

Trans Care Resource List



The Center for LGBTQ Health Equity

A Chase Brexton Health Care
Center of Excellence



ALL GENDERS MATTER HERE.

lgbtqhealthequity.org

CHASE BREXTON HEALTH CARE SERVICES

At Chase Brexton, we specialize in gender affirming health care including infectious disease care, gynecological, pharmaceutical, dental, and behavioral health care.

All adult primary care providers are trained to provide health care specific to the needs of transgender, nonbinary, and gender diverse people, and to prescribe hormone therapy as appropriate.

We have support services to ensure you find the resources that will help you live your healthiest possible life. And, we offer support groups and classes designed with you in mind.

Behavioral Health Services

Affirming individual, family, and group behavioral health therapy available, including substance services. Trans-specific group offerings include: Life Skills for Teens, Transcendence, and T-Time.

[410-837-2050 x8800](tel:410-837-2050)

chasebrexton.org/services/therapy

The Center for LGBTQ Health Equity Behavioral health services, gender affirming health care services, transgender care navigation, education, training, and advocacy.

[410-837-2050 x1049](tel:410-837-2050)

lgbtqhealthequity.org

Adult and Pediatric Transgender Care Navigation Services

Transgender Care Navigation Services are available for adults, children, teens, and their families. Pediatric services are a part of the Gender JOY program, and an intake is required for new patients. Adult services offer an optional intake when scheduling an adult gender affirming care medical appointment. Transgender Care Navigation services focus on reducing barriers related to receiving gender-affirming care including providing resources, information, complex resource navigation and internal referrals for Chase Brexton services.

[410-837-2050 4300](tel:410-837-2050)

[\(x4301 en Español\)](tel:410-837-2050)

Lab Services

Listed by Chase Brexton location:

chasebrexton.org/lab

Medical Services

Call to register yourself as a patient and to schedule an appointment.

[410-837-2050 4300 \(x4301 en Español\)](tel:410-837-2050)

chasebrexton.org/GAC

Pharmacy

To contact our pharmacies directly, please use the following numbers:

- Mt. Vernon Center: 410-234-0327
- Columbia Center: 443-810-2001
- Glen Burnie Center: 410-246-0025
- Security Square Center: 443-810-2000

chasebrexton.org/services/pharmacy

Phone Extensions

Listed by Chase Brexton location:

chasebrexton.org/about-us/phone-extensions

POWER Project

HIV testing, prevention, and treatment

[410-837-2050 x8813](tel:410-837-2050)

chasebrexton.org/POWER

Psychiatry

Child, adolescent, and adult psychiatry

[410-837-2050 x4300](tel:410-837-2050)

chasebrexton.org/services/psychiatry

Sexual Health Clinic

Come see us if you think you may have been exposed to a sexually transmitted infection (STI); have possible STI symptoms such as discharge, itching, or pain in your genital area; are interested in starting birth control, PrEP (HIV prevention), or DoxyPEP (STI prevention); or want routine STI screening. Walk-ins

welcome (first come, first served) or call for an appointment. At Mount Vernon Center only (3rd floor). Check link below or call for current hours.
[410-837-2050](tel:410-837-2050) 4300 (x4301 en Español)
chasebrexton.org/SHC

Substance Use Treatment

This team offers substance use and co-occurring treatment options to meet your wellness needs: staff include Certified Peer Recovery Specialists (who have lived experience with mental wellness and substance use) and behavioral health therapists that provide whole person wellness (address both substance use and behavioral health concerns while engaged in care). Services include treatment at both an Intensive Outpatient Program (IOP) and Traditional Outpatient Program level of care.

Our Substance Use Treatment Enhancement Program (STEP) offers medical and peer services together one visit to help manage recovery from opiates or alcohol use; call for an appointment or walk-in.

Mt. Vernon Center - 410-837-2050 x8800
Glen Burnie Center - 410-837-2050 x6757
Or via our Walk Ins @ One (see link for schedule).
chasebrexton.org/substance

Social Work & Outreach Department

A team of dedicated professionals ready to help you access all of the quality services you are eligible for and entitled to, within Chase Brexton Health Care and from other organizations.

410-837-2050 x8806
chasebrexton.org/services/social-work

ABOUT THE EXTERNAL RESOURCES THAT FOLLOW

We strive to find the best resources for all our patients and community members. Everyone is unique and while we hope these services are what you are looking for, some may or may not work for you. Please use this as a starting point and let us know if you need additional help finding what you are seeking.

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HOTLINES

988 Suicide & Crisis Hotline

To call an LGBTQI-trained crisis counselor, dial 988 and then press 3. To text, send the word PRIDE to 988.

[988, Option 3](tel:988)

988lifeline.org/help-yourself/lgbtq

Call Blackline

Provides a space for peer support, counseling, reporting of mistreatment, witnessing and affirming lived experiences for folx most impacted by systematic oppression with an LGBTQ+ Black Femme Lens.

[1-800-604-5841](tel:1-800-604-5841)

callblackline.com

Trans LifeLine

Peer support phone service run by and for trans people. Call us if you need someone trans to talk to, even if you are not in crisis or if you are not sure you're trans. If unable to get through, check their current hours of service; if open, call a few minutes later or call another hotline.

[877-565-8860](tel:877-565-8860)

translifeline.org/hotline

Trevor Project

Get immediate crisis support; crisis counselors are trained to answer calls, chats, or texts from LGBTQ young people who reach out on our free, confidential and secure 24/7 service when they are struggling with issues such as coming out, LGBTQ identity, depression, and suicide.

[1-866-488-7386](tel:1-866-488-7386)

thetrevorproject.org/get-help/

BEHAVIORAL HEALTH SERVICES

Chase Brexton, The Center for LGBTQ Health Equity - Behavioral Health

Behavioral health services, gender affirming health care services, transgender care navigation, education, training, and advocacy.

[410-837-2050 x1049](tel:410-837-2050)

lgbtqhealthequity.org

Chase Brexton Health Care - Behavioral Health Services

Affirming individual, family, and group behavioral health including on substance use treatment (see Substance Use listing on page 1). Trans-specific group offerings: Life Skills for Teens, Transcendence, and T-Time.

[410-837-2050 x8800](tel:410-837-2050)

chasebrexton.org/services/therapy

Bmore Liberated

Individual, relationship, and family therapy; therapy groups also offered.

bmoreliberatedllc.com

Collaborative Pathways Counseling & Consulting

Individual, family, and relationship therapy. Gender affirming assessment prior to surgery.

[443-595-7659](tel:443-595-7659)

collaborativepathwayscounseling.com

Gender Affirming Letter Access Project

A list of independent clinicians who support access to Gender Affirming Surgery through their pledge to provide free behavioral health assessment and resulting letters of support.

thegalap.org

GBCC Behavioral Health

Annapolis, Glen Burnie, Odenton, and Timonium, MD; and Reston, VA

Therapy for children, adolescents, adults, and families. Assessments prior to gender affirming surgery. Limited walk-in appointments available; check the online schedule and call ahead to ensure that you can be seen.

[410-760-9079](tel:410-760-9079)

gbcc.com

Inclusive Therapists

Searchable directory of therapists centering the needs of Black, Indigenous, and People of Color (BIPOC) and LGBTQIA2S+ intersections.

inclusivetherapists.com/united-states/maryland

Maryland Center for Gender & Intimacy Frederick and Ellicott City, MD, and via Telehealth

Individual and relationship therapy. Therapists also facilitate free support groups for LGBTQ+

people, including TransFamilies.

[301-360-4349](tel:301-360-4349)

mdcenterforgenderandintimacy.com

**Mary's Center: LGBTQ+ Mental Health Team
Maryland, Washington, DC, and via
Telehealth.**

Therapy for children, teens, and adults.

Appointment line, general questions:

[844-796-2797](tel:844-796-2797)

To start behavioral health care (intake team):

[202-869-2532](tel:202-869-2532)

maryscenter.org/behavioral-health/other-specialties-and-services/lgbtqia-mental-health/

**National Queer & Trans Therapists of Color
Network**

Searchable directory of Queer and Trans Therapists of Color. Offers grants from the Mental Health Fund for QTBIPOC. Provides a list of other therapist directories.

nqttcn.com/en

**Reclaim & Rise
Baltimore, MD, and via Telehealth**

Individual and group therapy.

[410-835-4696](tel:410-835-4696)

reclaimandrisetherapy.com

TherapyDen

Database of therapy providers that filters for therapists based on identities, expertise, and other qualities.

therapyden.com

**Virginia Transgender Resource and Referral
List**

Mental health, medical, peer support, legal, and other resources; list updated regularly.

vdh.virginia.gov/content/uploads/sites/10/2019/04/TransRRList.pdf

For additional suggested providers, please ask your Chase Brexton Health Care provider to create an internal referral for Transgender Care Navigation to receive help with more complex resource navigation.

PSYCHIATRY PROVIDERS

Benjamin Dahunsi, PMHNP

Catonsville, MD

Bright Care Solutions offers Child, adolescent, and adult psychiatry.

[443-870-4608](tel:443-870-4608)

bcsofficial.com

Gladstone Psychiatry

Baltimore, Bethesda, Columbia, and Hunt Valley, MD

Child, adolescent, and adult psychiatry.

[443-708-5856](tel:443-708-5856)

gladstonepsych.com

Dr. Brett I. Greenberger, MD

Columbia, MD

Child, adolescent, and adult psychiatry at Collaborative Counseling Center.

[443-546-4000](tel:443-546-4000)

collaborativecounselingcenter.com

Offering Transcranial Magnetic Stimulation (TMS) Therapy through Collaborative Counseling TMS

[443-546-1100](tel:443-546-1100)

Offering Transcranial Magnetic Stimulation (TMS)

Therapy through Collaborative Counseling TMS.

[443-546-1100](tel:443-546-1100)

collaborativecounselingtms.com

Dr. Ayesha Khan, DO (she/her)

Laurel, MD

Board certified child, adolescent, and adult psychiatrist.

[240-690-2828](tel:240-690-2828)

psychologytoday.com/us/psychiatrists/dr-ayasha-khan-laurel-md/737728

Integra Mental Health

Maryland, Massachusetts, Virginia, and Washington, DC: Telehealth only.

Jess Romeo, PMHNP, MSW (he/they) and Janine Michaelson, PMHNP. Licensed child, adolescent, and adult psychiatry.

integramentalhealth.com

Dr. Joshua Rosenthal

Columbia, MD

Congruent Counseling offers child, adolescent, and adult psychiatry in.

[410-740-8066](tel:410-740-8066)

congruentcounseling.com

Dr. Elizabeth A. Stuller, ABPN
Catonsville, MD and at Amen Clinics in Reston, VA

Board Certified in Psychiatry and ABPN Board Certified in Addiction Psychiatry. Adolescent and adult psychiatry.

[410-530-3523](tel:410-530-3523)

elizabethstullermd.com

Dr. Amanda Sun
Towson, MD

Child, adolescent, and adult psychiatry.

[410-881-4639](tel:410-881-4639)

amandasunmd.com

Dr. Shari Thomas
Bethesda, MD

Healthy Foundations Group and the Heartwood Program (including the Gender Wellness Clinic). Child, adolescent, and adult psychiatry. Also at the Healthy Foundations Group: **Dr. David I. Driver** and **Dr. Mark Sakran**

Driver and **Sakran**

Healthy Foundations: 301-970-4001

healthyfoundationsgroup.com

Heartwood: 301-970-4099

theheartwoodprogram.com

Dr. Stuart Varon
Timonium-Lutherville, MD

Child and adolescent psychiatry.

[410-583-1859](tel:410-583-1859)

Dr. Melissa Wellner
Severna Park, MD

Board certified child, adolescent, and adult psychiatrist at Waypoint Wellness.

[410-684-3806](tel:410-684-3806)

waypointwellnesscenter.com

**CHILD AND ADOLESCENT
PSYCHOLOGICAL ASSESSMENT**
**Children's National Medical Center: Gender
and Autism Program**
Rockville, MD

Supporting gender-diverse and gender-exploring autistic youth (or youth with suspected autism) through evaluation, consultation, and a specialized ongoing support program, including parent groups that Gender JOY families highly recommend.

[301-765-5432](tel:301-765-5432)

childrensnational.org/departments/gender-development-program/gender-and-autism-program

Georgetown Psychological
Bethesda, MD; Washington, DC; and McLean, VA

[202-333-6251](tel:202-333-6251)

georgetownpsychology.com

Harriette Whimms, PhD
Towson, MD

villagefamilysupportcenter.com/practitioners

Dr. Kevin Simonson, PsyD
Frostburg, MD

Accepts payment through Maryland Medical Assistance.

[845-913-6725](tel:845-913-6725)

tebra.com/care/provider/kevin-simonson-psyd-1689013138

Loyola Clinical Centers
Baltimore, MD

[410-617-1200](tel:410-617-1200)

loyola.edu/departments/clinical-centers/services/psychology

MINDSET Center
Bel Air, MD

[443-425-2200](tel:443-425-2200)

mindsetcenter.com

Quince Orchard Psychotherapy
Frederick and Rockville, MD

Testing for ADHD, learning disability determination, special education eligibility (IEP or 504 plan), testing accommodations (SAT, ACT), understanding emotional and/or behavioral concerns. They bill insurance.

[240-750-6467](tel:240-750-6467)

orchardmentalhealth.com/assessment/

Robyn Waxman, PhD & Associates

Lutherville, MD

Specializes in assessment for ADHD and Learning Disabilities.

[410-933-1465](tel:410-933-1465)

robynwaxmanphd.com

Washington Behavioral Medicine Associates (WBMA)

Chevy Chase, MD

SOAR Program for Psychotherapy & Testing

[301-576-6044](tel:301-576-6044)

www.wbma.cc

COMMUNITY SUPPORT SPACES

Blaq Equity Baltimore

Organizes annual Baltimore Blaq Pride (in October) and programs in 3 priority areas: arts & culture, health & wellness, and leadership & capacity building. Check the Community Calendar for local events.

blaquequitybaltimore.org

DC Area Transmasculine Society (DCATS)

Offering social hours (in DC and Baltimore), including those especially for POC (People of Color). Monthly support group meetings for transmasculine people (ages 17 years and up), and their partners.

dcats.org

The Frederick Center

Trans-focused groups include TransTeens, TransPartners, TransFamily, and Transgender & Gender Nonbinary Community Group (Adults only), as well as other groups and events for LGBTQ+ people.

[301-383-8787](tel:301-383-8787)

thefrederickcenter.org/groups-services

Linked Mentoring (CAF and Adult)

One-to-one mentoring and support groups for youth (7-17 years old) and young adults (18-24). Also caregiver and family support groups.

linkedmentoring.org

Harford County Health Department's Free to

Be

Monthly LGBTQ+ program for teens, 12-17 years old, to socialize, find support, and guidance; register for location.

[410-877-2341](tel:410-877-2341)

harfordcountyhealth.com/free-to-be/

Hearts & Ears

A Trans-led, peer-run wellness and recovery center for LGBTQIA+ individuals in Baltimore city and surrounding counties offering a variety of hybrid groups and activities surrounding behavioral health, holistic wellness, daily check-ins, and assist with locating resources.

[410-523-1694](tel:410-523-1694)

heartsandears.org

JOY Baltimore

Drop-In Center offers support services to homeless, displaced, runaway, and LGBTQ youth ages 13-24. Access to emergency and permanent housing, medical and dental services, community services, vital records, and Maryland State identification.

[443-388-7906](tel:443-388-7906)

joybaltimore.org

PFLAG

Read information resources, including Our Trans Loved Ones:

pflag.org/resource/our-trans-loved-ones/

Find a local chapter or virtual meeting for parents of transgender and gender diverse children, children, adolescents, and transgender and gender diverse adults:

pflag.org/findachapter/

PFLAG Connects: Provides safe, virtual, moderated spaces where people with shared experiences can connect each month: Latina/Latino, Black/African American, and Asian American/Pacific Islanders, and Military pflag.org/connects-communities/

Neurodiversity and Gender Diversity Meeting: Virtual group for parents of children who live at the intersection of trans-ness and neurodivergence (autism, ADHD, anxiety & depressive disorders, etc):

pflagnyc.org/neurodiversity-gender-diversity-meeting/

The Pride Center of Maryland

Offers numerous programs and services including youth development, mental health, violence prevention, support services, and trauma-informed programs.

pridecentermd.org/programs-and-services

Public School Jurisdictions, including:

Baltimore City Public Schools:

baltimorecityschools.org/page/student-fair-practices

Howard County Public School System Pride: Annual Rainbow Conference, Pride Prom, and more

sites.google.com/hcps.org/hcpsrainbowconference/home

Rainbow Families DC

Offering a TransParenting Group and annual family conference.

(202) 417-8897
rainbowfamilies.org

Rockville Rainbow Youth Alliance

Twice-monthly, adult-facilitated, peer-to-peer support group meeting for high school youth aged 13-18 in Rockville, MD. All youth are welcome.

rainbowyouthalliancemd.org

SMYAL

Washington, DC

Connection and leadership programming (Little SMYALs for ages 6-12 years old; SMYAL for 13-24 years old), mental health treatment, and housing for LBGTO+ youth.

202-546-5940
smyal.org

STAR TRACK Adolescent Health

Peer support from navigators and events for youth in Baltimore, MD with a goal of increasing access to quality, inclusive, and comprehensive healthcare.

410-500-2335
startrackhealth.org

Trans Advocacy & Care Team (TACT)

Offering peer counseling with a gender advocate and virtual peer support groups.

yourtact.org

TBuddy

Peer support service for transmasculine people 18+ years old by transmasculine people. Volunteers offering 30 minute text, phone, video, and in-person sessions.

tbuddy.us

Trans Maryland T4T Digital Support Group

Weekly peer support for people 18+ years old. Facilitated by people who are transgender, nonbinary, and/or gender expansive.

transmaryland.org/t4t-weekly-digital-support-groups

TransFamilies

Parent and youth support groups, trans youth leadership program, and special topics groups; all virtual.

transfamilies.org

TransFamily Support Services

Kyler's Konnections: mentorship for trans or gender nonbinary youth; Latine/X support group and community; Like Me! Transgender Buddy Program for elementary school-aged gender diverse kiddos); Parent support groups, including Dual Spectrum, a group parents of kids (all ages) on Gender & Autism Spectrums; and LGBTQ+ youth community spaces.

transfamilyosos.org

Transforming Family

Support groups for parents and caregivers, as well as pre-teens, teens, and non-TGD siblings (ages 10-21); all virtual due to Covid-19 as of December 2023, so open to family and youth beyond Southern California.

transformingfamily.org

TransParent National Chapter Meetings

Offers multiple virtual chapters: Support groups for parent/caregivers; father/masculine parent; grandparent; and caregivers of non-binary youth.

transparentusa.org/chapters-usa-virtual

Virginia Transgender Resource and Referral List

Peer support, mental health, medical, legal, and other resources; list updated regularly.
vdh.virginia.gov/content/uploads/sites/10/2019/04/TransRRList.pdf

HAIR REMOVAL SERVICES ELECTROLYSIS RESOURCES

American Electrology Association

Search engine to identify an electrologist
electrology.com/#FindElectrologist

Electrolysis vs. Laser Hair Removal

An Intro for Trans Folks by Point of Pride
pointofpride.org/blog/electrolysis-vs-laser-hair-removal-an-intro-for-trans-folks

PROVIDERS

A Gentle Touch

Montgomery County
301-770-1133
agentletouchmd.com/

Alazzo Med Spa

Frederick County
301-810-5740
alazzospa.com/

Bay Electrolysis & Skincare Spa

Anne Arundel County
410-666-3222
bayelectrolysissskincarespa.com

Central Electrolysis - H. Carol Cichan

Baltimore County
410-666-3222

Comprehensive Laser & Aesthetics

Howard County & Montgomery County
410-376-5601 for Columbia
301-291-5059 for Olney
comprehensivelaser.com

Donna Yaglom Electrolysis

Montgomery County
301-424-7050
rockvilleelectrolysis.com

Electrolysis of Frederick Frederick County

301-663-0062
electrolysisfrederick.com

Ideal Image

Multiple locations.
410-368-0848 for Arundel Mills
410-368-0851 for Canton Crossing
443-269-7720 for Towson
240-630-7954 for Bethesda Row
240-388-9696 for Gaithersburg
idealimage.com/locations

Gaithersburg Hair Removal

Montgomery County - Fran O'Mally
Text 240-475-5707
gaithersburghairremoval.com

Johns Hopkins Center for Transgender and Gender Expansive Health

Dermatology for hair removal services. For both aesthetic reasons and as preparation for some surgeries.
hopkinsmedicine.org/center-transgender-health/services-appointments#services-adults

Marta's Electrolysis

Montgomery County
301-466-5957
martaselectrolysis.com

Milan Laser Hair Removal

Multiple locations. Select phone number for location on website.
milanlaser.com/locations/maryland

Sollay Cosmetic Medical & Laser Center

Baltimore County
410-644-7655
sollaylasercenter.com

Village Electrolysis - Mary Della Davis

Baltimore City
410-578-0033

Whitman-Walker Health

Aesthetics Department offers laser hair removal and other treatments. Request a consult for

laser hair removal with Dr. Clark. As of October 2024, self-pay only for this procedure; health insurance is not accepted.

[202-745-7000](tel:202-745-7000)

whitman-walker.org

ENGAGEMENT AND ACTIVITIES

FUN AND VIBRANCY - ALL AGES

Baltimore Trans Pride

baltimoretranspride.com

Baltimore Queer Hike

Welcoming of families with LGBTQ children & teens. Focus on getting outside together.

facebook.com/groups/322431714959560

Blaq Equity Baltimore

Organizes annual Baltimore Blaq Pride (in October) and programs in 3 priority areas: arts & culture, health & wellness, and leadership & capacity building. Check the Community Calendar for local events.

blaquequitybaltimore.org

DC Trans Pride

transpridewashingtondc.org

HiTOPS Trans Youth Forum

Annual conference by and for trans and nonbinary youth.

hitops.org

Philadelphia Trans Wellness Conference

Historically free event for community members (transgender nonbinary, and other gender diverse children, teens, adults, and their family members and loved ones) to attend. Continuing Education tracks for medical, legal, and behavioral health professionals.

mazzonicenter.org/conference

The TransPride YOUning Health and Wellness Conference

Historically free event for community members (transgender nonbinary, and other gender diverse children, teens, adults, and their family members and loved ones) to attend. Allies and professionals also welcome.

transpridepgh.org

Queer Liberation Library

Free access to ebooks and audiobooks of all genres that inspire, celebrate, entertain, and educate queer folks across the US. Available through the Libby App and OverDrive Website.

queerliberationlibrary.org

Transgender Walkers & Runners

A safe place for gender expansive folks to run, jog, walk, roll and is held on the first Sunday of the month

meetup.com/transgender-runners

Venture Out Project

Outdoor workshops, day and overnight trips around USA for the queer and transgender community.

ventureoutproject.com

FUN AND VIBRANCY - CHILDREN, ADOLESCENTS, AND FAMILIES

AZIZA PE&CE Youth Programming

Programming in arts, fashion, fitness, music, and mentoring for youth, including gender expansive and LGBTQ+ people aged 14-24 years old, with a focus on Black, Latinx, and Indigenous youth.

[410-775-6652](tel:410-775-6652)

aziza-pece.org

Baltimore Queer Climbers & Queer Kids Climb

Movement Climbing Gym in Baltimore with monthly meetups

instagram.com/bmorequeerclimbers

Book Clubs at Dreamers and Make-Believers

Including Queer All Year: Virtual and in person options. Scholarships available. Purchasing the book is not required.

dreamersbooks.com/pages/book-clubs

Pride Outside at Irvine Nature Center

Drop-off nature and science programming. In Owings Mills, MD. For youth 6th-12th grade.

explorenature.org/series/pride-outside-at-irvine/

Unmatched Athlete

Sports meet-ups (focus on having fun, not competition) for LGBTQ+ children and teens, including indoor rock climbing, soccer, ultimate frisbee, and more. Various locations in Maryland; see age range for each event.

unmatchedathlete.org/events

SUMMER CAMPS

Brave Trails

Leadership camp for LGBTQ+ youth. Financial assistance available.

bravetrails.org

Camp Free2Be

Arlington, VA

Summer day camp for transgender, nonbinary, and gender-diverse youth ages 6-14 years old.

campfree2be.org

Harbor Camps for Transgender Youth and Families

For children and adolescents aged 4-17 years old.

New Hampshire

harborcamps.org

Baltimore Yearly Meeting (BYM) Camps

4 summer camp programs in MD & VA; operated & stewarded by Religious Society of Friends (Quakers).

bymcamps.org

FERTILITY PRESERVATION

Trans Fertility Co

Everything you ever wanted to know about transgender fertility.

transfertility.co

STORING EGGS

Johns Hopkins

Will see people under 18 years old.

410-874-3835

hopkinsmedicine.org/gynecology-obstetrics/specialty-areas/fertility-center/infertility-services/fertility-preservation-and-restoration-center/transgender-patients

Kind Body

Bethesda and Washington, DC

855-563-2639

kindbody.com

Shady Grove Fertility

Dr. Mindy Christianson or Dr. Chantel Cross

1-877-411-9292

shadygrovefertility.com/treatments/egg-freezing/

Washington Fertility Center

Virginia and DC

866-932-2229

washingtonfertility.com/fertility_preservation.htm

STORING SPERM

California Cryobank

Online Services

866-927-9622

cryobank.com/services/fertility-preservation

Fairfax Cryo Bank

Located in Virginia

800-338-8407

fairfaxcryobank.com

Johns Hopkins

Dr. Amin Herati in Urology. Will see people under 18 years old.

410-847-3835

hopkinsmedicine.org/health/treatment-tests-and-therapies/sperm-banking

Legacy

Online Services

1-617-514-0901

givelegacy.com

Sppare.me

Online Services

855-855-3945

sppare.me

Washington Fertility Center

Virginia and DC

866-932-2229

washingtonfertility.com/fertility_preservation.htm

GENDER AFFIRMING CARE FINANCIAL RESOURCES

Black Transmen Inc. Top Surgery Grant

One grant offered that is for Black trans men who are pursuing top surgery.

blacktransmen.org/top-surgery-grant/

Dr. Rizi Grant

One grant offered that can be used for gender affirming surgery.

rizitimane.com/trans-surgery-scholarship-application/

Folx Care Fund

One grant offered covering a year of gender-affirming hormone therapy (also known as HRT) for trans and nonbinary people over 18 who otherwise couldn't afford it.

folxhealth.com/hrt-care-fund

Genderbands Transition Grants

Five grants offered- Trans-Feminine Grant, Trans-Masculine Grant, BIPOC Grant, Social and Youth Grant, & University of Utah Top Surgery Grant.

genderbands.org/grants

The Jim Collins Foundation

One grant offered that can be used for gender affirming surgery.

jimcollinsfoundation.org/apply/

Point of Pride Grants

Three grants offered: Annual Trans Surgery Fund, HRT Access Fund, and Electrolysis Support Fund.

pointofpride.org/

Stealth Bros Support Fund

One fund provided to assist with gender affirming finances, GAHT materials, and/or transitioning goods (Binders/Packers/Etc.)

stealthbroscos.com/pages/copy-for-chelsy-of-stealth-bros-support-fund

Trans LifeLine Microgrants

Three grants offered- Name Change Microgrant, Inside Advocacy: Commissary and Post-Release Microgrant, Gender-Affirming Hair Removal Microgrant.

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translifeline.org/microgrants/#types

TransMission

One grant offered that can be used for anything related to gender affirming care.

loftgaycenter.org/transmission

Trans United with Family and Friends

There is one grant offered that can be used for gender affirming surgery.

tufforg.wixsite.com/tuffnew/apply

GENDER AFFIRMING MATERIALS

2b.care

Contact 2b.care's community partners to request new or gently used binders.

2b.care

American Trans Resource Hub

List of gender affirming products on a budget.

athr.org/gender-affirming-products

DC Area Transmasculine Society (DCATS)

Free chest binders for people who live in DC, Maryland, or Virginia.

dcats.org/binderexchange

Federal Funding for Gendering Affirming Materials for Transgender and Nonbinary Youth in Foster Care

Guidance for child welfare professionals on purchasing gender affirming materials (clothing, accessories, self-care workbooks, books for caregivers, binders, gaffs, and other items) using Chaffee Funds.

sogiecenter.org/wp-content/uploads/2023/04/Federal-Funding-for-Gender-Affirming-Materials-Tool.pdf

Point of Pride

Provides free chest binders and free femme shapewear.

pointofpride.org

Tomscout

Applications for free chest binder.

tomscout.com/en-us/pages/the-freedom-binder

TransFamily Support Services: Gender Junk

Program

Provides gear to transgender youth (up to age 30) who either don't have the financial means or don't have affirming families that will purchase: binders, gaffs, bras, StPs, make-up, and other gender affirming items.

transfamilyosos.org/gender-junk

Dreams + Visions Skylight Boutique

A gender-affirming, pay-what-you-can thrift store.

443-585-0864

dreamsandvisionsbaltimore.org/skylightboutique

GENDER AFFIRMING SURGERY RESOURCES

FEDUP Gender Affirming Surgeon Guide

Surgeon BMI limits listed by area

fedupcollective.org/gender-affirming-surgeon-guide

GCC Scar Care Resources

Recommendations for recovery process and caring for post-surgical scars.

genderconfirmation.com/scar-care

Healthy Trans

General Surgery Resource Guide

healthytrans.com/resource-guide

Suggested questions for a surgical consultation-

healthytrans.com/surgery-consult-questions

QueerDoc: How Much Time Off to Plan After Different GAS

queerdoc.com/time-off-after-surgery

Temple Health Gender Affirming Resource Library

templehealth.org/services/transgender-non-binary-gender-diverse-affirming-healthcare/resources

TransHealth Care Search Engine

transhealthcare.org

T4T Caregiving

A collective of Trans Caregivers for all of your Post-Op Needs. Not located in all states.

t4tcaregiving.org

SURGEONS

Advanced Center for Plastic Surgery Lutherville-Timonium, MD

Dr. Beverly Fischer

410-308-4700

beverlyfischer.net/gender-affirmation

Align Surgical Associates California

Dr. Thomas Satterwhite and surgical team.

San Francisco, CA: (415) 530-5335

Los Angeles, CA: (310) 751-5886

alignsurgical.com

Brigham and Women's Hospital Boston, MA

Dr. Devin O'Brien-Coon and others

617-732-5303

brighamandwomens.org/transgender-health/surgical-care

District Plastic Surgery Washington, DC

Dr. Praful Ramineni & Dr. Cassie Nghiem

202-742-3999

districtplasticsurgery.com

Facial Plastic Surgery Center of Otolaryngology Associates, PC Fairfax, VA

Dr. Jacob E. Kuperstock

Gender affirming facial and vocal surgeries.

703-383-7340

facialdocs.com

G.U. Recon San Francisco, CA

Dr. Mang Chen

415-481-3890

gurecon.com

George Washington Medical Faculty Associates Washington, DC

Dr. Jerry Chao

202-741-3240

gwdocs.com/profile/jerry-chao

Johns Hopkins Center for Transgender and Gender Expansive Health

Baltimore, MD

Providers include: Dr. Fan Liang and Dr. Lily Mundy. This surgical team typically has a navigator to support patients.

844-546-5645

hopkinsmedicine.org/center-transgender-health/

MedStar Health

Baltimore, MD and Washington, DC

Dr. Gabriel Del Corral. This surgical team typically has a navigator to support patients.

443-777-7631

medstarhealth.org/doctors/gabriel-alfonso-del-corral-md

Mount Sinai

New York, NY

Dr. Jess Ting & Dr. Bella Avanesian

212-870-8270

profiles.mountsinai.org/jess-ting

NYU Langone Health

New York, NY

Dr. Rachel Bluebond-Langner

646-501-4449

nyulangone.org/doctors/1902867393/rachel-bluebond-langner

Papillion Center

Philadelphia area, PA

Dr. Christine McGinn

215-693-1199

drchristinemcginn.com/drmcginn/

Rumer Surgery

Dr. Kathy Rumer

855-782-5665

rumergendersurgery.com/about/dr-kathy-rumer

Washingtonian Plastic Surgery

McLean and Reston, VA

Dr. Navin Singh

888-903-2362

washingtonianplasticsurgery.com/meet-dr-navin-singh

West End Plastic Surgery

Washington, DC

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Dr. Ruff

202-785-4187

westendplasticsurgery.com/about/gender-affirmation/

UVA Health

Charlottesville, VA

434-924-5078

uvahealth.com/services/transgender/transgender-surgery

VCU Health

Richmond, Virginia

Dr. Jennifer Rhodes

800-762-6161

vcuhealth.org/find-a-provider/jennifer-rhodes

HOUSING

Baltimore Safe Haven

A trans-led drop-in wellness center. Provides transitional housing, mobile outreach, community engagement, and workforce development.

443-869-6867

baltimoresafehaven.org

JOY Baltimore

Drop-In Center offers support services to homeless, displaced, runaway, and LGBTQ youth ages 13-24. Access to emergency and permanent housing, medical and dental services, community services, vital records, and Maryland State identification.

443-388-7906

joybaltimore.org

Loving Arms

3313 Oakfiled Ave. Gwynn Oak, MD 21207

For ages 14-18 years old. Shelter access, transitional housing programs, basic needs supplies, and more. Reported by Baltimore City and other sources to be TLGBQ affirming.

443-415-1174

LEGAL SERVICES & INFORMATION

FreeState Justice

Provides legal services to low-income lesbian, gay, bisexual and transgender Maryland residents. To request help, fill out the legal intake form.

freestate-justice.org

A resource program to serve all Maryland residents, with additional focus on those aged 18-24 residing in Baltimore City.

freestate-justice.org/community-outreach

GLBTQ Legal Advocates and Defenders (GLAD)

glad.org

Lambda Legal

lambdalegal.org

Transgender Law Center Legal Help Desk

transgenderlawcenter.org/resources/

Transgender Legal Defense & Education Fund: Trans Health Project

transhealthproject.org

Trans Maryland Name Change Program

For ages 18+

transmaryland.org/name-change-program

Virginia Transgender Resource and Referral List

Legal, medical, mental health, peer support, and other resources; list updated regularly.

vdh.virginia.gov/content/uploads/sites/10/2019/04/TransRRList.pdf

MEDICAL SERVICES

AffirmCare with LifeBridge Health

Personalized primary care with staff and providers who are specially trained and highly in LGBTQIA+ knowledgeable health.

410-601-2273

lifebridgehealth.org/main/affirmcare

Children's National Medical Center

Washington, DC and Rockville, MD

Gender Development Program for children and adolescents.

For appointments, 1-888-884-BEAR (2327)

For information, 202-476-5744

childrensnational.org/get-care/departments/gender-development-program

Health Care for the Homeless

Offering gender affirming hormones, transgender-affirming behavioral health therapy, and support for name changes.

410-837-5533

hchmd.org/lgbtq-services-and-resources

Inova Pride Clinic

Falls Church, VA

Internal medicine practice providing primary care services with an LGBTQ+ focus for individuals 12 years and up.

703-522-1175

inova.org/locations/inova-primary-care/pride-clinic

Johns Hopkins Center for Transgender and Gender Expansive Health

Comprehensive, evidence-based and affirming care for transgender and gender diverse youth and adults.

844-546-5645

hopkinsmedicine.org/center-transgender-health/services-appointments

Moss the Doula

Full spectrum doula support services for queer and trans people: fertility, pregnancy, labor, birth, abortion, postpartum, pregnancy loss.

772-418-2651

mossthe Doula.com/services

Old Greenbelt Family Health

Greenbelt, MD

Medical services including access to HRT.

240-424-0697

ogfhealth.com

Planned Parenthood of Maryland

Gender affirming care ages 16 years and up, including hormone therapy via telehealth.

410-576-1414

plannedparenthood.org/planned-parenthood-maryland/gender-affirming-care

Planned Parenthood of Metropolitan

**Washington, DC
DC, Montgomery County, MD, and Prince
George's County, MD**

Gender affirming care for ages 18 years and up.
1-800-230-7526
plannedparenthood.org/planned-parenthood-metropolitan-washington-dc/patient-resources/gender-affirming-care

Resolve Maryland

Gender affirming hormonal treatment (GAHT) for trans and gender-expansive individuals founded by a transgender physician.
443-249-2339
resolvemd.org/gender-care

STAR TRACK Adolescent Health

Your Trans Care is a specialty program for transgender people 12 to 18 years old including support from peer navigators, access and management of hormone therapy and puberty blockers, and trans affirming gynecological services. Also offers sexual health screening, and linkage to care (including annual checkups) for LGBTQ children and youth (12-26 years old).
410-500-2335
startrackhealth.org/

TransFamily Support Services

Insurance navigator works with trans youth and trans adults to complete insurance pre-authorization and, when needed, appeals process.
transfamilysos.org/services/insurance-assistance/

**West Cecil Health Center
Conowingo and Havre de Grace, MD**

Offers gender affirming medical care, including hormones and primary care.
410-378-9696
westcecilhealth.org/

UMMC Transgender Health Care

Adult endocrinology services: 443-862-6800
Adolescent and pediatric endocrinology services: 410-328-8336
Transgender patients living with HIV or seeking HIV prevention together with

gender-affirming hormones: 410-225-8369
umms.org/ummc/health-services/transgender-health-care

Virginia Transgender Resource and Referral List

Medical, mental health, peer support, legal, and other resources; list updated regularly.
vdh.virginia.gov/content/uploads/sites/10/2019/04/TransRRList.pdf

**Whitman-Walker Health
Washington, DC**

Gender-affirming medical care, ages 10yo and up.
202-745-7000
Text: 202-978-6123
Email Transhealth@whitman-walker.org.
whitman-walker.org/transgender-care-and-services

PELVIC FLOOR PHYSICAL THERAPY

**Alliance Physical Therapy
Baltimore, MD**

In-network with CF BC/BS and Medicare. Also offer discounted self-pay rates.
443-961-4546
allianceptbaltimore.com/

**Indigo Physiotherapy
Baltimore, Columbia, Frederick, Mount Airy,
and Potomac, MD; and Fairfax, VA.**

410-601-3991
indigophysio.com/clinical-services/gender-affirming-care

**Johns Hopkins Medicine Pelvic Floor
Therapy**

hopkinsmedicine.org/physical-medicine-rehabilitation/specialty-areas/physical-therapy/pelvic-floor-rehab

**MedStar Health Pelvic Rehabilitation
Franklin Square, Perry Hall, and Bel Air**

medstarhealth.org/services/pelvic-rehabilitation

Pelvic Pride

410-941-9512
pelvicpride.com/gender-affirming-care

VIRTUAL GENDER AFFIRMING CARE SERVICES

Circle Medical

circlemedical.com/what-we-treat/hormone-therapy

FOLX Health

folxhealth.com/gender-affirming-care

Plume Health

getplume.co

QueerDoc

queerdoc.com/

MEDICAL SUPPLIES

Buzzy Use

Vibration and cold to decrease needle fear and pain during injections.

explore.paincarelabs.com/buzzyhelps

GoodRx

Free coupons for prescription medications.

goodrx.com

HealthWarehouse.com

Trusted supplier of syringes and needles for self-injection.

healthwarehouse.com

HRT Supplies by Mail Services via Baltimore Harm Reduction Coalition & NEXT Distro

nextdistro.org/mdhi

NATIONAL RESOURCES

Autistic Women & Nonbinary Network Resource Library

awnnetwork.org/resource-library/

Elevated Access

Network of volunteer pilots provide transportation for people in need of reproductive or gender affirming care.

elevatedaccess.org/

Out2Enroll

State-specific Transgender Health Insurance Guides.

out2enroll.org

OutCare Health Search Engine

Find an LGBTQ+ affirming provider near you.

outcarehealth.org

National Black Trans Advocacy Coalition Transgender Support Center

blacktrans.org/#equality

National LGBT Cancer Network

TRANSforming Cancer program with support and resources.

cancer-network.org/transgender-and-gender-non-conforming-care/#supportandresources

TransLine

Transgender Medicine Consultation Service for Health Care Providers

transline.zendesk.com/hc/en-us

Veterans' Health Administration LGBTQ+ Health Services

LGBTQ+ Veteran care coordinators are fully equipped to support the health, welfare, and dignity of you and your family.

va.gov/maryland-health-care/health-services/lgbtq-veteran-care/

VOICE RESOURCES

Choose Kind Therapy

Washington, DC, and virtual

Rachel Chalom, MS, CCC-SLP Provides gender-affirming voice training, and training in selective eating and avoidant/resistant food intake disorder (ARFID).

202-768-9603

choosekindtherapy.com

George Washington Speech and Hearing Center

Washington, DC

Voice training is available for TGD people.

202-994-7360

speechhearing.columbian.gwu.edu/voice

Molly Gordon, SLP, LLC

Speech language pathology services, including

gender related voice modification, for youth and adults via telehealth. Sliding fee scale available. Services can be provided in Spanish (provider is a non-native speaker).

207-358-0065

mollygordonslp.com

Gateway Speech and Occupational Therapy Baltimore, MD

410-318-6780

gatewaymaryland.org

Johns Hopkins Medicine's Center for Transgender and Gender Expansive Health

Providers include Ashley Corrinne Davis, MS, Speech-Language Pathologist, who is also a singing voice specialist: hopkinsmedicine.org/profiles/details/ashley-davis

844-546-5645

hopkinsmedicine.org/center-transgender-health/services-appointments

Johns Hopkins Voice Center at Greater Baltimore Medical Center (GBMC)

Towson, MD

Offering assessment by otolaryngologists (ENT) and speech-language pathologists, and a range of treatment options (medication, voice therapy, surgery).

443-849-2087

gbmc.org/services/mj-dance/voice

Loyola Clinical Centers

Baltimore, MD and virtual

Offering assessment by an ear, nose, and throat (ENT) physician and speech-language pathologists.

410-617-1200

loyola.edu/departments/clinical-centers/services/speech-language

MAS Voice - Mairin Srygley, CCC-SLP

Baltimore, MD

443-961-5511

masvoice.org

New York Speech & Voice Lab Virtual

Christie Block, MA, MS, CCC-SLP

347-677-3619

speechvoicelab.com

Prismatic Speech Services, PLLC

Online services, mainly gender-affirming voice work, available in 17 U.S. states. Find Your Light Prismatic Micro-grant fund for clients with low incomes: prismaticspeech.com/fund

336-609-6258

prismaticspeech.com

University of Maryland, College Park, MD

301-405-4218

hespclinic.umd.edu/speech-language/gender-affirming-voice-therapy

Renée Yoxon

Offers freebies, voice affirming courses for speaking and singing, and monthly scholarships.

reneeyoxon.com

Successfully Speaking - Lynda Katz Wilner

Speech and communication trainer and coach to polish public speaking skills and executive presence; previously provided gender affirming voice/speech care.

443-690-5976

successfully-speaking.com

Vocal Congruence Project

Leak B Helou, PhD, CCC-SLP and Connor Mahon, MS, CF-SLP provide a collection of free and accessible resources to help you find an affirming and congruent voice.

vocalcongruence.org

Your Lessons Now

Online services for Trans Voice Training.

888-318-7267

yourlessonsnow.com/trans-voice-training/