

Gender Health Resources:

Websites:

- Trans youth family allies- <http://www.imatyfa.org/resources-index.html>
- Family Acceptance Project: <https://familyproject.sfsu.edu/>
- Out Alliance - LGBTQ education and resources in Rochester: <http://www.gayalliance.org/>

Trevor Project <https://www.thetrevorproject.org> - Our trained counselors are here to support you 24/7. If you are a young person in crisis, feeling suicidal, or in need of a safe and judgment-free place to talk, call the TrevorLifeline now at 1-866-488-7386.

Books:

- The Transgender Teen: A Handbook For Parents and Professionals by Stephanie Brill and Lisa Kenney
- Transitions of the Heart: Stories of Love, Struggle and Acceptance by Mothers of - Transgender and Gender Variant Children by Rachel Pepper
- Beyond Magenta: Transgender Teens Speak Out by Susan Kulin
- Trans Bodies, Trans Selves: A resource for the Transgender Community by Laura Erickson-Schroth

Groups:

-Trans* Youth

The Trans* Youth group is an open and affirming space for young transgender and genderqueer individuals to come together and hang out. The group is open to any trans young person age 13-20 and meets on the first Tuesday of the month from 5:30-6:30pm at the Out Alliance LGBTQ Resource Center.

- Trans Youth Group

- "Peer group for gender expansive kids provides an opportunity for children to experience time with other kids who are also transgender or gender nonconforming. The teens hang out and talk about concerns or questions they are having with regard to gender if, and as, they come up. This is not a therapy group but an opportunity for teens to be surrounded by and develop relationships with peers who have similar "gender histories" without having to explain themselves. This is also an opportunity for parents and adult caregivers to mingle with others who "get it." Teens are welcome to present in whatever gender expression feels most comfortable to them."
- Organized by Emma Forbes Jones, local therapist with experience in gender health
- Meets the SECOND Saturday of the month from 11:30am – 1:00pm
- Please call 585-244-2429 or email emma@forbesjones.com if interested in attending.

Family Groups:

-Adult Families of Trans Youth:

- A facilitated discussion and social group to provide the families of trans* adolescents with a safe forum for self-expression, a shared network of support, and to be a central hub of

knowledge and resources.

- First Tuesday of every month, 5:30-6:30 pm
707 E. Main Street Rochester, NY 14605 United States
(585) 244-8640 [Http://www.openarmsmcc.org/](http://www.openarmsmcc.org/)

- Transparent

- Meetings are on the 3rd Tuesday of every month
- 6:30 pm to 8:00 pm
- Out Alliance, 100 College Avenue, Rochester, NY 14607
- Contact rochester.ny@transparentusa.org

Rochester area therapists with experience with transgender clients:

-Emma Forbes Jones: 244 2429 (South Clinton) - child and adolescent psychology

-Tansy Deutsch: 288-8266 (Westchester Ave) - >18 yo

-Jamie Kenyon: 319-4547 (Exchange Blvd) - >18 yo

-Lily Wolf: (607) 533-2760, <http://www.lilywolflmft.com/>

-Genesee Mental Health: 585-922-7770, when making appointment for the intake, share that this is to discuss transgender/gender identity/gender dysphoria and ask to be paired with a therapist who feels comfortable discussing gender identity concerns (there are many, one is Dennis Drew).

-Strong Behavioral Health: when making appointment for the intake, share that this is to discuss transgender/gender identity/gender dysphoria and ask to be paired with a therapist who feels comfortable discussing gender identity concerns

< 18yo 585-279-7800 - Ask for Robyn Broomfield and McKenzie Smallcomb

> 18 585-275-8321 - Ask for Megan Lytle

Stylist:

Kenna at True on Park (salon)

[Http://www.gayalliance.org/gard](http://www.gayalliance.org/gard) - Out Alliance Directory for electrolysis and laser hair removal

Voice Therapy

Gerriann Jackson, M.S., CCC-SLP/John Ingle, MD

UR Medicine Otolaryngology

Phone : 585-758-5700

Legal Name/gender marker change resources:

Volunteer Legal Services Project of Monroe County, Inc

Provides free legal help to low-income residents with non-criminal legal problems. Legal work is performed by primate attorneys who volunteer to help VLSP's clients.

Phone: 585-232-3051

[Www.vlsprochester.org](http://www.vlsprochester.org)

Telesca Center for Justice

One West main Street, 5th Floor

Rochester, NY 146014

Jenny Lewis Holmes
Nixon Peabody, LLP
1300 Clinton Square
Rochester, NY 14604-1792
Phone: 585-263-1494
Fax: 585-263-1600

Ryan Mullaney
LGBT Rights Project Paralegal at Empire Justice Center
*Can offer referral to regional and state organizations to help with name change
*Can provide a do-it-yourself guide for name changes for people who want to file themselves
Telesca Center for Justice
One West Main Street, Suite 200
Rochester, NY 14614
Phone: 585-295-5835 Fax: 585-454-2518
rmullaney@empirejustice.org

Personal Trainer:
Lore McSpadden (they): Irondequoit (\$40/session, scholarship available)