call-in hours 5:00 PM – 7:00 PM.

For Spanish Speakers:

Wednesdays Main Office Walk-In Hours 2 PM – 4 PM

Para las mujeres Latinas:

Los miércoles Servicios sin cita en persona 2:00 PM – 4:00 PM

Please arrive one hour before the walk-in clinic ends or call one hour before the call-in clinic ends in order to have time for an appointment.

Services Provided: Mental health services, including outpatient counseling, therapeutic and social support groups, education, outreach, free walk-in clinic, and referral letters for gender-affirming medical care. Whenever possible, there is a Black therapist available at each of the wellness clinics. If you would prefer to meet with a therapist of color, please let the staff know when you arrive at or call the clinic. Counseling services provided free of charge for uninsured and under-insured cisgender female, transgender, and nonbinary/gender-nonconforming individuals, regardless of ability to pay. The Women's Initiative hosts the C'ville Trans Women's Circle of Support on 4th Thursdays from 6:00 PM – 7:30 PM and PFLAG and C'ville Trans Peer support group on 3rd Saturdays of each month (see listing on p. 31 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

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; HIV medical case management and other support services; support for HIV positive persons leaving incarceration; Consumer Advisory Board meeting/support group; Harm Reduction Services.

Medical

CenterWell Home Health

20715 Timberlake Road, Suite 106

Virginia Transgender Resource and Referral List

Lynchburg, Virginia 24502

Phone: 434-846-5219

Fax: 434-528-4963

Website: <https://www.centerwellhomehealth.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.

Planned Parenthood South Atlantic

2207 Peters Creek Road

Roanoke, Virginia 24017

Phone: 540-562-3457

Fax: 540-562-5124

Website: <https://www.plannedparenthood.org/health-center/virginia/roanoke/24017/roanoke-health-center-2768-90860>

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: Limited primary care services, hormone therapy, OB/GYN services. PrEP and PEP services, STI Testing available. Telehealth can be provided. Medicaid and most major insurance plans accepted.

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.

Chris Brown, LMFT, CCLS

5301-B Williamson Road

Roanoke, Virginia 24012

Phone: 540-744-2933

Fax: 540-215-7339

Email: cbrownmft@gmail.com

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

Hours of Operation: Monday – Thursday 8:30 – AM – 5:30 PM

Friday 8:30 AM – 4:30 PM

Services Provided: Individual psychotherapy and counseling, relationship counseling, family therapy. Medicaid, Medicare, and many insurances accepted. Sliding scale fee can be considered in some cases.

Seeking Wellness Counseling Services

Madeline Nagel, PhD

3959 Electric Road, Suite 330

Roanoke, Virginia 24018

Phone: 540-339-7674

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

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

Services Provided: Individual therapy for a range of mental health needs including gender dysphoria, anxiety, depression, ADHD, autism, and trauma. Evaluations for readiness for gender-affirming care and letters of support. Many insurances accepted.

Melanie Quillen, LCSW, C-DBT

3716 Melrose Avenue

Roanoke, Virginia 24017

Phone: 540-254-0346

Email: mftatetherapy@gmail.com

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

Services Provided: Medical referrals for transition-related care. WPATH foundation trained. 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

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

Virginia Transgender Resource and Referral List

navigation, peer-to-peer virtual support group, policy advocacy, other support services. Services are free of charge, although donations are accepted to support programming.

Medical

Chase Brexton Health Care

Baltimore Clinic:

1111 North Charles Street
Baltimore, Maryland 21201

Columbia Clinic:

5500 Knoll N Drive
Columbia, Maryland 21045

Easton Clinic:

500 Cadmus Lane, Suite 203
Easton Maryland 21601

Glen Burnie Clinic:

200 Hospital Drive
Glen Burnie, Maryland 21061

Security Square Center:

6901 Security Boulevard, Suite 200
Baltimore, Maryland 21244

Phone: 410-837-2050

Fax: 410-837-1119

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

Hours of operation: Monday – Friday 8:00 AM – 7:00 PM, generally, but very greatly depending upon location and day of the week. See website for each location's hours.

Services Provided: Primary care services, hormone therapy, OB/GYN services, dental services, legal services, psychiatric services, psychotherapy and counseling, psychological evaluation, case management, pharmacy, laboratory services, addiction services. Medicaid, Medicare, and most insurance plans accepted. Self pay available depending on services.

Diane Hamou, LE, CPE

Electrolysis and Skin Care of Silver Spring

651 Bryants Nursery Road

Silver Spring, Maryland 20905

Phone: 301-384-3667

Email: dianehamou407@gmail.com

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

Hours of Operation: Sunday 8:30 AM – 5:00 PM

Tuesday and Thursday 8:30 AM – 7:30 PM

Services Provided: Electrolysis hair removal, needling (face only), mini facial, signature facials, micro dermabrasion, and mesotherapy treatments.

Virginia Transgender Resource and Referral List

George Washington University Speech and Hearing Center

Marissa Simpson, MM, MS, CCC-SLP

2115 G Street, N.W.

Hall of Government 201

Washington, D.C. 20052

Phone: 202-994-7360

Fax: 202-994-2589

Email: marissa.simpson@gwu.edu

Website: <https://speechhearing.columbian.gwu.edu/gw-speech-hearing-center>

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

Services Provided: Gender affirming voice training, general voice therapy, accent modification, acquired neurological disorders, feeding disorder, fluency disorder, hearing health care, language disorder literacy, social communication disorder.

Whitman-Walker Health

Whitman-Walker at 1525

1525 14th Street, N.W.

Washington, D.C. 20005

Hours of Operation: Monday – Thursday 8:30 AM – 12:30 PM and 1:30 PM – 6:00 PM

Friday 8:30 AM – 12:30 PM and 2:30 – 6:00 PM

Max Robinson Center

1201 Sycamore Drive, S.E.

Washington, D.C. 20032

Hours of Operation: Thursday 8:30 AM – 12:30 PM and 1:30 PM – 6:00 PM

Friday 8:30 AM – 12:30 PM and 2:30 – 6:00 PM

Phone: 202-745-7000

Text: 202-978-6123

Fax: 202-332-1049

Website: <http://www.whitman-walker.org/>

Services Provided: Primary care services, hormone therapy, OB/GYN services, dental services, name change and other legal services, psychiatric services, psychotherapy and counseling, psychological evaluation, peer support and group therapy, laser hair removal and/or electrolysis, wellness services, support services, SMART Immediate Care for same-day acute appointments, and onsite pharmacy. Whitman-Walker is licensed to serve residents of Washington, DC, Maryland, and Virginia.

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/>

Virginia Transgender Resource and Referral List

Hours of Operation: Call for more information.

Services Provided: Group psychotherapy and counseling services for persons who identify as lesbian, gay, trans, gender nonconforming, gender queer, questioning, nonbinary, intersex, and asexual, and for parents of young persons 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: 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; psychological evaluation. No insurance accepted, but fees are adjustable on sliding scale basis.

S T A T E W I D E

American Civil Liberties Union (ACLU) of Virginia

P.O. Box 26464

Richmond, Virginia 23261

Phone: 804-644-8022

Fax: 804-649-2733

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

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

Services Provided: Legal services on a case by case basis for trans and non-binary persons. Resources and referrals provided as capacity allows. All services are free.

LGBTQ Partner Abuse and Sexual Assault Helpline

Virginia Sexual and Domestic Violence Action Alliance

1411 West Main Street

Richmond, Virginia 23220

Virginia Transgender Resource and Referral List

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/> and <https://www.virginiaavp.org/coming-soon-01>

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

A Care Above Therapy Services

Kate Brownstein, M.S., CCC-SLP, Practice owner

Phone: 301-518-7998

Email: Kate@acareabovetherapy.com

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

Services Provided: Gender affirming voice therapy. Services provided virtually across Virginia. Sliding scale fee available.

Molly Gordon, SLP, LLC

884 Broadway, Suite 5

South Portland, Maine 04106

Phone: 207-358-0065

Fax: 207-387-1904

Email: molly@mollygordonslp.com

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

Hours of Operation: Monday – Friday 8:00 AM – 6:00 PM

Services Provided: Speech language pathology services (voice therapy), via telehealth. Services available in Spanish (provider is a non-native speaker). Medicaid, Medicare, and some private insurances accepted. Sliding

Virginia Transgender Resource and Referral List

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/>

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/>

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

Celest Kelly, Psy.D.

Rewild PLLC

Phone: 804-404-6197

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

Hours of Operation: Weekdays by appointment.

Services Provided: Psychotherapy for 18 years and up, couples and relationship psychotherapy, letters of support for gender-affirming care. All services are anti-racist, trauma- and poly-informed. Sliding scale fee available; some insurances accepted: Aetna, Cigna/Evernorth, Optum/United.

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.