

The background of the page features a horizontal transgender flag with three stripes: light blue on top, light pink in the middle, and light blue on the bottom. The text is centered on the white stripe.

Trans Resource Guide

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

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

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

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

Therapist Cont.

Kathryn Sowards, Phd, LMFT
5900 N. Burdick St Suite 102 east E Syracuse NY 13207
315-382-6427

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

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

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

Dr. Nivea Cavic
807 Newell Street Utica 13502
315-724-5344

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

Therapist Cont.

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

Tiffany McLallen MA, LMHC -Rubenzahl, Knudsen & Associates
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

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

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

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

Primary Care Physicians

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

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

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

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

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

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

Dr. Todd Lentz

Course Medical Practice

739 Irving Ave

Syracuse NY 13210

315-479-5070

Dr. Dayal Raja

Slocum Dickson

1729 Burrstone Rd

New Hartford, NY 13413

315-798-1400

Cross Hormone Provider Cont.

Kate Gates NP
North Country Family Health
238 Arsenal Street
Watertown, NY 13601
315-782-9450
General Practitioner and Hormones

Electrolysis

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

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

Surgeons Continued

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 (starting in April)

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

Voice Modification

Voice and Communication Modification Program

For People in the Transgender Community

Ewing Clinic Ithaca College

202 Smiddy Hall

607-274-3714

Josie Zanfordino

Say It Proud Speech Therapy

josie@sayitproudspeechtherapy.com

607-227-0143

*Done via Webcam

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

Community Resources

THE Q Center

835 W. Hiawatha Blvd Syracuse NY 13204

315-701-2431

Services Include: Case Management, HIV testing,

Support groups for youth and parents,
social events, cultural competency training
and advocacy service

Family Peer Advocate

Karen Fuller

315-475-2430 ext 2412

TransYouth Support Group@The Q Center

315-475-2430

315-898-2461-Tyler Gilyard

Program Coordinator

315-898-2457 Talia Shenandoah

Case Manager/ Educator

Ext.2426 Elliott Sharrow (Mohawk Valley)

Program Coordinator

Ext.2515 Hilary Avallone (North Country)

Program Coordinator

Maysam Seraji

LGBTQ Rapid ReHousing Program

315-475-2430

Ext.2461

Syringe Exchange

Youth Case Manager

315-475-2430

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

Pride and Joy Families

Lesbian and Gay Family Building Project
Binghamton University, LN- 2408
PO Box 6000
Binghamton, NY 13902-6000
607-777-3717

PFLAG Oswego County

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

National Resources

Philadelphia Trans Health Conference a Program of The Mazzoni Center

Hosts Yearly Convention

www.mazzonicenter.org/tans-health

TYFA Trans Youth Family Allies

Helping children and families with gender identity and expression

www.imatyfa.orgwww.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

Certified Culturally Competent Stylists

www.safeinmychair.com

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

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

Mallory J Livingston
305 Strathmore Drive Syracuse NY 13207
315-299-2348
Assistance with name changes, gender marker changes,
insurance issues

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 please contact

Karen Fuller @ Kfuller@acrhealth.org
315 4752430 ext 2412