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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.
## Therapists

<table>
<thead>
<tr>
<th>Name</th>
<th>Specialties</th>
<th>Website/Contact Information</th>
</tr>
</thead>
<tbody>
<tr>
<td>Paula Buls, LCSW</td>
<td></td>
<td>1106 Clayton Ln Suite 204E Austin, TX 78723 512-228-8199 paulabuls.com</td>
</tr>
<tr>
<td>Jenna Burns, LPC</td>
<td>DBT</td>
<td><a href="https://www.aliveaustin.com/jenna-burns/">https://www.aliveaustin.com/jenna-burns/</a></td>
</tr>
<tr>
<td>Becks Byington, LMSW (he/him)</td>
<td></td>
<td>Heart-Centered Therapy heart-centeredtherapy.com/becksbyingtonlmsw Phone: 737-217-1244 Virtual Therapy (Texas)</td>
</tr>
<tr>
<td>Kimberly Vered Shashoua, LCSW</td>
<td></td>
<td>5555 N Lamar BLVD STE E-125 Austin, TX 78751 512-200-8860 <a href="mailto:vered@veredcounseling.com">vered@veredcounseling.com</a> <a href="https://www.veredcounseling.com/">https://www.veredcounseling.com/</a></td>
</tr>
<tr>
<td>Dwight Dugan, LCSW</td>
<td></td>
<td>1605A East 7th Street, Austin, Texas 512-207-0096 <a href="http://www.duganpsychotherapy.com/dwight">www.duganpsychotherapy.com/dwight</a></td>
</tr>
<tr>
<td>Jo Eckler, Psy.D</td>
<td></td>
<td>512-368-7784 <a href="http://www.beyondtherapy.us">www.beyondtherapy.us</a></td>
</tr>
<tr>
<td>Mary Firme, LPC</td>
<td></td>
<td>311 Ranch Road 620 South, STE 203, Lakeway, TX 78734 1645 Main ST, STE A5, Buda, TX 78610 512-537-7713 <a href="https://www.psychologytoday.com/us/therapists/mary-w-firme-lakeway-tx/356599">https://www.psychologytoday.com/us/therapists/mary-w-firme-lakeway-tx/356599</a></td>
</tr>
<tr>
<td>Jennifer Gamewell, LPC</td>
<td></td>
<td>6626 Silvermine Dr, #600, Austin, TX 78736 512-484-1976 <a href="mailto:jennifer@jennifergamewell.com">jennifer@jennifergamewell.com</a></td>
</tr>
</tbody>
</table>

**Note:** For appointments, letters of support, and virtual therapy services, please visit the respective websites or contact the therapists directly.
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

Russell Kauitzsch, 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/20200810153655
Provides services in Spanish

Ashley Taylor, MA, LPC
107 Fannin Ave. Bldg 100, Round Rock, TX 78664
928-231-0464
info@ashleytaylorcounseling.com
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.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
Website: 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
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](http://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](http://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](http://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](http://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](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=gmb+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
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](www.goodrx.com/spironolactone?drug-name=spironolactone)

Needy Meds: [www.needymeds.org](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:

**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/](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  

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  
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/0B8xyRnMf7TJLYzhOMDl4SmU0ZjA/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

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 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
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://btl.a.squarespace.com/?fbclid=IwAR313pgoTXIULV17wmstLCXB6vGF1rqsWhuyUSiuZU9CryXjtjytYK1VNs

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/


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/0B3jqPTiKCI3WY28xM1h1TlZ1R00/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://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/](http://www.apiqwtc.org/resources/apiqwtc-scholarship/)

**Scholarships of $2,500**

**American Atheists**
Qualifications: [https://www.atheists.org/activism/scholarships/](https://www.atheists.org/activism/scholarships/)
Application: [https://www.atheists.org/activism/scholarships/](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](http://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](http://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/](http://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
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](http://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

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

Icy Monroe, The Voice Clinic
http://www.thevoiceclinicaustin.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

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

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
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: dair.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 - July 2022
https://lawlibrary.traviscountytx.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”
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”
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

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

Employment Discrimination and Transgender People
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
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-9pm 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