



***The following list is provided for informational purposes only. Many of these providers have been recommended by those who have received their services, or by those with knowledge of culturally competent providers. However, providers or organizations mentioned here may or may not be suitable for every individual or family, and Out Youth cannot guarantee the quality of service you will receive.***

***For questions or feedback, please contact Cassidy Laminack, LPC-I, LMFT-A, Staff Therapist at [cassidy.laminack@outyouth.org](mailto:cassidy.laminack@outyouth.org)***

### **Therapists**

Amanda Dishner, LMFT

Address: 3724 Jefferson St #221, Austin, TX 78731

Phone: 512-298-2174

Website: [www.castelltherapy.com](http://www.castelltherapy.com)

Jeff Lutes, LPC

Address: 5524 Bee Cave Road, STE F3 Austin, Texas 78746

Phone: 512-419-0600 [jluteslpc@me.com](mailto:jluteslpc@me.com)

Website: [www.jefflutespsychotherapy.com](http://www.jefflutespsychotherapy.com)

Jennifer Williams Buffalo

Address: Luminary Counseling 2824 Real Street Austin, Texas 78722 (Inside of Capital Area Counseling)

Phone: 512-677-5366

Website: <http://www.luminarycounseling.com/#>

Adrienne Sneed, LMSW

Transformations Gender Playgroup 78704 - Call for address

Phone: 512-423-2840

The purpose of this playgroup is to provide a safe, inclusive environment for children ages 3-10 to explore their gender identities and spend time around other children who have similar gender histories. While children are playing downstairs, parents are encouraged to meet with each other on the second floor of our office for a peer-led support group.

Website:

<https://www.psychologytoday.com/us/groups/transformations-gender-playgroup-austin-tx/71879>

Thomas Malone  
The Whole Child Center  
Address: 1001 Cypress Creek Road, Suite 201, Cedar Park, TX 78613  
Phone: (512) 461-3970  
Website: <http://wholechildcentertx.com/>

Cathy Eisenhower LPC  
Address: 4111 Medical Parkway, Suite 201, Austin, TX 78756  
Phone: 512-309-7405  
Website: <http://cathyeisenhowerlpc.com>

### **Psychiatry**

Dr. Nakia Scott  
Address: 4131 Spicewood Springs Rd, Austin, TX 78759  
Phone: 512-562-9117  
Website: [holisticmh.com](http://holisticmh.com)

### **Community Support Groups**

PFLAG: Free support group meetings for LGBTQ people, family members and friends in the Austin, Texas area  
Website : <http://pflagaustin.org/>

### **Hormone Replacement Therapy / Pubertal Blocking / General Care**

Maria C. Monge, M.D., Dell Children's  
Address: 5339 N. IH 35 Frontage Rd., Suite 100, Austin, TX 78723  
Phone: 512-324-6534

Children's Health Dallas GENECIS Program  
Address: 1935 Medical District Dr., Dallas, Texas 75235  
Phone: (214) 456-0262

Brynna Conner, MD  
Address: 2911 Medical Arts St, Austin, TX 78705  
Phone: 512-382-9500

Zest Family Practice  
Address: 1201 North Lakeline Blvd, Suite 400, Cedar Park, TX 78613  
Phone: 512-379-7272

## Online Support

Gender Spectrum (also available in Spanish):

Resources to create gender sensitive and inclusive environments for all children and teens. Includes a comprehensive collection of research, resources, online support groups, and stories to help any parent, family member, or guardian learn more about gender diversity. □

Website: [genderspectrum.org](http://genderspectrum.org)

Family Acceptance Project (also available in Spanish):

A research, intervention, education and policy initiative that works to prevent health and mental health risks for lesbian, gay, bisexual and transgender (LGBT) children and youth, in the context of their families, cultures and faith communities.

Website: [familyproject.sfsu.edu](http://familyproject.sfsu.edu)

## Books, Films, Media

Growing up Trans:

In this documentary, FRONTLINE takes viewers on an intimate and eye-opening journey inside the struggles and choices facing transgender kids and their families.

Watch the full documentary online: [pbs.org/video/2365520005](http://pbs.org/video/2365520005)

We've Been Around:

A series of biographical shorts about trans and other GNC folks throughout history.

<http://www.wevebeenaround.com/>

The Transgender Child: A Handbook for Families and Professionals

[Find it here](#)

The Gender Creative Child: Pathways for Nurturing and Supporting Children Who Live Outside Gender Boxes

[Find it here](#)

Transitions of the Heart: Stories of Love, Struggle and Acceptance by Mothers of Transgender and Gender Variant Children

[Find it here](#)

The ABC's of LGBTQ+

[Find it here](#)

## Resources for Intersex Children and Youth

Intersex 101, Everything you want to know:

A comprehensive introduction to understanding intersex children, published by InterACT

<https://interactadvocates.org/wp-content/uploads/2017/03/INTERSEX101.pdf>

What we wish our parents knew:

A brochure on supporting your intersex child or youth, published by InterACT

<https://interactadvocates.org/wp-content/uploads/2015/12/BROCHURE-interACT-Parents-final-web.pdf>

What we wish our doctors knew:

A brochure on supporting your intersex child or youth in a medical setting, published by InterACT

<https://interactadvocates.org/wp-content/uploads/2015/12/BROCHURE-interACT-Doctors-final-web.pdf>

InterACT

Comprehensive resources and other guidance on supporting intersex children and youth

<https://interactadvocates.org/resources/intersex-resource-topics/>

Ethics of surgery and decision making:

A collection of articles and research discussing genital surgeries on intersex children

<https://interactadvocates.org/resources/intersex-resource-topics/ethics-of-surgery-and-decision-making/>