



Gender & Sexual Diversity Initiative

2019 GSDI Transgender Provider Resource List


The **Gender and Sexual Diversity Initiative (GSDI)** is a project of Carolina Partners in Mental Healthcare, PLLC. GSDI aims to increase access to culturally-competent care for folks in the LGBTQQIA communities, while also raising the visibility and needs of these populations within medical and mental health care spaces. GSDI also offers mentorship to aspiring clinicians and other providers from the LGBTQQIA communities, supporting them in working directly within their communities to provide services. Visit the website for more information:

<http://www.gsdiversity.com/>

This resource list has been created in collaboration with Transforming Families NC, a program of the LGBTQ Center of Durham.

In order to ensure that this list is accurate and safe, we welcome feedback regarding any of these providers. Send any/all feedback to GSDInitiative@gmail.com with the subject "GSDI Provider List Feedback."

Key

If a provider has a , we have received positive feedback from trans folks about that provider.


If a provider has a , they have completed the 5-part GSDI trans-competency training. Read more about the trainings at www.gsdiversity.com

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Primary Care and HRT Prescribers

Providing hormone replacement therapy (HRT); pap smears and other reproductive organ annual assessments; general and family practice; referrals to other providers.

Chapel Hill and Carrboro

Dr. Cory Annis, MD

Unorthodoc

127-A Fidelity St

Carrboro, NC 27510

Phone: (919) 914-9611

Fax: (919) 999-4994

<http://unorthodoc.com/>

Dr. Kerith Lawrence, MD

Must verbally identify as LGBTQI to become a new patient, otherwise practice is full; GP for all genders adult and children, HRT for MTF and FTM folks, including teens; operates on informed consent model; reproductive health; continuum of care; referral

Carrboro Pediatrics and Internal Medicine

127 Fidelity St

Carrboro, NC 27510

Phone: (919) 933-8381

Fax: 919-933-6623

carrboropediatrics.com/index.html

Dr. Eric Klett, MD

Provides: MTF & FTM continuum of care; Requires Mental Health Assessment and HRT Referral letter for access to care .

UNC Hospitals Diabetes and Endocrinology Clinic

300 Meadowmont Village Circle

Chapel Hill, NC 27517

Phone: (984) 974-2950

Fax: (984) 974-2924

<https://www.med.unc.edu/cedas/endocrinology-metabolism/clinical-faculty/eric-klett-md>

Dr. Louise Metz, MD ✓

Provides Primary Care, Gynecologic and contraceptive care, Hormones (informed-consent model), referrals and letters for surgery, STI screening and treatment. Accepts many insurance plans, sliding scale and payment plans.

Mosaic Comprehensive Care

1240 Environ Way

Chapel Hill, NC, 27517

Phone: 919-240-7269

<http://mosaiccarenc.com/>

Dr. Elizabeth G. Motyka, M.D.

Provides: GP for all genders, hormones for FTM only; assessment; real life experience living in preferred gender; informed consent model of care, gynecology services

727 Eastowne Drive, Suite 200A

Chapel Hill, NC 27514

Phone: (919) 401-4515

info@forwomensgyn.com

www.forwomensgyn.com/

Pediatric and Adolescent Clinic for Gender Wellness (PAC-G)

Our gender clinic provides care to children and adolescents with gender dysphoria and other concerns regarding gender identity. We work in a multi-disciplinary team, including specialists from Pediatric Endocrinology, Pediatric Psychology, and Social Work. Together we work to provide a full physical and psychological evaluation, ongoing care, and referrals as necessary.

UNC Hospitals Children's Specialty Clinic

N.C. Children's Hospital

Ground Floor

101 Manning Drive

Chapel Hill, NC 27514

Phone: 919-445-0909

UNCChildrens.org/GenderClinic

Planned Parenthood of North Carolina

Chapel Hill and Carrboro, NC

Chapel Hill Health Center

Provides: Reproductive Services for all genders; Hormone treatments for FTM/trans men using an informed consent model; STI/HIV testing; sliding scale fees

1765 Dobbins Drive, PO Box 3258

Chapel Hill, NC 27514

Phone: (919) 942-7762

Fax: (919) 933-5270

Piedmont Community Health Centers: Chapel Hill and Carrboro

Erin Van Scoyoc, MD, MPH: Carrboro

Pediatrics/Internal Medicine

Insurance: *Accepts most insurance including most private, Medicare, and Medicaid, will see patients who are underinsured or without insurance on a sliding scale basis.*

List of services:

Comprehensive Primary Care

Transgender Health Services and informed consent Hormone Replacement Therapy (HRT)

STD Testing, HIV Testing with same-day results

HIV PrEP (pre-exposure prophylaxis for patients at high-risk of contracting HIV)

Low Cost prescriptions available to our patients at Carrboro Community Health Center

Carrboro Community Health Center, Piedmont Health Services

301 Lloyd Street, Carrboro, NC 27510

Carrboro Community Health Center: 919-942-8741

Please call Lynn Salazar-Wadford-Care Manager at (919) 942-8741 ext. 1237 or email wadfordl@piedmonthhealth.org to schedule appointments with all Carrboro providers (Drs. Van Scoyoc, Pham or Yu).

<http://www.piedmonthhealth.org/locations/carrboro-community-health-center/>

Quang Pham, MD, MPH: Carrboro

Internal Medicine

Insurance: *Accepts most insurance including most private, Medicare, and Medicaid, will see patients who are underinsured or without insurance on a sliding scale basis.*

List of services:

Comprehensive Primary Care

Transgender Health Services and informed consent Hormone Replacement Therapy (HRT)

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HIV PrEP (pre-exposure prophylaxis for patients at high-risk of contracting HIV)

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301 Lloyd Street, Carrboro, NC 27510

Carrboro Community Health Center: 919-942-8741

Please call Lynn Salazar-Wadford-Care Manager at (919) 942-8741 ext. 1237 or email wadfordl@piedmonthhealth.org to schedule appointments with all Carrboro providers (Drs. Van Scoyoc, Pham or Yu).

<http://www.piedmonthhealth.org/locations/carrboro-community-health-center/>

Rupal Yu, MD: Carrboro

Family Medicine

Insurance: *Accepts most insurance including most private, Medicare, and Medicaid, will see patients who are underinsured or without insurance on a sliding scale basis.*

List of services:

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Carrboro Community Health Center: 919-942-8741

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wadfordl@piedmonthhealth.org *to schedule appointments with all Carrboro providers (Drs. Van Scoyoc, Pham or Yu).*

<http://www.piedmonthhealth.org/locations/carrboro-community-health-center/>

Durham, NC

Dr. Warner Burch, MD

Provides: MTF & FTM; HRT; Continuum of Care

Duke Endocrinology

DUMC 3283

Durham, NC 27710

Appointment Telephone: (919) 668-7630

(919) 684-6064

Dr. Viviana Martinez-Bianchi, M.D., FAAFP

Duke Family Medicine Center

Marshall I. Pickens Building

2100 Erwin Road

Durham, NC 27705

Phone: 919-684-6721

Dr. Jennifer Perkins, MD

Provides: MTF & FTM; HRT; Continuum of Care

Duke Endocrinology

DUMC 3452

Durham, NC 27710

Appointment Telephone: 919-620-5300

(919) 684-3841

Fax: 919-668-1559

<https://www.dukemedicine.org/find-doctors-physicians/jennifer-m-perkins-md>

Duke Child and Adolescent Gender Care Clinic

We provide treatment, support, education and counseling to transgender youth who are exploring their gender identity and gender expression, as well as their families. We also treat people with gender dysphoria, which occurs when sex and gender assigned at birth do not align with a person's gender identity. Our clinic is staffed by experts in pediatric endocrinology, pediatric urology, clinical social workers, and counselors in psychology/psychiatry and spiritual care. We also partner with doctors, surgeons and counselors in neonatology, genetics, family and community medicine, adolescent medicine, voice care services, fertility, and nutrition.

Providers: Dr. Deanna Adkins MD, Dr. Jonathan Routh MD MPH, and Kristen Russell, LCSW
2301 Erwin Rd, Durham, NC 27710

Phone: (919) 684-8361

<https://www.dukehealth.org/locations/duke-child-and-adolescent-gender-care>

Raleigh & Cary, NC

Kristen Clarey, MD ✓

Family Medicine, Primary Care, Sports Medicine

Carolina Family Practice and Sports Medicine

3700 NW Cary Parkway, Suite 110

Cary, NC, 27513

Phone: 919-238-2000

<http://cfpsm.com>

Dr. Craig Stephens, M.D.

Provides: GP for all genders

Triangle Family Care

106-A Ridgeview Drive

Cary, NC 27511

Phone: (919) 319-6363

Fax: (919) 319-1331

Email: CStevens@TriangleFamilyCare.com

<http://www.trianglefamilycare.com/healthcare-providers/#Craig>

Dr. Julia Warren-Ulanch, M.D. ✓

Creedmoore Endocrinology

8340 Banforth Way, Suite 001

Raleigh, NC, 27615

<http://www.ccendocrinology.com/>

Dr. Samina Ismail ✓

Provides primary care and will check hormone levels. Accepts most insurance. Appointments and walk-ins.

Walk-In Family Care

Crestview Center

7716 Chapel Hill Rd

Raleigh, NC, 27607

Phone: 919-655-5020

Fax: 919-443-1140

walk.in.fc@gmail.com

<http://www.walkinfamilycare.com/>

Planned Parenthood – Raleigh

Provides hormone treatments for both Female-to- Male/transgender men and Male-to-Female/transgender women using an informed consent model for ages 18+.

Kate Swift-Scanlan

100 S. Boylan Ave.

Raleigh, NC

Phone: 919.833.7526

kate.swift.scanlan@pphs.org

Outside the Triangle

Dr. Jennifer Badik, M.D.

Cone Health Pediatric Specialists

Provides: Pediatric Endocrinology, Pediatric Subspecialists

300 E Wendover Ave, Suite 311

Greensboro, NC 27401

Phone: (336) 272-6161

<http://www.conehealth.com/find-a-doctor/doctor-profile/?id=1085>

Dr. Deanna Jones, M.D.

Provides: HRT for FTM & MTF; continuum of care; very long waiting list for new patients

1242 C. South 5th St

Mebane, NC 27304

Phone: 919-563-3007

armc.com/app/doctors/profile.aspx?id=2698#Profile

Isabel Lowell, MD

(she, her, hers)

QMed

What we do: provide affirming care and hormone therapy to the trans community across the Southeast (AL, GA, NC, SC, TN)*

Insurance: only in Georgia

Telehealth: in many parts of the US, it is difficult to find doctors who are knowledgeable about transgender health and hormone therapy. Telemedicine enables us to care for patients remotely, using a video conference on a laptop, tablet, or smartphone.

Website: queermed.com

Email: info@queermed.com

Phone: 404-445-0350

Dr. Bhakti B. Paul, M.D.

Provides: Endocrinology

Kernodle Clinic West

1234 Huffman Mill Rd

Burlington, NC 27215

Phone: (336) 538-1234

<https://kernodle.duhs.duke.edu/search-providers/bhakti-b-paul-md-mph/>

Dr. Donald Pittaway, M.D.

Provides: Pediatric Endocrinology, OB/GYN

Brookview Women's Center

3333 Brookview Hills Drive

Winston Salem, NC 27103

Phone: (336) 793-8109

dpittawaybwc@bellsouth.net

donaldpittawaymd.com/index.html

Dr. Asif R. Rizvi, M.D.

Provides: Endocrinology

105 Roxie Ave

Fayetteville, NC 28304

Phone: (910) 609-1880

Piedmont Health Services--Alamance County

Jessica Rubio, Family Nurse Practitioner-Burlington

Family Medicine

Insurance: *Accepts insurance including most private, Medicare, and Medicaid and will see patients who are underinsured or without insurance on a sliding scale basis.*

List of services:

Comprehensive Primary Care

Transgender Health Services and informed consent Hormone Replacement Therapy (HRT)

STD Testing, HIV Testing with same-day results

HIV PrEP (pre-exposure prophylaxis for patients at high-risk of contracting HIV)

Low Cost prescriptions available to our patients at Charles Drew Community Health Center

Charles Drew Community Health Center, Piedmont Health Services

221 North Graham-Hopedale Road, Burlington, NC 27217

Charles Drew Community Health Center: 336-570-3739

Please call Center Manager Sam Smith at (336) 570-3739 ext. 1264 or email her at

smiths@piedmonthhealth.org to schedule an appointment for Alamance County providers

(Rubio, Soles).

<http://www.piedmonthhealth.org/locations/charles-drew-community-health-center/>

Meredith Soles, MD

Family Medicine

Insurance: *Accepts insurance including most private, Medicare, and Medicaid and will see patients who are underinsured or without insurance on a sliding fee scale basis.*

List of services:

Comprehensive Primary Care

Transgender Health Services and informed consent Hormone Replacement Therapy (HRT)

STD Testing, HIV Testing with same-day results

PrEP (pre-exposure prophylaxis for patients at high-risk of contracting HIV)

Burlington Community Health Center, Piedmont Health Services

1214 Vaughn Road, Burlington, NC 27217

Burlington Community Health Center: 336-506-5840

Please call Center Manager Sam Smith at (336) 570-3739 ext. 1264 or email her at

smiths@piedmonthhealth.org to schedule an appointment for Alamance County providers

(Rubio, Soles).

<http://www.piedmonthhealth.org/locations/burlington-community-health-center/>

Leslie Sharpe, Family Nurse Practitioner

Family Medicine

Insurance: *Accepts insurance including most private, Medicare, and Medicaid and will see patients who are underinsured or without insurance on a sliding scale basis.*

List of services:

Comprehensive Primary Care

*Transgender Health Services and informed consent Hormone Replacement Therapy (HRT)
STD Testing, HIV Testing with same-day results
PrEP (pre-exposure prophylaxis for patients at high-risk of contracting HIV)
Sylvan Community Health Center, Piedmont Health Services
7718 Sylvan Road, Snow Camp, NC 27349
Sylvan Community Health Center: 336-506-0631
To schedule an appointment, please call the front desk at (336) 506-0631.
<https://www.piedmonthealth.org/locations/sylvan-community-health-center/>*

Rebecca Kooistra, Family Nurse Practitioner-Chatham County

Family Medicine

Insurance: *Accepts insurance including most private, Medicare, and Medicaid and will see patients who are underinsured or without insurance on a sliding scale basis.*

List of services:

Comprehensive Primary Care

*Transgender Health Services and informed consent Hormone Replacement Therapy (HRT)
STD Testing, HIV Testing with same-day results*

HIV PrEP (pre-exposure prophylaxis for patients at high-risk of contracting HIV)

Low Cost prescriptions available to our patients at Moncure Community Health Center

Moncure Community Health Center, Piedmont Health Services

7228 Pittsboro-Moncure Road, Moncure, NC 27559

Moncure Community Health Center: 919-542-4991

*Call Lindsay Quick at 919-54503420, quickl@piedmonthealth.org to schedule an appointment
<http://www.piedmonthealth.org/locations/moncure-community-health-center/>*

Evan Ashkin, MD--Caswell County

Family Medicine

Insurance: *Accepts insurance including most private, Medicare, and Medicaid and will see patients who are underinsured or without insurance on a sliding fee scale basis.*

List of services:

Comprehensive Primary Care

*Transgender Health Services and informed consent Hormone Replacement Therapy (HRT)
STD Testing, HIV Testing with same-day results*

PrEP (pre-exposure prophylaxis for patients at high-risk of contracting HIV)

Prospect Hill Community Health Services, Piedmont Health Services

322 Main Street, Prospect Hill, NC 27314

Prospect Hill Community Health Center: 336-562-3311

Call Paquita Burnette at 919-542-4991 ext. 2203, burnettep@piedmonthealth.org to schedule an appointment

<https://www.piedmonthealth.org/locations/prospect-hill-community-health-center>

Pharmacists

Morrisville Compounding and Pharmacy

Chioma Ugwa, Pharmacist and owner
at Morrisville Market Place Shopping Center
3500 Davis Drive
Morrisville, NC 27560
Phone: (919) 463-7990
<http://morrisvillrx.com/home/>

Mental Health Therapists & Psychiatrists

Providing psychiatric medication management and supportive counseling during transitions, recommendation letters, case management and information sharing for moving through barriers such as gender markers, and mental health evaluations when necessary for a patient to access medical care related to transition.

Durham, NC

Patty Adams, MSW, LCSWA, E-RYT 200

Healing Justice worker, yoga teacher, therapist

*Patty is a cis queer woman who has been working at the intersections of social movement and healing for more than 15 years. In addition to her work as a clinical social worker, she offers trauma-informed and inclusive yoga, and incorporates her work in addiction recovery, studies of Ayurvedic medicine, and other healing modalities into her practice. **Patty currently accepts CBH-HMO, Cigna, MCOST, BCBS, Blue Options, Aetna, and Self-pay clients.** Patty is bilingual, and practices in both English and Spanish. She also has experience working with people who are challenged by emotional regulation (including those with a Borderline Personality Disorder diagnosis), in recovery from substance use, with complex trauma, and experiencing anxiety and depression. Her worldview and her therapy practice are rooted in anti-oppression values including anti-racism, anti-patriarchy, anti-capitalism, and collective liberation.*

1415 W. NC Hwy 54, Ste. 121

Hamilton Centre Building 300

Durham, NC 27707

Phone: 919-401-2933

Fax: 984-888-0955

liberationhealingarts@gmail.com

LiberationHealingArts.com

Sheffa Ariens, MA, MFT ✓

I offer more than 15 years of experience working as a psychotherapist in private practice with individuals, couples, and groups, with a specialty working with relationships outside of traditional monogamy and common relational paradigms, including open relationships, polyamory, consensual power dynamics, platonic parenting, mixed-orientation marriages, and cross-cultural relationships. I am also currently building my expertise with gender-fluid, non-binary and transgender identity issues.

My work weaves together compassionate listening, mindfulness, psychological complexity, and relationship skill building with the growing wealth of knowledge and experience being cultivated by non-conformists committed to finding their own truths. My focus is to help you step out of your fear and be curious, brave, and kind to yourself. I encourage you to bring the wisdom of your body, soul, and intuition into your relationships, and to be playful whenever possible.

Durham, NC (contact for location)

Phone: (919) 335-3693

sheffaariens@gmail.com

Julie Austen, PhD

My practice focuses primarily on concerns of people who identify along the gender spectrum and their families. The idea is to provide affordable, competent care for the un- or under-insured, so I see people on a very reduced fee schedule. I am competent in providing services to people across the gender spectrum and have been acknowledged as a competent provider by the American Psychological Association (Division 44) and WPATH. Since I am interested in treating people with limited access to healthcare, I also have the capability of seeing people via secure tele-health platforms in addition to my South Durham location.

Carolina Converge

Locations in South Durham and online via secure online platform

Phone: 919.695.3344

Julie.austen@carolinaconverge.com

www.carolinaconverge.com

Sammy Banawan, PhD

5850 Fayetteville St #201

Durham, NC 27713

Phone: (919) 627-8675

banawan@durhamdbt.com

durhamdbt.com/banawan

Miriam Brodersen, MSW, LCSW

I am a cisgender, queer-identified therapist specializing in mindfulness-based therapy. I work with adults of all ages, genders and sexual orientations who want to improve their relationships with themselves and others. My work is grounded in compassion and trust in everyone's capacity for growth and healing. I am trained in Hakomi Mindfulness-Based therapy, a radical tool for self-discovery using mindfulness. I am in-network with Blue Cross Blue Shield insurance and am bilingual in English and Spanish.

910 Broad St.

Durham, NC 27705

Phone: (919) 636-2434

miriambrodersen.com/

Shivani Chudasama, MSW, LCSWA, RYT ◆

Shivani is a clinical social worker and registered yoga teacher who empowers her clients by using the guiding principles of empathy, curiosity, cultural humility and collaboration. She takes an integrative and psychobiological approach to counseling and works to understand how the intersection of clients' unique experiences and identities impact them today.

Shivani is committed to working and supporting clients as they face a range of experiences. She specializes in working with members of the LGBTQIAA+ communities, survivors of trauma, people navigating multicultural concerns, identity exploration, family concerns, grief and loss, and interpersonal and relationship concerns. Shivani helps clients develop an embodied awareness of how their own natural process of self-healing may have been blocked over time. She guides clients in the process of deepening their self-awareness and taking safe risks. She is eager and honored to help clients make positive changes, and ultimately, heal.

Carolina Partners in Mental HealthCare, PLLC

1502 W NC Hwy 54, Suite 103

Durham, NC 27701

Phone: (919) 354-0850 x 161

Fax: (919)294-8590

<https://www.carolinapartners.com/staff/shivani-chudasama-msw-lcswa-ryt/>

Sara Cott, MSW, LCSW

910 Broad St,

Durham, NC 27705

Phone: 919-912-2151

<http://saracott.com/>

Email: sara@saracott.com

Meg Hamilton, MA, LPCA

I am a therapist and art therapist working out of Durham. I work with children, adolescents, young adults, and families, and I specialize in working with trauma. I work with LGBTQ youth

and families. I also offer training to other professionals or agencies on working with LGBTQ youth and families.

Birch Counseling Center
3325 Durham-Chapel Hill Blvd.
Suite 205
Durham, NC 27707
Phone: (919) 813-0218
Fax: 877-823-9464
Email: meg.hamilton@birchcounselingdurham.com

Megan L. Highsmith MSW, LCSW

Individual, Couple, & Family Therapist
104 South Estes Drive
Suite 206
Chapel Hill, NC 27514
Phone: 919-612-3041
me@meganhighsmith.com
www.meganhighsmith.com

Heather Langan, MA, LPCS, CSAT 

Heather Langan Psychotherapy
I have over 25 years experience treating anxiety, depression, trauma/PTSD and sexual issues. Trained in EMDR, Somatic Experiencing, sexual and gender diversity (see website). I am a proud ally and affirmative champion of the LGBTQ+ community. I am out-of-network and provide coded receipts for clients to submit to insurance.
[1010 Lamond Avenue, Durham NC 27701](http://www.heatherlanganlpc.com/)
Phone: 919-423-4224
HLangan7@gmail.com
Website: <http://www.heatherlanganlpc.com/> • [Facebook](#)

Diane Meglin, LCSW

Provides affirmative therapy, coaching, counseling for people and their partners, families. Provides trans-affirmative counseling and therapy for genderqueer and non-binary folks. Adults and folks who are 16 years old and older. WPATH member, LGBTQIA specialty.
400 Crutchfield St Suite E
Durham, NC, 27704
Phone: 919-949-9700

J. Louise Newton, MSW, LCSW, SEP 

I am a cisgender and queer identified provider and a long-time accomplice to transgender and GNC community members. I provide LGBTQQIA+ affirming therapy, informed consent

evaluations, referral letters, and continuity of care support for trans and GNC folks seeking ease is accessing medical health care. I am a member in good standing of the World Professional Association for Transgender Health. I am not currently taking new clients.

Carolina Partners in Mental HealthCare, PLLC

1502 W NC Hwy 54, Suite 103

Durham, NC 27701

Phone: (919) 354-0850 x 161

Fax: (919)294-8590

louise.newton@carolinapartners.com

Louisenewton.com

Molly Parks, Psy.D., Licensed Psychologist

I specialize in working with children, teens, and adults around gender identity and gender transition. I am kink-friendly, practice systemically with families, and also provide EMDR/trauma therapy.

817 Broad St

Durham, NC 27705

Phone: (919) 937-8335

drmollyparks@gmail.com

drmollyparks.com

Radical Healing

2009 Chapel Hill Rd

Durham, NC, 27707

<http://www.radicalhealing.us/>

Louis Sawyer, Ph.D

Psychologist and founder at Androgyny Center

3604 Shannon Rd, Ste. 200

Durham, NC 27707

Phone: (919) 403-2122

Fax: 919-401-4993

<https://www.carolinapartners.com/staff/sawyer.php>

David Young Oh, LPC, MS, MA, NCC 

I am transaffirmative and accept clients exactly where they are at whatever scale that maybe.

Radical Healing

2009 Chapel Hill Rd

Durham, NC, 27707

<http://www.radicalhealing.us/>

Phone: (919) 960-1396

Fax (919) 887-2746

daveyoungoh@gmail.com

Chapel Hill and Carrboro, NC

Anna Cordova, MA, LPC, RYT

Anna Cordova is a body centered and expressive arts therapist as well as a registered yoga teacher. Anna has trained extensively in Somatic Experiencing, Embodied Recovery, cognitive behavioral therapy (CBT), Trauma focused CBT, dialectical behavioral therapy (DBT), gender and sexual diversity, creative expression, and mindfulness. Anna is particularly passionate about working with adolescents (10 years and up) and adults with eating disorders of all types (as well as disordered eating), and works from an intuitive eating and HAES (Health At Every Size) approach. Additionally, Anna specializes in working with members of the LGBTQQIA+ communities, couples, survivors of trauma, individuals facing life transitions, chronic medical conditions, and a variety of mood disorders, particularly long-term depression and anxiety. Anna is committed to the deep work of healing through the body and would be honored to assist you on your self-growth journey.

NC Center for Resiliency, PLLC

1829 E Franklin Street

Unit 1100D

Chapel Hill, North Carolina 27514

Phone: (919) 323-2071

Fax: (866) 849-4993

<http://www.nccenterforresiliency.com/>

acordova@nccenterforresiliency.com

Gillian Corzine, MS, NCMFT

104 Jones Ferry Road, Suite F

Carrboro, NC 27510

Phone: (919) 885-0069

<http://gilliancorzine.com/>

Holly Culton, MA, LPA

I offer individual, family and group therapy for anyone who identifies as being on the LGBTQIA spectrum. I'm an out queer psychologist with an LGBTQIA affirming approach and work with youth (all ages), adults and families. Areas of support include coming out with sexual and/or gender identity, transitioning, relationship issues, esteem, anxiety and depression.

1829 E. Franklin St.,

Chapel Hill, NC 27514

Phone: (919) 360-8099
hollyculton@gmail.com

Michelle C Johnson, MSW, LCSW

302 Weaver Street
Carrboro, NC 27510
Phone: (919) 260-2145
michelle.socialworker@gmail.com
michellesocialworker.com

Andrea Murray-Lichtman, MSW, LCSW

Accepts Medicaid
Murray-Lichtman Clinical Services
1829 E Franklin St, Suite 900 D
Chapel Hill, NC 27514
Phone: (919) 636-3097
Fax: (919) 869-2213
murraylichtmanclinicalservices.com/About_Us.html
info@murraylichtmanclinicalservices.com

Caroline Stayer-Brewington, MSW, LCSWA 

I am an LGBTQIA+ ally who offers individual and couples/relationship counseling to persons of all genders and orientations. I utilize a strengths-based, somatic approach in treatment to support my clients in improving their resiliency, sense of stability, and overall well being. I am a registered yoga teacher and also draw on mindfulness-based practices. I specialize in treating acute, chronic, and developmental trauma, attachment trauma, mood disorders, life transitions, and eating disorders.

NC Center for Resiliency, PLLC
1829 E Franklin Street
Unit 800A
Chapel Hill, North Carolina 27514
Phone: (919) 323-2071
<http://www.nccenterforresiliency.com/>
caroline@nccenterforresiliency.com

Raleigh Metro

Kimberly Benton, PsyD 

Dr. Benton is the Owner and Director of Oak City Psychology, PLLC in North Raleigh and a Licensed Psychologist. Her primary specialties are the treatment of people who struggle with eating disorders and body image concerns and people who identify as LGBTQIQ (particularly

individuals who are transitioning). Dr. Benton is a Certified Eating Disorder Specialist (CEDS) credentialed through the International Association of Eating Disorder Professionals (iaedp). This certification is only awarded to professionals who have demonstrated a commitment to continued training and advocacy in the field of eating disorder treatment. Dr. Benton also works extensively with people in the areas of pregnancy, parenting and pregnancy/child loss.

Oak City Psychology
8374 Six Forks Road, Ste 201
Raleigh, NC, 27615
Phone: 919-234-7247
Fax: 919-238-1971
<http://oakcitypsychology.com>
kbenton@oakcitypsychology.com

Lisa Carbone, MS, LPC, LCAS ✓

I work with adolescents (12+) and adults of all genders and orientations. I offer individual counseling and couples counseling. I am also happy to provide family counseling as needed for those clients that are concerned with familial support and understanding. For those pursuing medical transition I am familiar with the process and always work with doctors to ensure proper support and care is received.

Life Reflections Counseling PLLC
1152 Executive Circle,
Cary, NC 27511
Phone: 919-371-6922
www.lrcounseling.com
Email: lcARBONE@lrcounseling.com

Michele J. Denker, MD

Board Certified Psychiatrist serving the LGBT community since 1993.

1020 Southhill Drive, Suite 320
Cary, NC 27513
Phone: (919) 678-1011
<https://psychiatrists.psychologytoday.com/rms/44891>

April Fields, MD

Provides: Psychiatry, medication management for mental health and psychotherapy

Peace Psychiatry
1520 Sunday Drive, Suite 320
Raleigh, NC 27607
Phone: 919-798-5727
Fax: 919-827-1269

Email: general@peacepsychiatry.com

Shelley L. Gilmore, LCSW

I have years of therapy experience in working with individuals, families and groups within the LGBTQ community. I work with children, adolescents and adults. I offer groups for LGBTQ teens, early MTF transitioners and parents of gender non-conforming children/youth. I also provide professional consultation and education in the community and for providers/educators.

8404 Six Forks Road, Suite 102, Raleigh, NC 27615

Phone: (919) 412-4581

shellgilm@yahoo.com

Jack McKinney, M.Div., Ph.D.

I provide psychotherapy to individuals, couples, and families. The age range is adolescents and older. Many of my clients are LGBTQ folks. I have a great deal of experience working with people who are coming out and those who are trying to reconcile their sexuality and spirituality. I have worked with a number of transgender people over the years and especially enjoy that work.

Triangle Pastoral Counseling

312 W. Millbrook Road, Suite 109

Raleigh, NC 27609

Phone: [\(919\) 845-9977, ext. 219](tel:(919)845-9977)

jack@mckinneycounseling.org

tpccounseling.org

Abra Nardo, Ph.D., HSP-P

I am a Licensed Psychologist with an office in downtown Raleigh. My specialty area is ADHD assessment and treatment, but I have many clients who come to see me because of adjustment issues, Anxiety, and/or Depression. While I don't specialize in LGBTQ issues, I do identify myself as an ally and have had many LGBTQ clients in my practice. Recently, probably due to the political struggles in North Carolina, I have made a point of attending talks and workshops relating to transgender issues, since I see the trans population under fire in this state. I believe I have been trans-friendly for a while, but my professional goal as a therapist is to work to become more trans-affirming. I challenge myself to keep my focus on the issues and concerns clients bring into the room.

416 Morson St

Raleigh NC 27601

[\(919\) 816-2411](tel:(919)816-2411)

nardo@downtownpsychology.com

Downtownpsychology.com

Andrew Shaw, M.Ed., LPCA, NCC (they/them)

I'm a nonbinary and queer mental health counselor working with clients at Mindful Collaboration's North Hills office in Raleigh. My goal is to provide high-quality therapy that is trauma informed, evidence based, and multiculturally affirming. My training is in ACT, DBT, and EMDR therapy approaches, with additional areas of interest that include gender & sexual diversity and LGBTQIA+ affirming care, wellness from a Health At Every Size perspective, sensory processing sensitivity (the Highly Sensitive Person trait), trauma-informed mindfulness, and resilience. I'm a member of WPATH, USPATH, and TPATH. It's an honor to be present with clients as they integrate self-compassion with personal growth, heal from trauma, and take steps toward building a life that they truly want to be living. If you're looking for a therapist and think we might be a good fit, please consider visiting my website or reaching out directly. I'd be happy to hear from you!

Mindful Collaboration (North Hills Location)

111 Windel Drive, Suite 201, Raleigh NC 27609

andrew.shaw@counselingsecure.com

(919) 436-1817

Secure online contact form: hushforms.com/shaw

www.andrewshawcounseling.com

Amy Tracy, DNP, PMHNP-BC

1130 Situs Ct, Ste 190,

Raleigh, NC 27606

Phone: 919-792-3940

Greensboro

Dr. Mojeed Akintayo, M.D.

Provides: Psychiatry, med management

Neuropsychiatric Care Center

445 Dolley Madison Road, Suite 210

Greensboro, NC 27410

Phone: (336) 397-4428

Neuropsychcarecenter.com

Regina Alexander, LCSW

1107 W Market St

Greensboro, NC 27403

Phone: (336) 791-4806

Fax: (336) 419-4431

www.reginaalexanderlcsw.com

reginaalexanderlcsw@gmail.com

Anthony Verdino, LCSW

I am a Licensed Clinical Social Worker employed full-time at the student counseling center at UNC Greensboro. I can see active UNCG students for brief counseling. I am a generalist in that I don't have a specific focus and I enjoy working with an array of concerns. However, most of my experience has involved working with the LGB/T/Q community. I take an active role and use you as a guide and an expert on your life through questions, gentle challenges, and curiosity. This allows the session to flow (mostly) organically and creates flexibility for those who may need more engagement from me. My focus is helping people with increasing self-awareness and acceptance of behaviors and thought patterns to understand their meaning. My clinical work has included sex/sexuality, gender identity and expression, cross-cultural therapeutic relationships, substance use, compulsive behaviors, transitions and life phases, relationships, episodic depression, stress, and anxiety (general and relating to cultural values, oppression, and power).

Pronouns: He/Him/His ([Why Pronouns Matter!](#))

The Counseling Center

The University of North Carolina at Greensboro

Greensboro, NC 27402-6170

Email: a_verdin@uncg.edu

Phone: 336-334-5874

Website: <http://shs.uncg.edu/cc>

Charlotte

Transcend Charlotte

Transcend Counseling is a counseling service provided onsite at Transcend Charlotte's main office. We specialize in working with transgender individuals, survivors of sexual abuse/assault and other traumatic experiences, and individuals struggling with depression, anxiety (generalized anxiety, PTSD, social anxiety, etc.) and other mental health issues. Contact Trey Greene directly at trey.greene@transcendcharlotte.org or 704-350-5452 if you would like to set up an appointment.

Phone: (704) 350-5452

<http://transcendcharlotte.org/services/>

Other North Carolina Locations

David S. Bathory, PsyD

I see people of all ages and have specialized training in play and art therapy as well as doing traditional psychological services (individual, group, family, and testing). I accept most insurance plans & Medicaid - it is best to call to check with us on coverage.

We provide letters for referral for HRT and all Gender Affirming Surgeries as well as ongoing psychotherapy. I am a NC licensed psychologist and gender specialist. I am also a WPATH member.

Bathory International LLC
2575 Woodberry Dr
Winston-Salem, NC, 27106
Phone: 1-908-444-1524
bathoryint@live.com

Bernard J. Newton, Jr., MSMFT, LPC, CSAT-C

936 W. 4th St., Suite 200
Winston-Salem, NC 27101
Phone: (336) 283-5063
bernie@newtonpsych.com
newtonpsych.com

Lori Oshrain PhD

I have many years of experience with LGBT. I have seen individuals and couples through transition, and am very comfortable working with the spectrum of queer identity. I am a member of WPATH, and follow WPATH standards of care. I have presented on transgender issues at a national conference. My philosophy of treatment is non-judgment and compassion for all people. I identify as queer since the 1960s. • Clients Served: All LGBTQ Individuals and couples, LGBTQ Families, Adults, Adolescents, cisgender and gender non-conforming.

320 Bradshaw Quarry Road
Efland, NC 27243
Phone: (919) 267-6776
loshrain@gmail.com

STI Testing Sites

Most primary care providers will also provide STI/HIV testing. Refer to Primary Care above.

Raleigh

Alliance of AIDS Services Carolina 

1637 Old Louisburg Rd, Raleigh NC 27604 • 919-834-2437
Mondays 9am - 7pm
Tuesdays - Thursdays 9am - 4pm
Fridays 9am - noon
<https://www.aas-c.org/testing.html>

Free

Other locations include Sunrise Recovery Resource Center, LGBTQ Center of Durham, Carolina Outreach LLC Smithfield, iChoose Pregnancy Support Services, Vision Behavioral Health (Frankling County), Walgreens (Louisburg)

LGBT Center of Raleigh

119 East Hargett Street - Raleigh NC 27601

Phone: (919) 832.4484

info@lgbtcenterofraleigh.com

<https://www.lgbtcenterofraleigh.com/programs/healthworks/hiv-sti-testing.html>

STI/HIV testing by Wake County Human Services every Monday and Thursday evenings, 6-8pm.

Free

Chapel Hill

Planned Parenthood of North Carolina

Chapel Hill and Carrboro, NC

Chapel Hill Health Center

Provides: Reproductive Services for all genders; Hormone treatments for FTM/trans men using an informed consent model; HIV/STI testing; sliding scale fees

1765 Dobbins Drive, PO Box 3258

Chapel Hill, NC 27514

Phone: (919) 942-7762

Fax: (919) 933-5270

Carrboro

Student Action Health Coalition (SHAC)

Provides rapid HIV/STI testing to anyone over 14 years old. Walk-ins welcome.

Wednesdays 6-9:30

Piedmont Health Services

299 Lloyd St, Carrboro, NC 27510

<https://www.med.unc.edu/shac/services/programs/shac-hiv>

Free

Durham

Planned Parenthood South Atlantic

Durham Health Center

105 Newsom Street, Ste. 101

Durham, NC 27704

919-286-2872

Provides STI and HIV testing, along with other services. Sliding scale, Accepts all insurance including Medicaid. Recommend that you call ahead or book an appointment online.

<https://www.plannedparenthood.org/health-center/north-carolina/durham/27704/durham-health-center-4171-90860>

Local Centers

LGBTQ Center of Durham

114 Hunt St, Durham, NC 27701

Phone: (919) 827-1436

Helena Cragg hcragg@lgbtqcenterofdurham.org

lgbtqcenterofdurham.org/

LGBT Center of Raleigh

324 South Harrington Street - Raleigh NC 27603

Phone: (919) 832.4484

info@lgbtcenterofRaleigh.com

lgbtcenterofraleigh.com/

North Star LGBTQ Center

930 Burke Street

Winston-Salem, NC 27101

Phone: 336-893-9053

info@northstarlgbtcc.com

<http://www.northstarlgbtcc.com/>

Time Out Youth

3800 Monroe Road

Charlotte, NC 28205

Phone: 704-344-8335

Fax: 704-344-8186

<http://www.timeoutyouth.org/>

Other Resource Lists

Tranzmission: Asheville Transgender Resource Guide

<http://tranzmission.org/resources.html>

Master Provider List: Charlotte Transgender Healthcare Group

The Charlotte Transgender Healthcare Group (CTHCG) is a multi-disciplinary team of licensed medical and mental health providers who work with gender-diverse individuals of all ages in the Charlotte and surrounding area. We collaborate with one another in order to stay informed

about best practices, engage in case consultation, collect resources and referrals for trans-affirming services, communicate about current events, and engage in advocacy efforts.

<http://cthcg.org/master-provider-directory/>

Sandhills Pride: Moore County Business Directory

<http://sandhillspide.org/business-directory-sandhills-pride/>

Support Hotlines

Wrenn House/Haven House Crisis Line

919-832-7866

Trans Lifeline

We run a hotline staffed by transgender people for transgender people. Trans Lifeline volunteers are ready to respond to whatever support needs members of our community might have. We will only call emergency services with your expressed consent.

877-565-8860

www.translifeline.org/

Suicide Prevention Lifeline

800-273-8255

suicidepreventionlifeline.org/

Hopeline: A 24 Hour Youth Crisis Line

919-231-4525

The Trevor Project

Our trained counselors are here to support you 24/7. If you are a young person in crisis, feeling suicidal, or in need of a safe and judgment-free place to talk, call the Trevor Lifeline. There is also an online chat option and a texting option.

866-488-7386

thetrevorproject.org/

National & International Resources

World Professional Association of Transgender Health (WPATH)

As an international multidisciplinary professional Association the mission of The World Professional Association for Transgender Health (WPATH) is to promote evidence based care, education, research, advocacy, public policy and respect in transgender health. You can access

the Standards of Care and search for a provider in your community online.

1300 S. 2nd Street, Suite 180

Minneapolis, MN 55454

wpath@wpath.org wpath.org

Mazzoni Center

Located in Philadelphia, PA the Mazzoni Center is medical center that provides transgender health care but also hosts the National Trans Health Conference for providers, transgender community members, family, and allies.

21 South 12th Street Philadelphia, PA 19107

Phone: (215) 563-0652

mazzonicenter.org/

Transgender & Ally Support Groups

Durham, NC

Adult DBT Skills Group for Trans, Gender Nonconforming and LGBTQ+ Community

This DBT skills training group is designed to provide a safe-r space for our Trans, Gender Nonconforming, Nonbinary and greater LGBTQ+ communities to learn and practice a variety of skills/tools to manage ordinary and extraordinary problems in an affirming and informed environment. DBT skills group will enhance one's ability to deal with overwhelming and difficult emotions, help one learn ways to improve relationships, learn effective coping skills, and to provide opportunities to integrate mindfulness and nonjudgmental thinking into our everyday lives.

- DBT Skills group is a commitment, and to support group process, we ask that you commit to the group throughout the entire module. Each module lasts 7-9 weeks.
- Group will meet from 5:30-7PM on a week night that is to be determined and will start the second week of September 2018.
- Group will meet at Radical Healing in an accessible space on the first floor.
- Intake assessment is required for all new group participants.
- Space is limited. There are 2 spaces still available as of 6/2018.
- Sliding Scale \$40-80 based on what you can afford.

Interpersonal Effectiveness will be the Fall 2018 module, followed by Distress Tolerance and Emotion Regulation in the Winter and Spring 2019. Core Mindfulness is presented and practiced throughout each module.

DBT Skills Group Team Facilitators: David Young Oh, LPC and Ava Johnson, MFA

For questions and to schedule an intake screening, please e-mail David Young Oh.

Radical Healing

2009 Chapel Hill Rd

Durham, NC, 27707

<http://www.radicalhealing.us/>

Counseling Group for Partners of Emerging Trans/GNC/Nonbinary Folx

The group is an empowerment group for partners of those who identify as trans/genderqueer/nonbinary/transitioning/questioning and is open to all community members, all identities and all relationship statuses. The group is ongoing and meets the last Wednesday of every month from 6-7PM.

Provisional goals of this group include: How to best support your partner, navigating changing identities of the self and one's partner, communicating with friends and family, sexual health and satisfaction, evolution of relationships, sharing information and resources around hormones, surgery, and physical changes, coping skills and stress management, and additional goals set by the group. There is no cost for the first group session attended, then sliding scale \$0-\$40 based on what you can afford.

PLEASE RSVP and e-mail questions to: meaganpowlaslcsw@gmail.com

Organized by Meagan Powlas, LCSW and Ava Johnson, MFA.

Radical Healing

2009 Chapel Hill Rd

Durham, NC, 27707

<http://www.radicalhealing.us/>

DBT-Inspired Art Therapy Group for LGBTQIA+ Teens

This DBT-Inspired group is a weekly series of art therapy sessions for teens (14-18) and will be co-facilitated by Cassie Hamrick, MAAT, LPCA and Parker T. Hurley, LCSWA, PhD, MSW. This group will utilize art therapy techniques to explore DBT concepts and skills. This group offers a safe, neurodiverse and accepting space for LGBTQIA+ individuals to explore DBT principles through art and creativity. Individuals do not have to identify as an "artist" to join. Art therapy is designed to benefit all creative skill levels.

Dialectical Behavioral Therapy (DBT) is an approach to therapy that teaches participants to both accept and change their emotions, finding balance between extremes. DBT includes mindfulness, distress tolerance, interpersonal effectiveness, and emotion regulation. It has been demonstrated to be effective for people who sometimes struggle with accepting and regulating their emotions.

The weekly group for teens will be on Thursdays from 5:30-7PM and the sliding scale runs from \$20-\$80 per session. Please contact Cassie Hamrick for more information: cassiehamrickarttherapy@gmail.com or [click here](#).

Radical Healing

2009 Chapel Hill Rd

Durham, NC, 27707

<http://www.radicalhealing.us/>

Entre Nosotras

Transgender Latina Support Group at El Centro Hispano
Durham, NC

Cristina Morales

cmorales@elcentronc.org

InsideOut and UpsideDown

Youth-led groups for rainbow kids over 12 and under 12

Mostly meets in Durham,

<http://insideout180.org>

Email Amy Glaser at insideoutamy@gmail.com

LGBTQ Survivors Support Group

The Orange County Rape Crisis Center and the LGBTQ Center of Durham offer a support group for adult, LGBTQ+ survivors of sexual assault and abuse. This group is an opportunity to learn, share, and gain support from others with similar experiences of sexual violence in a safe and affirming space. This group is free and open to people of all gender identities and expressions. You can express interest at any time. Please contact Client Services Director Bethany Wichman-Buescher at groups@ocrcc.org or 919-968-4647 for more info or to register.

Our Connection Makes Us Stronger

An empowerment group for partners of those who identify as trans/genderqueer/nonbinary/transitioning/questioning. All identities and relationship statuses welcome.

Meets the last Wednesday of each month, 6-7pm

Radical Healing

2009 Chapel Hill Rd

Durham, NC, 27707

Please RSVP to receive the door code: meaganhpowlaslcsw@gmail.com

No cost for the first group attended, then sliding scale \$0-\$40

Rainbow Family Storytime

Ages 3-7, older participants welcome.

LGBTQ Center of Durham

114 Hunt St, Durham NC 27701

Check www.lgbtqcenterofdurham.org for times and dates

Trans Discussion Group

The NC Harm Reduction Coalition's Trans Discussion Group meets on the first and third Wednesdays of every month from 8-10pm. The first Wednesday meeting is always open (friends, family, allies welcome) and the third Wednesday meeting is always closed (just for folks

who identify as transgender/genderqueer/non-binary/otherwise gender-fluid or gender-questioning.) Free harm reduction health education and supplies are available at every meeting (safer sex supplies, hormone/injection support, overdose prevention training). There's also snacks! There is a facilitator but the meetings have an open discussion format.

1st Wednesday of the month, 8-10pm, at Piedmont Health Services Main office:

299 Lloyd St, Carrboro, NC, 27510

3rd Wednesday of the month, 8-10pm at LGBTQ Center of Durham:

114 Hunt St, Durham, NC 27701, USA

loftinwilson@gmail.com

<http://www.lgbtqcenterofdurham.org/events.html>

The Trans Experience Discussion Group

TED offers an informal space for trans-spectrum adults to connect with and share their experiences in an open, non-judgmental atmosphere. Meetings will open with discussion on a pre-selected topic and close with the opportunity for members to share other thoughts or questions with the group. Members must be at least 18 years of age and of trans-spectrum experience.

Every other Monday, 6:30-7:30pm

LGBTQ Center of Durham,

114 Hunt St, Durham, NC 27701

Transforming Families NC

A program of the LGBTQ Center of Durham

We provide monthly in-person support and education meetings for parents/caregivers of gender expansive and questioning youth living at home. Email us about connecting on-line.

First Sunday of the month, 4:30-6:00PM

LGBTQ Center of Durham,

114 Hunt St, Durham NC 27701

Email: transformingfamiliesnc@lgbtqcenterofdurham.org

Laura Christie and Alicia Adrian, co-leaders

Chapel Hill and Carrboro, NC

Trans Discussion Group

The NC Harm Reduction Coalition's Trans Discussion Group meets on the first and third Wednesdays of every month from 8-10pm. The first Wednesday meeting is always open (friends, family, allies welcome) and the third Wednesday meeting is always closed (just for folks who identify as transgender/genderqueer/non-binary/otherwise gender-fluid or gender-questioning.) Free harm reduction health education and supplies are available at every meeting

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299 Lloyd St, Carrboro, NC, 27510

3rd Wednesday of the month, 8-10pm at LGBTQ Center of Durham:

114 Hunt St, Durham, NC 27701, USA

loftinwilson@gmail.com

<http://www.lgbtqcenterofdurham.org/events.html>

Trans Talk Tuesday

Join the UNC LGBTQ Center's peer support/discussion group for folks that identify as transgender, intersex and genderqueer. This space is meant to provide community and connection amongst folks on the basis of gender identity. The group is open to campus and community members that identify as transgender, intersex or genderqueer. All students, staff, faculty, community members are welcome.

Caribou Coffee – Intersection of Franklin and Estes

1st and 3rd Tuesdays 6:15

Phone: (919) 843-5376

lgbtq@unc.edu

lgbtq.unc.edu/programs-services/peer-support-and-discussion

Raleigh Metro, NC

Adolescent Trans and GNC Group

Run by Lisa Carbone, MS, LPC, LPAS, for trans and gender non-conforming 13-19 year olds.

Meets every other Tuesday 4:30-5:30

Kelley Counseling

1152 Executive Circle, Suite 100K

Cary, NC, 27511

Phone: 919-371-6922

Fax: 919-694-5905

<http://www.kelley-counseling.com/lisa-carbone-ms-lpc-lcas.html>

LCarbone@lrcounseling.com

Please email Lisa Carbone to register

S.E.A.R.CH. Kids' Playgroup & Parent/Caregiver Support Group

Monthly for youth through fifth grade. A dual-purpose group where:

1.) Rainbow Children (gender-expansive, kindergarten-5th graders), can all congregate for nonjudgmental, free play in a safe environment, and

2.) *parents/caregivers can gather for support and educational dialogue about the gender spectrum, and the issues we face raising these children.*

LGBT Center of Raleigh,
324 South Harrington Street, Raleigh, NC, 27603
Email search@lgbtcenterofraleigh.com

Significant Others, Families, Friends, and Allies (SOFFA)

SoFFA is an off shoot of the Transgender Initiative to create a peer support and discussion group that provides a social network for significant others, friends, family, and allies of people in transition or questioning whether transition is appropriate, as well as gender fluid or gender queer individuals. We extend our communal safe space to address the special needs, concerns, and questions those with gender non-conforming loved ones face.

Raleigh LGBT Center- meetings third Saturday of the month 1 pm
324 South Harrington Street, Raleigh NC 27603

rchapin@lgbtcenterofraleigh.com

<https://www.lgbtcenterofraleigh.com/programs/adult-programs/transgender-initiative/soffa-discussion-group.html>

TpartE Gender Discussion Group for Teens

A transgender-specific youth (13-19) discussion group

Second and fourth Thursday of the month, 6:30-8pm

LGBT Center of Raleigh

324 South Harrington Street, Raleigh NC 27603

https://www.lgbtcenterofraleigh.com/index.php?option=com_zcalendar&view=event&id=2579&calid=2&Itemid=167

tparte@lgbtcenterofraleigh.com

Transgender Initiative

An open and welcoming environment for transgender people to discuss any and all issues going on in their lives. All transgender, gender variant, and gender non-conforming people are invited, including anyone who is unsure of (or is questioning) their gender.

Raleigh LGBT Center – meetings second Monday of the month at 8pm

324 South Harrington Street, Raleigh NC 27603

rchapin@lgbtcenterofraleigh.com

<https://www.lgbtcenterofraleigh.com/programs/adult-programs/transgender-initiative.html>

Teen/Young Adult LGBTQI Support Group

Led by Shelley Gilmore, LCSW

Meets every other Sunday afternoon

8404 Six Forks Rd, Suite 102

Raleigh, NC, 27615

Call 919-412-481 for more information

Parent/Family Support/Education Group

For those who have gender non-conforming family members

Led by Shelley Gilmore, LCSW

Meets quarterly in Raleigh

Call Shelley Gilmore at 919-412-4581

Support Group for Pre-Transition/Early-Transition AMAB

Led by Shelley Gilmore, LCSW

Meets in Raleigh

Contact Shelley Gilmore at 919-412-4581

Outside of the Triangle

Triad Gender Association

Trans, friends, family and allies of Trans people

Meets the 2nd & 4th Saturday of the month 7p-9p

<http://www.triadgender.org>

Or email for meeting location: info@triadgender.org

Trans Support Group

Meets biweekly on Friday, 6:30-8:30pm. Open to all trans-identified persons.

Winston-Salem, NC 27106

Call David Bathory at 908-444-1524 for location and info

Phoenix Transgender Support Group – Asheville

JessicaAsh@aol.com

phoenixtgs.weebly.com/transgender-resources.html

Carolina Transgender Society-Charlotte

Carolinatransgendersociety.com

Tranzmission Asheville

<http://tranzmission.org/>

Online

Gender Spectrum Online Support/Discussion Groups

<https://www.genderspectrum.org/groups/>

info@genderspectrum.org

National Parent Support Group

The National Parent Support Group is a monthly live online/call-in peer group where parents can support each other and find helpful information on their journey of raising transgender, non-binary or otherwise gender-expansive children and teens. You can join the discussion by video, phone or chat.

Topic-based Groups for Parents and Other Adult Family Members

The following are online discussion groups for parents and other adult family members focused on a particular topic. These groups are facilitated by trained volunteers. You can join the discussions by video, phone or chat.

Finding/Creating Gender Inclusive Camps for Your Child

Creating Trust with Your Teen

Adoption and Your Gender Diverse Child

Masculinity and Femininity

Self Care for Parents and Caregivers

Navigating Your Child's Gender and Your Christian Faith

Self-Care Fridays Discussion Group (Teens 13-19)

Explore the importance of self-care and how that relates to navigating your gender. This group will be a supportive space to make friends, hang out and talk about the importance of feeling affirmed and empowered in your gender.

Youth of Color Discussion Group for Trans/Non-Binary/Gender Expansive Youth (Teens 13-19)

This discussion group will be a safe space for youth of color ages 13-19 to talk about the intersections of gender and race, build community, make friends, and share experiences to support each other. This group is in partnership with [Across Gender](#) and will be facilitated by and for folks of color.

Pre-Teen Group

This discussion group is open to all youth ages 11-12. Youth from all across the country (and globally!) can come together in a safe space to share experiences around gender. The group takes place online and you can join through video or audio only. It's a really fun way to share and meet others.

Ancillary Treatment

Acupuncture, Chinese medicine, yoga, body work, voice coaching, and other services provided by trans affirming practitioners who are knowledgeable and sensitive to health needs of gender variant folks.

Kuan Yin

Triangle-area transgender-only syringe exchange program. Free IM syringes, injection supplies,

hormone + silicone injection education, overdose prevention and naloxone access, and safer sex supplies, including the internal/female condom
kuanyinsep@gmail.com

Durham, NC

Jeffrey Brown, LMBT

Intuitive Touch Massage Therapy

Durham, NC

Phone: (415) 254-3237

jeffreytherapy@gmail.com

Shea D Broussard, M.A., L.Ac.

Provides: Acupuncture, Medical Qi Gong, and Food Energetics

Durham, NC

Phone: (512) 294-3435

info@acushea.com

acushea.com

Julia Davidowitz, LMBT #7919

I have been a massage and bodywork therapist for 9 years working with queer and trans folks in my communities in Asheville and now here in Durham. My style is based in Swedish techniques with added deep therapeutic work. I have experience with cranial sacral techniques, reflexology, and massage for scar reduction. Before the session, I will go through an intake to be clear about your massage goals and comfort levels. I am happy to involve extra communication throughout the session, to provide a quiet relaxing space, or a combination of both.

My rates are sliding scale 40\$-70\$. Sessions can be scheduled in-home/on site or at my studio space located in Durham

I am also available for chair massage for events or parties.

julia.davidowitz@gmail.com

Phone: 336.402.8353 -call or text

Jessica Ledford, LMBT and Faith Seay, RN, BSN, LMBT

Endless Summer Massage

Provides: Therapeutic Massage for Stress Reduction, Injury, Chronic Pain, Headaches, Athletes

Durham, NC

Phone: (919) 627-8111

endless.summer.massage@gmail.com

Endlesssummermassage.com

Yoga for Queers and Misfits

All-levels, donation-based yoga in Durham, NC which provides a safe space for queer, gender non-conforming, hairy-bodied or otherwise 'othered' folks.

Cost: Donation, Suggested \$10 Wednesday nights in Downtown Durham.

durhambodyworkandyoga.wordpress.com/yoga/yoga-for-queers-and-misfits

Chapel Hill and Carrboro, NC

Queer Yoga

Led by Danny Depuy, Queer yoga is intended to be an intentionally safe space for LGBTQ individuals, and allies to connect with other supportive practitioners and most importantly, their own body and breath. This class is taught at a moderate level – beginners are welcome. All gender expressions and body types welcome.

Cost: Sliding Scale, \$10-\$20 a session Chapel Hill, NC

heartofyogaschool.com/special-classes

Raleigh Metro, NC

Chrystal Bartlett, Transgender Transition Coach

I work with adolescent and adult clients to help them master research-based behaviors that characterize male and female verbal and nonverbal behaviors. Pitch change is only a small aspect of the vocal work; variability in speed, volume, word choice, and content are also covered. Nonverbal services range include body language, attire, hair, and make-up. I also offer an affirming vendor list. My office is in Raleigh, NC. I charge \$75 per one-hour session, with some sliding scale opportunities. Sadly, insurance coverage does not exist for this service.

Raleigh, NC, 27608 (contact for address)

Phone: 919.833.6498

mail@transgendertransitioncoach.com

<http://transgendertransitioncoach.com/>

Outside of the Triangle

Prismatic Speech Services

Kevin Dorman (they/them) is a non-binary speech-language pathologist and the owner of Prismatic Speech Services. They specialize in transgender vocal training for individuals who feel dysphoric due to their vocal quality, or those who simply want to explore an alternative mode of communicating with others. They use video conferencing software such as Skype to work with clients all over North Carolina to prevent distance from being a barrier to accessing vital services. Voice disorder treatment and pediatric speech/language delay treatment are also available. Private pay only. Free Consultations available!

Practitioner: Kevin Dorman, MS, CCC-SLP

3407 W Wendover Ave, Suite I,

Greensboro, NC 27407

Phone: (336) 609-6258

Website: <https://prismaticspeech.com>

Email: kevin@prismaticspeech.com

Electrologists, Laser Hair Removal, Stylists and Wigs

Chapel Hill and Carrboro, NC

The Beehive Salon

102 East Weaver Street, Carrboro, NC 27510

Phone: 919.932.4483

Email: thebeehivesalon@gmail.com

<http://www.thebeehive-salon.com/>

LeCoupe Hair Studio

Owner/Stylist: Nealy Prevatte

2705 White Cross Rd.

Chapel Hill, NC 27516

Phone: (919) 932-3211

Durham, NC

Bella Trio Salon and Spa

5826 Fayetteville Road, Sutton Station - Suite 103 & 110, Durham, NC 27713

Bella Trio Studio, 345 Blackwell Street - Suite 120, Durham, NC 27701

Phone: (919) 484-1221

<https://www.bellatrio.com/>

Raleigh Metro, NC

Corlase Electrolysis and Laser

Andrea- Transgender savvy Clinician

106 New Edition Court Cary, NC 27511

Phone: (919) 460-1884

Corlase.com

Elite Laser and Skin Care

Melissa Brown, LE, CLP, LLHP, LE, CPT

Call (919)781-6260

3900 Barrett Dr Suite 103
Raleigh, NC 27609
FAX: (919)784-9353
EMAIL: contact@elitelaserandskincare.com
<http://www.elitelaserandskincare.com/index.html>

Marshall's Electrolysis

1041 Dresser Court
Raleigh, NC 27609-7323
Phone: (919) 872-5462

Eileen Slutsky, RN, BSN, CANS

Laser Hair Removal
5540 Munford Rd, Ste 101
Raleigh, NC 27612
Phone: 919.881.2100
<http://aesthetics-by-eileen.com/>

Sona Med Spa

5511 Capital Center Dr #102
Raleigh, NC 27606
Phone: (919) 859-1961
sonamedspa.com

Angel Hair Wig Gallery

Provides: We offer a wonderful selection of quality wigs in a warm, supportive environment. We are a full service wig salon, with a private fitting room for your comfort. It is our goal to help each of our clients to look and feel better in a place where they can feel right at home.

Owner: Gina Murray
7478 Creedmor Road
Raleigh, North Carolina 27613
Phone: (919) 841-9447
angelhairwiggallery.net/

Douglas Carroll Salon and Spa

Stylist: Maribel Mirafuente-Chua
6325 Falls of Neuse Rd #27
Raleigh, NC 27615
Phone: (919) 876-5411
Email: haircare@douglascarrollsalon.com

douglascarrollsalon.com

Gallery of Wigs

Provides: Raleigh's premier wig gallery, Gallery of Wigs, offers women's hats, kerchiefs, scarves, synthetic and human hair wigs in black, brunette, blonde, and other shades & sizes. At the Gallery, we have private fitting rooms and an abundant selection of wigs, hats, and accessories to choose from. We know it is important for you to feel and look like you! Consultations are complimentary and we will spend the time you need to be confident and comfortable about your decision.

3434 Edwards Mill Rd. Suite 108

Raleigh, NC 27612

Phone: (919) 785-1085

galleryofwigs.net

Outside of the Triangle

Casey Bagnell

Visions of Change

Shoppes at University

8929 JM Keynes Dr., Ste. 500

Charlotte, NC 28262

Phone: (704) 807-1105

Casey@VisionsOfChange.net

visionsofchange.net/meetcasey.html

A Special Place Wigs

A Special Place invites you to experience the ultimate wig shopping experience. Featuring a superb collection of quality wigs and hairpieces, custom fit and styled by our certified wig fitters, A Special Place offers something for everyone. Wig and compression fittings by appointment.

515 State Street

Greensboro, NC 27405

336-574-0100

<http://aspecialplacewigs.com/>

Lawyers

Ellis Family Law

<http://www.ellisfamilylaw.com/>

Kelly Fairman

Kellyfairman@gmail.com

Emily Gibson

I have practiced primarily criminal defense for 9 years, but throughout the years have also helped with many civil matters, in particular special proceedings such as name changes and adoptions and other simple family law matters. In particular, I love advising my clients of their constitutional rights. I primarily represent immigrants, as I am fluent in Spanish, and had a non-profit background prior to law school. I also represent minors, and represent people on a wide array of criminal and civil matters. I am a very open-minded attorney about any issue. I particularly love representing underrepresented members of our society, including the LGBT and Transgender community. I offer a variety of hands-on and not-so-hands-on approaches, so my clients choose the best representation for them, regarding finances and preference of involvement. I do offer some sliding scale costs, depending on the particularized individual. I am happy to assess anyone's case free of charge.

Gibson Law, PLLC

421 Fayetteville St. Suite 1100

Raleigh, NC 27601

Tel (919) 283-8785

Fax (919) 882-8544

emily@gibsonlawnc.com

www.gibsonlawnc.com

Surgeons – National and International Listings

North Carolina

Dr. Erin Carey, MD, MSCR

Provides hysterectomies and gynecological care under anesthesia.

UNC Minimally Invasive Gynecologic Surgery

460 Waterstone Drive

UNC Health Care Medical Office Building Hillsborough Campus, Third Floor

Hillsborough, NC 27278

Phone: (919) 595-5929

Fax: (919) 595-5641

<https://www.med.unc.edu/obgyn/department-directory/MIGS/erin-carey-md-mscr>

Dr. Keelee Macphee M.D.

Provides: Vaginoplasty, Chest Enhancement, Reduction, Reconstruction, Facial Feminization, will bill Insurance

Renaissance Plastic and Reconstructive Surgery Group
4414 Lake Boone Trail
Rex Medical Plaza; Suite 407
Raleigh, NC 27607
Phone: (919) 341-0915 or 919-341-0966

www.renaissancenc.com

Dr. Hope Sherie

Provides: Chest reduction, breast augmentation, orchiectomy, liposuction, Brazilian butt lift, fat grafting, facial feminization, forehead reduction. No letter required for most surgeries, but one letter requested for orchiectomy. Accepts nonbinary folks seeking more androgynous experience as well. Not in-network for insurance, but will help with reimbursement.

[The Cosmetic Concierge](#)

325 Arlington Ave
Charlotte, NC 28203
Phone: (980) 938-0459
Fax: (980) 938-0444
Email: info@cosmeticconciergemd.com
<http://cosmeticconciergemd.com/>

Outside of North Carolina

Dr. Peirre Brassard, M.D.

GRS OFFICE MONTREAL
995, De Salaberry
Montreal, Quebec H3L 1L2 Canada
(514) 288-2097 Fax: (514) 288-3547
INFO@GRSMONTREAL.COM
grsmontreal.com/anglais.html

Dr. Marci Bowers, M.D.

Provides: Gender Confirmation Surgeries, specialty in MTF bottom surgeries, surgeries are all done in San Mateo, CA
PO Box 1044
Trinidad, CO 81082
Phone: (877) 439-2244
Fax (877) 439-9922
mail@marcibowers.com
marcibowers.com/grs/gender.html

Dr. Miguel Delgado, MD, FACS

Board-certified; accepts insurance & CareCredit; FREE in-person or phone consultations; wait list 8-12 weeks. Dr. Miguel Delgado, MD, FACS is a board-certified plastic surgeon in the Bay Area who is an internationally-recognized expert in male breast reduction surgery. He has performed FTM Top Surgery and MTF Breast Augmentation for many years.

Marin County Office: 165 Rowland Way, Suite 300, Novato, California 94945

San Francisco Office: 450 Sutter St., Suite 2433, San Francisco, California 94108

<https://dr-delgado.com/>

Dr. Alan Dulin, MD

Board-certified; accepts insurance & medical financing; free consults; wait list 1 month; no drains! Offers facial feminization, breast augmentation, orchiectomy, body contouring and liposuction, bilateral mastectomy.

American Institute for Plastic Surgery

1600 Coit Road, #105

Plano, TX, 75093

<http://www.ai4ps.com/>

Dr. Beverly Fischer, M.D.

Gender Reassignment Center

12205-12207 Tullamore Rd

Timonium, MD, 21093

Phone: 410-308-4700

Email info@beverlyfischer.com

Jenelle Foote, M.D.

Midtown Urology

128 North Ave. NE, Suite 100

Atlanta, GA 30308

Phone: 404-881-0966

<http://www.midtown-urology.com/>

Dr. Clifford King, MD

Board-certified; accepts insurance, Medicare and Medicaid. Committed to the highest standards of patient care and satisfaction, Dr. King enjoys helping trans men achieve their Top Surgery goals. He has a friendly approach, and you are encouraged to ask any questions you might have about Top Surgery.

Madison Plastic Surgery

2275 Deming Way, Suite 200

Middleton, WI, 53562

<http://topsurgerymidwest.com/>

Dr. E. Antonio Mangubat, MD

Free consultations; WPATH member; informed consent; accepts financing and insurance. Does not accept Medicare or Medicaid (Apple Health.) Offers facial masculinization and feminization, top surgery (FTM and augmentation), tracheal shave, MTF body contouring, hair loss treatment.

La Belle Vie Cosmetic Surgery

Bellevue Building, 1515 116th Ave NE, #203

Seattle, WA 98004

<http://labelleviecosmetic.com/>

Dr. Christine McGinn M.D.

Provides: Gender Confirmation Surgeries; top and bottom surgeries for FTM and MTF

Papillon Gender Wellness Center

18 Village Row, Suite 43

Logan Square

Lower York Road (202)

New Hope, PA 18938

Phone: (215) 693-1199

Fax: (215) 693-1197

PapillonCenter@gmail.com

drchristinemcginn.com/

Dr. Daniel A. Medalie, M.D.

Board Certified; Doesn't accept insurance; Accepts CareCredit and Alphaeon Credit

Provides: FTM top surgery, body masculinization, and metoidioplasty; MTF breast augmentation and tracheal shave

Will operate on minors 16 and older with parental consent; wait list 2 months

Cleveland Plastic Surgery

25700 Science Park Dr, Ste 190

Beachwood, OH 44122

Phone: (216) 393-9924

Fax: (216) 393-9925

<http://www.clevelandplasticsurgery.com/>

Email the Patient Care Manager at Valerie@ClevelandPlasticSurgery.com

Dr. Toby R. Meltzer, M.D., PC

Provides: Gender Confirmation Surgeries; top and bottom surgeries for FTM and MTF

7025 N. Scottsdale Rd., Suite 302

Scottsdale, AZ 85253

(480) 657-7006 Fax: (480) 657-7020

Contact Practice Manager Linda Takata lindat@tmeltzer.com

Notes: Have heard he provides excellent follow-up and technique. He will schedule consults with people at conferences if he is in attendance and the office is contacted for scheduling well in advance. He is also the person to go to for urethral lengthening and/or vaginectomy

<http://www.tmeltzer.com/>

Dr. Scott Mosser, MD, FACS

I provide FTM top surgery, MTF breast augmentation, body masculinization and body feminization procedures. Board-certified; WPATH member; accepts insurance & CareCredit; FREE in-person or virtual consultations; uses informed consent, will operate on minors with parental consent; wait list 1 month.

450 Sutter St., Suite 1000

San Francisco, CA, 94108

<https://www.genderconfirmation.com/>

Dr. Robert Oates, M.D.

Urologist at Boston Medical Center

Provides: Orchiectomy, Neovaginoplasty (with Dr Jaromir Slama, Plastic Surgeon, BMC)

Follows WPATH standards as regards letters and assessments. An integral member of the Center for Transgender Medicine and Surgery at Boston Medical Center. Accepts insurances.

Phone: (617-638-1007)

Email: Urology@bmc.org

Dr. Kathy Rumer, DO

FTM top-surgery. Board-certified; WPATH member; accepts financing & insurance; accommodation package available; wait list 2-4 months; \$75 consult fee.

Rumer Cosmetics

105 Ardmore Ave.

Ardmore, PA, 19003

Phone: 855-782-5665

www.rumercosmetics.com

Dr. Javad Sajan, MD

Dr. Javad Sajan is a Cosmetic & Reconstructive Plastic Surgeon who offers FTM Top Surgery in Seattle, Washington. Voted 2016's BEST SURGEON in Seattle, Dr. Sajan is recognized both regionally and internationally for his expertise and dedication to his patients. Dr. Sajan is a member of the World Professional Association for Transgender Health (WPATH), and is committed to helping trans men in the Pacific Northwest and beyond achieve their transition goals. Dr. Sajan performs the following Top Surgery procedures—without drains. Offers breast augmentation, body contouring, tracheal shave, rhinoplasty, facial feminization, Brazilian butt lift.

Free consultations; WPATH member; accepts financing; accepts Group Health insurance only; informed consent. Does not accept Medicare or Medicaid (Apple Health.)

Allure Esthetic

1455 NW Leary Way, Suite 449

Seattle, WA 98107

Phone: 206-209-0988

<https://www.allureesthetic.com/>

Dr. Russell Sassani, MD

Board-certified; accepts CareCredit & insurance; free consult. Provides chest reconstruction

Take Shape Plastic Surgery, PA

4161 N.W. 5th St., Suite 300

Plantation, FL, 33317

<http://www.takeshape.info/>

Loren S. Schechter, MD, FACS

Based in metropolitan Chicago, Dr. Schechter offers the full spectrum services for both transfeminine and transmasculine procedures including Metoidioplasty, Phalloplasty, Chest Contouring, Breast Augmentation, Penile Inversion Vaginoplasty and Intestinal Vaginoplasty. Dr. Schechter's outstanding surgical skills and extensive experience have made him a popular choice for patients seeking Gender Confirmation Surgery.

9000 Waukegan Rd.

Suite 210

Morton Grove, IL 60053

Phone: 847-967-5122

<http://www.uplasticsurgery.com/>

drs@univplastics.com

We welcome feedback regarding any of these providers. Send any/all feedback to GSDInitiative@gmail.com with the subject "GSDI Provider List Feedback."