Transgender Resources in the Southern Finger Lakes

Transgender is an umbrella term that includes people with many diverse experiences, identities, and sexual orientations. There is no one right way to be transgender and there are many terms people may use to describe their gender identity. For many transgender people discrimination from health professionals and fear of coming out to providers can be a barrier to accessing health care, including mental health care. This list of resources was compiled by our staff and local transgender community members. Inclusion on this list does not guarantee a positive experience. Suggestions, feedback, and additions are welcome. For more information or to share a resource or provider to be listed, please contact our Out for Health office in the Ithaca (607) 216-0021, ext. 2308 or lgbt@ppsfl.org.

Organizations & Resources

Cornell LGBT Resource Center
lgbtrc.cornell.edu, lgbtrc@cornell.edu
(607) 254-4987

Ithaca College Center for LGBT Education, Outreach, & Services
ithaca.edu/lgbt, (607) 274-7394

Planned Parenthood’s LGBTQ Health & Wellness Program: Out for Health
Facebook.com/outforhealth
Queertips.org
lgbt@ppsfl.org
(607) 216-0021 x2308—Devon
devon.ritz@ppsfl.org
Providing outreach, education, technical assistance and support for affirming and inclusive service and care.

PFLAG Ithaca/Cortland
www.pflagithacacortland.com
(607)423-1078 or (607)756-7070

Corning/Painted Post Social Group
lgbt@ppsfl.org
Peer led monthly gathering over breakfast on Saturday mornings. All are welcome.

Ithaca Transgender Support Group
Ithacatransgendergroup.com
hello@ithacatransgendergroup.com
Peer led support group meets bi-weekly on Sundays in Ithaca

LGBTQ Center of the Finger Lakes
Geneva & Newark, NY
fcsfl.org/servlgbtq.html
lgbt@fcsfl.org
315-789-2613

The Cortland LGBT Center
Cortland, NY
Cortlandlgbtcenter.org
(607) 756-8970

ACR Health
Syracuse, NY
acrhealth.org
800-475-2430
Identity Youth
Binghamton, NY
Idyouth.org
607-651-9120

Pride and Joy Families
Binghamton, NY
binghamton.edu/prideandjoyfamilies
607-777-3717

Out Alliance
Rochester, NY

Mental Health Providers

Beth Cohen, Ph.D.
Ithaca and Elmira, NY
607-319-5778
bbethcohenphd.com

Kate Halliday, CSW
Ithaca, NY
607-279-5439 (call or text)
katehallida@gmail.com
Specializing in EMDR

Judy Isaac, Ph.D
Ithaca and Lansing, NY
607-280-6988

Elaine Liu, LCSW
Ithaca, NY
607-218-1459
elainekiucsw@gmail.com
Adult and Couples Therapy

Family Services of Chemung County
Elmira, NY
607-733-5696

Family and Children's Services of Ithaca
Ithaca, NY
607-273-7494
fcsith.org

gayalliance.org
585-244-8640

Pride Center of Western New York
Buffalo, NY
pridecenterwny.org
716-852-7743

SAGE Upstate
Syracuse, NY
www.sageupstate.org
315-478-1923

Maria Manna, LMHC
Ithaca, NY
607-351-6020
Emergeflx.com
Mannacounseling@gmail.com

Suki Montgomery Hall, Ph.D
Ithaca, NY
607-227-2211
www.drsukihall.com
sukimontgomeryhall@gmail.com

Samaritan Counseling
Endwell, NY
(607) 754-2660

Amelia Sauter, LCSW
Trumansburg, NY
(607) 280-4780
nowandnextcounseling.com
amelia@nowandnextcounseling.com

Stephanie Marren, LMSW
Homer, NY
607.749.5711

Grace Shilliff, LMHC
Homer, NY
607-749-9256

J McKnight, MSW
Corning, NY
415-359-7831
j@jamcknight.com
Jamcknight.com

Clinical Associates of the Southern Tier
Corning, Elmira, Ithaca, NY
607-936-1771
clinicalassociatesofthesoutherntier.com

Kathleen Pottinger, LCSW-R
Elmira, NY
607-737-4040

Hannah Rumpf, LMSW
Ithaca, NY
607-304-3416

Beky Bordelmay, LMHC
Ithaca, NY
607-436-7058

Mary Kate Lenihan, MA, LMFT
Dryden & Ithaca, NY
855-286-2210

Karen Dudgeon, LCSW
Cortland, NY
877-867-4666
Kdpsychotherapy.com

Maureen Kiley, LCSW-R
Cortland, NY
607-745-4066
Maureenkielycounselor.com

Daran Shipman, LMFT
Syracuse, NY
(315) 744-8279

Debra Thatcher, LCSW
Elmira, NY 14901
607-304-2746

Ellen Zaslaw, PH.D
Ithaca, NY
607-273-0705

Gail Zussman, LCSW-R
Ithaca, NY
(607) 387-5925

Tom Callaghan, LCSW-R
Ithaca and Trumansburg, NY
(607) 256-6239

Alkira Center
Syracuse, NY
315-492-1390
Alkiratherapy.com

Couple and Family Therapy Center (Trans Team)
Syracuse, NY
315-443-3023

Dr. Kelly Richards, Psy. D
Syracuse, NY
315-313-4031
kellyrichardspsyd.com
(mention PPSFL referral when request appt.)

Brieanne Smith, LMHC
Corning, NY
(607) 821-3713
Tranquil Mind Counseling Services

Bethany Robson, LCSW-R, CPCC
Jamestown, NY
(716) 235-3107

Patricia S. Jordan, LCSW-R
Vestal, NY
607-953-4125
## Transgender Hormones, Health and Wellness

### Planned Parenthood of the Southern Finger Lakes
607-273-1513, Ithaca
607-962-4686, Corning
607-324-1124, Hornell
607-734-3313, Elmira

### Primary Care Providers

#### Susquehanna Family Practice & Gender Wellness
Carolyn Wolf-Gould, MD
Oneonta, NY
607-431-5757

#### Family Medicine Associates
Dr. Berlin/E. Gebhart, FNP/N. Serrano, FNP/E. Williams, FNP-C
Ithaca, NY
607-277-4341

#### Northeast Pediatrics & Adolescent Medicine
Ithaca & Trumansburg, NY
607-257-2188

#### Dryden Family Medicine
Dryden, NY
607-844-8181

#### Family Health Network
Dr. Alexander Langely
Cortland & Moravia, NY
Cortland: 607-758-3008
Moravia: 315-497-9066

#### University Internists
Dr. Harold Husovsky
Syracuse, NY
315 464-5240

### Health & Wellness

#### Highland Family Medicine
Rochester, NY
(585) 279-4800

#### WNY Medical
Amherst, NY
716-923-4380

#### Community Health Center of Buffalo
Buffalo, NY
716-986-9199

#### Dr. Corina Marshall
Guthrie
Sayre, PA
570-887-2239

#### Court Street Chiropractic
Ithaca, NY
(607) 273-7682

#### Milan Laser Hair Removal
Binghamton/Syracuse/Rochester/Utica/Buffalo
Milanlaser.com
1-833-667-2967

#### AfterImage Electrolysis
Groton, NY
Afterimageelectrolysis.com
(607) 793-4104

#### Emancipated Electrolysis
Brighton, NY
Emacipatedelectrolysis.com
(585) 270-5230
Elmira Electrolysis
Elmira, NY
Elmiraelectrolysis.com
(607) 734-2132

Electrolysis by Victoria Covington
Ithaca, NY
victoria@buffalobelles.org

Hormone Therapy Self-Injection Videos
plannedparenthood.org/planned-parenthood-greater-texas/self-injection-videos

Speech/Voice Modification
Say It Loud Say It Proud Speech Therapy
607-227-0143
SayItProudSpeechTherapy.com

Ithaca College Voice and Communication Modification Program for People in the Transgender Community (free of cost)
607-274-3714
ithaca.edu/sacl/lgbt/resources/transvoiceprog

Diversified Hearing
Western, NY
Diversifiedhearing.com

Legal Assistance
(including legal name & gender marker change)

Milo Primeaux, Esq
Civil Rights Practice w/ LGBTQ+ Focus
www.miloprimeaux.com
585-612-1071

Legal Assistance of Western New York
lawny.org
315-781-1465, Geneva
607-776-4126, Bath
607-734-1647, Elmira

Volunteer Lawyers Project
onvlp.org
315-579-2576
qlaw@onvlp.org

Need more information?
Please be in touch, we’re here to help!
(607) 216-0021 x2308
facebook.com/outforhealth
ppsfl.org/transgender