

The page features a decorative graphic consisting of several overlapping circles in various shades of blue. Two thin blue lines intersect at the top left, forming a large 'V' shape that frames the central text. A large, partially cut-off circle is visible in the bottom right corner.

Virginia Transgender Resource and Referral List

The Virginia Department of Health, Division of Disease Prevention

The Virginia Transgender Taskforce,

On behalf of Virginia HIV Community Planning Group

Updated September 8, 2021

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 or 804-864-1056.

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

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

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

Community education and outreach including the annual *Virginia Transgender Information and Empowerment Summit* (TIES).

He, She, Ze, and We

Meets at Side by Side, facilitator: Shannon McKay

2311 Westwood Avenue

Richmond, Virginia 23230

Website: <http://heshezewe.org>

Email: admin@heshezewe.org

Hours of Operation: Email for details of location and times of meetings.

Services Provided: HSZW offers weekly support meetings for parents, caregivers and adult family members of transgender and gender-diverse individuals of ALL ages. **Before attending your first meeting, please contact.**

Activities include support meetings for families, peer counseling via phone and small group settings, family playgroups, education, events and resources. Visit our website for more information.

The James House

6610 Commons Drive, Suite C

Prince George, Virginia 23875

Phone: 804-458-2704

Fax: 866-681-0490

Hotline: 804-458-2840

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

Email: helpline@thejameshouse.org

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

Friday by appointment only.

Services Provided: Education, support, and advocacy for all people impacted by interpersonal violence. Most services provided remotely via Zoom and telephone, due to COVID-19. Services available in Spanish.

James River Transgender Society (JRTS)

Meets at Diversity Richmond

1407 Sherwood Avenue

Richmond, Virginia 23220

Phone: 804-543-7403

Virginia Transgender Resource and Referral List

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

Hours of Operation: The 1st Friday of each month from 7:00 PM – 9:00 PM

Services Provided: Support and social group for transgender persons.

Let's Talk

Meets at Diversity Richmond

1407 Sherwood Avenue

Richmond, Virginia 23220

Phone: 804-543-7403

Website:

Hours of Operation: The 2nd & 4th Friday of each month from 7:00 PM – 8:30 PM

Services Provided: Support and social group for MTF trans persons.

Nationz Foundation

4794 Finlay Street, Suite 1

Richmond, VA 23231

Phone: 804-716-7597

Text Line: 804-999-1440

Fax: 804-716-7668

Text Line: 804-999-1440

Email: nationzfoundation@nationzfoundationrva.org

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

Hours of Operation: Monday – Friday 10:00 AM – 6:00 PM, by appointment only

TGurls Rock support group – Call for next meeting time

T.E.A.M. support group – Call for next meeting time, also see separate listing p. 11

Food Pantry – 1st and 3rd Friday of each month

Services Provided: Health promotion and outreach in lesbian, gay, bisexual, transgender, and queer communities of Richmond including HIV prevention education, cancer awareness, HIV testing, food pantry, support and social groups for MTF and FTM trans persons, and other support services, mobile testing unit.

Peter's Place RVA

Phone: 804-539-2507

Email: petersplacerva@gmail.com

Website: <https://www.petersplacerva.org/> Also see: <https://www.facebook.com/Peters-Place-RVA-105010671306903/>

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

Services Provided: Compassionate and accessible housing in the Richmond, VA area, resources, and trauma-informed care to LGBTQIA+ individuals seeking individualized recovery support. Spanish language services available.

Richmond Transformers

Meets at Health Brigade*

1010 North Thompson Street

Richmond, Virginia 23230

Phone: 804-358-6343, also 804-864-8012

Virginia Transgender Resource and Referral List

Email: Ted.Heck@vdh.virginia.gov

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

Hours of Operation: Meets 2nd Tuesday of each month 7:00 PM – 9:00 PM

Services Provided: Peer-led support and social group for transmasculine people (assigned female at birth who no longer identify in that way). Accepts walk-ins. ***Due to COVID-19, all meetings are conducted via Zoom until further notice. Call or email for details on how to participate.**

Serenity, Inc.

114 North Union Street

Petersburg, Virginia 23803

Phone: 804-861-9977

Fax: 804-861-9395

Email: serenity9977@yahoo.com

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

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

Services Provided: Serenity provides services to people living with HIV/AIDS and those at risk for HIV infection. A variety of support and educational services are available to transgender community members, as well as referrals to other types of service providers. Walk-ins welcome, and all services are free.

Side by Side

2311 Westwood Ave.

Richmond, Virginia 23230

Phone: 804-644-4800

Youth Support Line: 888-644-4390

Email: info@sidebysideva.org

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

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

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

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

T.E.A.M. – Transforming Empowered Aspiring Men

Meets at Nationz Foundation

4794 Finlay Street, Suite 1

Richmond, VA 23231

Phone: 804-716-7597

Fax: 804-716-7668

Email: team@nationzfoundationva.org

Virginia Transgender Resource and Referral List

Hours of Operation: Thursdays 7:00 PM - 9:00 PM

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

Virginia Anti-Violence Project

P.O. Box 7445

Richmond, Virginia 23221

Phone: 804-925-9242

LGBTQ Helpline Line: 1-866-356-6998

Email: info@virginiaavp.org

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

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

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

Legal

BaryLaw

Bary W. Hausrath, P.C.

PO Box 13890

Richmond, Virginia 23225

Phone: 804-482-1649

Fax: 888-583-4991

Hours of Operation: Monday – Friday 9:00 AM – 5:00 PM, by appointment only

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

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

Medical

Cynthia Bettinger

HealthVisionsMD, Inc.

1230 Alverser Drive, Suite 100

Midlothian, VA 23113

Phone: 804-893-7800

Fax: 804-893-7801

Email: contact@healthvisionsmd.com

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

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

Saturday 9:00 AM – 1:00 PM

Services Provided: Primary care, hormone therapy, gynecological services, laser hair removal, laboratory and X-ray services. Medicaid, Medicare, and most insurances accepted; call for more information.

Virginia Transgender Resource and Referral List

Crossover Ministry

108 Cowardin Avenue
Richmond, Virginia 23224
Phone: 804-655-2794
Fax: 804-422-2604

Email: info@crossoverministry.org

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

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

Friday 8:30 AM – 3:30 PM, 1st Friday of the month close at 12:30 PM.

Services Provided: Services for youth and adults: primary care; dental care; individual psychotherapy and counseling; HIV care services; vision care. Services available in Spanish.

Ann Furniss – Licensed Acupuncturist, R.N.

4807 Hermitage Road Suite 204
Richmond, VA 23227
Phone: 804-938-5668

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

Hours of Operation: Monday, Tuesday, Wednesday 8:00 AM – 6:00 PM; by appointment only.

Services Provided: Acupuncture.

Health Brigade

Transgender Health Services, Contact: Maxine Wylde, MSW
1010 North Thompson Street
Richmond, Virginia 23230
Phone: 804-358-6343, direct line to Maxine: 804-716-5832
Fax: 804-354-9124

Email: mwylde@healthbrigade.org

Website: <http://www.healthbrigade.org/>, for trans services: <https://www.healthbrigade.org/patients-and-clients/trans-health/>

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

Patients must complete a financial screening first.

Services Provided: Primary care; hormone therapy; counseling; support services; psychosocial assessments; STD screening; mental health referrals; letters for surgery & for updating legal name and gender markers.

Primary Health Group Chippenham

500 Hioaks Rd, Suite B
Richmond, Virginia 23225
Phone: 804-560-0490
Fax: 804-560-3424

Website: www.phg-chippenham.com

Hours of Operation: Monday, Wednesday, Thursday 8:00 AM – 6:00 PM,
Tuesday & Friday: 8:00 AM – 5:00 PM

Services Provided: Primary care services. Hormone replacement therapy services are **not** provided.

Virginia Transgender Resource and Referral List

Richmond Center for the Healing Arts (formerly known as Innovative Medicine)

Jamie McLaughlin, D.O.M., L.A.C.

1807 Huguenot Road

Midlothian VA 23113

Phone: 804-389-0267

Email: docjamiemac@msn.com

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

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

Services Provided: Acupuncture, plant-based medicine, herbals, Asian bodywork, massage, nutrition consultation.

Virginia League For Planned Parenthood (VLPP)

Hamilton Health Center:

201 N. Hamilton Street

Richmond, Virginia 23221

Phone: 804-482-6154

Fax: 804 213-0548 and 804-355-5216

East End Health Center:

1122 North 25th Street

Richmond, Virginia 23223

Phone: 804-508-6045

Fax: 804-256-3194

Email: transgenderhealth@vlpp.org

Website: <http://www.vlpp.org>, also see

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

Hours of Operation: Monday – Saturday 9:00 AM - 5:00 PM

By appointment only. Hours vary from week to week, please call. **New hormone appointments can not be scheduled online.**

Services Provided: Primary care services, hormone therapy, OB/GYN services. Many services are available to youth; for hormones, must be age 16 or above. For ages 16 and older, PrEP and PEP services, STI Testing available. Services available in Spanish. Telehealth can be provided from all VLPP locations. Medicaid and most major insurance plans accepted, including Tricare as of 2020.

Mental Health

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

Rachel Boggan, LCSW

The Properties of Light, LLC

PO Box 7017

Richmond, VA 23221

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

Virginia Transgender Resource and Referral List

Email: rachel.boggan@thepropertiesoflight.com

Hours of Operation: Evenings and weekends, by appointment.

Services Provided: Psychological evaluation, individual and group psychotherapy and counseling for youth and adults, play and expressive arts therapy services for transgender, non-binary, and gender expansive youth up to age 10. ADHD, autism evaluations, and psychoeducation, utilizing non-pathologizing gender-inclusive neurodiversity affirming framework for adolescents and adults. No insurances accepted, but sliding scale fee is available.

Sarah Charbonneau, LCSW

Discovery Counseling and Consulting

7760 Shrader Road, Suite B,

Henrico, Virginia 23228

Phone: 804-591-0002 ext. 2004

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

Email: scharbonneau@vadcc.com

Pride Inside

3026-A West Cary Street

Richmond, Virginia 23221

Email: sarah@sarhscharbonneaulcsw.com

Hours of Operation: Monday – Friday, by appointment only

Services Provided: Education, individual psychotherapy and counseling. Provides resources and referral letters to assist with gender transition. Medicare and most insurances accepted at Discovery Counseling and Consulting. Does not accept Medicaid. Limited sliding scale fee available at Pride Inside. Handicap accessible at Discovery Counseling and Consulting. Member of WPATH, WPATH-certified Gender Specialist.

Lisa Griffin, PhD

Pride Inside

3026A West Cary Street

Richmond, Virginia 23221

Phone: 704-458-0433

Email: Lisa@drlisagriffin.com

Website: www.drlisagriffin.com

Hours of Operation: Hours vary; by appointment only.

Services Provided: Individual psychotherapy, counseling, psychological evaluation, and referral for medical intervention when appropriate; services for transgender and gender-nonconforming children and youth up to age 21 (and their families). Dr. Griffin is on the Board of Directors of USPATH (United States Association for Transgender Health) and a WPATH-certified gender specialist. Services can also be provided through Side by Side at no charge to referred clients (see listing for Side by Side, above).

Clearwater Counseling & Wellness Services

Heather Kay, PhD, LCP

530 East Main Street, Suite 910

Richmond, Virginia 23219

Fax: 815-425-8519

Email: clearwatercounselingrva@gmail.com

Virginia Transgender Resource and Referral List

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

Hours of Operation: Monday – Friday 10:00 AM – 5:00 PM

Services Provided: Psychological evaluation, individual psychotherapy and counseling. Multiple insurances accepted; contact for details. Sliding scale fee available.

Launchpad Counseling

Mark Loewen

2008 Libbie Avenue, Suite 101

Richmond, Virginia 23226

Phone: 804-665-4681

Fax: 888-379-2724

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

Hours of Operation: Monday – Friday 10:00 AM – 6:00 PM, by appointment only.

Services Provided: LGBTQ affirming counseling for youth and adults, play and expressive therapies for children and teens. Spanish language service available. Provides referral letters for hormone therapy and/or surgery.

Ari Laoch, LPC, CRC, CBIST

Health Brigade Mental Health & Wellness

1010 North Thompson Street

Richmond, Virginia 23230

Phone: 804-358-6343

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

Email: alaoch@healthbrigade.org

Pride Inside

3026-A West Cary Street

Richmond, Virginia 23221

Email: arilaoch@gmail.com

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

Services Provided: Psychological evaluation, psychotherapy and counseling, psychoeducation, trauma recovery, substance counseling, letters to support gender confirmation surgery. Services at Health Brigade are free for those who meet income/insurance limitations. At Pride Inside, no insurance accepted, but sliding scale fees are available.

Camille Rudney, LCSW

530 East Main Street, Suite 910

Richmond, Virginia 23219

Phone: 804-373-7957

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

Email: info@camillerudneylcsw.com

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

Services Provided: Psychotherapy and counseling for adults. Services available in French. Some Medicaid plans accepted, other insurances are being added soon. Will complete out-of-network forms for reimbursement by insurance plans providing that benefit.

Virginia Transgender Resource and Referral List

Milo Wilson, PhD

Transformations Counseling

530 East Main Street, Suite 530

Richmond, Virginia 23219

Phone: 804-885-3046

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

Email: drmilowilson@transformationsrva.com

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

Services Provided: Psychological evaluation, individual and group psychotherapy and counseling for adults.

Services available statewide via telehealth.

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

Gender Expression Movement

Meets at The LGBT Center of Hampton Roads

247 W. 25th Street

Norfolk, Virginia 23517

Phone: 757-200-9198

Fax: 757-622-8932

Email: Info@LGBTlifecenter.org

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

Hours of Operation: Meeting Times: 1st and 3rd Saturdays of each month at 7:00 PM

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

LGBT Life Center of Hampton Roads

248 W. 24th Street

Norfolk, Virginia 23517

Phone: 757-200-9198 and 757-640-0929

Fax: 757-622-8932

Email: info@lgbtlifecenter.org

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

Hours of Operation: Monday – Friday 8:30 AM – 5:00 PM, call for additional hours, especially for support groups.

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

Virginia Transgender Resource and Referral List

Non Transitioning Spouse/Partner Support

Meets at The LGBT Life Center of Hampton Roads

247 W. 25th Street

Norfolk, Virginia 23517

Phone: 757-200-9198

Email: info@lgbtlifecenter.org

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

Hours of Operation: 2nd Wednesday of each month at 7:00 PM

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

Trans Masculine Group

Meets at The LGBT Life Center of Hampton Roads

247 W. 25th Street

Norfolk, Virginia 23517

Phone: 757-200-9198

Email: info@lgbtlifecenter.org

Website: http://www.lgbtlifecenter.org

Hours of Operation: Meetings on 3rd Saturday of each month at 10:00 AM

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

Legal

Caplan Law Group

Michael B. Hamar

Newport News:

11815 Fountain Way, Suite 300

Newport News, Virginia 23606

Phone: 757-264-6524

Fax: 757-926-5204

Virginia Beach:

5350 Kemps River Dr., Suite 108

Virginia Beach, Virginia 23464

Phone: 757-523-0023

Fax: 757-420-3811

Email: mhamar@caplanlegal.com

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

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

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

Virginia Transgender Resource and Referral List

Bartley F. Tuthill

464 Dinwiddie Street
Portsmouth, Virginia 23704
Phone: 757-393-6544
Fax: 757-393-1916

Email: barttuthill@hotmail.com

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

Services Provided: Legal services.

Medical

CSG – Pediatric Endocrinology

Melinda Penn MD
601 Children’s Lane
Norfolk, Virginia 23507
Phone: 757-668-7237

Fax: 757-668-8215 and 757-668-8221

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

Services Provided: Primary care services, hormone therapy, support services, referrals to outside providers. Services for children and adolescents only. Medicaid and multiple insurances accepted.

Chesapeake Care, Inc.

2145 South Military Highway
Chesapeake, Virginia 23320
Phone: 757-545-5700
Fax: 757-545-7706

Email: info@chesapeakecare.org

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

Thursday – 9:00 AM – 6:00 PM

Friday 9:00 AM – 3:00 PM

Services Provided: Primary care; dental care; pharmacy services; endocrinologist and hormone therapy. Services for uninsured persons in the Greater Hampton Roads area only. Eligibility for services to be determined by income. Please contact for further information.

Chesapeake Health Department

748 Battlefield Boulevard North
Chesapeake, Virginia 23320
Phone: 757-382-8600
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.

Virginia Transgender Resource and Referral List

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. Not currently accepting new patients, but can assist in finding care for patients seeking healthcare services.

Empowering Transgender Services, Inc.

97 Madison Chase
Hampton, Virginia 23666
Phone 757-781-4696

Email: nbyers@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, and PrEP. Services available in Spanish.

Norfolk Department of Health

Dr. Anne Williams – 757-355-5671
830 Southampton Avenue, Suite 200
Norfolk, Virginia 23510

Phone: Call 757-683-2800 for STD testing and general questions.

Call 757-683-2432 for PrEP.

Fax: 757-683-2504

Hours of Operation: Call for hours; Weekdays 8:30-4:45 for medication pick up. All services by appointment only during COVID-19.

Services Provided: Primary Care, Pre-Exposure Prophylaxis (PrEP), HIV and STD testing.

River Pointe Concordia

4142 Bonney Road
Virginia Beach, VA 23452
Phone: 757-340-0620

Fax: 757-340-7037

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

Hours of Operation: 24/7

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

Virginia Transgender Resource and Referral List

Hugh Dixon Wolcott, MD

Woman Care Centers, PLC
100 Kingsley Lane, Suite 200
Norfolk, Virginia 23505
Phone: 757-451-0929
Fax: 757-423-4901

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

Hours of Operation: Monday – Friday 8:30 AM – 4:30 PM, by appointment only

Services Provided: Primary care medical services, hormone replacement therapy, OB/GYN services, and other support services, including surgical and psychiatric referrals. Medicaid and most insurances accepted.

Virginia League for Planned Parenthood, Hampton Roads Clinic

403 Yale Drive
Hampton, Virginia 23666
Phone: 757-826-2079
Fax: 757-825-9165

Hours of Operation: Monday 10:00 AM – 6:00 PM
Thursday 9:00 AM – 5:00 PM
Fri 8:00 AM – 4:00 PM.

By appointment only. Hours vary from week to week; please call.

Email: Mijackson@vlpp.org

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

Services Provided: Primary care services, hormone therapy, OB/GYN services. Many services are available to youth; for hormones, must be age 17 or above. Medicaid and most insurance accepted.

Virginia League For Planned Parenthood, Virginia Beach Clinic

515 Newtown Road
Virginia Beach, Virginia 23462
Phone: 757-499-7526
Fax: 757-309-4853

Email: transgenderhealth@vlpp.org

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

Hours of Operation: Monday 9:00 AM - 5:00 PM
Tuesday – Wednesday 9:00 AM – 7:00 PM
Thursday – Saturday 9:00 AM - 5:00 PM

By appointment only. Hours vary from week to week, please call.

Services Provided: Primary care services, hormone therapy, OB/GYN services. Many services are available to youth; for hormones, must be age 17 or above. Services available in Spanish. Medicaid and most insurance accepted. Medicaid and most insurance accepted. For ages 16 and older, PrEP and PEP services, STI Testing available.

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.

Mary Aab, LPC

Assessment & Therapy Associates
2006 Old Greenbrier Road, Suite 5
Chesapeake, Virginia 23230

Phone: 757-961-0567

Fax: 757-961-0568

Email: maryaabconsulting@gmail.com

Hours of Operation: Monday – Friday 8:30 AM – 7:00 PM

Services Provided: Psychotherapy & Counseling for adults and youth, medical referrals for transition-related care. Sliding scale fee available; Medicaid and many insurances accepted.

Balance Health

5215 Collie Avenue, Suite 131
Norfolk, Virginia 23508

Phone: 757-626-3733

Fax: 757-626-3331

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

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

Services Provided: Individual psychotherapy and counseling.

The Mahogany Projek

2021 Cunningham Drive, Suite 216
Hampton, Virginia 23607

Phone: 757-655-3365

Fax: 757-945-4003

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

Hours of Operation: By appointment only.

Mondays 5:00 PM – 8:00 PM

Tuesdays 9:00 AM – 5:00 PM

Wednesdays – Fridays 5:00 PM – 8:00 PM

Services Provided: Psychological evaluation, individual psychotherapy and counseling for children, adolescents, and adults; family and couples counseling; group counseling; addiction counseling services. Many insurances accepted.

OutKind Counseling

Shawn Patrick McNulty, LPC
1769 Jamestown Road, Suite 108
Williamsburg, Virginia 23185

Phone: 757-952-6767

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

Hours of Operation: Monday – Friday, by appointment.

Virginia Transgender Resource and Referral List

Services Provided: Psychotherapy and counseling for adults and youth ages 14 and above. Group therapy is anticipated to begin in January 2021. Many insurances and Medicaid accepted. Sliding scale fee available.

Stacey Salant, PhD, Licensed Clinical Psychologist

1604 Hilltop West Executive Center, Suite 215

Virginia Beach, Virginia 23451

Phone: 757-351-4650

Fax: 757-932-5432

Email: staceysalant@gmail.com

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

Hours of Operation: Monday – Friday 7:00 AM – 5:00 PM; Some Saturdays

Services Provided: Psychological evaluation, individual psychotherapy and counseling for adults. Medicare and most insurances accepted; will bill out of network if client has benefits through a provider not accepted. Can occasionally accept a pro bono client.

Seek Your Serenity Counseling Center LLC

Angela P. Callahan, LPC, NCC

500 Washington Street, Suite 2

Portsmouth, Virginia 23704

Phone: 757-372-7868

Fax: 757-447-2590

Email: angela@seekyourserenity.com

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

Hours of Operation: Tuesday, Wednesday, and Thursday 10:00 AM – 6:00 PM
Saturdays by appointment.

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.

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

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.

Virginia Transgender Resource and Referral List

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. Services available in Spanish and English.

Metro Area Gender Identity Connection (MAGIC)

Meets at Falls Church Presbyterian Church

225 East Broad Street

Falls Church, Virginia 22041

Phone: 703-532-6518

Email: transmagicdc@gmail.com

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

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

3rd Friday of each month 8:00 PM – 10:00 PM in person

Services Provided: Peer support group for transsexual, gender queer, and other gender identity questioning people living in the greater Washington DC metropolitan area. Email for details, including Zoom meeting information or meeting location.

PFLAG T* Families Support Group

Meets at Metropolitan Community church NOVA

Facilitator: Libby McKnight

~~10383 Democracy Lane~~

~~Fairfax, Virginia 22030~~

Phone: 202-460-6002

Email: transfamiliesva@gmail.com

Hours of Operation: 3rd Sunday of every month 2:00 PM – 4:00 PM

(Call or email to confirm location and time)

Services Provided: Support for family and friends of trans men, trans women, and gender queer or fluid folks as well as trans and gender non-binary persons. **Due to COVID-19, all meetings are via Zoom until further notice. Call or email to request meeting link.**

Safe Space NOVA

Phone: 703-419-5270

Email: jordan@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 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

Virginia Transgender Resource and Referral List

Email: tgea4u@yahoo.com and revehmachattin@gmail.com

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

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

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

Vocal Self

Linda Siegfriedt, MED, CCC, SLP, Transgender Voice Specialist

14617 Outpost Court

Centreville, Virginia 20121

Phone: 703-966-6232

Email: lindatalk@msn.com

Hours of Operation: Monday – Saturday 9:00 AM – 5:00 PM, by appointment.

Services Provided: Gender Affirmation voice training services. No insurances accepted, but documentation for reimbursement can be provided upon request.

Medical

Alternative Health Associates

Maureen Schantz

Old Town Alexandria:

215 North Washington Street

Alexandria, Virginia 22314

Phone: 703-683-5736

Skintelligence Spa:

421 Church Street, NE, Suite A

Vienna, Virginia 22180

Phone 703-255-7237

Email: maureenschantz@gmail.com

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

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

By appointment only.

Services Provided: Laser hair removal and electrolysis for adults and youth. No sliding scale available, but clients can volunteer for free electrolysis work by students of electrolysis.

Virginia Transgender Resource and Referral List

Arlington County Public Health Department

Contact: Sharron Martin

Sequoia Plaza, 2100 Washington Boulevard, 2nd Floor

Arlington, VA 22204

Phone: 703-228-1200

Fax: 703-228-1255

Hours of Operation: 8 AM- 5 PM Monday-Friday

Clinic is by appointment only.

Services Provided: STD screening/treatment, including cultures for herpes simplex 2; anonymous and confidential HIV testing - 4th generation testing only.

Azure Dream Day Spa

2420 Wilson Boulevard, Suite 100

Arlington, Virginia 22201

Phone: 703-243-4343

Email: manager@azuredreamspa.com

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

Hours of Operation: Monday – Friday 8:00 AM – 7:00 PM, Saturday & Sunday 8:00 AM – 5:00 PM

Services Provided: Genital electrolysis and laser hair removal, esthetic services such as IPL, skin tightening, microneedling, etc. Services available in Farsi, Mongolian, German, and Spanish.

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.

Alexis Light, MD

Virginia Hospital Center Physician Group

700 South Washington Street, NW

Alexandria VA 22314

Phone: 703-940-3364

Fax: 703-717-4055

Website: <https://www.vhcphysiciangroup.com/doctors/alexis-light/>

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

Services Provided: OB/GYN services, hormone therapy, contraception management, STI testing and treatment, pre-conception counseling, laboratory and imaging services, gynecological surgeries including hysterectomy and oophorectomy. Medicare and most insurances accepted. Spanish language services available, and interpreting services are available for all other languages.

Virginia Transgender Resource and Referral List

Prince William Health District

Website: <http://www.vdh.virginia.gov/prince-william/>

Manassas Clinic

9301 Lee Avenue

Manassas, Virginia 20110

Phone: 703-792-6300

Fax: 703-792-6338

Hours of Operation: Monday – Friday 8:00 AM – 4:30 PM, all services by appointment only.

Services Provided: (All services for both youth and adults) ADAP services by referral only; immunizations; tuberculosis screening; STD testing; women’s wellness. Sliding scale fee available; Medicaid, Medicare, and most insurances accepted. Spanish language services available.

Woodbridge Clinic

4001 Prince William Parkway, Suite 101

Woodbridge, Virginia 22192

Phone: 703-792-7300

Fax: 703-792-7311

Hours of Operation: Monday – Friday 8:00 AM – 4:30 PM, all services by appointment only.

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

Rainbow Tuesdays Clinic

Alexandria Health Department

4480 King Street

Alexandria, Virginia 22302

Phone: 703-746-4986

Text: 571-214-9617

Fax: 703-845-1362

Hours of Operation: Every Tuesday 4:30 PM - 6:30 PM, by appointment only (call 703-746-4846 or 703-746-4976)

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

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

Virginia Transgender Resource and Referral List

Mental Health

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

Carolyn Dozier, LCSW

207 Park Avenue, Suite B-3
Falls Church, Virginia 22046
Phone: 703-532-2424

Email: 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 12:00PM – 6:00 PM
Friday 12:00 PM – 5:00 PM

Service Provided: Individual psychotherapy and counseling.

Anne L. Edwards, Psy.D.

7019 Backlick Court
Springfield, Virginia 22151
Phone: 703-509-6753

Fax: 866-871-2234

Email: dr.aledwards@raisemewell.com

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

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

Services Provided: Individual psychotherapy for adults, youth ages 13 and above, families, and couples; letters for hormone replacement therapy and gender-affirming surgeries. Psychotherapy services for loved ones of LGBT community members also offered.

Timothy Q. Elliott, MSW

3801 North Fairfax Drive, Suite 30
Arlington, Virginia 22203
Phone: 301-679-5785

Email: timothy@elliottmsw.com

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

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

Services Provided: Psychotherapy and counseling for children, adolescents, adults, and families; letters for hormone replacement therapy and gender-affirming surgeries.

Sally Harney, PhD, MA, NCC, CCTP

Neutral Ground Counseling Group
44121 Harry Byrd Highway, Suite 225
Ashburn, Virginia 20147

Phone: 703-988-4236

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

Virginia Transgender Resource and Referral List

Email: clientcare@ngcgrp.com

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

Services Provided: Individual psychotherapy and counseling for youth and adults.

Life Transitions Counseling

Chris McClure, LPC

9254 Mosby Street, Suite B

Manassas, Virginia 20110

Phone: 703-895-5208

Fax: 888-509-0859

Email: chris@transitions.life

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

Hours of Operation: Monday & Wednesday 1:00 PM – 5 PM

Tuesday, Thursday, & Friday 9:00 AM – 5:00 PM

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

Shawn Rubin, Psy.D.

Licensed Clinical Psychologist in Virginia and Michigan

8608 Pepperdine Drive

Fairfax, Virginia 22180

Phone: 510-725-7600

Email: shawn@shawnrubin.com

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

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.

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

AIDS Response Effort

Emily Fultz

124 West Piccadilly Street

Winchester, Virginia 22601

Phone: 540-536-5578

Fax: 540-431-5996 or 540-536-0190

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

Email: efultz@valleyhealthlink.com

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

Services Provided: For HIV-negative people: PrEP for insured and non-insured, education, support services, housing, referrals, free rapid HIV testing. For HIV-positive people: medical case management and early intervention services. For at-risk people: primary care services, dental services, psychiatric services, OB/GYN services, support services, and referrals. Services available in Spanish.

Virginia Transgender Resource and Referral List

Augusta Health, Speech Therapy Department

78 Medical Center Drive
Fishersville, Virginia 22939
Phone: 540-932-4010
Fax: 540-932-4031

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.

Diversity in Recovery

Currently meeting online via Zoom.

Phone: 540-324-8979

Email: contact@diversityinrecovery.org

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

Hours of Operation: Meetings on Sundays at 10:00 AM. See website for more information or reach out via telephone or 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.

Harmony Speech-Language Services

Jennye Johnson, LSP
(Address for mailing only) P.O. Box 304
Greenwood, Virginia, 22943
Phone: 828-243-4690

Email: jennye@harmonyspeech-language.com

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

Hours of Operation: Monday – Friday 10:00 AM – 7:00 PM, by appointment only.

Services Provided: Voice-communication evaluation, speech therapy, and other services.

PFLAG Blue Ridge: Charlottesville Support Group

Meets at The Women's Initiative; Facilitators: Jane Cornelius, Circe Strauss
1101 East High Street
Charlottesville, Virginia 22902
(corner of 10th & Jefferson)

Email: pflagbr@gmail.com

Website: www.pflagblueridge.org/charlottesville.html

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

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

Virginia Transgender Resource and Referral List

Rappahannock Region Transgender Group (RRTG)

Meets at Fredericksburg Baptist Church

1019 Princess Anne Street,

Fredericksburg, Virginia 22401

Phone: 540-846-3241

Email: rapregtranssup@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

Services Provided: Peer support and social group for trans persons.

Side by Side Charlottesville/Blue Ridge - Youth Support Group

Meets at UVA Teen & Young Adult Health Center

1204 West Main Street

Charlottesville, Virginia 22903

Phone: 804-651-2120

Youth Support Line: 888-644-4390

Email: info@sidebysideva.org

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

Hours of Operation: Meeting Times: Mondays 6:30 PM - 8:30 PM for ages 14 – 20

Sundays 3:30 PM – 5:00 PM for ages 11 – 14

Services Provided: Side by Side offers weekly curriculum based support groups for LGBTQ youth ages 11-20; information and referrals for youth and families; and trainings for school personnel, human service providers, and other youth workers on how to best address the needs of LGBT youth. Housing and other types of emergency assistance are also available, including some transition-related items, please see website for details. Information and referrals provided for youth and families. **Please note: all support groups are meeting virtually during the COVID-19 pandemic.**

Medical

Adult Transgender Services Clinic

At UVA Family Medicine and Specialty Care, Crozet

375 Four Leaf Lane, Suite 103

Charlottesville, Virginia 22903

Phone: 434-982-0070

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 is held 1st and 3rd Friday afternoon of each month.

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

Virginia Transgender Resource and Referral List

changes; referrals to other trans-competent resources provided, including gender confirmation surgeons. Accepts Medicaid, Medicare, and most insurances. Sliding scale fee available.

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>

Email: masullivan@virginia.edu

Hours of Operation: Monday - Friday 8:30 AM – 5:00 PM and evening hours on Tuesdays and Thursdays.
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.

Harrisonburg Community Health Center

Contact: Kim Wetzel
124 Newman Avenue, Suite B101
Harrisonburg, Virginia 22801
Phone: 540-432-3308
Fax: 540-432-3309

Email: Kim Wetzel Kwhtezel@hburgchc.org

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

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.

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: Wednesday 10:00 AM – 6:00 PM, Thursday 8:00 AM – 4:00 PM, Friday 8:00 AM – 1:00 PM,
Saturday 9:00 AM – 1:00 PM

Services Provided: Primary care services, hormone therapy, OB/GYN services. Many services are available to youth; for hormones, must be age 16 or above and have parental consent. For ages 16 and older, PrEP and PEP services, STI Testing available. Telehealth can be provided from all VLPP locations. Medicaid and most major insurance plans accepted.

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.

Mental Health

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

April Cordell-Bryant, LPC

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

Email: abryant@alliedtransformations.com

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

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

Services Provided: Psychotherapy and counseling. Telehealth available.

Leigh Freilich, LCSW

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

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

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

Emily E. Lape, LCSW

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

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

Virginia Transgender Resource and Referral List

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.

Comprehensive Behavioral Health

Joseph Jordan, PA-C
25 Myers Corner Drive
Staunton, Virginia 24401
Phone: 540-688-2646
Fax: 540-688-2656

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

Hours of Operation: Monday - Friday 8:00 AM - 5:00 PM, by appointment only. Please visit website or call to schedule.

Services provided: Psychiatric services in patients 14 years and above including psychiatric evaluation, medication management, medical and behavioral health referrals, surgical clearance letters for gender-affirming surgeries, TMS therapy and supportive therapy. Accepts most insurances including medicaid and medicare. Spanish language services available.

David Lewis, LCSW

P.O. Box 1261
Crozet, Virginia 22932
Phone: 434-264-7711

Email: davidlewislcsw@gmail.com

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

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

Lighthouse Counseling of Fredericksburg, PLC

420 Hudgins Road, Suite 201
Fredericksburg, Virginia 22408
Phone: (540) 907-0121
Fax: (866) 832-7890

Email: Carmen Greiner at cgreiner@lighthousefredericksburg.com

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

Hours of Operation: Monday – Friday 8:00 AM – 7:00 PM, by appointment only.

Services Provided: Individual and group psychotherapy and counseling for youth and adults. Most major insurances accepted except Medicaid and Medicare.

Splaun Psychotherapy

Allison Splaun, PhD
408 East Market Street, Suite 201B, #1
Charlottesville, Virginia 22902
Phone: 434-989-9240
Fax: 434-270-7438

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

Virginia Transgender Resource and Referral List

Email: allisonsplaunphd@gmail.com

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

Services Provided: Individual and family psychotherapy and counseling for youth and adults, psychological evaluation.

Kimberly Thrasher, LCSW

9396 South Congress Street

New Market, Virginia 22844

Phone: 540-247-6308

Fax: 540-302-8056

Email: peaceofmyheartcounseling@gmail.com

Website: <https://peaceofmyheartcoun.wixsite.com/kimberlythrasherlcsw>

Hours of Operation: By appointment only.

Services Provided: Psychological evaluation, individual and group psychotherapy & counseling for adults, adolescents, and children, family counseling, couples counseling, referrals for medical intervention when appropriate, and support services. Counseling also available for non-transitioning family members. Insurance can be processed as “out-of-network”, except for Medicare which is in-network.

The Women’s Initiative

Jefferson School City Center

233 4th Street NW, Room 255-B

Charlottesville, Virginia 22903

Phone: (434) 872-0047

Fax: 434-202-7694

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

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

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

For the Walk-in Clinic:

Mondays 10:00 AM – 12 PM at Westhaven Nursing Clinic

803 Hardy Drive, Charlottesville, Virginia 22903

Tuesdays 9:00 AM – 12:00 PM at Jefferson School City Center (satellite office)

233 4th Street NW, Room 255-B, Charlottesville, Virginia 22903

Wednesdays 2:00 PM – 5:00 at The Women’s Initiative (main office)

1101 E. High Street, Suite A, Charlottesville, Virginia 22902

Services Provided: Mental health services, including outpatient counseling (individuals & couples), therapeutic and social support groups, education, outreach, free walk-in clinic, assessment and diagnostic services, and referral letters for gender-affirming medical care. Counseling services provided on a sliding scale to uninsured and under-insured cisgender female, transgender, and nonbinary/gender-nonconforming individuals, regardless of ability to pay. The Women’s Initiative hosts PFLAG and C’Ville Trans Peer support group on 3rd Saturday of each month. See listing on p. 28 for *PFLAG Blue Ridge: Charlottesville Support Group*.

Virginia Transgender Resource and Referral List

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 – Friday 9:00 AM – 5:00 PM

Services Provided: HIV and hepatitis C prevention, counseling, and testing; resources and referrals for those HIV and/or HCV positive and for those at risk; HIV and Hepatitis C case management. Consumer Advisory Board meeting/support group Lunch 2nd Wednesday of each month.

TransParent USA, Roanoke Valley Chapter

Meets at Roanoke Diversity Center

806 Jamison Ave SE

Roanoke, Virginia 24013

Email: RoanokeVA@transparentusa.org

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

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

Services Provided: Monthly support group for parents of transgender children.

Medical

Kevin Edelen, FNP, RN

Novant Health Northwest Family Medicine

7607-B NC Route 68

Oak Ridge, North Carolina 27310

Phone: 336-643-3378

Email: kevin.edelen@novanthealth.org

Hours of Operation: Monday – Friday 7:30 AM – 5:30 PM

Services Provided: Primary medical care services for all ages, hormone services, and other support services. Medicaid, Medicare, and all insurances accepted.

Kindred at Home

20715 Timberlake Road, Suite 106

Lynchburg, Virginia 24502

Phone: 434-846-5219

Fax: 434-528-4963

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

Virginia Transgender Resource and Referral List

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.

Mental Health

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

Horizon Behavioral Health, Courtland Wellness Center

Amy Rugh, LPC

620 Court Street

Lynchburg, Virginia 24504

Phone: 434-477-5000, 434-847-8035, or 434-847-8050

Fax: 434-455-2720

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

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

Transgender Therapy group - by appointment only*

Services Provided: Individual and group psychotherapy and counseling, transgender therapy group*, HIV and Hepatitis C testing available (if any questions regarding testing, please call and ask for Rhonda Turner). Medicaid, Medicare, and most insurance accepted; sliding scale available. ***Please note that group therapy is currently suspended due to COVID-19.**

Melanie Quillen, LCSW, C-DBT

1719 Grandin Road, SW

Roanoke, Virginia 24015

Phone: 540-254-0346

Email: mftatetherapy@gmail.com

Hours of Operation: By appointment only.

Services Provided: Psychotherapy and counseling for youth and adults. Medicaid, Medicare, and most 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

George Washington University Speech and Hearing Center

Linda Siegfriedt, MED, CCC, SLP

2115 G Street, N.W.

Hall of Government 201

Washington, D.C. 20052

Phone: 202-994-3027

Fax: 202-994-2589

Email: lindas@gwu.edu

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

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

Services Provided: Voice training for the transitioning voice

Virginia Transgender Resource and Referral List

Medical

Susan Bienvenu Acupuncture LLC, LMSW

17013 Clear Creek Drive
Silver Spring, Maryland 20905
Phone: 240-839-1675
Email: tendingchi@gmail.com

Website: <http://tendingchi.com/transgender-specialist/>

Hours of Operation: By appointment. Evenings and weekends available, and appointments can be made on short notice. See listing below in Mental Health section for counseling office.

Services Provided: Traditional and laser acupuncture, cupping, and gua sha (scraping). See listing in Mental Health Section below for counseling office.

Chase Brexton Health Care

111 North Charles Street
Baltimore, Maryland 21201
Phone: 410-837-2050
Fax: 410-837-1119

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

Hours of operation: Monday – Friday 9:00 AM – 5:00 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.

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: Monday – Friday variable hours, check website or call for details.
Sunday 8:30 AM – 2:00 PM

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

Whitman-Walker Health

1525 14th Street, N.W.
Washington, D.C. 20005
Phone: 202-745-7000
Fax: 202-332-1049

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

Hours of Operation: Monday – Friday 8:00 AM – 6:00 PM (with some extended hours)

Virginia Transgender Resource and Referral List

Services Provided: Primary care services, hormone therapy, OB/GYN services, dental services, legal services, psychiatric services, psychotherapy and counseling, psychological evaluation, laser hair removal and/or electrolysis, wellness services, youth services, support services.

Mental Health

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

Susan Bienvenu LLC, LMSW

Flourish Counseling and Wellness Center

3430 North High Street

Olney, Maryland 20832

Phone: 301-570-4050, Direct line: 240-839-1675

Email: flourishoffice@flourishcounselingandwellness.com

Website: <https://flourishcounselingandwellness.com>

Hours of Operation: By appointment only. Evenings and weekends available, and appointments can be made on short notice.

Services Provided: Psychotherapy and counseling. Most insurances accepted. See listing above in Medical section for acupuncture office.

Michael L. Hendricks, Ph.D., ABPP

5225 Wisconsin Avenue, NW, Suite 513

Washington, D.C. 20015

Phone: 202-364-1575 ext. 104

Fax: 202-364-0561

Email: mhendricksphd@gmail.com

Website: www.wpcdc.com

Hours of Operation: Monday – Friday (Hours vary)

Services Provided: (All services for adolescents and adults) Psychological evaluation; individual and couples psychotherapy and counseling.

Joseph A. Izzo, MA, LICSW

4102 10th Street, NE

Washington, D.C. 20017

Phone: 202-425-0496 (cell – text and voice)

202-526-2471 (private practice)

Email: jizzo4102@gmail.com

Hours of Operation: 11:00 AM- 7:00 PM, Primarily Weekends

Services Provided: Individual and family counseling addressing gender dysphoria and gender transition. Clearance letters provided for hormone therapy and gender affirming surgeries. Referrals to transgender services and providers. Does NOT accept private insurance, Medicare, or Medicaid. Fees for services are negotiated directly with the client on a sliding scale basis based on client's income. Invoices will be provided to the client if they wish to submit to their insurance company. **Not currently accepting new clients.**

Virginia Transgender Resource and Referral List

Kate Thomas, PhD

2360 West Joppa Road, Suite 219

Lutherville, Maryland 21093

Phone: 443-540-4817

Fax: 410-583-2693

Email: kthoma36@jhmi.edu or katesxdoc@gmail.com

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

Services Provided: Individual psychotherapy and counseling for adults, youth, and families; psychological evaluation. Does not take insurance, but fees are adjustable on sliding scale basis.

Amelie Zurn, LCSW-C

612 Gist Avenue

Silver Springs, Maryland 20910

Phone: 301-641-3401

Email: azurn2@aol.com

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

Services Provided: Individual/couples psychotherapy and counseling

S T A T E W I D E

Black Transmen, Incorporated

Contact: Charley Burton

Virginia State Chapter

Phone: 434-825-1052

Email: cburton@blacktransmen.org or mjackson@blacktransmen.org

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

Hours of Operation: Akanni group meets online Wednesdays 7:00 PM EST. Call or email for details about other services.

Services Provided: Akanni group – support for Black transmen to provide mentorship for Black transmen. Other services include yoga, mindfulness meditation classes, binder exchange; see website for details.

LGBTQ Partner Abuse and Sexual Assault Helpline

Virginia Sexual and Domestic Violence Action Alliance

1118 West Main Street

Richmond, Virginia 23220

Phone: 804-377-0335,

Fax: 804-377-0339

Hotline: 866-356-6998

Text line: 804-793-9999

Chat Online: www.vadata.org/chat

Email: info@vsdvalliance.org

Website: www.vsdvalliance.org

Hours of Operation: Hotline, Textline, and Chat available every day, 24 hours/day.

Virginia Transgender Resource and Referral List

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.

Prismatic Speech Services, PLLC

600 Summit Avenue

Greensboro, North Carolina 27405

Phone: 336-609-6258

Fax: 336-2321371

Email: kevin@prismaticspeech.com

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

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

Services Provided: Transgender vocal training, rehabilitative voice therapy. Services available in Virginia (statewide), North Carolina, South Carolina, and Georgia, via telepractice.

Transgender Assistance Program of Virginia (TAP)

Contact: De Sube

Phone: 757-563-4784

Fax: 757-499-0106

Email: transactivista@gmail.com

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

Hours of Operation: Daily 9:00 AM – 6:00 PM

Services Provided: Emergency housing, assistance with rent, utilities, phone bills, food, resources, and referrals. All services are free to transgender and gender non-binary adults (age 18 or older) statewide.

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.

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 – 5:00 PM

Services Provided: Hormone therapy. All services for adults only. Other services available soon: prescriptions for erectile dysfunction, PrEP, STI testing & treatment, and prescription hair and acne medications. No insurances accepted; eligible for payment through Health Savings Accounts (HSAs) or health Flexible Spending Accounts (FSAs).

Virginia Transgender Resource and Referral List

Mental Health

Cassie DeSena Jacobs

Starting Gate Teletherapy

P.O. Box 2976

Williamsburg, VA 23187

Phone: 757-204-1347

Email: contact@startinggatetherapy.com

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

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

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