

# Transgender and Non-Binary Resource Guide



This list of resources was compiled by our staff and volunteers with recommendations from local transgender and non-binary community members. Inclusion in this guide does not guarantee a positive experience for all. Suggestions, feedback and additions are welcome.

[info@ppmhv.org](mailto:info@ppmhv.org)

## COMPLEMENTARY AND ALTERNATIVE MEDICINE (revised 7/2019)

Minya Dejohnette Acupuncture NYS licensed	<ul style="list-style-type: none"> <li>Hours- Wed 12:30-5:30 and Sat 11-2</li> <li>Rates- first appointment \$75; follow ups \$50</li> <li>Some insurance accepted. {Please inquire}</li> </ul>	Kingston community Center Acupuncture 280 Wall Street 3 <sup>rd</sup> floor <a href="http://www.kingstonacupuncture.com">http://www.kingstonacupuncture.com</a> 845- 339-5653
Accord Acupuncture & Herb Shoppe	<ul style="list-style-type: none"> <li>Acupuncturist, nutritionist, herbalist</li> <li>Specializing in Lyme care</li> <li>Takes some insurance</li> </ul>	10 Old Rt 213, Suite D High Falls, NY 12440 (845) 687-6211

*COUNSELLING / THERAPISTS / PSYCH / LETTERS* (revised 7/2019)

Note: Some insurance plans will cover certain gender-affirming surgeries if you have one or two letters from a therapist, psychiatrist, social worker, and/or the person prescribing your hormones. Call your insurance to ask about the requirements for your insurance plan.

Apogee Center	<ul style="list-style-type: none"> <li>• Peer support</li> <li>• Serving Columbia and Greene Counties</li> </ul>	160 Fairview Ave. Suite 232 Hudson, NY 12534 <a href="https://www.apogeecenter.org">https://www.apogeecenter.org</a> (518) 697-0976
Elijah Nella LMFT	<ul style="list-style-type: none"> <li>• Sliding fee scale sometimes available</li> <li>• Letters for established patients- surgery, hormones, support animals, etc.</li> <li>• Non-binary friendly</li> </ul>	22 Garden Street, Suite 4 Rhinebeck, NY 12572 <a href="https://www.elijahnella.com/">https://www.elijahnella.com/</a> (845) 481-0036 <a href="mailto:hello@elijahnella.com">hello@elijahnella.com</a>
Kingston Family Health	<ul style="list-style-type: none"> <li>• Behavioral Health</li> </ul>	1 Family Practice Drive Kingston, NY 12401 845-338-2562
Peri Rainbow, MPS, OM, CDRC	<ul style="list-style-type: none"> <li>• Sliding fee scale- \$50-150/hr</li> <li>• Trauma-informed care</li> <li>• Accelerated Resolution Therapy</li> </ul>	High Falls Emporium High Falls, NY 12440 (845) 399-3196 <a href="mailto:Peri.12484@gmail.com">Peri.12484@gmail.com</a>
Robin Dusty Nason, LCSW-R	<ul style="list-style-type: none"> <li>• Takes some insurance</li> </ul>	199 Main St. New Paltz, NY 12561 (914) 204-6246 <a href="mailto:dustynason@gmail.com">dustynason@gmail.com</a>
Sarah Jamison, LMSW	<ul style="list-style-type: none"> <li>• Sliding fee scale: \$65-85/hr</li> <li>• Couples therapy: \$85-105/hr</li> <li>• Non-binary friendly</li> <li>• Skype sessions available</li> </ul>	The Chocolate Factory 54 Elizabeth St. Suite 11 Red Hook, NY 12571 <a href="https://www.sjamison.com">https://www.sjamison.com</a> (845) 532-0257 <a href="mailto:sjamison@gmail.com">sjamison@gmail.com</a>
Sean M. Endress, MA, LCSW-R	<ul style="list-style-type: none"> <li>• Accepts some insurance, please inquire.</li> <li>• Non-binary-friendly</li> </ul>	Integral Health Associates 3 Paradies Lane New Paltz, NY 12561 (Saturdays 2x monthly) Heartspace Yoga and Healing Arts 747 Madison Avenue Albany, NY 12208 (Monday-Wednesday) <a href="https://www.therapists.psychologytoday.com/64396">https://www.therapists.psychologytoday.com/64396</a> <a href="mailto:Seanmendress@yahoo.com">Seanmendress@yahoo.com</a> (718) 887-1378

Briana Myers, LCSW	<ul style="list-style-type: none"> <li>• Writes surgery letters</li> <li>• Specializes in q/t youth</li> <li>• Does not take insurance</li> <li>• Tiered fees: \$100, \$125, \$150</li> <li>• Mon/Thurs</li> </ul>	9 Vassar Street #28 Poughkeepsie NY (917) 701-5219 <a href="mailto:brianamyers@gmail.com">brianamyers@gmail.com</a>
Emily Joslin-Roher LCSW-R	<ul style="list-style-type: none"> <li>• Currently not accepting new patients. Inquire as this may change.</li> <li>• Specialization LGBTQ community (specifically trans*) friends and family</li> <li>• Non-binary friendly</li> <li>• Writes surgery letters</li> <li>• Takes Aetna</li> <li>• Sliding scale available</li> </ul>	5 Cliff Street, 2nd Floor Beacon, NY 12508 (347) 394-7144 <a href="mailto:ejoslinroher@gmail.com">ejoslinroher@gmail.com</a>
Julie Staber	<ul style="list-style-type: none"> <li>• Accepts most insurance including managed Medicaid</li> <li>• Open to sliding scale payments</li> <li>• Writes some letters</li> <li>• Hours generally Mon/Tues/Thurs, but open to other days/times.</li> </ul>	1260 NY-28, West Hurley, NY 12491 <a href="https://www.hudsonvalleyguild.com/julie-staber-LCSWR">https://www.hudsonvalleyguild.com/julie-staber-LCSWR</a> (845) 679-7500 <a href="mailto:jstaberlcsw@gmail.com">jstaberlcsw@gmail.com</a>
Choices	<ul style="list-style-type: none"> <li>• Writes letters for newer patients</li> <li>• Morning, afternoon, evening and weekend appointments</li> <li>• Accepts many insurance plans</li> <li>• Rates \$100 per session. Reduced rates on a sliding scale may be negotiated as needed</li> </ul>	10 Colvin Avenue, Suite 102, Albany, NY 12206 <a href="https://www.choicesconsulting.com">https://www.choicesconsulting.com</a> (518) 438-2222 Fax: 518-438-7777 <a href="mailto:Info@choicesconsulting.com">Info@choicesconsulting.com</a>
Colin Wolf	<ul style="list-style-type: none"> <li>• Can write letters</li> <li>• Works with adults and some adolescents</li> <li>• Telemedicine only</li> <li>• Hours by appointment {days and evenings}</li> <li>• Sliding scale available</li> <li>• Statements can be provided to submit to insurance companies for reimbursement</li> </ul>	<a href="https://www.queerapy.com">https://www.queerapy.com</a> 845-288-1961 <a href="mailto:colin@queerapy.com">colin@queerapy.com</a>
Christine Winters	<ul style="list-style-type: none"> <li>• Can write letters</li> <li>• Mon-Fri 9-5 w/evening hours on Tues</li> <li>• Accepts patients 18+</li> <li>• Accepts all insurance including medicaid and medicare.</li> <li>• Payment plans and sliding scale available</li> </ul>	Hudson Valley Mental Health 230 North Rd Poughkeepsie, NY <a href="https://www.hvmh.org/locations">https://www.hvmh.org/locations</a> 1-845-486-2703

Kristen Verge LMSW	<ul style="list-style-type: none"> <li>• Accepts all insurance- including medicaid</li> <li>• Prices vary, Sliding scale available</li> <li>• Writes letters</li> <li>• Sees all ages- specializes in teens and adolescents</li> </ul>	Cornerstone Family Health 147 Lake Street, Newburgh, NY 12550 <a href="https://www.cornerstonefamilyhealthcare.org/medical-directory-cf/kristen-verge/">https://www.cornerstonefamilyhealthcare.org/medical-directory-cf/kristen-verge/</a> 845-563-8000 ext 1108
Suah Kim PHD	<ul style="list-style-type: none"> <li>• Can write letters after 2 to 3 visits (for HRT and surgery)</li> <li>• \$200+ per session</li> <li>• Out of network provider. Will submit claims for insurance</li> <li>• Sliding scale available</li> <li>• Client focus adolescents/teens 14-19 and adults</li> </ul>	291 Broadway Suite 709 NY, NY, 10007  (929) 242-9970
Doree Lipson LCSW-R SEP	<ul style="list-style-type: none"> <li>• Insurance- BCBS, Empire plan, Fidelis, Medicare, Kingston Teachers Fund</li> <li>• Sliding scale/payment plans available</li> <li>• Can write letters for established patients</li> <li>• Mon- Fri 8:30-7</li> </ul>	126 Main Street New Paltz, NY 12561 <a href="https://www.wellnessembodiedcenter.com/">https://www.wellnessembodiedcenter.com/</a> <a href="mailto:wellnessembodiedcenter@gmail.com">wellnessembodiedcenter@gmail.com</a> 845-532-6064
Stephanie Birinci LMHC	<ul style="list-style-type: none"> <li>• Accepts most insurance. {Please inquire re: medicaid specifics}</li> <li>• Mon-Fri 9-6 w/some Sat hours</li> <li>• Can write letters</li> <li>• Sliding scale available</li> </ul>	320 Robinson Ave Suite 201 A Newburgh, NY 12550  845-564-2540 ext 160
Tas Streiner MA, LMFT	<ul style="list-style-type: none"> <li>• Marriage and Family Therapist</li> <li>• Can write letters</li> <li>• Non-binary friendly</li> <li>• Hours- Mon- Fri 10-6</li> <li>• Avg. cost per session \$80 - \$130</li> <li>• Sliding Scale</li> <li>• Accepted Payments Am Ex, Cash, Check, Discover, Mastercard, Visa</li> <li>• Insurance- Blue Cross Blue Shield CDPHP, Cigna, Empire Blue Cross</li> <li>• Value Options, Out of Network</li> </ul>	Psychotherapy Associates  3 Atrium Dr Suite 202- entrance B Albany, New York 12205  518-348-4417 ext-20
Gateway Pros Program	<ul style="list-style-type: none"> <li>• Psychiatric rehabilitation. Group and private clinical treatment.</li> <li>• Mon- Fri 8:30-3</li> <li>• Accepts medicaid</li> <li>• Sliding scale/payment plans available</li> </ul>	1 Amy Kay Parkway Kingston, NY 12401  (845) 331-1261 ext. 316

	<ul style="list-style-type: none"> <li>with private insurance.</li> <li>• Can write letters for established patients.</li> <li>• Offers employment support</li> <li>• Must be 18+ and an Ulster co. resident</li> </ul>	
Randi Barlow	<ul style="list-style-type: none"> <li>• Non binary friendly</li> <li>• Can write letters</li> <li>• Accepts insurance- medicare Please inquire for others</li> <li>• Hours by appt only</li> <li>• Sliding scale available</li> <li>• Hosts support group for family of transgender and non-binary people.</li> <li>• TFAST tfastgroup@gmail.com</li> </ul>	<p>106 Stage Road #2 Monroe, NY</p> <p>845-783-2613</p>
Dr Ryan Meshulam MD MS Psychiatrist	<ul style="list-style-type: none"> <li>• Hours by appt only</li> <li>• Please inquire regarding insurance accepted</li> <li>• Speaks English and Spanish</li> </ul>	<p>Cornerstone Family Health Center Behavioral Health 147 Lake St Newburgh, NY</p> <p>845-563-8000</p> <p>91 Blooming Grove turnpike New Windsor, NY 12553</p> <p>845-220-2074</p>
Michelle Cottle LMSW Clinician	<ul style="list-style-type: none"> <li>• Accepts Medicaid, inquire regarding other insurance</li> <li>• Sliding scale for those without insurance</li> <li>• Can write letters for established patients</li> </ul>	<p>Family Services 223 Main St Beacon, NY</p> <p>845-485- 9700 helpline # Patients can request a specific clinician</p>
Ina Berg LCSWR	<ul style="list-style-type: none"> <li>• Can write letters</li> <li>• By appt. only</li> <li>• Sliding scale and payment plans available</li> <li>• Insurance accepted. {please inquire} medicare accepted</li> </ul>	<p>3284 Franklin, Ave #2 Milbrook, NY 12545</p> <p><a href="http://www.psychologytoday.com/profile/39446">http://www.psychologytoday.com/profile/39446</a></p> <p>845-750-2520 <a href="mailto:iblcswr@gmail.com">iblcswr@gmail.com</a></p>

*Chest Binders* (revised 7/2019)

Point 5CC	<ul style="list-style-type: none"> <li>Free chest binders and gently used binder donations</li> </ul>	<a href="http://www.point5cc.com/chest-binder-donation/">http://www.point5cc.com/chest-binder-donation/</a> <a href="mailto:info@point5cc.com">info@point5cc.com</a>
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*DENTAL SERVICES* (revised 10/2016)

All Access Dental		102 Fulton Ave. Suite B Poughkeepsie, NY 12601 <a href="https://www.allaccessdental.com">https://www.allaccessdental.com</a> (845) 454-4800
Kingston Family Health Center		1 Family Practice Drive Kingston, NY 12401 (845) 338-6918
Ellenville Family Health Center		6 Healthy Way Ellenville, NY 12428 (845) 647-450

*DERMATOLOGY/SKINCARE* (revised 3/2019)

Carolyn Baker PA-C	<ul style="list-style-type: none"> <li>Medical, surgical and cosmetic dermatology</li> <li>Mon-Fri 830-4:30</li> <li>Inquire for insurance</li> <li>Non- binary friendly</li> </ul>	Newburgh Dermatology 400 Gidney Ave Newburgh, NY <a href="https://www.horizonfamilymedical.com">https://www.horizonfamilymedical.com</a> 845-561-1565
Primary Aesthetic Skincare	<ul style="list-style-type: none"> <li>Mon-Wed &amp; Friday 9-6, Thurs 9-7 Sat 9-5</li> <li>Care credit payment plans available</li> <li>Credit card payments accepted</li> <li>Fillers, laser hair removal, non surgical procedures, body sculpting</li> </ul>	460 Old Post Rd Suite 2G Bedford, NY <a href="https://primaryaestheticskincare.net/">https://primaryaestheticskincare.net/</a> 914-234-8670

*FERTILITY PRESERVATION* (revised 8/2017)

Reproductive Medicine Associates of Connecticut	<ul style="list-style-type: none"> <li>IUI</li> <li>IVF</li> <li>Egg donation</li> <li>Surrogacy</li> </ul>	<a href="https://www.rmact.com">https://www.rmact.com</a> (800) 865-5431
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*GENDER-AFFIRMING HORMONE THERAPY* (revised 8/2017)

Gender Wellness Center (Dr Carolyn Wolf-Gould)	<ul style="list-style-type: none"> <li>• Informed consent</li> <li>• Provides pubertal suppression</li> <li>• Pre post-op care</li> <li>• Surgical referrals</li> <li>• Accepts insurance Medicaid, Medicare</li> <li>• Sliding scale for mental health</li> </ul>	Susquehanna Family Practice FoxCare Center, Suite 103 5432 State Highway 7 Oneonta, NY13820  <a href="https://www.bassett.org/medical/services/transgender-health-services/">https://www.bassett.org/medical/services/transgender-health-services/</a>  (607) 431-5757
Planned Parenthood Mid-Hudson Valley	<ul style="list-style-type: none"> <li>• Informed consent model</li> <li>• 18+ years old</li> <li>• Non-binary friendly</li> </ul>	At Kingston, Poughkeepsie, and Monticello centers  (845) 562-7800
Planned Parenthood Mohawk Hudson	<ul style="list-style-type: none"> <li>• Informed consent model</li> <li>• 18+ years old</li> </ul>	At Saratoga Springs center  (518) 584-0041
Planned Parenthood Upper Hudson	<ul style="list-style-type: none"> <li>• Informed consent model</li> <li>• Pubertal suppression</li> </ul>	At Albany, Hudson, and Troy centers  Albany: (518) 434-5678 Troy: (518) 274-5640
Planned Parenthood Southern Finger Lakes	<ul style="list-style-type: none"> <li>• Informed consent model</li> </ul>	At Ithaca and Corning centers  Ithaca: (607) 273-1513 Corning: (607) 962-4686

*GAHT/PUBERTAL SUPPRESSION* (revised 12/2017)

Jill Brodsky	<ul style="list-style-type: none"> <li>• Pediatric endocrinologist</li> <li>• Pubertal suppression and GAHT/HRT</li> </ul>	CareMount Medical 30 Columbia Street Poughkeepsie, NY 12601 Main-(845) 202-6059 For Appt- {845}-592-7609
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*HAIR SERVICES* (revised 5/2018)

Saratoga Hair Transplant Center		<a href="https://www.saratogahair.com">https://www.saratogahair.com</a> surgeons@saratogahair.com (800) 281-9198 Saratoga, Newburgh and Latham
Ariana Eisenson	<ul style="list-style-type: none"> <li>• Electrolysis</li> <li>• Day, evening, weekend appointments</li> <li>• Prices vary</li> <li>• Complimentary consultation</li> </ul>	325 Albany Ave. Kingston, NY 845-338-2600  <a href="http://www.electrolysisofkingston.com/">http://www.electrolysisofkingston.com/</a>
Advanced Electrolysis Linda Weller CPE board certified	<ul style="list-style-type: none"> <li>• Tue-Sat 9am- 7pm</li> <li>• prices vary/sliding scale based on time</li> </ul>	<a href="http://www.advancedelectrolysisny.com/">http://www.advancedelectrolysisny.com/</a> 293 N Plank Newburgh, NY 12550 (845) 566-4700
Primary Aesthetic Skincare	<ul style="list-style-type: none"> <li>• Mon-Wed &amp; Friday 9-6, Thurs 9-7 Sat 9-5</li> <li>• Care credit payment plans available</li> <li>• Credit card payments accepted</li> </ul>	460 Old Post Rd Suite 2G Bedford, NY <a href="https://primaryaestheticskincare.net/">https://primaryaestheticskincare.net/</a>  914-234-8670

*HOTLINES* (revised 11/2016)

Trans LifeLine	<ul style="list-style-type: none"> <li>• Peer support hotline, primarily for mental health crises</li> </ul>	<a href="https://www.translifeline.org/">https://www.translifeline.org/</a> (877) 565-8860
Trevor Project	<ul style="list-style-type: none"> <li>• Crisis intervention for LGBTQ youth age 13-24 via phone, text, or instant message</li> </ul>	<a href="https://www.thetrevorproject.org">https://www.thetrevorproject.org</a>  (866) 488-7386

*INFECTIOUS DISEASE/ HIV CARE* (revised 12/2017)

Dr Christine Kerr (Infectious disease)	<ul style="list-style-type: none"> <li>• Hours Wed and Fri 7am-8pm</li> <li>• Most private health insurance and managed care plans</li> <li>• Public health insurance (Medicare, Medicaid, Child Health Plus)</li> <li>• Sliding fee scale</li> </ul>	Main office: 6 Henry Street Beacon, NY  <a href="https://www.hrhcare.org/providers/christine-kerr-md/">https://www.hrhcare.org/providers/christine-kerr-md/</a>  845-831-0400
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*LEGAL* (revised 12/2017)

Legal Services of the Hudson Valley	<ul style="list-style-type: none"> <li>• Wide range of services including name-change and gender marker change assistance</li> <li>• Multi-lingual staff</li> </ul>	Offices in Newburgh, Poughkeepsie, Kingston, Monticello, Peekskill, Rockland, and White Plains <a href="https://www.lshv.org/">https://www.lshv.org/</a> (877) 574-8529
TrianguLegal	<ul style="list-style-type: none"> <li>• Name change</li> <li>• Gender marker change</li> <li>• Healthcare access</li> <li>• Family law</li> </ul>	<a href="#">@TrianguLegal</a> on twitter
Transcend Legal	<ul style="list-style-type: none"> <li>• New York org that helps you get your hormones or surgery covered</li> </ul>	<a href="https://www.transcendlegal.org">https://www.transcendlegal.org</a> (347) 612-4312
Trans Equality	<ul style="list-style-type: none"> <li>• State-by-state descriptions of requirements for name/gender marker change</li> </ul>	<a href="https://www.transequality.org/documents">https://www.transequality.org/documents</a>
Trans Relief Project	<ul style="list-style-type: none"> <li>• Advice on name and gender marker changes</li> <li>• Funding for legal services related to name/gender marker change</li> </ul>	<a href="https://www.transrelief.com">https://www.transrelief.com</a>
Community Health Advocates	<ul style="list-style-type: none"> <li>• Free help for all New Yorkers having problems with health insurance</li> </ul>	<a href="https://www.communityhealthadvocates.org">https://www.communityhealthadvocates.org</a> (888) 614-5400
Peri Rainbow, MPS, OM, CDRC	<ul style="list-style-type: none"> <li>• Marriage officiation</li> <li>• Life-cycle ceremonies</li> <li>• Certified mediator</li> <li>• Ordained minister</li> </ul>	High Falls Emporium 10 Old Route 213. High Falls, NY 12440 (845) 399-3196 <a href="mailto:Peri.12484@gmail.com">Peri.12484@gmail.com</a>
NYS Attorney General	<ul style="list-style-type: none"> <li>• Has helped transgender New Yorkers appeal discriminatory insurance practices for surgery or hormone therapy denials.</li> </ul>	<a href="https://www.ag.ny.gov">https://www.ag.ny.gov</a> (800) 428-9071  Link for online form to issue a complaint
Transgender Legal Defense and education Fund	<ul style="list-style-type: none"> <li>• Deals with issues concerning employment, healthcare, education, discrimination and public accommodations.</li> <li>• The Name Change Project provides free legal name change support.</li> </ul>	20 West 20th Street Suite 705 NY, NY 10011  <a href="https://www.transgenderlegal.org">https://www.transgenderlegal.org</a>  646-862-9396 <a href="mailto:info@transgenderlegal.org">info@transgenderlegal.org</a>

*MEDICATIONS* (revised 5/2017}

Goodrx	<ul style="list-style-type: none"> <li>• Price comparison for medications at local pharmacies</li> <li>• Coupons for discounts on medications</li> </ul>	<a href="https://www.goodrx.com">https://www.goodrx.com</a>
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*OCCUPATIONAL THERAPISTS* (revised 7/2019}

Wild Arches Therapy Cait Van Dam NYS licensed	<ul style="list-style-type: none"> <li>• Culturally competent care in a safe environment within patients homes</li> <li>• Specializing in pelvic floor and chronic pain; craniosacral therapy and yoga instruction</li> <li>• Appts. are generally an hour +</li> <li>• Insurance not accepted</li> <li>• Rates vary between \$100- \$150</li> <li>• Sliding scale available</li> </ul>	<a href="http://www.wildarchestherapy.com">http://www.wildarchestherapy.com</a>  <a href="mailto:cait@wildarchestherapy.com">cait@wildarchestherapy.com</a>  914-466-2969
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*PRIMARY CARE PROVIDERS* (revised 8/2019)

Lauren Vigna, MD First Care Medical Center		222 State Route 299 Highland, NY 12520 (845) 691-3627
Institute for Family Health		Centers throughout the Hudson Valley <a href="https://www.institute2000.org">https://www.institute2000.org</a>
OB/GYN and Specialty Care Center of Kingston		1 Foxhall Ave Kingston, NY 12401 (845) 338-8444
Family Practice Center of Hyde Park		11 Crum Elbow Road Hyde Park, NY 12538 <a href="https://www.institute.org/location/family-practice-center-of-hyde-park/">https://www.institute.org/location/family-practice-center-of-hyde-park/</a> (845) 229-1020
Ellenville Family Health Center		6 Healthy Way Ellenville, NY 12428 (845) 647-4500
The Family Health Center of Port Ewen		213 Broadway Port Ewen, NY 12466 (845) 331-2355
Kingston Family Health Center		1 Family Practice Drive Kingston, NY 12401 Adult/general- (845) 338-6400 Pediatrics- (845) 339-9055

New Paltz Family Health Center		279 Main St #102 New Paltz, NY 12561 (845) 255-2930
Dr Burroughs	<ul style="list-style-type: none"> <li>• Endocrinologist</li> <li>• Mon-Fri-9-5</li> <li>• Most insurance accepted. Please inquire</li> </ul>	Highland Medical group at Montefiore 160 North Midland Ave 2 <sup>nd</sup> floor Nyack, NY 845-897-8371
Dr Robbins Gottlock, MD	<ul style="list-style-type: none"> <li>• Family medicine</li> <li>• Mon 12-4</li> <li>• Thursday 9-12</li> <li>• Most insurance accepted. Please inquire</li> <li>• Fluent in English and Spanish</li> </ul>	362 N. Broadway 2 <sup>nd</sup> floor Sleepy Hollow, NY 10591  914-631-2070
Vanessa Joyce nurse practitioner	<ul style="list-style-type: none"> <li>• Hours- Tues &amp; Thurs 8-7 Mon &amp; Wed 8-5</li> <li>• Most insurance accepted {please inquire} medicaid &amp; medicare accepted</li> <li>• Sliding scale and payment plans accepted</li> <li>• Social worker on site for additional support</li> </ul>	Institute of Family Health 11 Crum Elbow road Hyde Park, NY  845-229-1020
Dr Paul Saladino Primary care/Internal medicine	<ul style="list-style-type: none"> <li>• Speaks Italian, Spanish and English</li> <li>• Hours- Mon, Tue, Thurs 8-6:30, Wed 8-5:30, occasional Saturday hours</li> <li>• Insurance accepted. {please inquire}</li> </ul>	407 Gidney Ave Suite B Newburgh, NY  <a href="http://www.crossvalleyhealth.com">http://www.crossvalleyhealth.com</a>  845-561-7075

*SURGICAL SERVICES* (revised 2/2019)

Dr Silverman	<ul style="list-style-type: none"> <li>• Top surgery</li> <li>• Most insurance accepted</li> <li>• Can apply for Care credit at office</li> <li>• Hours Mon-Fri 9-5</li> </ul>	<p>4 Liberty Street, 3<sup>rd</sup> Floor Poughkeepsie, NY 12601</p> <p><a href="https://www.newbeginningsplasticsurgery.com">https://www.newbeginningsplasticsurgery.com</a> (845) 454-6392 <a href="mailto:drsilverman@newbeginningsplasticsurgery.com">drsilverman@newbeginningsplasticsurgery.com</a></p>
Dr Rockmore	<ul style="list-style-type: none"> <li>• Top surgery</li> <li>• Facial feminization</li> <li>• Call for insurance list</li> <li>• Most services are \$5,000. and up</li> <li>• Can apply for Care credit at office</li> <li>• Hours Mon-Fri 8-4:45</li> </ul>	<p>455 Patroon Creek Boulevard #101 Albany, NY 12206</p> <p><a href="https://www.drjeffreYROCKMORE.com/">https://www.drjeffreYROCKMORE.com/</a>  (518) 438-0505  <a href="mailto:general@theplasticsurgerygroup.net">general@theplasticsurgerygroup.net</a></p>
Dr Emese Kolnaki	<ul style="list-style-type: none"> <li>• Breast specialist</li> <li>• Top surgery</li> <li>• Takes most insurance including Medicare</li> <li>• Can apply for Care Credit and Prosper Healthcare at the office</li> </ul>	<p>973 East Avenue Rochester, NY 14607</p> <p><a href="https://www.quatela.com/">https://www.quatela.com/</a>  (585) 244-1000  <a href="mailto:drk@kalnokiplastics.com">drk@kalnokiplastics.com</a></p>
Dr Alexes Hazen MD	<ul style="list-style-type: none"> <li>• Top surgery</li> <li>• Wed 9-5 Fri 9-3 {Please inquire for additional hours}</li> <li>• Medicare, Blue Cross, Aetna and out of network. {Please inquire for others}</li> <li>• Sliding scale and payment plans available</li> </ul>	<p>110 East 66<sup>th</sup> street NY, NY</p> <p>917-301-6563</p>

*SUPPORT* (revised 7/2019)

Hudson Valley LGBTQ Community Center	<ul style="list-style-type: none"> <li>• Support group for LGBTQ</li> <li>• Support group for transgender and gender-variant youth</li> </ul>	300 Wall Street, Kingston <a href="https://www.lgbtqcenter.org">https://www.lgbtqcenter.org</a> (845) 331-5300 <a href="mailto:info@lgbtqcenter.org">info@lgbtqcenter.org</a>
Transgender Spectrum Discussion Group	<ul style="list-style-type: none"> <li>• Non-binary folks welcome</li> <li>• Alcohol/chemical dependency support</li> <li>• Meets every first and third Wed 7:30–9p.m</li> </ul>	Meets at HV LGBTQ Community Center in Kingston (see above) <a href="mailto:jsalt@lgbtqcenter.org">jsalt@lgbtqcenter.org</a>
League of Extraordinary Genders	<ul style="list-style-type: none"> <li>• Discussion group for youth of trans/non-binary experience (age 12-19)</li> <li>• Meets every first and third Wed 3:30–5 p.m</li> </ul>	Meets at HV LGBTQ Community Center in Kingston (see above) <a href="mailto:jsalt@lgbtqcenter.org">jsalt@lgbtqcenter.org</a>
Newburgh LGBTQIA+ Center	<ul style="list-style-type: none"> <li>• Days open- Tues and Thur</li> </ul>	102 S. Warren Street Newburgh, NY 12550 <a href="https://www.thenewburghcenter@gmail.com">https://www.thenewburghcenter@gmail.com</a> 845- 549-8113 instagram-@newburghlgbtqcenter
LGBTQ+Ability	<ul style="list-style-type: none"> <li>• For members of the LGBTQ and disability community</li> <li>• Meets 2<sup>nd</sup> Tues of each month 5:30-7:30</li> </ul>	Taconic Res For Independence 82 Washington Avenue Poughkeepsie <a href="mailto:charlaruby@gmail.com">charlaruby@gmail.com</a>
Mid-Hudson Valley Transgender Association	<ul style="list-style-type: none"> <li>• Peer support</li> <li>• Spousal support</li> </ul>	(845) 701-0203
Institute for Family Health	<ul style="list-style-type: none"> <li>• Support for new parents</li> <li>• Diabetes education classes</li> </ul>	(845) 338-6400
PFLAG – Parents and Friends of Lesbians and Gays (and bisexual and transgender folks)	<ul style="list-style-type: none"> <li>• Group support, education, and activism</li> <li>• Meets Second Wed of each month-7pm-9pm</li> </ul>	Meets at HV LGBTQ Community Center (see above)
Onward Recovery	<ul style="list-style-type: none"> <li>• LGBTQ recovery support group</li> <li>• Transgender and non-binary friendly</li> <li>• Alcohol/chemical dependency support</li> <li>• No charge</li> <li>• Saturdays 10am-11am</li> </ul>	135 Grand Street (Rear entrance) Newburgh  <a href="https://www.onwardrecovery.org">https:// www.onwardrecovery.org</a>  Contact: Tillie- (845) 725 1244 x 451

Callen-Lorde/ Mt Sinai	<ul style="list-style-type: none"> <li>• Transgender resource guide</li> </ul>	<a href="http://www.mountsinai.org/locations/center-transgender-medicine-surgery/care/support">http://www.mountsinai.org/locations/center-transgender-medicine-surgery/care/support</a>
Prideability	<ul style="list-style-type: none"> <li>• Meets every 2<sup>nd</sup> Monday</li> </ul>	50 Enterprise place Middletown, NY
Randi and Bob Barlow	<ul style="list-style-type: none"> <li>• TFAST- Transgender Family Alliance for Support and Teaching</li> <li>• Support group for family of transgender and non-binary people.</li> </ul>	<a href="mailto:tfastgroup@gmail.com">tfastgroup@gmail.com</a>  Please email for further info
Gender Odyssey	<ul style="list-style-type: none"> <li>• Provides education &amp; support for families w/ transgender &amp; gender diverse children and youth.</li> <li>• Training for schools &amp; organizations working w/children &amp; teens.</li> <li>• Guidance to help organizations develop inclusive policy.</li> </ul>	<a href="http://www.genderodyssey.org">http://www.genderodyssey.org</a>

*VOICE TRAINING* (revised 7/2019)

Libby Paloma Speech Therapist	<ul style="list-style-type: none"> <li>• By appointment/flexible hours</li> <li>• Available for Skype sessions as well as in person in Peekskill, NY</li> <li>• Sliding scale \$50-100 per weekly session</li> </ul>	<a href="https://www.gcvoicetraining.com/">https://www.gcvoicetraining.com/</a> <a href="mailto:gcvoicetraining@gmail.com">gcvoicetraining@gmail.com</a> 415-307-8761
Vivian Liff MS SLP	<ul style="list-style-type: none"> <li>• Hours- Tues/Thursday 8-4</li> <li>• Most insurance accepted {inquire for full list} medicaid &amp; medicare accepted</li> <li>• Payment plans available</li> <li>• Can apply for care credit in office</li> </ul>	Ellenville hospital 10 Healthy Way Ellenville, NY  845-210-3035

*VARIOUS* (revised 7/2019)

Hudson Valley Community Services	<ul style="list-style-type: none"> <li>• HIV/AIDS/STD/Hep C. support</li> <li>• Snap access and education</li> <li>• Substance abuse prevention programs</li> <li>• Syringe exchange program</li> <li>• Housing support</li> <li>• Food pantry</li> <li>• Transportation offered</li> </ul>	<a href="https://www.hudsonvalleycs.org">https://www.hudsonvalleycs.org</a>
REFUGE restrooms	<ul style="list-style-type: none"> <li>• A resource for safe restroom access for transgender, intersex, and gender nonconforming individuals.</li> </ul>	<a href="https://www.refugerestrooms.org">https://www.refugerestrooms.org</a>
Rad Remedy	<ul style="list-style-type: none"> <li>• Connects trans, gender non-conforming, intersex, queer folks to accurate, safe, respectful care.</li> </ul>	<a href="https://www.radremedy.org">https://www.radremedy.org</a> 414-939-4RAD 414-939-4723 <a href="mailto:info@radremedy.org">info@radremedy.org</a>
National Center for Transgender Equality	<ul style="list-style-type: none"> <li>• Legal name and gender change for state and federal documents.</li> </ul>	<a href="https://transequality.org/documents?org=1358&amp;lvl=100&amp;ite=679&amp;lea=250500&amp;ctr=0&amp;par=1&amp;trk=">https://transequality.org/documents?org=1358&amp;lvl=100&amp;ite=679&amp;lea=250500&amp;ctr=0&amp;par=1&amp;trk=</a>

Online link to guide-

[https://www.plannedparenthood.org/uploads/filer\\_public/36/64/3664fb5d-25eb-4d29-b420-7eef5a97655a/pp\\_transgender\\_healthservices\\_resource\\_guide\\_3\\_21\\_18.pdf](https://www.plannedparenthood.org/uploads/filer_public/36/64/3664fb5d-25eb-4d29-b420-7eef5a97655a/pp_transgender_healthservices_resource_guide_3_21_18.pdf)