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About this Guide

The following list is provided for informational purposes only. Many of these providers have been recommended by those in the trans community 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 Transgender Wellness, a program of Out Youth, cannot guarantee the quality of service you will receive.

As a result, this is a living document that will be continually amended and updated. We welcome feedback on this guide and hope that as you come across services or providers who are friendly, informed, and affirming, you will share this information with us so we can enhance this list of referrals. If you operate a business or service that is not included in this guide, we apologize for the oversight and invite you to contact us so we can correct the mistake.

We hope that this collection of resources will be useful to you on your journey!

If you have feedback on this document, please email Wes Cowan, social worker, at wes.cowan@outyouth.org.
Out Youth/Trans Wellness

The majority of clients we serve identify under the transgender umbrella. As such, we provide several services for trans youth and young adults ages 12 - 23, and provide services to adults 18+ through our Transgender Wellness Program.

OUT YOUTH:

Youth Gender Identity Group
Every Wednesday from 5:00 - 6:00 PM, we provide a support group on the topic of Gender Identity for youth ages 12 – 18. For more information: https://www.outyouth.org/govirtual/genderidentitygroup

Individual Therapy
We offer individual therapy for many clients ages 12 – 23 exploring issues related to gender identity. In order to be connected to this clinical service, we first complete a counseling screening with each individual, which can be requested online at screening.outyouth.org.

Family Office Hours
Cassidy Laminack, LMFT Associate, LPC Intern, holds family office hours every Sunday to meet with families with LGBT youth, and offer information and support. If you are interested in attending Family Office Hours, please visit https://www.outyouth.org/support-for-families to complete a request form.

TRANSGENDER WELLNESS

We provide support for adults 18+ in partnership with the Kind Clinic through our Transgender Wellness program. Services include:

- **Support Groups** *(open to the public)*
- **A YouTube Channel** *(anyone can view the first video here)*
- **Occasional Monthly Workshops and Events** *(open to the public)*
- Life Support (case management) (Kind patients only)
- Peer Mentorship (Kind patients priority)
- Voice Coaching (Kind patients priority)
- Free/Low-Cost Individual Counseling (Kind patients only)
- Letters of Support (legal and medical) (Kind patients only)

Visit https://www.outyouth.org/transwellness for a list of upcoming events and more information.
Mental Health & Therapeutic Services

Therapists

Paula Buls, LCSW
1106 Clayton Ln Suite 204E Austin, TX 78723
512-228-8199
paulabuls.com

Jenna Burns
https://www.aliveaustin.com/jenna-burns/
Specialties: DBT

Kimberly Vered Shashoua, LCSW
5555 N Lamar BLVD  STE E-125
Austin, TX 78751
Also works with Thriveworks
512-200-8860
vered@veredcounseling.com
https://www.veredcounseling.com/

Heather Davies, LCSW
3400 Kerbey Ln #55, Austin, TX 78703
512-560-7294
www.phoenixthrivingaustin.com/heather-davies-lcsw

Tracy Deagan, LPC-S
907 W Mary Street, Austin, TX 78704
512-796-3457
www.violetcrownncounseling.com/tracy

Dwight Dugan, LCSW
1605A East 7th Street, Austin, Texas
512-207-0096
www.duganpsychotherapy.com/dwight

Jo Eckler, PSY-D
2111 Dickson, Drive Suite 22, Austin, TX 78704
512-430-4848
www.drjoyoga.com

Mary Firme, LPC
311 Ranch Road 620 Sourth, STE 203,
Lakeway, TX 78734
1645 Main ST, STE A5, Buda, TX 78610
512-537-7713

Jennifer Gamewell, LPC
6626 Silvermine Dr, #600, Austin, TX 78736
512-484-1976
jennifer@jennifergamewell.com
www.jennifergamewell.com

Directory of Women of Color Therapists In Austin
www.redefineenough.com/directory
Ryan Dillon, LPC
8700 Manchaca Road, Suite 806, Austin, Texas
78748
512-593-2287
www.pridecounselingatx.com

Noah Garcia, LPC
NextQuest Counseling, PLLC
8500 N Mopac Expressway
Ste 808 Austin, TX 78759
737-402-0683
https://nextquestcounseling.com

Sarah Gremillion, LCSW
512-947-5973
https://sarahgremillionlcsw.com/

Joey Hannah, Ph. D.
joeyhannahphd@gmail.com
512-650-8380
https://joeyhannahphd.com/

Summer Hough, M.A., LPC Intern
2511 B E 6th St, Austin, TX 78702
(832) 304-6146

Russell Kauitzsch, LPC
8500 N Mopac Suite 701, Austin, TX 78759
512-237-7975
www.russellkauitzsch.com

Brian Kennedy, LPC
4422 Pack Saddle Ps, #101, Austin, TX 78745
512-445-3494
www.psychotherapyaustintx.com

Katy Koonce, LCSW
Adrienne Sneed, LMSW
2520 Longview St, #302, Austin, TX 78705
512-297-7799
Katykoonce.com

Cassidy Laminack, LMFT-A, LPC-I
8500 N Mopac Expwy. Ste 819, ATX, 78759
512-850-2287
hillcountrytherapy.com/services/associates-intern

Lindsay Lege, LCSW
5555 N Lamar, #e-125, Austin, TX 78751
512-222-7996
www.lindsaylege.com

Rachel Madorsky, LCSW
2700 Bee Cave Rd, Austin, TX 78746
512-415-2896
www.rachelmadorsky.net

April Owen, Clinical Psychologist
5184 W US Hwy 290 Service Rd a, Austin, TX 78735
512-980-4620
www.owenpsychology.com

Carly Ostler, M.S., LMFT
604 W. 35th Street
(435)-513-3823
carly@carlyostler.com

Renee Randazzo, LPC
512-537-9841
www.renaitrecounseling.com

Nakita J. Santiago, MS, NCC, LPC-Associate
3534 Bee Cave Rd. Ste. 206
Austin, TX 78746
512-878-9997
https://www.psychologytoday.com/profile/850718
Brian Kunde, LCSW
Serving Clients in Austin & Houston
512-534-1533
https://swpsychotherapy.com/brian-kunde-ms-lcsw/

Monrovia Van Hoose, LCSW
1006 E 39th St, Austin, TX 78751
512-529-3318
Monroviavanhoose.com

Sarah Shaney, LCSW
825 West 11th St, Austin, TX 78701
(210) 880-0418
https://www.inclusivetherapists.com/pro/20200810153655

Ashley Taylor, MA, LPC
107 Fannin Ave. Bldg 100, Round Rock, TX 78664
(928-231-0464 info@ashleytaylorcounseling.com

Neathery Thurmond, LCSW
3724 Jefferson St. Suite 207 Austin, TX, 78731
915-549-6660
www.neatherythurmond.com

Therapists for Families and Young Children

Amanda Dishner, LMFT
Address: 3724 Jefferson St #221, Austin, TX 78731
Phone: 512-298-2174
Website: www.castelltherapy.com
Specialties: EMDR

Jeff Lutes
Address: 5524 Bee Cave Road, STE F3 Austin, Texas 78746
Phone: 512-419-0600 jluteslpc@me.com
Jeff comes highly recommended for his integration of faith and expertise in gender and sexual diversity. www.jefflutespsychotherapy.com

Jennifer Williams Buffalo
Address: Luminary Counseling 2824 Real Street Austin, Texas 78722 (Inside of Capital Area Counseling)
Phone: 512-677-5366
Jennifer has years of experience working with adolescents and their families, LGBTQIA communities and transgender adults and youth. She’s warm, funny, and knowledgeable. http://www.luminarycounseling.com/#
Adrienne Sneed, LMSW
Transformations Gender Playgroup 78704:
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.
Phone: 512-423-2840

For a list of resources for families with children under the age of 12, please visit https://www.outyouth.org/support-for-families
Psychiatrists

Dr. John Abraham
Address: 5910 Courtyard Drive, Suite 220, Austin, TX 78731
Phone: 512-382-6359
Website: http://www.abrahampsychiatry.com/

Dr. Cynthia Benton
Address: 3625 Manchaca Rd #202, Austin, TX 78704
Phone: 512-239-8943
Website: cynthiabenton.com

Dr. Kelley Farmer
Address: 4601 Spicewood Springs Rd, Austin, TX 78759
Phone: 512-467-1376
austinpsych.com/meet-the-clinicians/287-2

Dr. Shelly Riley
Address: 2224 Walsh Tarlton Ln Suite 110, Austin, TX 78746
Phone: 512-291-6086
Website: www.shellyrileymd.com

Dr. Nakia Scott (Child and adolescent only)
Address: 4131 Spicewood Springs Rd, Austin, TX 78759
Phone: 512-562-9117
Website: holisticmh.com

Dr. Marilyn Vache
Address: 3724 Jefferson St, Austin, TX 78731
Phone: 512-458-1000

Dr. Michael Musgrove  MD
Address: 1717 N Interstate Hwy 35 #200,
Round Rock, TX 78664
Phone: 512-964-6992
Website: www.centexmh.com/

DBT Resources

Austin Center for Psychologist Care (IOP)
Address: 11673 Jollyville Rd, B202 Austin, TX 78759
Phone: 512-342-7979

Austin DBT Associates

Ascension Seton Behavioral Health (IOP, PHP, DBT) Address: 5407 Clay Ave, Austin, TX 78756 Phone: 512-324-2039

Monica Lenker, LCSW (Group and Individual Therapy)
Address: 8500 N Mopac Expressway Ste. 402, Austin, TX78759
Phone: 512-299-4025

Musarat Yusufali (DBT Group and Individual Therapy)
Address: 1006 East 39th Street, Austin, Texas 78751
Phone: 512-872-2529
Support Groups

Transgender Wellness: Gender Affirmation Group
Free and open group for trans and non-binary identified adults, ages 18+. Meets Tuesdays from 5:30 - 6:20 PM AND 7:00-7:50 PM: https://www.outyouth.org/govirtual/transwellness

Trans-Cendence International
https://www.transcendint.org/
Multiple meeting times that are virtual
A network of peer support groups for transgender, non-binary, and gender questioning people and their significant others, friends, family, and allies (SOFFAs). Attendees can expect to meet both as one big group, and in separate break-off groups for trans/nonbinary people and significant others/family/friends/allies (or other categories as applicable per meeting). This allows people to share more freely and to talk about issues specific to their subgroup. Each break-off will have a facilitator which matches the makeup of the group.

Jennifer Gamewell: Transgender and Non-Binary Teen Group
https://www.jennifergamewell.com/group-therapy
South Austin: 6626 Silvermine Drive, Austin, Texas 78736
$per session
Transgender, Gender Non-Conforming/Non-binary Identifying Youth Ages 13-17
Wednesday evenings (biweekly) 5:30PM - 7:00PM
Please call or email for details. Note – this is not a drop-in group.
Jennifer Gamewell: 512-484-1976 | jennifer@jennifergamewell.com

Waterloo Counseling:
Trans* Women’s Psychotherapy Group
Sliding scale, insurance accepted including medicare and medicaid
The group is an ongoing psychotherapy group for trans women. The group welcomes trans women at any stage of transition and offers a safe and affirming place to explore your trans journey.
Request more information here.

Beyond the Binary (virtual therapy group through Waterloo Counseling)
Inclusive group for trans, non-binary, demi, genderqueer, genderfluid, agender, and many more
Thursdays at 630pm, please contact Eli Lawrence to set up a screening before attending
Eli Lawrence: eli.lawrence@waterloocounseling.org or 512-444-9925
Cost: $15 per session, with option of sliding scale (Kind Referrals Zero Cost)
Life Coach

Out and Proud Life Coaching, LLC

Christian J Skruhak, Professional Life Coach (he/him/his)
Out and Proud Life Coaching, LLC - Mentoring for Transgender Adults and Parents with Transgender Children
512-970-1166
https://chrisjcoach.com/
https://translating-transgender.blog/
Follow on Facebook: https://www.facebook.com/Out-and-Proud-Life-Coaching-104395677994200

Medical Care

Clinics

Austin Travis County Integral Care www.integralcare.org
40 community locations in Travis County - Walk-ins available at some locations
Crisis Services and crisis phone line 512-472-4357
Adult counseling and case management, medication management
Counseling for children and families
Based on ability to pay and takes some insurances including Medicare, Medicare Advantage Plans, Children’s Health Insurance Program (CHIP), Texas Medicaid including All Travis County Managed Medicaid Programs – STAR, STAR Plus, STAR Kids, and Private Health Insurance Plans.

Planned Parenthood www.plannedparenthood.org
North Austin location: 9041 Research Blvd #250, Austin, TX 78758
Note: the North location is currently the only location prescribing hormones
Downtown Austin location: 1823 E 7th St, Austin, TX 78702
South Austin location: 201 E. Ben White Blvd, Bldgs A & B, Austin, TX 78704

Kind Clinic kindclinic.org
Address: 101 W 40th St #102, Austin, TX 78756 & 8140 N. MoPac Expwy, BLDG 2 STE 130B, ATX 78759
Phone: 512-853-9547, Option 1
Hours: Mondays, Tuesdays, Fridays 9am-5pm, Wednesdays and Thursdays 9am-8pm and Saturdays 9am-1pm
All services are free. Includes STI diagnosis and treatment, HIV testing, PrEP and PEP access.
Prescribes hormone therapy using informed consent model. The Kind Clinic has two locations in Austin to visit for Gender Affirming Care as well as PEP/PrEp/HIV Care. Kind has a new San Antonio clinic that currently is providing PEP/PrEP/HIV care.

Lone Star Circle of Care www.lscctx.org
Behavioral health services for all ages
Dentistry (Williamson County: Georgetown, Round Rock, and Bastrop)
Family Medicine, Senior Care Clinics, Vision, OB/GYN
Prescription drugs free or at very low cost for adults, seniors, and children

David Powell Clinic, Dr. Brendan Demarco
http://communitycaretx.org/locations/davidpowell.html
4614 N. IH 35. Austin, TX 78751. Phone: 512-978-9100.
Community care clinic that specializes in the treatment of HIV and AIDS.
Other Services: On Site Pharmacy, Behavioral Health and Nutrition.

People’s Community Clinic
Address: 2909 N Interstate 35 Frontage Rd, Austin, TX 78722
Phone: 512-478-4939
Serves low-income youth ages 12-23 on a sliding scale/no cost basis. Do not usually prescribe hormone therapy.
New Patient Info

Dentists

Austin Dental, Tom Roland DDS http://www.lifetimedental.com/
Address: 2206 West Parmer Ln, Austin, TX 78727
Phone: 512-835-1924
Hours: Monday-Thursday 7:30am-5pm, Friday 7:30am-1pm

Joan L. Sefcik DDS
Address: 4014 Marathon Blvd, Austin, TX 78756
Phone: 512-453-6337

Peak Dental, Traci Cowan DDS
https://www.peakdentaltexas.com/locations/north-austin
Address: 1610 E Parmer Ln E, Austin, TX 78753
Phone: 737-717-3500
Massage and Yoga Therapy
Francesca Hernandez, LMT, Past Tense Bodywork http://www.pasttenseaustin.com/
Address: 2520 Longview Street, Suite 310, Austin, TX 78705
Phone: 512-222-9731
Hours: By appointment only

Kelly Marshall, LMT, Reiki Master, Spectrum Yoga Therapy & Massage
www.spectrumyogatheropyaustin.com/contact
Address: 2801 Hancock Dr, B, Austin, TX 78731
Phone: 512-923-2370
Hours: Thursday & Friday 3pm-8pm, Saturday & Sunday 10am-3pm

Kirtan Marcotte
Yoga, Sound Healing, & Meditation
www.4thchakra.com
4Kirtan@gmail.com
512-225-4630

Tony Senecal, LMT www.tonysenecal.com
Address: 2520 Longview Street, Suite 310, Austin, TX 78705
Contact via website to schedule
Hours: By appointment only

Transforming Wellness
Health and Wellness Workshops
https://www.transformingwellness.net/

Nutrition
NeuroFit Nutrition, Nikki Drummond, Clinical Nutritionist & Owner neurofitnutrition.com
Address: 4020 S Industrial Drive #135, Austin, TX 78744
Phone: 512-699-8764

Optometrists
Innovative Eyecare, Dr. Shelly Collins, O.D. www.drmcqueen.com
Address: 4301 W. William Cannon Dr, Bldg B Suite 210, Austin, TX 78749
Phone: 512-328-0015
Hours: Monday-Saturday 9:30am-6pm, Tuesday 9:30am-8pm
Stars in Your Eyes Optometry & Optical starsinyoureyes.com
Address: 714 Congress Ave, Suite 100, Austin, TX 78701
Phone: 512-477-9000
Hours: Monday-Friday 9am-5:30p

**OB/GYN Providers**

Dr. Mary Geldernick, MD
Phone: 830-629-6462
Address: 505 N Union Ave New Braunfels, TX 78130
[https://www.drgeldernick.com/](https://www.drgeldernick.com/)

Dr. Carolyn Kaufman at Austin Regional Clinic
12174 N Mopac Expressway, Suite A, Austin, TX 78758
512-994-2662

Planned Parenthood North Austin
9041 Research #250, Austin, TX 78758 (Office is located upstairs)
Book online or call 512-331-1288
The online form does not give space for preferred name, but admin staff are trained to ask and use preferred name when you arrive.

**Spiritual Healers and Acupuncture**

Tonya Lyles- Gbeda Acupuncture and Sound Therapy
Phone: 512-426-4595
Website: [www.nccaomdiplomates.com/tonyalyles/tonya-lyles-lac](http://www.nccaomdiplomates.com/tonyalyles/tonya-lyles-lac)

Bret Rogers, LAc., MAcOM, AOBTA-CP, Acupuncturist and Qigong Instructor
Phone: 512-512-450-4228
Email: bretkyle@gmail.com
Website: [http://www.stonegatewellness.com/](http://www.stonegatewellness.com/)
Address: Stonegate Wellness 911 W. Anderson Ln, Suite 205, Austin, TX 7872
Hormone Replacement Therapy (HRT) and Primary Care

Providers with a (*) are known to have worked with trans youth under the age of 18.
Providers with a (+) are known to have prescribed hormones with the informed consent model for those over 18

ASHwell
Address: 8101 Cameron RD #105, Austin, Texas 78754
Phone: (512) 467-0088
www.ashwellatx.org
Free PrEP, PEP, HIV testing/treatment, Hep C treatment, & STI Testing
Free HRT consultation, gender care labs/blood work, & medical appointments
A patient navigator to help with any insurance or pharmacy problems
Linkage to acupuncture and massage therapy for very affordable/sliding scale pricing
To be eligible for HRT services must be a patient at ASHwell for HIV Care or PrEP

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

Holistic Family Medicine
Dr. M. Rayner Dickey
Website: https://www.hfmaustin.com/
Phone: 512-452-3000
Address: 2520 Longview St. STE 215 Austin, TX 78705
Treats Adults and Youth for HRT

KIND Clinic: Gender Care Clinic+
www.kindclinic.org
Central Austin:
Address: 101 W 40th St, Ste 102, Austin, TX 78756
Phone: 512-853-9547, Option 1
Hours: Monday, Tuesday, Friday 9am-5pm; Wednesday and Thursday 9am-8pm;
Saturday 9am-1pm
North Austin:
Address: 8140 N. MoPac Expy, Bldg 2, Ste 130B, Austin, TX 78759
Phone: 512-853-9547, Option 1
Hours: Monday through Friday 9 am-5 pm
San Antonio:
Address: 732 Isom Rd Ste. C, Rm 1, San Antonio, TX 78216
Phone: (210) 853-0028
Hours: Tuesday, Wednesday, Thursday 3pm-8pm; Friday 3pm-7pm
All services are free of cost. Patients are seen regardless of income level or health insurance status. Services include HRT prescription and monitoring, STI testing and treatment, HIV testing and treatment, pre-exposure prophylaxis (PrEP) and post-exposure prophylaxis (PEP) to prevent HIV. Prescribes hormone therapy using informed consent model (no therapist letter required).

Planned Parenthood+
Address: 9041 Research #250, Austin, TX 78758
Phone: 512-331-1288
Informed Consent Nurse travels between Downtown and North locations
Call for appointment, currently a waitlist.

Pride Family Practice*+
Address: 1201 North Lakeline Blvd, Suite 400, Cedar Park, TX 78613
Phone: 512-379-7272
pride.admin@pridefamilymedicine.net
http://pridefamilymedicine.com/
Informed consent available for 18+
Therapist letter required for under 18

Todd Canon, MD
South Austin Medical Clinic
Address: 2555 Western Trails Blvd., Ste. 101, Austin, Texas 78745
Phone: (512) 892-6600
Therapist letter required

Dr. Elizabeth Gomen, MD., Seton Family Physicians
Address: 5103 Kyle Center Dr., Suite 103, Kyle, Texas 78640
Phone: 512-504-0855

Caroline (Carrie) Kaufman, M.D. (OB/GYN), Austin Regional Clinic (ARC)
Address: 12201 Renfert Way Ste 250 Austin, TX 78758
Phone: 512-994-2662
Languages: English & Spanish/Espanol

Jessica L. Langsjoen, MD, OBGYN, Baylor, Scott, & White
Address: 1402 W Avenue H, Temple, TX 76504
Phone: (254) 771-8411
Therapist letter required

Walter J. Meyer, MD, UTMB Health*
Address: 815 Market St, Galveston, TX 77550
Phone: 409-772-0770
Address: 1201 Lakeline Blvd #400, Cedar Park, TX 78613
Phone: (512) 379-7272
Maria C. Monge, M.D., Dell Children's*
Address: 5339 N. IH 35 Frontage Rd., Suite 100, Austin, TX 78723
Phone: 512-324-6534

Eva Montes, PA, Central Family Practice
Address: 720 West 34th Street, Suite 105, Austin, TX 78705
Phone: 512-371-9260
Informed consent, HRT available to 18+ only

Stephanie Shaw, MD, ECNU Texas Diabetes & Endocrinology
Address: 6500 N Mopac Expressway, Building 3 Suite 200, Austin, TX 78731-4309
Phone: 512-458-8400
Therapist letter required

Mary Jane Wray, MD, Luling Community Health Center*
Address: 115 S Laurel Ave, Luling, TX 78648
Phone: 830-875-6399

Pharmacies and Prescriptions

Medsavers Pharmacy: medsaverspharmacy.com
Address: 1800 W 35th St. ATX
Phone: 512-465-9292
Email: medsaverspharmacy@gmail.com
HRT Prices as of 02/05/18:
Topical testosterone $69-$119 (dose dependent) for a 3 month supply
Injectable testosterone is $86, supply is dose dependent. This supply would generally cover about 4 months. For many, testosterone, including needles, can cost as little as $20 per month.
Topical estrogen starts at $49 for a 2-4 month supply.
Oral estrogen about $10 for a month supply or $22 for a 3 month supply depending on dose.
Oral spironolactone can be $10-$35 a month depending on dose.

GoodRX: www.goodrx.com:
Tool that collects prices & discounts from over 60,000 U.S. pharmacies. Can also be downloaded as app.
HRT Prices:
Estradiol (injection) - https://www.goodrx.com/estradiol-valerate $45 - $110 (1 vial)
Estradiol (oral) - https://www.goodrx.com/estradiol-norethindrone $40 - $104 (28 tablets)
Estradiol (patch) - https://www.goodrx.com/estradiol $35 - $80 (8 twice-weekly patches)
Depo-Testosterone (injection) www.goodrx.com/depo-testosterone $11 - $19 (1 vial)
Oral Estrogen www.goodrx.com/estrace $4 - $21 (30 tablets)
Spironolactone www.goodrx.com/spironolactone?drug-name=spironolactone
Needy Meds: www.needymeds.org
Service that connects you with prescription programs and free or low cost solutions for the uninsured (many require applications and doctor’s signature)

HRT Prices:
Testosterone www.needymeds.org/generic-drug/DrugSearch/testosterone
Estrogen www.needymeds.org/generic-drug/DrugSearch/estrogen
Spironolactone www.needymeds.org/generic-drug/DrugSearch/spironolactone

Gender Affirming Surgery

Curtis Crane, MD
Address: 1611 W 5th Street, Suite 180, Austin, TX 78703
Phone: 415-625-3230
Insurance information: http://brownstein crane.com/insurance/

Hall Plastic Surgery
Top surgery, facial reshaping, breast augmentation
Laser hair removal, hair restoration
Address: 300 Beardsley Ln, Bldg C, Suite 101, Austin, TX 78746
Address: 301 Denali Pass Dr, Cedar Park, TX 78613
Phone: 512-770-1777

Daniel Freet, MD
Address: 6410 Fannin Street, Suite 1400
Houston, TX 77030
Phone: (832) 325-7181
https://www.utphysicians.com/provider/daniel-j-freet/

Peter Raphael, MD and Alan Dulin, MD, American Institute for Plastic Surgery
Top surgery, bilateral mastectomy (w nipple grafts), keyhole, no drains
Facial feminization, breast augmentation, orchiectomy
Address: 6020 W Plano Pkwy, Plano, TX 75093
Phone: 972-543-2477

Gary Lawton, MD
Informed consent top surgery, double incision (w nipple grafts)
Address: 525 Oak Centre Dr #260, San Antonio, TX 78258
Phone: 210-496-2639
Dustin Reid, MD, Restora Austin Plastic Surgery Centre
Top surgery, double incision (w nipple grafts), peri-areolar or keyhole; $6,500-$11,500
Breast augmentation; $5,00-7,000
Address: 901 W 38th St #401, Austin, TX 78705
Phone: 512-371-8817

Hall Plastic Surgery
Top surgery, facial reshaping, breast augmentation
Laser hair removal, hair restoration
Address: 300 Beardsley Ln, Bldg C, Suite 101, Austin, TX 78746
Address: 301 Denali Pass Dr, Cedar Park, TX 78613
Phone: 512-770-1777

Sarah Saxon, MD, Saxon MD Facial Plastic Surgery
Facial feminization
Address: 1100 Nueces St, Austin, TX 78701
Phone: 512-537-4191

Top Surgery Insurance How To Guide
https://drive.google.com/file/d/0B8xyRnMf7TJLYzhOMDI4SmU0ZjA/view?usp=sharing

Fertility Services/Sperm Storage

Austin Fertility Institute
Address: 2200 Park Bend Dr Bldg 1 Suite 402, Austin, TX 78758
Phone: (512) 339-4234

Fairfax CryoBank
Address: 4201 Marathon Blvd # 303, Austin, TX 78756
Phone: (512) 206-0408
Website: https://fairfaxcryobank.com/lgbt-families

Fact sheet from 2014 on fertility options for trans folx

Approximate costs for sperm storage
- ~$200 for consultation
- $85-350 semen analysis
- $125-300 Initial freezing and storage
- ~$200 per year storage
Spare.me:
Cryogenic sperm preservation, $250-$750 for sample processing and 1 year of storage (also requires blood work at an additional cost)
https://sppare.me/pricing/

Austin Fertility Center http://www.austinfertility.com/
Does consultations about what adjustments may need to be made with hormones prior to the deposit.
Consultation cost:
   - $265 for egg freezing (then make plan for more pricing for IVF ~12K-15K)
   - $130 semen analysis
   - $775 for freezing and storage for two months (they do not store for more than two months)

Ovation and Fertility http://www.ovationfertility.com/

Fertility Texas http://fertilitytexas.com/
Discount programs: http://fertilitytexas.com/discount-programs/
Has a number of locations, although none in Austin. Claim to specialize in (among other things) transgender fertility
They recommend the follow sperm banks
www.lgbtfertility.com/how-we-can-help/patient-resources/sperm-banks/

Insurance Info

Transcend Legal
www.transcendlegal.org
Has website with library of insurance policies with information about exclusions and coverage.

Insurance Cost Calculator:
www.plannedparenthoodhealthinsurancefacts.org/index.php/get-help

Insurance enrollment assistance (ACA, CHIP, MAP, and Medicaid)
foundcom.org/health-programs/health-insurance-enrollment

ACA Enrollment www.healthcare.gov
Info for transgender clients www.healthcare.gov/transgender-health-care
Preview plans and price estimates www.healthcare.gov/see-plans

Medicaid & CHIP (Texas) https://yourtexasbenefits.hhsc.texas.gov/programs/health
Medical Access Program (MAP) of Central Health  [www.medicalaccessprogram.net](http://www.medicalaccessprogram.net)

MAP Handbook  

Unfortunately, MAP specifically excludes coverage for trans affirming care: “Any treatment for transsexualism, gender dysphoria, sexual re-assignment or sex change, including, but not be limited to, drugs, surgery, medical or psychiatric care.”

Trans Line  [project-health.org/transline](http://project-health.org/transline)

Trans Line is a free medical consultation service. There are a number of articles already on the site, however if you reach out with a question you will receive a response in at least 48 hours from a medical professional.

“We host a national online transgender medical consultation service that offers health care providers up-to-date transgender clinical information and individualized case consultation across a broad range of clinical transgender issues. TransLine is staffed by expert medical providers from LGBT clinics from around the nation who can help you provide the best possible care to your transgender patients.”
Social Services

Community Groups

Transgender Education Network of Texas (TENT):
Transgender Education Network of Texas is dedicated to furthering the cause of Gender Diverse people in Texas through education in both public and private forums. TENT strives to halt discrimination through social, legal, legislative, and corporate education.

Allgo:
Allgo is a statewide QPOC organization in Texas. Allgo works to create and sustain queer people of color activists, groups, organizations, and allies through artistic expression, promoting wellness, and grassroots organizing.

Austin Black Pride:
Austin Black Pride is a 501(C)3 organization that works to educate, celebrate, and empower LGBTQ people of color.
Website: https://www.facebook.com/austinblackpride/

Black Trans Leaders of Austin (BTLA):
BTLA is a team of black trans and gender diverse community leaders that seek to understand needs, bring clarity to those needs, and advocate for meaningful change. Our vision is that all black trans and gender diverse people in Austin, TX. Have the opportunity to thrive.
Website: https://www.facebook.com/BlackTransLeadership/
https://btla.squarespace.com/?fbclid=IwAR313pgoTXIULV17wmstLCXBU6vGFIIrqsWHuyUSiZU9CyXjltYK1VNs

The Q:
Services include peer-to-peer support on a number of topics for gay, bi and queer men, STI and HIV testing and social events www.facebook.com/theqaustin/?fref=ts
Address: 2906 Medical Arts St, Austin, TX 78705
Phone (512) 420-8557
Website: www.theqaustin.org/Home/Events

Women’s Community Center
The mission of the Women’s Community Center of Central Texas is to promote the well-being of Texas women and girls and to build positive connections among people and organizations that do the same. Recognizing that women have very different experiences shaped by their race, socioeconomic status, sexual orientation, gender identity and expression, disability, immigration
status, and other characteristics, we commit to understanding and supporting each other.

www.womenctx.org

Support Group for Parents of Transgender Children and Youth
Private Facebook Support Group
Website: https://www.facebook.com/groups/618154762160595

PFLAG
Free support group meetings for LGBTQ people, family members and friends in the Austin, Texas area

Education

College

College Forward
Phone: 512-452-4800
Email: info@collegeforward.org
Website: www.collegeforward.org

Foundation Communities www.foundcom.org/


College Student Support Services
foundcom.org/financial-stability/college-student-support-services/

Capital Idea (Community College and Career Placement)

www.capitalidea.org/programs/

Eligibility: www.capitalidea.org/qualifications/

CareerUp info events: http://www.capitalidea.org/careerups/

University of Texas

LGBTQIA+ Resource Master List
drive.google.com/file/d/0B3jqPTikCl3WY28xM1h1TlZ1R00/view

Overview of trans inclusive policies at Texas Colleges
txtns.org/policies-in-central-texas/

College Guide for LGBTQ Students
www.affordablecolleges.com/resources/lgbtq-college-resources/
Financial Aid

Financial aid assistance
foundcom.org/financial-stability/college-financial-aid-assistance/

Stonewall Foundation Scholarship
Microgrants range from $25 - $650. Applicants must be between 18 - 25 years old
https://www.stonewallfoundation.org/scholarships/

Point Foundation Scholarship (4 year Universities)
Requirements - https://pointfoundation.org/point-apply/application-faqs/
Application - https://pointfoundation.org/point-apply/apply-now/

Point Foundation Scholarship (Community Colleges)
Requirements - https://pointfoundation.org/point-apply/community-college/
Application - https://pointfoundationscholars.communityforce.com/Login.aspx

LEAGUE Foundation LGBTQ Scholarship
Qualifications: https://www.leaguefoundation.org/league-foundation-scholarships/scholarships/
Application: https://www.leaguefoundation.org/apply/

Austin LGBT Chamber of Commerce Scholarships
Qualifications: https://www.austinlgbtchamber.com/foundation

Scholarship $1,000+

Bobcat Pride Scholarship (For Texas State Students)
Qualifications: https://www.bobcatpridescholarship.com/
Application: https://txstate.academicworks.com/opportunities/3356

PFLAG Houston
Qualifications http://outforeducation.org/
Application:

Audre Lorde Scholarship Fund/ZamiNobla
This community scholarship specifically awards out black lesbian women who are 40 years of age or older and going to college. Applicants should be active within their local LGBTQ community.
Qualifications: https://zaminobra.org/alfund/
Application: https://zaminobra.org/alfund/
Awards of $1,000+

Asian Pacific Islander Queer Women & Transgender Community
Qualifications: http://www.apiqwtc.org/resources/apiqwtc-scholarship/

Scholarships of $2,500

American Atheists
Qualifications: https://www.atheists.org/activism/scholarships/
Application: https://www.atheists.org/activism/scholarships/

Awards range from $500 - $1,000

GED
Lifeworks (English and Spanish)
Free GED class for anyone 16-26, financial assistance paying for tests
Attend an Orientation
- First Friday 9am-1pm at LifeWorks East, 35 N Pleasant Valley Rd
- Second Friday 9am-1pm Lifeworks South, 3700 S 1st St, Austin
Website: www.lifeworksaustin.org/ged

Goodwill
Attend an orientation to work with Career Case Managers for career readiness training, GED preparation, paid work experience, and career counseling. Dates are found on the website.
Website: www.goodwillcentraltexas.org/education-job-training/opportunities-for-youth

ACC
Adult Education GED classes offered for people 19 and older. While you need a social security number to register online, you do not need one to
Online or in person application necessary for placement in classes
Apply online here: www.austincc.edu/abe/hse/ or visit the Adult Education offices M-F 8:00-5:00: Highland Campus 6101 Airport Blvd Austin, TX 78752: Room 1402 Second desk on the left
Eastview Campus, 3401 Webberville Rd. Austin, Texas 78702: Room 1209A
**Employment**

Workforce Solutions [www.wfscapitalarea.com](http://www.wfscapitalarea.com)
Find a Job, Build Your Resume, Prepare for Interviews, Earn a GED Gain Occupational Skills and child care financial support
Youth Services also available: [www.wfscapitalarea.com/YouthServices](http://www.wfscapitalarea.com/YouthServices)
Youth ages 14-21 NOT in H.S. who need a GED and/or full time employment

**Goodwill Education & Job Training** [www.goodwillcentraltexas.org/education-job-training](http://www.goodwillcentraltexas.org/education-job-training)
Complete intake to determine eligibility for Workforce Advancement
[www.goodwillcentraltexas.org/intake-form](http://www.goodwillcentraltexas.org/intake-form)
Attend orientation for Youth Opportunities
[www.goodwillcentraltexas.org/education-job-training/opportunities-for-youth](http://www.goodwillcentraltexas.org/education-job-training/opportunities-for-youth)

**Finance**

Foundation Communities: [www.foundcom.org](http://www.foundcom.org)
ACA enrollment: Arianna Anaya, Program Coordinator; Main: (512) 496-3786; Cell: (512) 897-8738 arianna.anaya@foundcom.org

United Way Capital Area
Website: [www.unitedwayaustin.org/get-help/banking](http://www.unitedwayaustin.org/get-help/banking)

Trans Assistance Project
Grassroots, trans run organization that aims to assist trans folks with financial assistance. Primarily for legal name/id change and medical visits.
Also provides support for incarcerated trans folks in need of financial assistance
[phos@transassistance.org](mailto:phos@transassistance.org)
Website: [https://www.transassistance.org/request-assistance](https://www.transassistance.org/request-assistance)
Food

Central Area Food Bank www.centraltexasfoodbank.org/get-help/
Classes/Recipes/E-Cookbooks: www.centraltexasfoodbank.org/get-help/eat-healthy
www.budgetbytes.com/recipes/
Find Food Now www.centraltexasfoodbank.org/food-assistance/get-food-now
Emergency Food Referral Master List
drive.google.com/open?id=0BwmPdcL679SccDV5RXg5MmNGVWM

Sustainable Food Center www.sustainablefoodcenter.org
Phone: 512-236-0074
Free 6-week Cooking Class
sustainablefoodcenter.org/programs/the-happy-kitchen/community-cooking-class-series
Double your SNAP benefits at Farmer’s Markets
sustainablefoodcenter.org/programs/double-dollars

Your Texas Benefits goodfoodgoodmove.yourtexasbenefits.com/
Healthy eating classes goodfoodgoodmove.yourtexasbenefits.com/find-activities
SNAP benefits application www.yourtexasbenefits.com/Learn/Home

General

FindHelp (Formally known as Aunt Bertha): https://www.findhelp.org/
An online tool that connects people with social services programs available in their area

Central Texas Transgender Society: http://www.transcentex.org/
Resources, social calendar

Rad Remedy: https://radremedy.org/resource/2526/
Crowd sourced tool to connect trans and gender variant people with affirming and welcoming service providers

City of Austin Neighborhood: http://www.austintexas.gov/department/health/locations
Many (but not all) offer food pantries, notary services, job search help, clothing closets (or drives), and referrals to other community resources or case management.
Blackland Neighborhood Center (78722) 512-972-5790
http://www.austintexas.gov/department/blackland-neighborhood-center

Clarksville Community Health Center (78703)
http://www.austintexas.gov/department/clarksville-community-health-center
East Austin Neighborhood Center (78702) 512-972-6650
http://www.austintexas.gov/department/east-austin-neighborhood-center

Montopolis Neighborhood Center (78741) 512-972-6650
http://www.austintexas.gov/department/montopolis-neighborhood-center

Rosewood-Zaragosa Community Center (78702) 512-972-6740
http://www.austintexas.gov/department/rosewood-zaragosa-neighborhood-center

South Austin Neighborhood Center (78704) 512-972-6840
http://www.austintexas.gov/department/south-austin-neighborhood-center

St. John Community Center (78752) 512-972-5139
http://www.austintexas.gov/department/st-john-community-center

Transportation

Cap Metro Reduced Fare ID: http://www.capmetro.org/RFID/

Housing

Austin Tenants Council: www.housing-rights.org
Telephone Counseling Line: 512-474-1961 M-F 9am-12pm
The Telephone Counseling Line provides education and information regarding residential tenant-landlord disputes. Phone are answered by trained housing counselors who offer options, refer callers to other agencies or suggest legal assistance through Legal Aid, lawyer referral services, etc. The call line is often operating at a high volume, so keep calling until you get a human.

Crisis Intervention, 512-474-1961
Counselors mediate on behalf of tenants to resolve emergencies such as illegal eviction, lockout, utility shut-off, or improper seizure of personal property that threaten their housing. This includes Rental Repair Assistance. Through advocacy and mediation, the Renters’ Rights Assistance Program helps low-income renters enforce their right for repairs of conditions that threaten health or safety.
Eligibility: Crisis intervention clients must be Travis County residents and not exceed income guidelines. Rental repair assistance is available only to Austin residents who do not exceed income guidelines.

In-House Counseling
The Renters’ Rights Assistance Program provides 30-minute in-house counseling sessions to tenants and landlords who have questions regarding their rights or responsibilities. Counseling, brochures, and other materials are provided to clients.
in need of more in-depth information than can be provided through telephone counseling.  
Fees: In-house counseling is free for Travis County residents who do not exceed income guidelines. For all others, a 30-minute counseling appointment is $15. Proof of income is required.  
Procedures: Call 512-474-7006 to schedule an appointment. Appointments are available Monday through Thursday from 1 p.m. to 4 p.m.  
Affordable Housing Guide: www.housing-rights.org/PDF/forms/GAHGAA.pdf

Austin Queer/Trans Housing Facebook Group: www.facebook.com/groups/atxkweerhousing/  
Active group for those offering and searching for housing. Membership must be approved by current member.

**Temporary Housing**
https://www.workaway.info/en/host/787541749515  1-2 week stay at Austin working bee farm. Work and live. 1 volunteer at a time

https://tecolotefarm.net/farmworkers/ has limited on-site housing, live and work

**Resources for People Experiencing Homelessness**

**ECHO- Rapid Rehousing Services** www.austinecho.org (512) 234-3630

ECHO administers a 50 question survey called the coordinated housing assessment. This assessment is necessary for many of the resources below. To access the survey call the number above between 9am-4pm or visit the walk in locations below (beginning August 15th 2017)

**Walk-in Locations:**

Sandra Joy Anderson Clinic  
1705 East 11th Street Austin, TX 78702  
Mon-Fri, 9am-4pm

The Southeast Health and Wellness Clinic  
2901 Montopolis Drive Austin, TX 78741  
Mon-Fri, 9am-4pm

Trinity Center (Monday & Tuesday are “women only” days)  
304 East 7th Street Austin, TX 78701  
Mon-Fri 9am-1pm

**Caritas of Austin** www.caritasofaustin.org/programs-and-services/need-help

Complete coordinated assessment (above) to determine eligibility  
Education, Employment, and Food Assistance for housing clients
LifeWorks  www.lifeworksaustin.org

Call 512.735.2100 to get on the waitlist. It is helpful for your case to call back everyday or as much as you can
- Emergency Shelter ages 12-17
- Transitional Living ages 17-23
- Aftercare Transitional Care for former foster youth ages 17-20
- Lifeskills Training for youth in DFPS foster care ages 16-19

Foundation Communities 512-610-7377  www.foundcom.org

Housing rental communities foundcom.org/housing/our-austin-communities

At Risk/Homeless families w/children 512-610-7377
foundcom.org/housing/at-risk-homeless-families

Safe Alliance www.safeaustin.org/safeplace

24/7 Hotline 512-267-7233

Two emergency shelters, one for survivors of domestic violence and sexual assault and one for survivors of child abuse – anyone can be sheltered here, regardless of sexual orientation or gender identity. Free individual and group counseling services, social workers who can help survivors access the financial, housing and health resources and advocates at court to offer support and information to those applying for protective orders are also available. They also have an attorney on site and an elementary charter school.

Foster Care/ Former Foster Care

SUPER INCREDIBLE RESOURCE LIST! texasfosteryouth.org/resources-list/

Legal Questions & Resources for Youth
texasfosteryouth.org/legal-resources/legal-resources-for-youth/

Legal Resources for Advocates
texasfosteryouth.org/legal-resources/legal-resources-for-advocates/

Youth Guide to “Aging Out” of Foster Care

Lambda Legal Guide to LGBTQ Youth In Care
www.lambdalegal.org/publications/getting-down-to-basics
Fitness

**Austin Queer Yoga** Collective
Transform’s mission is to provide wellness services to the LGBTQIA+ community. They hold events and classes at different locations.
Website: [http://www.austinqueeryoga.org/](http://www.austinqueeryoga.org/)

**Go Dance Studio** - Go dance studio mission is to “honor clients by working together to promote dance diversity, discovering the unique path that is right for each client and teammate while creating an inclusive community with a cheerful and welcoming atmosphere.” Newcomer night costs $15, but prices are quite a bit higher after that. Dance partners are gender neutral
godancestudio.com
4477 S Lamar Blvd #530 Austin TX 78745
W Anderson Ln #530 Austin TX 78757

**Krav Maga ATX** - Learn Krav Maga, kickboxing, ground fighting, and more in a safe, inclusive, friendly environment. Please contact for potential financial scholarships for membership.
3906 Warehouse Row, Austin, TX 78704
512-850-8155
info@kravmagaatx.com

**Sky Candy Aerial Arts** - Sky Candy provides a variety of aerial, circus, dance, performance and fitness disciplines. If you’ve never done aerials before, there is “Intro to Aerials” a no-commitment drop-in class that lets you try out the four main apparatuses- Silks, Hammock, Trapeze and Lyra. Classes available for youth and adults [www.skycandyaustin.com](http://www.skycandyaustin.com)
507 Calles St. #117 Austin, TX 78702
2400 E Cesar Chavez St. Austin, TX 78702
(512) 800-4998

**Transform Queer Fitness Yoga Community Center**
A gym, yoga studio, community center, and art gallery designed to serve people outside of normative physical culture, with special interest in the queer and trans community.
Classes cost around $15 and includes a class called “Transitions” that is geared towards folks who are (you guessed it) transitioning.
Address: Check their facebook for upcoming class locations
Phone: (512) 923-5859
Website: [www.transformfitnessaustin.com](http://www.transformfitnessaustin.com)
Hair Removal/Beauty

Austin Laser Solutions
Phone: 512-296-5162
https://www.austinlasersolutions.com/
Reported: have half off discounts for Trans identified folks

Laser and Electrolysis Studio
Phone: (512) 459-6353
Address: 1512 W. Koenig Lane, Austin, TX 78756
Website: www.laserelect.com
Hours: Monday-Friday 10am-6pm, Saturday 10am-2pm, Sunday by appointment only
Previously owned by Cheryl Piquard, and their mission statement says “We are proud allies of the LGBTQIA community. Our business stands for the rights and safety of our clients and will continue to treat everyone with respect and equality.” Recently bought by a new owner who says, “I will continue to serve and fight for this community as Cheryl has for the past 40 years.”

International Beauty Center
Phone: 512-522-3783
Address: Spicewood Forest Office Park, 4131 Spicewood Springs Rd. Building I, Suite 4
Austin, TX 78759
Website: beautycenterinc.com
Website advertises expertise working with transgender clients, but also uses outdated terms (i.e. “pre-op”), but trans people have found the staff respectful.

Alite Laser (laser and electrolysis)
Phone: 512-328-1555
Address: 504 West 17th St, Austin, TX 78701
Website: alitelaser.com
No specific mention of working with trans people on website, but highly recommended by trans people who have gone there.

Austin Medical Electrolysis Clinic
Phone: 512-997-7700
Address: 11400 Oakwood Drive, Austin, TX 78753
Website: http://austinmedicalelectrolysisclinic.com/index.htm
Website specifically mentions working with trans people, but also uses outdated terms (i.e. “pre-op”)
Cute Nails
Phone: 512-937-2659
Address: 1211 E. 7th St. Austin, TX. 78702
Website: https://www.cutenailstudio.com/
Pedicures, Waxing, Tooth Gems, Gel & Lacquer Manicures, Waxing, Lash Lifts and more

Healing Ink (Marge Gomez)
Phone: 512-701-7989
Address: 1221 W. 6th St. Austin, TX. 78703
Website: https://healinginkstudio.com
Paramedical permanent make-up

Hair Stylists

Bishops Cuts & Colors
https://bishops.co/
4811 Burnet Road Suite 103, austin, tx 78756
3003 S Lamar Blvd, Austin, TX 78704,

Bragglight Barber
Website:https://www.bragglightbarber.com/?fbclid=IwAR3C16xOO4IfAlibtZOjKaZ8nLID77q5JJWrlSjQq7sh2n-HU6ffrS693HY
Phone: 909.291.5320
Address: 9300 S IH 35 FRONTAGE RD, AUSTIN, TX, 78748
Hours: Tuesday – Friday: 10 AM – 8 PM
Saturday: 10 AM – 6 PM
Sunday: Closed
General Inquiries: bragglightbarber@gmail.com

Holden Burns: h.bg.burns@gmail.com, house calls, $50/head

Proud People Barber (Mobile Barber)
Website:https://proudpeoplebarber.com/?fbclid=IwAR2HpkKye7mzZCT0PAfmTYJb8tIT5vEvT59ENSxQuf0Gbl7KsYOnr7DlxFiA
General Inquiries: lozano@proudpeoplebarber.com

Shade Salon
Website: https://www.shadesalonatx.com/
(512) 775 - 8722
7301 Burnet Rd. #106 Suite 5 AUSTIN, TX. 78757
Lauren-she/her,
Shed Barbershop
(512) 228-8792
Lcochran228@yahoo.com
shop number: 512-305-3915
Barber cuts. Cuts at shop are $35

Short Hair Company
Website: https://www.shorthaircompany.com/?fbclid=IwAR3-br0DQ6iCD00f0kJmg0fMtKbC_AXRB
FkXONScK7kTXaKMx2AlcxHw6A
Phone: 512-806-9092
2101 S. 1st. Austin, TX. 78704
Hours: Monday - Friday 9 am - 7pm & Saturday 9 am - 4 pm
Voice Training

Yona Twena
Experienced voice coach for trans and non-binary people. Leads free monthly voice exploration workshop for trans and non-binary adults through Trans Wellness at Out Youth.
ymtwena@gmail.com
yona.twena@outyouth.org
(512) 888-1225

Anna Lantry
Offers coaching to retrain both the speaking AND singing voice. Sessions are conducted either in-person or online.
Prices: $40/60-minute individual session, $20/ 60-minute group session.
https://www.youtube.com/user/scootergoat01
https://www.anna-freya-voice.com
(210) 883-4093

Erica Bodoin, Speech Pathologist at UT Austin
Ebobodoin@gmail.com, 512-294-9077

Icy Monroe, The Voice Clinic
http://www.thevoiceclinicaustin.com/contact/
Prices: Consultations $75.00 for 50 minutes or $50.00 for 30 minutes, Sessions $50.00 for 30 minute session, $60.00 for 40 minute session, $70.00 for 50 minute session

Carol Willis Simsack
Phone: 206-550-2965
https://simsakvoicegallery.wordpress.com
Prices: $50.00 per hour at her home in Elgin, TX, and double that if she comes to your home in the Austin or Bastrop Texas areas

Dara W. Allen, MS CCC-SLP
Phone: 512-466-5013
Website:
https://www.austinvoiceinstitute.com/services/tranngender-voice-therapy/

Life Coach:
Christian Skruhak, Life Coach
Virtual life coaching focused on Gender Journey
Phone 512-970-1166
Cskruhak@gmail.com
Resources and videos:

Video Tutorials
Suddenly Sara YouTube Series: www.youtube.com/watch?v=3DiyKv4o5Ls
ExceptionToTheRule’s video voice tutorial: www.youtube.com/watch?v=NGywFPKjy9E
ExceptionToTheRule’s audio voice tutorial: soundcloud.com/cyndercyns/voice-tutorial

Resource guides:
Violet's Voice Tips: www.reddit.com/r/asktransgender/comments/1wi7uk/violets_voice_tips/
MTF Voice Changing Regime
The Changing Female-To-Male (FTM) Voice:
www.radical-musicology.org.uk/2008/constansisped.pdf
Testosterone and the trans male singing voice: transguys.com/features/testosterone-ftm-singing

Clothing & Accessories

Cheap places to buy clothes of varying sizes and styles
Texas Thrift $
Goodwill $
Buffalo Exchange $$$
Treasure City Thrift $
Savers $

List of Austin Clothing Closets:
Texas GSC clothing swap

Dress For Success:
Nonprofit geared towards helping femme identified individuals who need assistance with interview clothes
https://austin.dressforsuccess.org/

Top Drawer:
Non-profit thrift store that benefits folks living with HIV
http://www.topdrawerthrift.org/
Chest Binders

GC2B Binders:
These binders are generally regarded as great in terms of comfort and effectiveness and come in a wide range of sizes. Available in full or half length.

Flavnt Streetwear:
Austin based company that makes binders, shirts, sweatshirts and other accessories. This company also fundraises for top surgery

Out Play Swimwear:
A variety of styles of swimwear including swim tops that bind

Free or Low Cost Binders
Youth 18 and younger:  http://www.transactiveonline.org/inabind/get.php

Free binder application:  http://pointofpride.org/chest-binder-donations/

Free Youth Binder application:  www.ftmessentials.com/pages/ftme-free-youth-binder-program

Pre-worn Binder Donations:
You can donate binders and apply for free binders here
https://www.transactivegendercenter.org/in-a-bind

Social Groups

TGQ Social
The TGQ Social is for the trans spectrum: genderqueers, trans ladies, trans fellas, gender non-conforming types and all those who support and love us. Events are held about once a month
Website:  www.facebook.com/TGQSocial

Dragon’s Lair
While not explicitly an LGBTQ+ community group, Dragon’s Lair prioritizes creating a welcoming atmosphere for “any member of the comics and gaming fandom community regardless of race, religion, ethnicity, country of origin, sexual orientation or gender identity” and has a code of conduct to help ensure that Dragon’s Lair is safe space
Website:  dlair.net/austin
Beyond Brothers: A social organization focused on creating a positive and supportive community for Gay, Bisexual and Transgender Black/African-American Men. We support one another thru events, activism, peer mediation and volunteer work.
Websites: facebook.com/BeyondBrothaInt and www.beyondbrotha.org

Arts

Hivearts:
HIVE is a creative community fostering accessible artistic development through collaboration and low-cost classes and seminars. Hive “seeks to empower women of color, trans, queer, cis women and non-binary folks”
Website: hivearts.org

#altgirlcinema:
Run through the Women’s Community Center of Central Texas, this series screens diverse cinematic depictions of women’s lives that deviate from the mainstream film industry

The Mahogany Project

Gender Unbound Festival
The Gender Unbound Art Fest is a multi-discipline arts festival featuring trans and intersex creators. Created by and for trans and intersex community members, the purpose of Gender Unbound is to center and amplify our voices as the agents of our own stories. By illustrating our own visions, speaking in our own words, and dancing to our own music, we can break through stereotypes and show off the diversity of our best, most talented selves. Website: www.genderunbound.org
Volunteer for the Event: www.genderunbound.org/volunteer

Local Artists/Entertainers

Boiz of Austin
https://www.facebook.com/boizofaustin/
Legal Help

Lawyers in Travis County

CHA Law Group, Christine Henry Andresen
Address: 2003 S Lamar Blvd #3, Austin, TX 78704
Phone: 512-394-4230

Elizabeth Brenner of Burns Anderson Jury & Brenner, LLP
Address: 4807 Spicewood Springs Road, Bldg 4, Ste 100 Austin, Texas 78755
Phone: 512-338-5322
Website: https://www.bajb.com/attorneys/elizabeth-brenner/

Texas Rio Grande Legal Aid
Phone intakes: 1-888-988-9996, M-F 8:30am-7:30pm

Shefman Law Group Personal Injury
Attorney Lenore Shefman
Address: 512 E. 11th St. Suite 207
Phone: 512-386-8117
Website: https://www.shefmanlaw.net/

Domestic Partnerships

Travis County Clerk
Address: 5501 Airport Blvd, Austin, TX 78751
Phone: 512-854-9188
Clerk Edgar is familiar with registered domestic partnerships, filing to establish or dissolving partnership

Name and Gender Marker Resources

Texas Name and Gender Marker Change Wiki - May 20187
Accompanying facebook group: https://www.facebook.com/groups/239080616277407/

UT Name and Gender Marker Project
Facebook group: https://www.facebook.com/TexasLawTNGMP/?fref=ts
Trans Relief
Resources by state: https://transrelief.com/resources.html
Apply for financial aid: https://transrelief.com/apply.html and https://www.transassistance.org/request-assistance/

Trans Equality Texas
Website: http://www.transequality.org/documents/state/texas

Self Advocacy Tools
General Educational Tool
Lambda Legal Know Your Rights
Gender Spectrum Online Resources
Trans Youth Leadership Summit

Employment
This brief flyer (front and back) lists some intro definitions as well as basic guidance on how to be a good and respectful coworker to trans people. Good jumping off point for cisgender coworkers.

Includes model policies for privacy, record keeping, names/pronouns, restrooms, locker rooms, dress code, health insurance and more. Includes a sample “Workplace Transition Plan” for those socially transitioning at work.


Know your Rights for Federal Employees http://www.transequality.org/know-your-rights/employment-federal

Additional Resources

WPATH Standards of Care 7th Edition:
Written by the World Professional Association for Transgender Health, this is the international standard for health care professionals working with trans and non-binary people. Unfortunately, it is somewhat outdated, overly restrictive and less than fully affirming.
“The overall goal of the SOC is to provide clinical guidance for health professionals to assist transsexual, transgender, and gender nonconforming people with safe and effective pathways to achieving lasting personal comfort with their gendered selves, in order to maximize their overall health, psychological well-being, and self-fulfillment.”
https://wpath.org/publications/soc

How to be a trans inclusive provider

Trans 101 for Trans People: A Guide to Medically Transitioning
How to Talk to your Doctor about Being Trans
Chest Binding 101
transguys.com/features/chest-binding
Gaff/Tucking 101

Gender Spectrum:
Resources to create gender sensitive and inclusive environments for all children and teens. Includes a comprehensive collection of research, resources, and stories to help any parent, family member, or guardian learn more about gender diversity.
Website: genderspectrum.org

Family Acceptance Project:
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
Center for Excellence in Transgender Health:
The mission of the Center of Excellence for Transgender Health is to increase access to comprehensive, effective, and affirming health care services for trans communities. Provides Guidelines for the Primary and Gender-Affirming Care of Transgender and Gender Nonbinary People, including protocols specific to gender nonconforming children and transgender adolescents.
Website: transhealth.ucsf.edu/protocols

The Transgender Teen: A Handbook for Parents and Professionals Supporting Transgender and Non-Binary Teens
Book by Stephanie Brill and Lisa Kenney.

Transgender Education Network of Texas: The Transgender Education Network of Texas (TENT) is an organization dedicated to furthering the gender diverse equity in the State of Texas.
Website: transtexas.org
PLEASE NOTE: If an incident is in progress or threat of immediate harm exists, call 911.

Trevor Project
The Trevor Project is the leading national organization providing crisis intervention and suicide prevention services to lesbian, gay, bisexual, transgender and questioning (LGBTQ) young people ages 12-24.
Trevor Project Lifeline: 866-488-7386, available 7 days a week, 24 hours a day
TrevorText: Text the word “Trevor” to 1-202-304-1200, available Monday-Friday 2pm-9 pm CT
TrevorChat: www.thetrevorproject.org, available 7 days a week, 2pm - 9pm CT

Trans Lifeline
According to their website, “Trans Lifeline is dedicated to the well being of transgender people. We run a hotline staffed by transgender people for transgender people. Trans Lifeline volunteers are ready to respond to whatever support needs members of our community might have.”
Website: www.translifeline.org
Trans Lifeline: 877-565-8860
Available 10am-4am CT every day

Ok 2 Talk
According to their website: “The goal of OK2TALK is to create a community for teens and young adults struggling with mental health problems and encourage them to talk about what they’re experiencing by sharing their personal stories of recovery, tragedy, struggle or hope.”
Tumblr Page: ok2talk.org

National Suicide Prevention Lifeline
Description: The National Suicide Prevention Lifeline provides free and confidential emotional support to people in suicidal crisis or emotional distress 24 hours a day, 7 days a week. Crisis Chat also available.
Lifeline: 1-800-273-8255