

## **TRANSGENDER/GENDER VARIANT AFFIRMING PROVIDERS & ADDITIONAL RESOURCES**

### **Laser & Electrolysis**

#### **Smooth Solutions**

Plano & San Antonio

(210) 764-2800

<http://www.smoothsolutions.net>

Smooth Solutions has two San Antonio locations and one in Plano. The laser techs are very comfortable with transgender beard removal and are very friendly and courteous in general.

#### **Jean Rochford Electrology**

9510 Tioga

(210) 696-7374

Jean has been doing beard removal for a very long time. She uses the RF method; not galvanic. She has worked on many 'girls' and considers some of us to be personal friends. Jean has the experience to avoid scarring – a major concern when picking an electrologist.

#### **Maryellen V Little Audrey M. Little**

18545 Sigma Road, Suite 110

(210) 454-9840

<http://HairFree4Me.com>

Maryellen and Audrey are a mother-daughter team of electrologists. They are experienced with transgender MtF beard removal and quite comfortable with our community.

#### **Rejuvenating Transformations MedSpa**

5016 FM1518, Selma, TX 78154

(210) 635-0411

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

### **Accoutrement**

#### **The Love Shack**

1580 Babcock Rd, San Antonio, TX 78229

Phone:(210) 767-9411

Locally owned by Amy Gonzalez, who is also a huge supporter of the LGBT community and SAAF. Friendly, helpful, well-trained staff. Binders, soft packs, and strap-ons, larger sized lingerie. All ages can shop here. Staff very friendly and helpful, can order anything they don't have in stock.

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

#### **Adult Megaplex**

Large selection of soft packs and strap-ons. Open until 2AM daily. 18 and over shop.

<http://Megaplexsa.com>

9405 N Interstate 35

Phone: (210) 657-9999

11827 San Pedro Ave

Phone: (210) 404-0011

#### **Thinx**

Non-girlie period underwear for transmen (they don't fit a soft pack but at least they aren't lacey!)

<http://www.shethinx.com/products/boyleft>

## **Breast Reconstruction/Top Surgery**

### **Gary Lawton, MD**

525 Oak Centre Dr #260  
San Antonio, Texas 78258  
210-496-2639

<http://www.transgendersurgery-sanantonio.com>

### **Constance M. Barone, M.D.**

San Antonio Office  
9502 Huebner Rd  
Bldg 2, Unit 202 San Antonio, TX 7824  
(210) 614-0400

<https://www.baroneplasticsurgery.com/transgender-surgery>

### **San Antonio Cosmetic Surgery**

#### **Delio Ortegon, MD**

#### **Michael Baumholtz, MD**

11130 Christus Hills Suite 108  
San Antonio, Tx 78251  
210-614-4320

<http://www.sanantoniocosmeticsurgery.net/transgender-breast-surgery-san-antonio>

### **Thomas Jeneby, MD**

7272 Wurzbach Rd #801, San Antonio, TX 78240  
210-270-8595

<https://drjenebyplasticsurgery.com/>

## **Other Gender Affirmation Surgery Providers**

### **Surgeons Worldwide Who Provide Gender Affirmation Surgeries**

[https://docs.google.com/spreadsheets/d/1jqkDSpCwahWrJB5b-jfua4yQ-sMHmJZwwK6N\\_XAmjbU/edit#gid=0](https://docs.google.com/spreadsheets/d/1jqkDSpCwahWrJB5b-jfua4yQ-sMHmJZwwK6N_XAmjbU/edit#gid=0)

## **Hormone Therapy**

### **Laura Akright, MD**

Northeast Endocrinology Associates  
5000 Schertz Pkwy #200, Selma, TX 78154  
(210) 650-3360

<http://neendocrinology.com>

### **Lauren Pankratz, MD (hormone therapy for adolescents)**

5107 Medical Drive San Antonio, TX 78229  
(210) 614-8612

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

### **Mary J. Wray, MD (Teens and Young Adults)**

111 S Laurel Luling Ave, Luling, Texas 78648  
(830) 875-6399

<http://www.janewraymd.com>

**Dennis Oliver, MD**

MacGregor Medical Center  
9969 Fredericksburg Road, San Antonio, TX 78240  
(210) 690-2273  
<https://www.macgregormed.com/service/oliver/>

**Kind Clinic**

900 E 30th St #302, Austin, TX 78705  
<http://kindclinic.org/>

**Stephanie Shaw, MD**

6500 N Mo Pac Expy # 3-200  
Austin, TX 78731  
(512) 458-8400  
<http://www.texasdiabetes.com/about-us/our-doctors/stephanie-shaw/>

**Kate Wanstrom, FNC**

Central Family Practice  
720 West 34th Street, Suite 105  
Austin, TX 78705  
(512) 371-9260  
<http://Centralfamilypractice.com>  
(Transmasculine Specialist)

**Jennifer Feldman, MD**

1415 California Road  
Houston, TX 77006  
(832) 548-5246  
<http://legacycommunityhealth.org>

**Zest Family Medicine**

1201 Lakeline Blvd #400  
Cedar Park, TX 78613  
(512) 379-7272  
<http://www.zestfamily.com>

**Brynna Conner, MD**

10, 2911 Medical Arts St  
Austin, TX 78705  
(512) 382-9500

**The GENDER Education and Care, Interdisciplinary Support (GENECIS) Program (Transgender Program)  
Children's Health<sup>SM</sup> Specialty Center Dallas Campus**

214-456-5959  
<https://www.childrens.com/specialties-services/specialty-centers-and-programs/endocrinology/programs-and-services/genecis-program>

**Semen/Embryo/Egg Storage and Donation Services**

**California Cryobank**

9000 Kirby Drive  
Houston, TX 77054

(888) 811-2796 ext. 1304 (Erica)

<http://www.cryobank.com/About-Us/Locations/Houston/>

\$553 to complete initial services (processing blood work, infectious disease assessment, FDA process and leave sperm sample. \$45 per month for storage or \$475 per year

### **Mental Health Counseling**

*(Individual Counseling/Assessment/Letters for Hormone Therapy or Surgery)*

#### **Adam A. Saucedo, MA, LPC-S, NCC**

12030 Bandera Rd. Ste. 108 – J

Helotes, Texas 78023

(210) 853-0503

Adam is a Licensed Professional Counselor who is Trans/Gender Diverse affirming. He is a Cisgender male who has received supervision from a Senior Gender Specialist and is a member of WPATH (World Professional Association of Transgender Health). He is an active member in the GLBTQ community and is passionate about providing ethical, quality, therapeutic services to the community. He is on a variety of insurance panels, such as Blue Cross Blue Shield, OptumHealth/UBH, Aetna, Humana, TRICARE and Traditional Medicaid, to name a few. Please visit his website to learn more about services, fees, and experience.

<http://www.synchronicity-counseling.com>

#### **Faith G. Harper, PhD, LPC-S, ACS, ACN**

8603 Crownhill Suites 3 and 29

San Antonio, TX 78209

Phone: 210-705-2121

Faith is a private-pay therapist who works with individuals throughout the state who want to ensure their privacy in treatment by avoiding billing and diagnosis. She is the past president of TALGBTIC and writes "The Intimacy Dr" column for Out in SA magazine. She specializes in gender, sexuality, relational intimacy, and trauma. She has additional certifications in sexology and applied clinical nutrition. Additionally, Faith can coordinate with other therapists providing treatment when a letter from a PhD level mental health professional is required for medical treatment or legal recognition.

<http://faithgharper.com>

<http://theintimacydr.com>

#### **Adrian Warren, PhD, LPC-S**

Adrian is a private-pay therapist who offers reduced rates for LGBTQ individuals under the age of 25 and veterans. He provides both traditional talk therapy services, holistic complimentary therapies, and trauma informed care. He has an certifications in hypnotherapy and breathwork. He is the current president of TALGBTIC and noted speaker and consultant on LGBTQ issues.

Phone: 210-326-6127

<http://www.seekthegrey.com>

### **Neurofeedback**

#### **Jacqueline Parsons, PhD, LPC**

Home based clinics in San Antonio and Burnet.

(210) 881-7907

[https://therapists.psychologytoday.com/rms/name/Jacqueline\\_P\\_Parsons\\_PhD,LPC\\_San+Antonio\\_Texas\\_112613](https://therapists.psychologytoday.com/rms/name/Jacqueline_P_Parsons_PhD,LPC_San+Antonio_Texas_112613)

**Allen Novian, PhD, LPC-S**

Integrated Counseling & Neurofeedback Solutions  
13300 Old Blanco Rd #260  
San Antonio, TX 78216  
Phone: (210) 831-1282  
<http://www.integrativecounselingandneurofeedbacksolutions.com/>

**Psychiatry**

**Eileen Smith, MD**

Northeast Medical Plaza  
8800 Village Drive #200  
San Antonio, TX 78217  
(210) 967-0515

**Inpatient Care and Support**

**Pride Institute**

Specializing in the treatment of Substance Abuse, Sexual Health and co-occurring Mental Health issues and their manifestations within LGBTQ+ clients.  
Eden Prairie, MN  
<http://pride-institute.com/>

**Starlite Recovery Freedom Program**

For those in the LGBTQIA community, addiction and recovery are complex issues. The Freedom Program addresses the unique needs of those identifying as LGBTQIA and provides hope and healing in a safe, supportive environment.  
Center Point, TX  
<http://www.starliterecovery.com/about/contact>

**Primary Care Physician (PCP)**

**Dennis Oliver, MD - Internist**

MacGregor Medical Center  
9969 Fredericksburg Road, San Antonio, TX 78240  
(210) 690-2273  
<https://www.macgregormed.com/service/oliver/>

**Nicole Riddle, MD**

University Of Texas Health Science Center  
7703 Floyd Curl Dr  
San Antonio, Tx 78229  
(210) 567-7000 (Office)

**Edwin Tamayo, MD**

10103 W Loop 1604 N #101  
San Antonio, TX 78254  
(210) 521-6328

<http://www.personalmedclinic.com>

### **Pediatrics**

#### **Christin Carroll, MD**

UT Health Science Center San Antonio  
7703 Floyd Curl Drive  
San Antonio, TX 78229  
(210) 562-5324

<http://pediatrics.uthscsa.edu/residency/resident.html>

#### **Ryan VanRamshorst, MD**

4502 Medical Drive  
San Antonio, TX 78229  
(210) 358-5515

<http://www.universityhealthsystem.com/physician-directory/v/van-ramshorst-ryan>

### **OB-GYN**

#### **Brian Harle, MD**

7711 Louis Pasteur  
Suite 200  
San Antonio, Texas 78229  
(210) 692-9500

<http://www.sevenoakswomens.com/profile.asp?profile=3>

#### **Abarham Alecozay, MD**

7430 Barlita Blvd #105, San Antonio, TX 78224  
(210) 922-2727  
<http://www.abrahamalecozaymd.com/>

### **Ear Nose and Throat Physician**

#### **Rebecca Bowen, MD**

ENT Clinics of San Antonio  
926 Brooklyn Avenue  
San Antonio, TX 78215  
Downtown - Clinic 1 (1st floor)  
Phone: 210-224-5481

<http://www.entclinicsofesa.com/ent-doctors-san-antonio-texas.html>

### **Complimentary Medicine**

#### **Tabares Active Health**

Acupuncture, Herbal Medicine, Functional Nutrition and Exercise. George Taberas will provide all services in the comfort of your own home. He is also a licensed massage therapist and you can request him when making a massage appointment at Oak Haven Massage (210-92-0440)  
Phone: 619-723-6705

<http://tabaresactivehealth.com/>

## **Women Awakening Circles**

Odessa is trained in Betty Dodson's Bodysex workshops and is a trans\* affirmative and inclusive practitioner, happy to welcome all women (not just birth-assigned women) into the sisterhood!  
<https://www.facebook.com/womenawakeningcircles/>

## **Attorney (Name and Gender Marker Change)**

### **The Nichols Law Firm, PLLC**

Justin Nichols  
115 E. Travis Street, Suite 1740  
San Antonio, Texas 78205  
(210)354-2300  
[info@TheNicholsLawFirm.com](mailto:info@TheNicholsLawFirm.com)  
<http://thenicholslawfirm.com/makeitofficial.php>

## **Worship**

### **Christian (Denominational-Specific and Non-Denominational)**

Dignity San Antonio (Roman Catholic)  
First Unitarian Universalist Church (UU)  
Good Shepherd Lutheran (Lutheran, ELCA)  
Living Church at Woodlawn Point (Progressive Christian)  
Madison Square Presbyterian Church (Presbyterian)  
Metropolitan Community Church (MCC)  
New Beginnings Lutheran Church (Lutheran)  
Religious Society of Friends in San Antonio (Quaker)  
River City Living Church (Non-Denominational)  
Spirit of Peace Church -- Progressive Christian  
Soul Force (Non-Denominational Christian Activist Group)  
The Church of Reconciliation – Episcopal  
Travis Park United Methodist Church (United Methodist)

### **Other Affirming Places of Worship**

Baha'i Center of San Antonio  
Celebration Circle (Multi-Faith Community)  
San Antonio Zen Center (Zen Buddhism)  
Shambhala Center of San Antonio (Shambhala [Tibetan] Buddhism)  
Rissho Kosei-Kai Dharma Center (Ekayana Buddhism)  
Temple Beth-El (Judaism)

## **Support Groups**

**Be Human SA** -- A peer support group for transgender youth and their parents who can comfort each other with encouragement, love, and advice. Meets the 3rd Monday of each month from 6:00 pm to 8:00 pm.

<http://pridecentersa.org/programs/peer-support-groups/>

**Trans Men Peer-to-Peer Support Group** -- Peer-to-Peer social support group open to trans men and those in question of transitioning from female to male. Ages 15+ only. Meets the 3rd Wednesday of each month from 6:00 pm to 8:00 pm.

<http://pridecentersa.org/programs/peer-support-groups/>

**Rainbow Circle** -- A peer social support group for everyone that identifies within the LGBTQ+ spectrum. Meets the 4<sup>th</sup> Thursday of each month from 6:30 pm to 8:00 pm.

<http://pridecentersa.org/programs/peer-support-groups/>

**San Antonio Gender Association** – (SAGA) is a support group for Transsexual, Transgender and Gender Variant individuals. We also welcome significant others, family, friends and allies. Meetings are held on the first and third Thursdays of the month.

<http://www.sagender.com>

**Fiesta Youth** – Fiesta Youth is a youth program in the San Antonio TX area for lesbian, gay, bi-sexual, transgender, and queer youth and their allies. The mission of Fiesta Youth is to provide a safe, non-judgmental, affirming place for LGBTQ young people to express and explore who they are through education, peer-support, advocacy and friendship. We hope to empower youth to build a future where ALL people are accepted and loved as they are so that they may become successful and contributing members of the community. Ages 12-18 meets every Tuesday from 6:30 to 8:30 at University Presbyterian Church on 300 Bushnell)

<http://www.fiesta-youth.org>

#### **Fiesta Parent Night**

Parents and caregivers of LGBTQ teens and young adults meets on the 2nd Tuesday of the month at University Presbyterian Church from 6:30-8:30 pm.

<http://www.fiesta-youth.org>

#### **PFLAG SA**

Parents, families, friends, and allies of lesbians and gays meet first Thursday of the month at 7PM at University Presbyterian Church.

<https://pflagsanantonio.org/>

**Laura's Playground** - A Transgender Umbrella Resource Community Online – Forum and Chat

<http://www.lauras-playground.com>

### **Other Community Resources**

**Pride Center of San Antonio** – The mission of Pride Center San Antonio is to serve the lesbian, gay, bisexual, transgender and HIV communities by connecting them and their families to community resources and organizations related to health, wellness, support, education, activities, and advocacy.

<http://pridecentersa.org>

**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. We work to accomplish this through education and networking in both public and private forums. Through our efforts we strive to halt discrimination through social, legal, legislative and corporate education.

<http://www.transtexas.org>



**Project Embrace** – Project Embrace: Families, Advocates and Allies Mission is to improve outcomes and enrich the lives for LGBTQ youth in and out of foster care, by providing education and training to individuals within our community, child care placing agencies and school systems.

<http://www.projectembracesa.org>

**Thrive Youth Center Inc.** – Our mission is to provide a safe and supportive center for homeless LGBTQ youth so they may become productive, skilled, educated and successful adults with the ability, opportunity and possibility of achieving their dreams.

<http://www.thriveyouthcenter.com/#!/the-project/ceu8>

**Austin PreP Access Project**

<http://www.austinprepaccessproject.org/>

*\*\*San Antonio clinic is in development!\*\**

Substantial List (many are adult-specific): <http://pridecentersa.org/resources/>

### **National Resources**

**WPATH Standards of Care** – The World Professional Association for Transgender Health promotes the highest standards of health care for individuals through the articulation of Standards of Care (SOC) for the Health of Transsexual, Transgender, and Gender Nonconforming People. The SOC are based on the best available science and expert professional consensus.

[http://www.wpath.org/site\\_page.cfm?pk\\_association\\_webpage\\_menu=1351&pk\\_association\\_webpage=3926](http://www.wpath.org/site_page.cfm?pk_association_webpage_menu=1351&pk_association_webpage=3926)

**Trans Youth Family Allies** – TYFA empowers children and families by partnering with educators, service providers and communities, to develop supportive environments in which gender may be expressed and respected.

<http://www.imatyfa.org>

**Transsexual documentary: "I Am Jazz: A Family in Transition." From the OWN network:**

[https://www.youtube.com/watch?v=M28AiP83\\_7k&list=PLE9E95D3F2496B1EA](https://www.youtube.com/watch?v=M28AiP83_7k&list=PLE9E95D3F2496B1EA)

**Gender-identity friendly Books for Young Kids:**

[http://hrc-assets.s3-website-us-east-1.amazonaws.com//welcoming-schools/documents/WS\\_Gender-Identity-Elementary-Students-Books-2015.pdf](http://hrc-assets.s3-website-us-east-1.amazonaws.com//welcoming-schools/documents/WS_Gender-Identity-Elementary-Students-Books-2015.pdf)

**Gender-identity books to assist Adults in understanding:**

<http://hrc-assets.s3-website-us-east-1.amazonaws.com//welcoming-schools/documents/Welcoming-Schools-Gender-Identity-Books-for-Adults.pdf>

**Robina Asti Wins an Important Legal Battle for Transgender Couples:**

<http://www.people.com/article/robina-asti-transgender-social-security-survivor-benefits>

**A Mother Stands Up for Her Child, And All Transgender Children:**

[https://www.youtube.com/watch?v=mkHx\\_2dpEbw](https://www.youtube.com/watch?v=mkHx_2dpEbw)

**Gender Spectrum** - To help create gender sensitive and inclusive environments for all children and teens.

<https://www.genderspectrum.org>

**TRANS LIFELINE** – Trans Lifeline is a non-profit 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.

<http://www.translifeline.org>

**Trans** – Trans is an extraordinary documentary feature about men and women, and all the variations in between. It is about the transgender community, perhaps the most misunderstood and mistreated minority in America and around the world. Inspired by the incredible story of Dr. Christine McGinn and her work as a transgender surgeon.

[http://www.amazon.com/gp/product/B00KEM3RBS/ref=pd\\_cbs\\_mov\\_aiv\\_1](http://www.amazon.com/gp/product/B00KEM3RBS/ref=pd_cbs_mov_aiv_1)

**Conversations With A Gender Therapist:**

<https://www.facebook.com/darahoffmanfoxlpc?fref=nf>

**Camp Aranu'tiq** – We build confidence, resilience, and community for transgender & gender variant youth and their families through camp experiences. California and New Hampshire

<http://www.camparanutiq.org/>

**Growing up Trans:**

<http://www.pbs.org/wgbh/pages/frontline/growing-up-trans/>

**Born this way: Stories of young transgender children**

<http://www.cbsnews.com/news/born-this-way-stories-of-young-transgender-children/>

**Trevor Project:** Founded in 1998 by the creators of the Academy Award®-winning short film TREVOR, 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 13-24.

<http://www.thetrevorproject.org>

**Lambda Legal** is a national organization committed to achieving full recognition of the civil rights of lesbians, gay men, bisexuals, transgender people and those with HIV through impact litigation, education and public policy work. **Legal Help Line 1-866-542-8336.**

<http://www.lambdalegal.org>

**Companies That Specialize In Transmasculine and Gender Nonconforming Fashion**

<https://www.dapperq.com/2013/10/store-guide-our-list-of-best-places-to-shop/>

### **Information About Gender Confirmation Medical Treatments**

**TRANSGENDER HORMONE REPLACEMENT THERAPY – HRT GUIDE 101 (OESTROGEN & TESTOSTERONE)**

<http://www.transgenderhub.com/transgender-hormone-replacement-therapy-hrt-guide-101-oestrogen-testosterone/>

**Interested in Having Gender-Affirming Surgery? Keep These Four Pieces of Advice in Mind**

<http://www.thebody.com/content/80061/interested-in-having-gender-affirming-surgery-keep.html>

## **Insurance Coverage**

The Affordable Care Act (ACA) did provide some long-overdue changes that have helped more transgender people get equal coverage. Previously, transgender patients were often denied coverage on the basis of a pre-existing condition, but the ACA has prohibited the denial of coverage on that basis. The health care law also prohibits sex discrimination, and in 2012, the Department of Health and Human Services clarified in a letter that this provision does indeed apply to transgender people. (More information on health care rights and how to file a complaint can be found here: <http://transequality.org/know-your-rights/healthcare>)

By the end of 2014, eight states had banned insurance companies from explicitly excluding surgeries for transgender people, and a few states even began offering coverage through Medicaid. 1/3 of insurance companies provide coverage for gender confirmation surgery.

<http://www.cheatsheet.com/personal-finance/these-insurers-offer-transgender-health-care-coverage.html/?a=viewall>

*\*Resources compiled by Adam A. Saucedo, MA, LPC-S, NCC and Dr. Faith Harper, LPC-S, ACS, ACN*