



TRANSGENDER WELLNESS

a program of **OutYouth**

Trans Resource Guide Austin and Central Texas



909 E. 49th 1/2 St.

Austin, TX 78751

512-419-1233

www.outyouth.org/transwellness

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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](https://www.outyouth.org/screening).

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, LPC
<https://www.aliveaustin.com/jenna-burns/>
Specialties: DBT

Becks Byington, LMSW (*he/him*)
Heart-Centered Therapy
heart-centeredtherapy.com/becksbbyingtonlmsw
Phone: 737-217-1244
Virtual Therapy (Texas)

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

Tracy Deagan LCSW, LPCS and Kara Nassour
LPCA
Violet Crown/Deagan
Address 12510 West Cow Path, Austin, Texas
78727
Phone 512-796-3457
www.violetcrowncounseling.com/

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

Jo Eckler, Psy.D
512-368-7784
www.beyondtherapy.us
Appointments for letters of support:
<https://beyondtherapy.as.me/onlinelettereval>

Mary Firme, LPC
311 Ranch Road 620 South, STE 203, Lakeway,
TX 78734
1645 Main ST, STE A5, Buda, TX 78610
512-537-7713
<https://www.psychologytoday.com/us/therapists/mary-w-firme-lakeway-tx/356599>

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

Cassidy Laminack, LMFT, LPC
8500 N Mopac Expy. Ste 819, ATX, 78759
512-686-5734
<https://www.psychologytoday.com/us/therapists/cassidy-laminack-austin-tx/343243>



Ryan Dillon, LPC
8700 Manchaca Road, Suite 806, Austin, Texas
78748
512-593-2287
<https://www.openbooktherapy.com/>

Noah Garcia, LPC
NextQuest Counseling, PLLC
8500 N Mopac Expressway, Ste 808 Austin, TX
78759
512-810-0200
<https://nextquestcounseling.com>

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

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

Erica Heller, LCSW, LCDC
EMDR Trained
512.956.8446
heartlinescounseling.com

Summer Hough, M.A., LPC
EMDR Trained
(832) 304-6146
[https://www.psychologytoday.com/us/therapists/
summer-hough-austin-tx/459978](https://www.psychologytoday.com/us/therapists/summer-hough-austin-tx/459978)

Russell Kautzsch, MS, LPC
Austin Counseling and Trauma Specialists, PLLC
3000 Polar Lane, Ste 501, Cedar Park, TX 78613
512-400-4321
www.austincts.com

Brian Kennedy, LPC
512 East 11th St, Suite 205, Austin, TX, 78701
512-445-3494
www.psychotherapyofaustin.com

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

Rachel Madorsky, LCSW
3103 Bee Cave Rd, Suite 210, Austin, TX 78746
512-415-2896
www.rachelmadorsky.net

April Owen, Psy. D
5184 W HWY 290 WB, Bldg 1, Unit 150, 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
Offering Teletherapy
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>

Sarah Shaney, LCSW
825 West 11th St. Austin, TX 78701
(210) 880-0418
[https://www.inclusivetherapists.com/pro/2020081
0153655](https://www.inclusivetherapists.com/pro/20200810153655)
Provides services in Spanish

Ashley Taylor, MA, LPC
107 Fannin Ave. Bldg 100, Round Rock, TX 78664
928-231-0464
info@ashleytaylorcounseling.com
[https://www.psychologytoday.com/us/therapists/as
hley-taylor-round-rock-tx/372058](https://www.psychologytoday.com/us/therapists/ashley-taylor-round-rock-tx/372058)



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

Brian Kunde, LCSW
Serving Clients in Austin & Houston
512-534-1533
<https://swpsychotherapy.com/brian-kunde-ms-lcsw/>

Monrovia Van Hoose, LCSW
5555 N. Lamar Blvd. Suite E-125
Austin, TX 78751
Monroviavanhoose.com

Neathery Falchuk, LCSW-S
Ample + Rooted
1008 Mopac Circle Suite 200, Austin, TX 78746
512-759-0595
hello@ampleandrooted.com

Max Casero (they/them), LCSW-S
& Associates
Austin, TX
Virtual Therapy for residents of Texas
<http://www.prismcounselingservices.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.abrahampsy psychiatry.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. 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, TX 78759
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](#).

Transgender Men/ Trans Masc Group

Wednesdays 7pm-830pm

Initial Individual Session and 8 week commitment required.

Cost: \$40 per session

Contact: Noah Garcia, LPC 512-810-0200 <https://nextquestcounseling.com>



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>

Open World Coaching and Consulting, LLC

Noah Garcia, MA, LPC-S, NCC

I work with trans and nonbinary folx on the "how" and "when" of transitioning and navigating issues specific to this that may arise. You can expect that we will work collaboratively to define your goals, formulate a plan, and that I will provide you with the structure, accountability, encouragement, and support to meet your goals.

Phone and video meetings

noah@openworldcc.com

<https://www.openworldcc.com/>



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 (Temporarily Closed)

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 Expy, 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

Perspective Dental, Ashley Smitherman, DDS

https://perspectivedentalatx.com/?utm_source=google&utm_medium=organic&utm_campaign=google+mb+website+button

Address: 4631 Airport Blvd. Ste 120-A Austin TX 78751

Phone: 512-965-9358



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 Wellness

<https://www.spectrumwellnessaustin.com/>

Address: 813 Springdale Rd, Austin, TX 78702

Phone: 512-923-2370

Hours: Friday 3pm-8pm, 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: 13062 US-290, Suite 202 , Austin, TX 78737

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

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/>

Dr. Carolyn Kaufman at Austin Regional Clinic
<https://www.austinregionalclinic.com/doctors/caroline-carrie-kaufman>
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



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 Koenig Ln, Austin, TX 78751

Phone: 5833-937-5460 (833-WE-R-KIND)

Hours: Monday, Tuesday, Thursday, Friday 9am-5pm; Wednesday 11am-7pm;

South Austin:

Address: 2800 S IH 35 Frontage Rd #103, Austin TX 78704

Phone: 833-937-5460 (833-WE-R-KIND)

Hours: Monday through Friday 9 am-5 pm, Wednesday 11-7:30

San Antonio:

Address: 732 Isom Rd Ste. C, Rm 1, San Antonio, TX 78216

Phone: (210) 853-0028

Hours: Monday, Tuesday, Thursday, Friday 9am-5pm; Wednesday 11am-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
<https://texasdiabetes.com/about-us/our-doctors/stephanie-shaw/>
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://brownsteincrane.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/>

Dany Hanna, MD

Hanna Gender Center

Address: 7777 Forest Ln Suite C650, Dallas, TX 75230

Phone: (972) 327-5524

<https://hannagendercenter.com/>

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

Financial options: <https://www.ai4ps.com/plastic-surgery-financing-plano/>



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](tel: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>

Sppare.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 a website with a 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

Oscar insurance has been used and reported to have trans healthcare coverage

Medicaid & CHIP (Texas) <https://yourtexasbenefits.hhsc.texas.gov/programs/health>

Medical Access Program (MAP) of Central Health www.medicalaccessprogram.net

MAP Handbook

www.medicalaccessprogram.net/wp-content/uploads/2012/07/MAP-Handbook-English-February-15-2016.pdf

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

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=IwAR313pgoTXIULV17wmstLCXBU6vGFllrqsnWHuyUSiZU9CryXtJtYK1VNs>

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 wellbeing 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/

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

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/0B3jqPTikCI3WY28xM1h1TIZ1R00/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:

<http://outforeducation.org/wp-content/uploads/2018/11/2019-OFE-Scholarship-Application.pdf>

[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://zaminobla.org/alfund/>

Application: <https://zaminobla.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, an alternative ID number can be provided if you don't have one by contacting an Adult Education staff member

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

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

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

Complete intake to determine eligibility for Workforce Advancement

www.goodwillcentraltexas.org/intake-form

Attend orientation for Youth Opportunities

www.goodwillcentraltexas.org/education-job-training/opportunities-for-youth

Job Fairs www.goodwillcentraltexas.org/education-job-training/job-fairs

Finance

Foundation Communities: www.foundcom.org

Money management classes : foundcom.org/financial-stability/money-management-classes

One-on-One financial coaching : foundcom.org/financial-stability/financial-coaching

Tax Prep : <http://foundcom.org/financial-stability/austin-tax-preparation/>

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

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

Website: <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 a 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 <https://caritasofaustin.org/need-help/get-started/>

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

texasfosteryouth.org/blog/wp-content/uploads/2016/05/5th-Edition-Foster-Youth-Guide-Web-Final.pdf

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/>

[Fit & Fearless](#)

Women & Queer Owned gym that specializes in Krav Maga

Address: 4109 Todd Ln Suite 1600, Austin, TX 78744

Phone: [\(512\) 441-5728](tel:(512)441-5728)

fitandfearless.com

[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.

321 W Ben White Blvd, Suite 204-B, 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

1023 Springdale Road, 8A Austin, TX 78721

(512) 800-4998

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. Located inside Bella Salon

Hair Stylists

Bragglight Barber

Website <https://www.bragglightbarber.com>

Phone: 512-766-8449

Address: 2704 Del Curto Rd. Austin, Texas 78704

Hours: Tuesday – Saturday: 10 AM – 6 PM

General Inquiries: bragglightbarber@gmail.com

Specializing in short hair styles and coloring

Proud People Barber (Mobile Barber)

Website <https://proudpeoplebarber.com>

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

shop number: 512-305-3915

2210 S 1st St, Unit H, Austin, TX 78704

Barber cuts. Cuts at shop are \$35

Short Hair Company

Website <https://www.shorthaircompany.com>

Phone: 512-806-9092

3720 S Congress Ave B, Austin, TX. 78704

Hours: Monday - Friday 9 am - 7pm & Saturday 9 am - 4 pm

Take 5 Haircuts

Phone: [\(512\) 506-9055](tel:5125069055)

Address: 1050 Lakeline Blvd #102, Cedar Park, TX 78613

Appointment Required

Voice Training

Anna Lantry

Offers coaching to retrain both the speaking AND singing voice. Sessions are conducted via Zoom. Located in Portland, OR.

Prices: \$50/ 30-minute individual session, \$80/60-minute individual session, \$25/ 60-minute group session.

<https://www.youtube.com/user/scootergoat01>

<https://www.yourlessonsnow.com>

(210) 883-4093

Erica Bodoin, Speech Pathologist at UT

Austin Ebodoin@gmail.com, 512-294-9077

Icy Monroe, The Voice Clinic

<http://www.thevoiceclinicatx.com/contact/>

Prices: Consultations \$40 for up to an hour, Sessions \$50.00 for 40 minute session, \$60.00 for 50 minute session when purchased as part of a package

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/transgender-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:

http://www.needhelp-payingbills.com/html/austin_clothing_closets.html

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.ftm essentials.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 Riogrande 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 - July 2022

https://lawlibrary.traviscountytexas.gov/docs/GenderMarker_and_NC_Kit_March_2017.pdf

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

Transgender Law Center, "Tips for Working with Transgender Coworkers An information and resource publication for employees"

<http://transgenderlawcenter.org/wp-content/uploads/2012/09/12.16.2015-forcoworkers.pdf>

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.

Transgender Law Center Resources, "Model Transgender Employment Policy: negotiating for an inclusive workplace"

<http://transemploymentprogram.org/wp-content/uploads/2016/05/ModelWorkplacePolicy-New.pdf>

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.

Guidance Regarding the Employment of Transgender Individuals in the Federal Workplace

<https://www.opm.gov/policy-data-oversight/diversity-and-inclusion/reference-materials/gender-identity-guidance/>

Know your Rights for Federal Employees

<http://www.transequality.org/know-your-rights/employment-federal>

Employment Discrimination and Transgender People

http://www.transequality.org/sites/default/files/docs/kyr/EmploymentKnowYourRights_July2014.pdf

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

<http://openmindedhealth.com/transgender-101-trans-people/>

How to Talk to your Doctor about Being Trans

http://www.outforhealth.org/files/all/getting_trans_competent_care.pdf

Chest Binding 101

transguys.com/features/chest-binding

Gaff/Tucking 101

<https://pointofpride.org/gaffs-101-tucking-safely-and-comfortably/>

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.

Half Price Books: <https://www.hpb.com/products/the-transgender-teen-9781627781749>

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



Hotlines and Helplines

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