

The background of the page features a transgender flag with horizontal stripes of light blue, light pink, and white. The title "Trans Resource Guide" is centered in the white stripe.

Trans Resource Guide

Updated 02/2021

Recommended Therapists

Ahmy Brock MA LMFT- Solid Ground Wellness
5900 N. Burdick St Suite 201 E. Syr NY 13207
315-836-3787 Or 315 416-7572

Angel Chambers .LMSW - Brownell Center
1045 James St Suite 100 Syracuse NY
315-472-4471

Briana Lewis, LMFT
Family Counseling Services
201 Cedar Street, Oneida
315-280-0400

Briana Mason MA, LMFT
Alkira Marriage and Family Therapy, PC
6700 Kirkville Road
Building B Suite 103B
East Syracuse, New York 13057
(315) 640-3680

Britton Tarris, MSW
The Neighborhood Center
624 Elizabeth Street Utica NY 13501
315-272-2600

Therapist Cont.

Brynn Rogers, MA, LMFT
Connect Therapy Services, PLLC
5900 North Burdick St Ste 102A
Medical Center East
East Syracuse, New York 13057
(315) 364-0087

Caitlin Dawson Brown MS, LMHC
50 Presidential Plaza
Suite LL4
Syracuse, New York 13202
(315) 828-0361

Crystal Hoban, LPMFT, MA, Child Therapy CAS
Child Advocacy Center of Oswego
163 South 1st Street
Fulton, NY
(315) 592-4453

Daran Shipman LMFT
530 Oak Street Syracuse NY 13203
315-744-8279

Therapist Cont.

Danielle McDonough, MHC
Community Health and Behavioral Services
1427 Genesee St. Utica, NY 13501
(315) 798-8868 ext. 2166

Deb Coolhart, Phd, LMFT
Fayetteville, NY 13066
315 445-2154

Donna Farchione MA,MS, LMFT
Anahata Marriage & Family Therapy
6858 E Genesee St
Fayetteville, New York 13066
(315) 400-4601

Elizabeth Franger, LMFT
Liberty Resources Integrated Health Care
1045 James Street
Syracuse NY 13203
(315) 472-4471

Gender Wellness Center at Susquehanna Family Practice
FoxCare Center, Suite 103
5432 State Highway 7
Oneonta, NY 13820
Doctors, Mental Health and Surgical Providers
607-431-5757

Therapist Cont.

Helen Johnson, LCSW
112 Dewitt Street
Suite 205A
Syracuse, New York 13203
(315) 506-4886
* Teletherapy

Jenna DeRidder MA, LPMFT
Harvest House
Clinton Hall
110 N. Cayuga Street
4th Floor, Suite 3
Ithaca, NY 14850
(315) 663-7060

Jennifer Coppola, MS, MA, LPMFT
315 South Crouse Ave, Suite 302
Syracuse NY 13210
315-414-9743

Jim Feinberg LCSW-R CH.T
404 Oak Street
Syracuse NY 13203
718-412-8126
* Teletherapy

Therapist Cont.

Karrie Damm, LMFT

CNY Marriage & Family Therapy Place, PLLC

792 N. Main St., Suite 200E

North Syracuse, NY 13212

(315) 299-6975

Kathryn Sowards, PhD, LMFT

5900 N. Burdick St Suite 102 east E Syracuse NY 13207

315-382-6427

* Trauma Work

Kevin K. Johnson, MD

Crouse Medical Practice 475 Irving Ave Suite 418

Syracuse, NY 13210

Psychiatry, Addiction Medicine, Transgender Health

(315) 766-1104

Lindsey Widrig, LMFT

CNY Marriage & Family Therapy Place

792 N Main St Suite 200E

North Syracuse, New York 13212

(315) 801-9434

Mary Kate Lenihan MA, LMFT

Curious Heart Counseling

24 Lake Street

Dryden, New York 13053

(855) 286-2210

Therapist Cont.

Meaghan Malaney, LMFT
530 Oak Street Syracuse NY 13203
315-571-0752

Meghan MCDonough, MFT
Community Health and Behavioral
Services 1427 Genesee St Utica NY
13501 (315) 798 – 8868 ext. 2246

Montinique McEachern, MEd, LPMFT
Connect Therapy Services, PLLC
5900 N. Burdick St. Suite 102 A
East Syracuse NY 13057
315-400-2483

Molly Lizzio, LMFT
Courage & Connection Counseling
528 Oak Street
Syracuse, NY 13203
(315) 313-4703

Moonhawk River Stone, M.S. LMHC
1448 Dalton Drive
Schenectady, NY 12309
518-506-1261

Therapist Cont.

Paul Batkin MA, LMFT
731 James St. Suite 430
Syracuse NY 13203
(315) 466-9889

Rhea Parks, LMFT
825 Northway Street
Syracuse New York, 13224
315-243-1083

Syracuse University Couple & Family Therapy Center
Peck Hall 601 East Genesee Street Syracuse NY
315-443-3023
*Trans Team

Tiffany McLallen MA, LMHC
Meghan McRae PSY. D
Rubenzahl, Knudsen & Associates
22670 Summit Drive Suite 2, Watertown, NY 13601
315-788-3332
&
7785 North State Street, Suite 150 Lowville NY 13367
315-376-5255

Therapist Cont.

Tara Lennox, LCSW-R.
119 Sherman Street, Suite 3
Watertown, NY
315-816-4389

Tristan Martin, PhD, LMFT
4500 Pewter Ln
Manlius, NY 13104
(315) 640-4285

University of Rochester
Department of Adolescent Medicine
Gender Health Services
601 Elmwood Avenue Box 690
Rochester, NY 14642
(585) 275-2964

Dr. Wanda Fremont MD
Adolescent Psychiatry SUNY Upstate
713 Harrison Street Syracuse NY 13210
315-464-3100

Primary Care Physicians

Catherine B. Fessenden, NP
Upstate Family and Preventive Medicine
2nd Floor, 90 Presidential Plaza
Syracuse, NY 13202
315 464-4686

Dr. Errol McKenzie
Family Medicine Associates Of Fayetteville
212 Highbridge St. Suite C
Fayetteville, NY 13066
315-637-0477

Dr. George Gluz
University Internist
Suite 1
550 Harrison Street
Syracuse, NY 13202
(315)464-5240

Dr. Lori Anderson
The Synergy Center
4500 Pewter Lane, Bldgs 8 & 9
Manlius, NY 13104
(315) 692.2037

Primary Care Physicians

Continued

Dr. Michael Mincolla
Dr. Anthony Malvasi, D.O.
CNY Family Care LLP
4939 Brittonfield Parkway
East Syracuse, NY 13057-9208
(315) 463-1600

Dr. Kristen Pfau
3922 Fennell Street
PO Box 70
Skaneateles, NY 13152
(315) 685-0908

Teri Strine, RN MSN FNP-C
Crouse Medical Practice at Brittonfield
5000 Brittonfield Parkway, Suite A100
East Syracuse, NY 13057
(315) 449-3800

Inclusive Health Services
Physicians' Office Building
Suite 211,
725 Irving Avenue
Syracuse, NY 13210
(315) 878-7554

Cross Hormone Providers

Dr. Karen Teelin

Upstate Pediatric and Adolescent Center
90 Presidential Plaza Syracuse NY 13202

Up to age 21

315-464-5831

Josln Diabetes Center

3229 East Genesee Street Syracuse NY 13214

315-464-5726

18 and up

Planned Parenthood

Informed Consent 18 and up

1120 E. Genesee Street Syracuse NY 13210

866-600-6886

135 Walnut Street Corning NY

607-962-4686

Plattsburgh Clinic

66 Brinkerhoff Street Plattsburg, NY 12901

518-561-4430

160 Stone Street Watertown, NY 13601

315-788-8065

Dr. Todd Lentz

Course Medical Practice

739 Irving Ave

Syracuse NY 13210

315-479-5070

Cross Hormone Provider Cont.

Dr. Dayal Raja
Slocum Dickson
1729 Burrstone Rd
New Hartford, NY 13413
315-798-1400

Gynecologist

Dr. Mark Billison
Family Care Medical Group
5100 West Taft Road Liverpool NY 13088
Suite 2J
315-452-2968

*Also does cross hormones

Dr. Krislyn Flint
Woman's Health Associates
139 Fields Drive Oneida NY 13421
315-363-9380

Surgeons

Dr. Anthony Deboni

CNY Surgery Center

4403 Medical Center Drive Fayetteville, NY 13066

315-663-0112

Breast Augmentation or Removal

Dr. Christine McGinn

Gender Wellness Center Pappillon

18 Village Row Logan Square Lower York Road (202)

New Hope, PA 18938 Suite 43

215-693-1199

Gender Confirmation Surgery, Counseling, Hormones, Hair Removal

Dr. Daniel Medalie

Cleveland Plastic Surgery

25700 Science Park Drive Landmark Centre, Suite

190 Beachwood, OH 44122

Phone: 216-393-9924

OR

Mount Sinai

275 Seventh Avenue

New York, NY 10011

212-604-1730

Breast Augmentation and Removal, FtM Bottom

Surgeries

Surgeons Continued

Dr. Deana Paley, DO,
Samaritan Medical Center
629 Washington Street,
Watertown, NY 13601
315-755-3650
Top Surgery (18+)

Dr. Dmitry Nikolausky
Upstate Urology
750 East Adams Street
Syracuse, NY 13210
315-464-1500

Dr. Prashant Upadhyaya
Upstate Health Care Center
90 Presidential Plaza
Syracuse, NY 13202
315-464-8224
Breast Augmentation and Removal

Electrolysis

Electrolysis Professionals

218 Luddington Street

Syracuse, NY 13206

www.electrolysisprofessionalscny.com

315-431-9580

Amber Heisey

Trubliss Wellness Spa

709 North Main Street , North Syracuse 13212

315-635-5122

Electrolysis By Stefania

5975 Court St Road Syracuse NY 13206

315-657-3725

Pam Dausman

Ivy League Electrolysis

719 East Genesee Street Syracuse NY 13210

Room 206

315-378-7042

Merle Trogman

Accredited Electrolysis Studio

6647 Kirkville Road East Syracuse NY 13057

315-463-5016

Voice Modification

Voice and Communication Modification Program

For People in the Transgender Community

Ewing Clinic Ithaca College

202 Smiddy Hall

607-274-3714

Binders

The Ties That Bind
CNY Binder Donation/Exchange Program
www.tiesthatbindcny.org

Gc2b
www.gc2b.co

Underworks
www.underworks.com

Syracuse University Couple & Family Therapy Center
Binder Exchange Program
315-443-9405

* The Q Center has a limited supply for youth that attend group

Clothing Lines

Rubies
Form Fitting Clothing for Trans Girls
www.rubyshines.com

Leolines
www.Etsy.com

Old Navy
Gender Neutral Line
www.oldnavy.gap.com

Faith Communities

All Saints Church

1340 Lancaster Ave
Syracuse, NY 13210
(315) 472-9934

All Souls UU Church

1330 Gotham St,
Watertown, NY 13601
(315) 788-2742

First Unitarian Universalist Society of Syracuse

109 Waring Rd,
Syracuse, NY 13224
(315) 446-5940

Grace Church

6 Elizabeth St,
Utica, NY 13501
(315) 733-7575

Hendricks Chapel @ Syracuse University

West Zone
Syracuse, NY 13244
(315) 443-2901
chapel@syr.edu

Faith Communities

Continued

May Memorial

Unitartian Universalist Society

3800 E Genesee St,
Syracuse, NY 13214
(315) 446-8920

Plymouth Congregational Church

232 E. Onondaga Street,
Syracuse, NY 13202
(315) 474-4836

University United Methodist Church

324 University Ave,
1085 E Genesee St,
Syracuse, NY 13210
(315) 475-7277

Westminister Presbyterian Church

17 William St,
Auburn, NY 13021
(315) 253-3331

Community Resources

The Q Center

835 Hiawatha Blvd W. Syracuse NY 13204
315-475-2430

Services Include: Case Management, HIV testing,
Support groups for youth and parents,
social events, cultural competency training
and advocacy service

Hilary Avallone Ext.2515
Regional Program Coordinator

Ashley Davis Ext. 2461
CNY Program Coordinator &
Syringe Exchange Program

Talia Shenandoah Ext. 2457
Youth Development Specialist

Karen Fuller Ext.2412
Family Peer Advocate

Annabelle Fears Ext.2405
LGBTQ Rapid ReHousing Program

Community Resources

Transgender Alliance of CNY

Service Organization for Transgender Community
of Central and Upstate NY
www.facebook/tgacny/

SAGE Upstate

Promotes Health and Well-being of Older LGBTQ Adults and Allies
431 East Fayette Street Syracuse NY 13202
Kim Dill Executive Director
315-478-1923
www.sageupstate.org

Syracuse University LGBT Resource Center

khristian kemp-delisser Director
750 Ostrom Ave Syracuse NY 13244
315-443-3983
lgbt.syr.edu

Identity

206 State Street
Binghamton, NY 13901
607-651-9120
www.idyouth.org

Community Resources Cont.

The Center

73 Main Street
Cortland, NY 13045
607-756-8970

www.cortlandprevention.org

PFLAG Oswego County

Oswego County Opportunities Inc.

Midtown Plaza, Oswego
Contact Debbie Danby
315-342-7532 ext 1603
ddaby@oco.org

Black Cuse Pride

Focused on providing a safe and confidential environment to the inner-city LGBTQ community as well as offering networking opportunities, health information and peer support. We are the voice of the LGBTQ inner-city community.

(315) 863-4539

CNY Pride

The mission of CNY Pride is to serve the Central New York lesbian, gay, bisexual, and transgender and queer (LGBTQ) community and their allies.

PO Box 6608 Syracuse, NY 13217

(315) 210-8690

National Resources

Philadelphia Trans Wellness Conference a Program of The Mazzone Center

Hosts Yearly Convention

www.mazzonecenter.org/trans-health

TYFA Trans Youth Family Allies

Helping children and families with gender identity and expression

www.imatyfa.org www.facebook.com/imatyfa.org

888-462-8932

Transparenting In CNY

Facebook Page Providing positive news stories,
articles, and opinion pieces for parents and
caregivers of transgender youth

www.facebook.com/transparenting/

Campus Pride

An organization for student leaders and
campus groups working to create a safer
college environment for LGBTQ students

www.campuspride.org

Crisis Support

The Trevor Project

Provides crisis intervention and suicide prevention
services to (LGBTQ) young people under 25

www.thetrevorproject.org

1-866-488-7386

Crisis Support Cont.

Trans Life Line

Grassroots hotline and microgrants 501(c)(3) non-profit organization offering direct emotional and financial support to trans people in crisis – for the trans community, by the trans community.

www.translifeline.org

US (877) 565-8860

Canada (877) 330-6366

Culturally Competent Hair Stylist

www.safeinmychair.com

Offers a directory of stylists, barbers, makeup artists and entire salons that have declared themselves ready to be there for you

Cliptomania Salon

314 W Manlius St

East Syracuse, NY 13057

cliptomaniasaloon@gmail.com

(315) 437-7616

Moments Enchanted Salon & Day Spa

612 Oswego St

Liverpool, NY 13088

(315) 937-6906

Legal Aid

Volunteer Lawyers Project of Onondaga County, INC

221 South Warren Street Suite 320 Syracuse NY 13202
315-579-2576

Assistance with name changes,
gender marker changes and passport applications

Just Roots Consulting

Milo Primeaux, Esq. (he/him)
Law Office of Milo Primeaux, Esq.
P.O. Box 665, Dansville, NY 14437-0665
(585) 612-1071

Empire Justice Center

Telesca Center for Justice
One West Main Street Suite 200 Rochester, NY 14614
585-295-5721
Human Rights Laws, name and document changes

*******DISCLAIMER*******

This resource guide was put together with recommendations from Q members. This is not an all inclusive list, it is meant to be a tool to assist you in finding affirming providers. If you wish to recommend someone you have had a positive experience with or have had a negative experience with a provider listed

please contact

Karen Fuller @ Kfuller@acrhealth.org

315 475-2430 ext 2412