

Robert Wood Johnson | **RWJBarnabas**
University Hospital **HEALTH**

PROUD Gender Center of New Jersey

PGCNJ

“For the Community, by the Community”

Transgender Resource Guide

Property of
The PROUD Gender Center of New Jersey
(PGCNJ)

Version 17.0

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Introduction

This document is the property of The PROUD Gender Center of New Jersey (PGCNJ) which is located at 181 Somerset St. in New Brunswick, NJ.

This resource guide is intended for use by transgender, gender diverse, and intersex individuals, allies and/or individuals navigating transitioning.

This document is current as of the date listed on its cover and in its footer.

This document is intended to provide assistance and guidance to the transgender community of New Jersey. It is divided into six (6) sections to align with the Statewide, Central, Northern and Southern portions of the state of New Jersey. We have also included chapters for New York and Pennsylvania for completeness.

This document is really your document. We can only expand and provide additional information to our community with your help. If you have been using a provider with great success, someone you have trust and confidence in, please let us know about them. All of my doctors and providers are listed in these pages; I have known and trusted these individuals literally for years. I trust them to provide you with excellent care and properly provided services, which is why they appear in this guide.

I am sure that you also possess knowledge of trusted, reputable providers and ask that you please share the names and contact information of these individuals. Please send your submissions to me, and after they have been verified they will be added to this guide.

Thank you for caring about our community,

Nicole (Niki) Brownstein
nicolebrownstein@gmail.com

Glossary of Terms

Transgender - is defined as an individual whose gender identity does not match the sex they were assigned to at birth. It can also be viewed as an umbrella term which serves as a catch all for describing individuals who are in transition, navigating transitioning and/or identify under the transgender and gender diverse umbrella.

Assigned Sex - the sex that someone is labeled at birth usually based on the appearance of their genitals.

Gender Expression - the way someone expresses their gender through behavior, mannerisms, physical characteristics, or appearance.

Gender Identity - a person's internal sense of their own gender.

Gender Diverse - a term given to people who don't conform with the gender norms that are expected of them. The term usually refers to someone's gender expression, actions and/or presentation, people whose gender identities are more fluid or fall outside of the male female binary.

Intersex - people who are born with any of several variations in sex characteristics including chromosomes, gonads, sex hormones or genitals that, do not fall into the typical definitions for male or female bodies.

Transitioning - the act of making physical, social, medical, surgical, interpersonal, legal or personal changes that help to affirm someone's gender identity.

Disclaimers

1. This document is the property of *The PROUD Gender Center of New Jersey* (PGCNJ) which has complete and sole control of and full responsibility for its content.
2. This document is intended to provide the transgender community of New Jersey with a list of providers and resources to help with their needs.
3. This document is current as of the date listed on its cover page which can also be identified in the footer of each page.
4. This document should be considered a living document. This means that this document will be updated periodically to add new resources, remove resources no longer available and update existing resources with new or updated information.
5. We make no judgment or assessment of those listed on these pages nor the quality of their services.
6. We encourage you to speak with your trusted friends and ask for references when selecting a provider or resource.
7. Providers who are affiliated with RWJUH, RWJBH and Rutgers School of Medicine have passed these institution's strenuous quality standards and can be counted upon to deliver high quality services.
8. Questions or comments can be addressed to either the author or editor of the document.

This Resource Guide is being provided as a convenience and for informational purposes only; it does not constitute an endorsement, solicitation, or an approval by RWJBarnabas Health or any of its affiliates, including Robert Wood Johnson University Hospital of any of the products, services or opinions of the corporation or organization or individual. Neither RWJBarnabas Health nor any of its affiliates, including Robert Wood Johnson University Hospital, bear any responsibility.

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Statewide

The pages in this section apply to all of you on a statewide level. You will find referrals to resources and organizations which provide their services on a statewide basis in the section.

Advocacy and Education

Garden State Equality

1408 Main Street, Asbury Park, NJ 07712

<https://www.gardenstateequality.org/>

Phone: 973-509-5428

New Jersey's statewide advocacy and education organization for the lesbian, gay, bisexual, and transgender community with 150,000+ members. Garden State Equality (GSE) is the largest LGBTQ advocacy organization in New Jersey and one of the most successful statewide civil rights organization for the LGBTQ community in the nation. Services include advocacy, policy work, and trainings.

Human Rights Campaign

www.hrc.org/

Washington, DC: 1640 Rhode Island Ave N.W.

Phone: 800-777-4723

Local Office: 202-628-4160

Advocacy and organizing for LGBT Equal Rights. HRC has a number of resources for TGNC people including guides for TGNC people and employers and the Corporate Equality Index which measures workplace inclusivity.

Transgender Training Institute

TTI is a team of transgender and gender diverse educators who facilitate professional development and personal growth trainings. They provide tailored trainings for a wide range of clients, and also offer webinars, training of trainers and classes for individuals.

www.transgendertraininginstitute.com

Phone: 267-225-7845

National Center for Transgender Equality

www.transequality.org/

Washington, DC: 1325 Massachusetts Ave., Suite 700

Phone: 202-903-0122

National Gay and Lesbian Task Force

www.thetaskforce.org/

Manhattan, NY: 80 Maiden Lane, Suite 1504

Phone: 212-604-9830

Transgender Civil Rights Project provides leading legislative, policy, and strategy assistance towards increasing the rights of transgender people.

Gay Activist Alliance in Morris County (GAAMC)

A not-for-profit volunteer-run organization that provides social, educational, and outreach programs. GAAMC also offers opportunities for individuals to become politically active on issues related to the GLBTI community.

https://www.gaamc.org/contact_us

Alzheimer's / Dementia

Alzheimer's Association Greater NJ

<https://www.alz.org/nj>

Robyn Kohn, MA, Director of Programs & Services: Rmkohn@alz.org

Couples Counseling

David Rogoff

24 N 3rd Ave

Suite 202

Highland Park, NJ 08904

732 545-2844

dvdgrog@aol.com

Dental

Dental Life Line

<https://dentallifeline.org/>

Hotlines

Transgender Suicide Hotline

877 330-6366

Trans Lifeline

877 565-8860

Trevor Project

866-488-7386

National Suicide Prevention Lifeline

800 273-8255

Legal Services

American Civil Liberties Union

www.aclu.org/lgbt/

Manhattan, NY: 125 Broad St., 18th Floor

Phone: 212-549-2500

Advocacy, impact litigation, and legal services for LGBT people focusing on: LGBT rights, relationships/marriage, parenting, youth & schools, and TGNC discrimination.

LAMBDA-LEGAL

www.lambdalegal.org

Advocating for public policy at the local, state and federal levels to improve the lives of LGBT people, people affected by HIV, and their families and allies.

Transgender Law Center

www.transgenderlawcenter.org

Phone: 415-865-0176

Transgender Law Center works to change law, policy, and attitudes so that all people can live safely, authentically, and free from discrimination regardless of their gender identity or expression. Website also has a number of excellent resources regarding health and the law.

LGBTQ Senior care

SAGE Eldercare
290 Broad Street
Summit, NJ 07901
908 273-5550

Name Change Assistance

See page 160 of this document for instructions on performing this action by yourself

Trans Affirming Alliance

<http://transaffirmingalliance.org/>

info@transaffirmingalliance.org

National Center for Transgender Equality

<https://transequality.org/documents/state/new-jersey>

Parent and Family Support Groups

PROUD Transitions Family Support Group

A free support group to help parents, spouses, partners and adult children better understand, accept and deal with their transgender loved ones.

Date & Time: 3rd Thursday of each month 7-9pm

Contact: Nicole Brownstein at nicolebrownstein@gmail.com or

Kim LaGregor at kimberlylagregor@gmail.com

Pediatric and Child Transgender Affirming Mental Health Providers

CAARE Counseling & Consultation, LLC

Cameron Mazzeo, MSW, LCSW, LICSW

Specializes in LGBTQ, Polyamorous, and Kink Affirming Psychotherapy

Follows WPATH standards, able and willing to write letters of recommendation for Hormone Replacement Therapy or Gender Affirming Surgeries

Sees clients ages 13years old and Up

Out of Pocket/ Out of Network Benefit, or and Sliding Scale

All Documents completed online via Patient Portal

(609) 495-9051

CameronM@CAARECounseling.org

www.CAARECounseling.org

LGBTQ+ WAE: Support Group for Neurodiverse LGBTQ+ individuals

www.jsddmetrowest.org/lgbtq-wae/

Contact: Oscar Marin, oscaremarin209@gmail.com

Reproductive Medicine

IRMS Reproductive Medicine

973 548-9900

<https://www.sbivf.com/why-irms/#>

Substance Abuse

High Focus Center - Outpatient substance abuse and psychiatric treatment programs.

<https://highfocuscenters.pyramidhealthcarepa.com/programs/lgbtq-services/>

Partnership to End Addiction

711 Third Avenue

5th Floor, Suite 500

New York, NY 10017

contact@toendaddiction.org

(212) 841-5200

Suggested Viewing

Always Jane – Amazon Prime Video

Disclosure - Netflix

Suggested Reading

Advice

Transgender Children and Youth

(Cultivating pride and joy with families in transition.)

By Elijah C. Nealy

This book is good for parents of any age “child or adult child.”

The Transgender Teen

Stephanie Brill and Lisa Kenney

Trans Bodies Trans Selves-Erickson-Schroth

Trans Liberation-Leslie Feinberg

The Testosterone Files

Sister & Brother-Joan Nestle

Breakthrough-Jack Andraka

It Never Goes Away-Dr. Anne Koch

Redefining Realness: My Path to Womanhood, Identity, Love & So Much More by Janet Mock

Surpassing Certainty: What My Twenties Taught Me by Janet Mock

Whipping Girl: A Transsexual Woman on Sexism and the Scapegoating of Femininity by Julia Serano

Gender Outlaw: On Men, Women and the Rest of Us by Kate Bornstein

Gender Outlaws: The Next Generation by Kate Bornstein

She's Not There: A Life in Two Genders by Jennifer Finney Boylan

A Life Never Lived: New Beginnings by Robbin Lynn Servis

“You're in the Wrong Bathroom!": And 20 Other Myths and Misconceptions About Transgender and Gender-Nonconforming People-Schroth & Jacobs

Trans Like Me: A Journey for All of Us-CN Leste

To My Trans Sisters-Charlie Craggs

Before We Were Trans: A New History of Gender - Kit Heyam

Once a Girl Always a Boy: a Family Memoir of a Transgender Journey by Jo Ivester

Transitions of the Heart By Elisabeth Rodgers

Becoming Nicole By Amy Ellis Nutt

About a Girl by Rebekah Robertson

NOVELS

Nevada-Imogen Binnie

Detransition, Baby-Torrey Peters

Little Fish-Casey Plett

Survivor's Guilt-Robyn Gigl

Suggested Reading – con't

MEMOIRS

She's Not There: A Life in Two Genders-Jennifer Finney Boylan

Love Lives Here: A Story of Thriving in a Transgender Family-Amanda Jette Knox

Stuck in the Middle With You-Jennifer Finney Boylan

Tomorrow Will Be Different: Love, Loss, and the Fight for Trans Equality- Sarah McBride

As a Woman: What I Learned about Power, Sex, and the Patriarchy after I Transitioned-Paula Stone Williams

Tranny: Confessions of Punk Rock's Most Infamous Anarchist Sellout

Fairest: A Memoir-Meredith Talusan

Trans: A Memoir-Julia Jacques

Young Adults

George

Honor Girl-Maggie Thrash

Rethinking Normal-Katie Rain Hill

Children's Books

And Tango makes three

Heather has 2 Mommies

Daddy Papa and Me

PRIDE: Story of Harvey Milk & the Rainbow Flag

Julian is a Mermaid

George

10,000 Dresses

It's Okay to be Different

Love Makes a Family

Summer Camp

Tertium Quid

Tina Crelli

[www. http://tertiumquidcamp.org/](http://tertiumquidcamp.org/)

Teleconference Gender Therapy

Alexa Borrows, MS, LPC, NCC
Licensed Professional Counselor
All Counseling Group, LLC
AllCounselingGroup.com
Alexa@AllCounselingGroup.com
(865)432-6407

Transgender Support Groups

Proudly Me

Robert Wood Johnson University Hospital
181 Somerset Street
New Brunswick, NJ 08901
Second Thursday of each month, 6-8 PM EST
Virtual meetings currently
For information contact:

Leigh.mann@rwjbh.org

Daniel.Fernandez@rwjbh.org

Monthly support and education group meeting for members of the transgender community and allies.

Orguloso Grupo Latinx

A Spanish-speaking support group in collaboration with Zufall Health, for transgender and gender diverse Latinx and Spanish speaking individuals.

Group runs in Spanish.

Meets the 3rd Fridays of the month at 6pm.

For more information contact Daniel Fernandez at Daniel.fernandez@rwjbh.org

TrueSelves

Pride Center of New Jersey
85 Raritan Avenue, Suite 100
Highland Park, NJ 08904
732-846-2232

Third Sunday, 4:00-6:00pm EST and First Monday, 7:30-9:30pm EST

Group Leaders: Patricia Nagle

Group Leader Email: patti@pridecenter.org

Group Description: TrueSelves is a transgender, peer-based support group focusing on all aspects of the transgender spectrum from gender issues to understanding yourself and your community. All members of the transgender community are welcome.

PFLAG (Parents, Family, & Friends of Lesbians & Gays)

Offers support to LGBT people and their families through the coming out process.

*PFLAG Transgender Network (TNet) focuses on support for transgender people and their parents, families, and friends.

info@pflagprinceton.org

PFlag.TNET.Princeton@gmail.com

LGBTQ+ National Alliance on Mental Illness (NAMI)

Connection Recovery Support Group is a peer-led recovery support group for individuals (18+) in the LGBTQ+ community who are looking for a safe and inclusive space to discuss mental health and various LGBTQ+ related topics.

Meets last Sunday of every month

jyudof@naminj.org

Transportation

Logisticare

<https://www.logisticare.com/transportation>

New Jersey:

Amerigroup/DMAS

1-866-527-9933

Humana National Medicare (MCR)

1-866-588-5122

New Jersey Medicaid

1-866-527-9933

Virtual Healthcare

Healthy Transitions LLC

Diane Bruessow – PA-C, DFAAPA
50 Church St Ste L4
Montclair, NJ 07042

2050 Bellmore Ave
Bellmore, NY 11710

908 647-1688

Healthy Transitions, LLC isn't limited by where the office is located since, we're seeing patients virtually. We serve adolescents, as well as adults.

In addition to hormone & pubertal suppression, we also write second letters (but only for established patients). Does that make us adolescent medicine? endocrinology? mental health? I'm not sure where you want to put us because I'm not sure how the list is used. It seems to me that some of the resources (specifically pubertal suppression, hormone therapy, mental health and even speech) are all done virtually today, while surgery, dental work, etc are all in person services. Virtual care doesn't fit the guide's paradigm.

Youth Resources

Hetrick Martin Institute

www.hmi.org/

Manhattan, NY: 2 Astor Place, 3rd Floor

Phone: 212-674-2400

Newark: YES Center, 200 Washington St.

Social and supportive services for LGBTQ young people. Drop-in center, mental health services, case management, arts and culture, health education, and HIV testing/counseling.

Central New Jersey

The pages in this section apply to all of you in Central New Jersey. You will find referrals to resources and organizations which provide their services primarily to those of you in the central portion of the state.

Advocacy and Education

Garden State Equality

1408 Main Street, Asbury Park, NJ 07712

<https://www.gardenstateequality.org/>

Phone: 973 509-5428

New Jersey's statewide advocacy and education organization for the lesbian, gay, bisexual, and transgender community with 150,000+ members. Garden State Equality (GSE) is the largest LGBTQ advocacy organization in New Jersey and one of the most successful statewide civil rights organization for the LGBTQ community in the nation. Services include advocacy, policy work, and trainings.

Human Rights Campaign

www.hrc.org/

Washington, DC: 1640 Rhode Island Ave N.W.

Phone: 800 777-4723

Local Office: 202 628-4160

Advocacy and organizing for LGBT Equal Rights. HRC has a number of resources for TGNC people including guides for TGNC people and employers and the Corporate Equality Index which measures workplace inclusivity.

Transgender Training Institute

TTI is a team of transgender and gender diverse educators who facilitate professional development and personal growth trainings. They provide tailored trainings for a wide range of clients, and also offer webinars, training of trainers and classes for individuals.

Phone: 267 225-7845

National Center for Transgender Equality

www.transequality.org/

Washington, DC: 1325 Massachusetts Ave., Suite 700

Phone: 202 903-0122

National Gay and Lesbian Task Force

www.thetaskforce.org/

Manhattan, NY: 80 Maiden Lane, Suite 1504

Phone: 212 604-9830

Transgender Civil Rights Project provides leading legislative, policy, and strategy assistance towards increasing the rights of transgender people.

The Gay, Lesbian, Straight Education Network (GLSEN)

www.glsen.org

Phone: 212 727-0135

GLSEN works with educators, policy makers, community leaders and students on the urgent need to address anti-LGBT behavior and bias in schools.

Gender Spectrum

www.genderspectrum.org/

Phone: 510 567-3977

Gender Spectrum provides education, training and support to help create a gender sensitive and inclusive environment for all children and teens. We provide consultation, training and events designed to help families, educators, professionals, and organizations understand and address the concepts of gender identity and expression. Website has extensive resource list for parents, families, schools, and providers.

AIDs

RWJ AIDS Program
Care and Treatment
1 Robert Wood Johnson Place
New Brunswick, NJ 08901
Roseann Marone
732 235-7383

Counseling/Testing and PrEP
89 French Street (Entrance on Plum Street)
New Brunswick, NJ 08901
Mumah Tawe
732 235-6142

Cardiology

Heart Specialists of Central Jersey

RWJ Physician Enterprise

Dr Ted Gutowski

901 West Main Street

Suite 205

Freehold, NJ 07728

Phone 732 866-0800

Fax 732 866-0018

Colorectal Surgeon

Dr. Nell M. Patel

Robert Wood Johnson University Hospital

125 Paterson Street, New Brunswick, NJ

(732) 828-3000

Couples Counseling

David Rogoff

24 N 3rd Ave

Suite 202

Highland Park, NJ 08904

732 545-2844

dvdgrog@aol.com

Dentists

Dr. Michael Keller DMD

10 Leonardville Road
Middletown, NJ 07748
732 671-2372

Dr. David Shapiro

East Windsor, NJ
Phone: 609 269-5200

Edison Dental Arts

69 State Route 27
Edison, NJ 08820
Phone: 732 494-7575
Fax: 732 494-4105
info@edisondentalarts.com

Dental Lifeline Network

Northern New Jersey
Teresa Lioudakis, DDS Coordinator
973 967-9171
P.O. Box 621
Lincroft, NJ 07738
tlioudakis@DentalLifeline.org

Electrolysis & Laser

Karen Albanese L.E., C.P.E.

721 Route 34 North

Matawan, NJ 07747

732 566-9217

www.electrolysisbykaren.com

Schweiger Dermatology Group-Laser Hair Removal

4 Paragon Way, Suite 300, Freehold Township, NJ

Dr. Jason Miller

Aleksandra Tomczyk

Patient Representative: Pamela,

Phone: 212 283-3000

Endocrinology

Ian Marshall, MD

Assistant Professor of Pediatrics, Chief
Division of Endocrinology
Child Health Institute of New Jersey
89 French Street, 2nd Floor, New Brunswick, NJ 08901
Phone 732 235-9378
Fax 732 235-5002

David Cohen, MD

Adult Endocrinology-Diabetes and Metabolism "Proud Clinic"
125 Paterson Street, Suite 5200 New Brunswick, NJ 08901
Phone: 732 235-7219

Family Planning

Family Planning Clinic
1 Robert Wood Johnson Place
New Brunswick, NJ 08901
732 253-3949

Female Reproductive Health

Gloria Bachmann, MD, MMS

Professor of OBGYN and Medicine
Director, Women's Health Institute
Rutgers Health | Robert Wood Johnson Medical School
125 Paterson Street, Suite 4200, New Brunswick, NJ 08901
Phone: 732 235-6600
Fax: 732 235-6650

Juana Hutchinson-Colas, MD, MBA

Associate Professor, Chief
Chief, Division of Female Pelvic Medicine and Reconstructive Surgery
Phone: 732 235-6600
125 Paterson Street, Suite 4200
New Brunswick, NJ 08901
Tammy Walker, Supervisor
obgyn@rwjms.rutgers.edu
732 986-7504

Justin Brandt, MD

Department of OBGYN and Reproductive Sciences
Rutgers Health Maternal Fetal Medicine
125 Paterson Street, Suite 2145
New Brunswick, NJ 08901
Phone: 732 235-8006
Fax: 732 235-7349

Gastroenterologist

No resources have been identified for this category yet. Please refer to the statewide section or the Central New Jersey section for possible resources.

Hair and Nails

Bella Vista Hair Salon

Ask for Liv or Sylvia

26 Thoreau Dr.

Freehold, NJ 07728

732 577-8600

Strands for Trans

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

Nationwide Website of LGBT friendly salons and barber shops

HIV/AIDS Service Organizations

Babs Siperstein Proud Center

Shayne Judge, Prep Counselor
128 Rehill Ave Somerville NJ 08876
Phone: 908 243-8647

Mumah Tawe, MPH

Public Health Rep 1
HIV CTR / PrEP Program Coordinator
RWJ AIDS Program - Department of Pediatrics
89 French Street (Child Health Institute of New Jersey), Room 1336,
New Brunswick, NJ 08901
Phone: 732 235-6142
Fax: 732 235-7310

EDGENJ

Respond to HIV+ and LGBTQ+ communities by providing supportive services, housing opportunities, prevention strategies, support groups and education to enhance the community they serve.

Denville Location
3155 NJ State Route 10, Suite 204
Denville, NJ 07834
Morris Plains Location
3 Executive Drive
Morris Plains, NJ 07950
Phone: 973 285-0006

Hyacinth Aids Foundation

<https://www.hyacinth.org/>
New Brunswick (Middlesex): 732 246-0204
Trenton (Mercer): 609 396-8322
Plainfield (Union): 908 755-0021
Jersey City (Hudson): 201 432-1134

Zufall Health Center

Testing, monitoring, counseling, dental
71 Fourth Street
Somerville, NJ 08876
Phone: 908 526-2335

Eric B. Chandler Health Center

Primary Care, testing, pre-natal care, immunizations, dental, podiatry,
277 George Street
New Brunswick, NJ 08901
Phone: 732 235-6700

Hospitals

Robert Wood Johnson University Hospital

1 Robert Wood Johnson Place

New Brunswick, NJ 08901

(732) 828-3000

<https://www.rwjbh.org/rwj-university-hospital-new-brunswick>

RWJ University Hospital Somerset

110 Rehill Avenue

Somerville, NJ 08876

(908) 685-2200

<https://www.rwjbh.org/rwj-university-hospital-somerset>

Monmouth Medical Center

300 Second Avenue

Long Branch, NJ 07740

(732) 222-5200

<https://www.rwjbh.org/monmouth-medical-center/>

RWJ University Hospital Hamilton

1 Hamilton Health Place

Hamilton, NJ 08690

(609) 586-7900

<https://www.rwjbh.org/rwj-university-hospital-hamilton>

RWJ University Hospital Rahway

865 Stone Street

Rahway, NJ 07065

(732) 381-4200

<https://www.rwjbh.org/rwj-university-hospital-rahway>

Hotlines

Trans Lifeline

www.translifeline.org

US: 877-565-8860 / Canada: 877-330-6366

Crisis and suicide support for Trans and gender diverse people.

The Trevor Project Lifeline

Crisis intervention and suicide prevention for LGBTQ youth.

www.thetrevorproject.org/

Trevor Lifeline: 866-488-7386

LGBT Suicide Prevention

1-800-273-8255

Sage LGBT Elder Hotline

1-888-234-7243

Housing and Shelter

RAINN (Rape, Abuse & Incest National Network)

RAINN is the nation's largest anti-sexual violence organization. RAINN also carries out programs to prevent sexual violence, help survivors, and ensure that perpetrators are brought to justice
Phone: 800-656-HOPE (4673)

LifeTies

Provide housing, clinical, and mentoring services for adolescents (LGBTQ Housing available) to manage and overcome the effects of physical, emotional and sexual abuse.

Phone: 609-771-1600

Administrative Office

John S. Watson Sr. Building

2205 Pennington Rd.

Ewing, NJ 08638

WOMANSSPACE

Support for folks impacted by domestic violence. Offers transitional and short term housing, counseling, legal, children and educational services.

Womanspace, Inc.

1530 Brunswick Avenue

Lawrenceville, NJ 08648

Phone: 609-394-0136

Transgender Housing Network

www.transhousingnetwork.com/

On-line clearing house of available housing options, including couches, apartments, shelters, and other resources.

Visions and Pathways

49 Brahma Avenue

P.O. Box 6871

Bridgewater, NJ 08807

908-526-6605

Immigration Resources

Catholic Charities of Metuchen - Immigration Services

56 Throop Ave, Holy Family Parish Pastoral Center Offices,
New Brunswick, NJ 08901

Phone: 732-324-8200

<http://www.ccdom.org/middlesex-immigration>

Interfaith-RISE

Refugee and Immigrant Services and Empowerment

Interfaithrise.org

19 South 2nd Ave

Highland Park, NJ 08904

interfaithrise@gmail.com

Point of contact: Case manager, Maya

609-297-7747

El Centro Hispanoamericano

<https://elcentronj.org/>

525 East Front Street

Plainfield, NJ 07060

Phone: 908-753-8730

Casa Esperanza

213 West Union Ave

Bound Brook, NJ 08805

Phone: 732-748-1111

Lazos America Unida

Teresa Vivar, Executive Director

Phone: 732-789-7263

Intersex Resources

Accord Alliance

www.accordalliance.org/

Whitehouse Station, NJ: 531 Rt 22 East #244, 08889

Phone: 908-349-0534

Provides education and advocacy for people and families affected by DSD (Disorders of Sexual Development) or intersex conditions, including support information.

Intimate Partner and Domestic Violence

New Jersey Domestic Violence Hotline

1 (800) 572-SAFE (7233)

24 hours a day/7 days a week

The New Jersey Domestic Violence Hotline provides confidential access to domestic violence information and services, including crisis intervention, referral, and advocacy. Bilingual and accessible to the deaf and hearing impaired.

New Jersey Coalition Against Sexual Assault (NJCASA) Hotline

1 (800) 601-7200

24 hours a day/7 days a week

The New Jersey Coalition Against Sexual Assault (NJCASA) connects individuals affected by sexual violence with professionals that provide assistance and referrals. Calls are routed to the closest rape crisis care center.

NJCASA is the collective voice for victims of sexual violence, their loved ones and rape crisis centers across New Jersey

The Middlesex County Center for Empowerment: Sexual Violence Counseling, Advocacy, and Prevention Education

24-Hour Hotline: 1-877-665-7273

Address: 29 Oakwood Ave

Edison, NJ 08837

Email Address: empowerment@co.middlesex.nj.us

Website: <http://www.middlesexcountynj.gov/government/departments/psh/pages/center-for-empowerment.aspx>

Legal Services

Kenneth (Ken) Fee

Attorney at Law

732 501-8350

12 Palm Street

Monmouth Junction, NJ 08852

kpflaw@aol.com

LGBTQ Health Support

Daniel Fernandez | LGBT Navigator

Co-Group Facilitator, PROUDLY ME

PROUD Gender Center | 181 Somerset Street, New Brunswick, NJ 08901

Phone: 1-833-BHP-ROUD (247-7683)

Ashley Isaiah Harris | LGBT Health Coordinator

PROUD Gender Center | 181 Somerset Street, New Brunswick, NJ 08901

Phone: 1-833-BHP-ROUD (247-7683)

Services Include:

Comprehensive Primary Care

Gender Affirming Surgery

 Top surgery

 Facial Feminization/Masculinization

Hormone Affirmation Treatment

Gynecology/Urology

Otolaryngology/Vocal Training

Support Groups

Babs Siperstein PROUD Center

Danielle King, LGBT Navigator/Coordinator

RWJ University Hospital Somerset

128 Rehill Avenue, Suite 1100, Somerville, NJ 08876

Phone: 855-776-8334

E-mail: ProudCenter@rwjbh.org

Maternal Fetal Medicine

Justin Brandt, MD

Department of OB-GYN and Reproductive Sciences

Phone: 732-235-6632

125 Paterson Street, Suite 4200

New Brunswick, NJ 08901

Name Change Assistance

See page 160 of this document for instructions on performing this action by yourself

New Jersey Courts

<https://www.njcourts.gov/>

https://www.njcourts.gov/forms/10551_namechg_adult.pdf

https://www.njcourts.gov/forms/10552_namechg_family.pdf

Ophthalmologists

David K. Lee, M.D., FACS

Millennium Eye Care

500 W Main St, Freehold, NJ 07728

732 462-8707

Also available to see patients in Monroe, Jackson and East Windsor.

Parent and Family Support Groups

PROUD Transitions Family Support Group

A free support group to help parents, spouses, partners and adult children better understand, accept and deal with their transgender loved ones.

Date & Time: 3rd Thursday of each month 7-9pm

Contact: Nicole Brownstein at nicolebrownstein@gmail.com or

Kim LaGregor at kimberlylagregor@gmail.com

PFLAG (Parents, Family, & Friends of Lesbians & Gays)

Offers support to LGBT people and their families through the coming out process.

*PFLAG Transgender Network (TNet) focuses on support for transgender people and their parents, families, and friends.

info@pflagprinceton.org

PFlag.TNET.Princeton@gmail.com

Parent and Family Therapists

Mary Giovinazzo, MSW LCSW

131 South Euclid Avenue

Ste. 201

Westfield, NJ 07090

908.312.0987

<mailto:mgiovinazzo.lcsw@gmail.com>

www.marygiovinazzolcsw.com

Pediatric and Adolescent Medicine

Sari Bentsianov, MD

Assistant Professor of Pediatrics

Division of Population Health, Quality, and Implementation Sciences (PopQUIS), Section Chief-
Adolescent Medicine

89 French Street

New Brunswick, NJ 08901

732-235-7896

Pediatric and Child Transgender Affirming Mental Health Providers

CAARE Counseling & Consultation, LLC

Cameron Mazzeo, MSW, LCSW, LICSW

Specializes in LGBTQ, Polyamorous, and Kink Affirming Psychotherapy

Follows WPATH standards, able and willing to write letters of recommendation for Hormone Replacement Therapy or Gender Affirming Surgeries

Sees clients ages 13years old and Up

Out of Pocket/ Out of Network Benefit, or and Sliding Scale

Currently Televideo Sessions Only, All Documents Completed online via Patient Portal
(609) 495-9051

<mailto:CameronM@CAARECounseling.org>

www.CAARECounseling.org

Leila Chayut, LCSW

Adolescent and Adult Psychotherapy

973-944-0514

135 Columbia Turnpike, Ste 303

Florham Park, NJ 07932

Leilalcsw@gmail.com

Accepts Aetna, BSBS, and Cigna

Cognicare

Ashley Appleton

Accepts Horizon, Aetna, United, Signa, Medicare (not Medicaid)

Bobbie McArdle MSW, LSW

1119 Raritan Avenue

Highland Park, NJ 08904

(732) 517-7348

Freehold, NJ 07728

(732) 517-7348

Pelvic Health

Pharmacy

WALGREENS

Offering cost-saving opportunities on prescription medications

RWJ University Hospital—New Brunswick

1 Robert Wood Johnson Place, New Brunswick, NJ

(Pharmacy located inside hospital courtyard)

Phone: 732-246-1745 | Fax: 732-418-7923

Physical Therapy

Trinity Rehab

Pine Crest Plaza

1016 RT-34,

Matawan, NJ 07747

Phone: (732) 583-0085

Jeralyn Primerano, MPT, MDT

Chief Clinical Director

Protouch Physical Therapy

570 South Ave East, Bldg. G, Suite C, Cranford, NJ 07016

Phone: (908) 325-6556

Email: contact@protouchpt.com

Website: <https://protouchpt.com/>

Plastic and Reconstructive Surgery

Richard Agag, MD

Associate Professor of Surgery, Chief

Jeremy Sinkin, MD

Assistant Professor of Surgery

Emily Van Kouwenberg, MD

Assistant Professor of Surgery

Division of Plastic & Reconstructive Surgery

Office Manager: Amanda Veltry

Office Phone: 732- 235-7863

Fax: 732-235-7378

<mailto:av538@rwjms.rutgers.edu>

1 Robert Wood Johnson Place

Medical Education Building, Room 506

New Brunswick, NJ 08901

Sharelle Marrow, Appointment scheduling

<mailto:marrowsh@rwjms.rutgers.edu>

Phone: 732-209-5604

Ally Scaramella, Surgical Coordinator

<mailto:as2901@rwjms.rutgers.edu>

Cell: 732-209-5570

Office: 732-235-7863

Katelin Corrado, Lead Surgical Scheduler

<mailto:kmc499@rwjms.rutgers.edu>

Dr John Taylor, MD

194 Route 35

Red Bank, NJ 07701

732 7071932

www.allurenj.com

Procedures: All Gender affirming Surgeries

Jonathan Keith, MD

200 South Orange Ave

Suite 295,

Livingston, NJ 07039

79 Hudson Street

Suite 700

Hoboken, NJ 07030

Phone: 201-449-1000

<mailto:rut@ecaplasticsurgery.com>

NJ Medicaid, Medicare, Private Plans

Procedures: Vaginoplasty, Phalloplasty,

Metoidioplasty, Chest Surgery

Joseph Vella, MD, PhD

Assistant Professor of Surgery

Department of Otolaryngology-Head & Neck Surgery

Chief, Division of Facial Plastic & Reconstructive Surgery

Rutgers Health | Robert Wood Johnson Medical School

10 Plum Street, 5th Floor, New Brunswick, NJ 08901

Phone: 732-235-6490

Fax: 732-235-7220

Primary Care Services

Medicine at Monument Square

Karen W.R. Lin, MD, MS

Professor of Family Medicine and Community Health, Director of Center for Healthy Families & Cultural Diversity, Assistant Dean of Global Health

Nurse: **Donna Bonavitacola**- For now follow prompts under main line to speak with a nurse.

Phone: 732-235-8993

(backline) 732-235-9120

Anna Sliwowska, MD

Assistant Professor of Family Medicine and Community Health, Reproductive Health Provider, Associate Program Director of Family Medicine Residency.

Nurse: Tamara Henderson

Phone: 732-235-8993

Lorraine (Office Manager)

Receptionist Direct Line: 732-235-9103

Babs Siperstein Proud Center

RWJ University Hospital Somerset

128 Rehill Avenue, Suite 1100, Somerville, NJ 08876

Phone: 855-776-8334

E-mail: <mailto:ProudCenter@rwjbh.org>

Danielle King, LGBT Navigator/Coordinator

Sameh Abdelaal, MD

Director, Babs Siperstein Proud Center

Amanda Frsncis, MD

Alicia K. Rogers, MSN, APN-BC

Shayne Judge, Prep Counselor

Services Include:

Comprehensive primary care

HIV prevention: pre-exposure prophylaxis (PrEP)

Hormone therapy and monitoring

Annual wellness exams

Same-day sick visits

Chronic illness management

Referrals for specialty services, such as behavioral health, health education and counseling support groups.

LGBTQ Center for Health & Wellness-

VNA Community Health Center

1301 Main St, Asbury Park

NJ 07712

732-502-5130

Fax - 732-502-5134

Services Include:

Primary Care

Gynecological Exams

Chronic Disease Management

Wellness Counseling

HIV Care & Treatment

PrEP Counseling

Hormone Affirmation Treatment

Free STI Screenings for uninsured/under insured

Chest Health

Behavioral Health

Joseph P Romanella, DO

195 Route 9, Suite 106

Manalapan, NJ 07726

732-536-7144

Psychiatrists

Dr. Boris Borodulin, MD
180 Tices Lane
Bldg. A
East Brunswick, NJ 08816
732 247-1040

Dr. Stephanie K. Stern
320 Raritan Ave
Highland Park, NJ
732 985-3500

Reproductive Medicine

IRMS Clark Office

100 Walnut Ave., Suite 104

Clark, NJ 07066

<https://www.sbivf.com/locations/irms-clark-office/>

T 732 943-7169

F 732 943-7179

IRMS East Windsor Office

300A Princeton Hightstown Road,

Suite 205

East Windsor, NJ 08520

<https://www.sbivf.com/locations/irms-east-windsor-office/>

T 609 448-4300

F 609 448-4377

IRMS Old Bridge Office

2 Hospital Plaza, Suite 330

Old Bridge, NJ 08857

<https://www.sbivf.com/locations/irms-old-bridge-office/>

T 732 786-7900

F 732 490-7392

Dr. Debra A. Keegan, MD

300 A Princeton Hightstown Rd #205

East Windsor, NJ 08520

(609) 448-4300

Speech Therapy

Leigh Carrico Mann, MS, CCC-SLP

Speech-Language Pathologist

Robert Wood Johnson University Hospital | RWJ Barnabas Health

10 Plum Street, 8th Floor, New Brunswick, NJ 08901

Phone: 732-828-3000 ext.5171

Fax: 732-418-8390

Christopher Donoso, M.S., CCC-SLP

Email: donosollc@gmail.com

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

Phone: (567) 307-3060

Licensure: licensed in NJ and NY

Currently Accepting Insurance?: No

Experience with Gender Affirming Voice: <1 Year

Member of the LGBTQ community

Danielle Amedeo

Danielleamedeo@gmail.com

Covering northern/central NJ/ NYC/ in-person or online

Voice coaching for gender affirmation and singing

Does not accept insurance

BFA, currently completing master's degree in vocal pedagogy

More than a decade of experience

Support Services for Seniors

SAGE Hudson County

www.hudsonpride.org/programs-services/pride-connections/lgbt-seniors/

Jersey City, NJ: Hudson Pride Connection, 32 Jones St.

Phone: 201-963-4779

Weekly support group referral services for LGBT seniors.

Surgical Oncology

Alexandre Buckley de Meritens, MD

Assistant Professor of Gynecology/Oncology

Rutgers Health | Rutgers Cancer Institute of New Jersey

195 Little Albany Street, New Brunswick, NJ 08901

Phone: 732-235-2465

Fax: 732-235-8098

Transgender Affirming Mental Health Providers

David Rogoff

24 N 3rd Ave
Suite 202
Highland Park, NJ 08904
732 545-2844
dvdgrog@aol.com

IPG Counseling & Psychotherapy

The Institute for Personal Growth
1119 Raritan Avenue, Highland Park, NJ 08904
90 West Main Street, Freehold, NJ 07728
235 9th Street, Jersey City, NJ 07302
<https://ipgcounseling.com>
Phone: 800-379-9220

CogniCare

LGBTQ & Gender Affirming Mental Health Services
971 Route 202 Suite 3 Branchburg, NJ 08876
Phone: 908-800-9590
info@cognicarepsych.com
Ashley Appleton
Accepts Horizon, Aetna, United, Signa, Medicare (not Medicaid)

Olive Branch Therapy Group

Kaylee Friedman, LAC
Katie Solomon, Client Experience Manager
Phone: 732-659-0683
<mailto:Katie@olivebranchtherapygroup.com>
<https://www.olivebranchtherapygroup.com/>

New Brunswick Office
5 Elm Row, Suite 107
New Brunswick, NJ 08901
Fax: 855-506-4349

East Brunswick Office
63 Milltown Road
East Brunswick, NJ 08816
Fax: 732-659-0683

*Sliding Scales available

Russell Healy

Somerville, NJ
Phone: 908-268-4153

Logan A Ries

Marriage & Family Therapist, MA, LMFT
Sayreville, NJ 08872
Phone: 732-993-4723

Universal Behavioral Health Center

Somerville, NJ
Olayinka
(973) 510-2076

Stacy Liss, LCSW

Clinical Supervisor
Training & Certification in Affirmative Therapy with Transgender Communities.
WPATH Member.

In person & Telehealth

Out of Network

Sliding Scale

31 Leroy Place

Red Bank NJ 07701

732-618-0856

<mailto:Skrliss@comcast.net>

<https://www.psychologytoday.com/us/therapists/stacy-liss-red-bank-nj/132431>

Gender Specialists

Leila Chayut, LCSW

Adolescent and Adult Psychotherapy

973-944-0514

135 Columbia Turnpike, Ste 303

Florham Park, NJ 07932

Leilalcsw@gmail.com

Accepts Aetna, BSBS, and Cigna

Allison June Maroney-Lobell

4 East Cliff Street

Somerville, NJ 08876

(908) 460-1922

Bobbie McArdle MSW, LSW

1119 Raritan Avenue
Highland Park, NJ 08904
(732) 517-7348
Freehold, NJ 07728
(732) 517-7348

Stephanie Del Sasso

RISE Psychological Services
Highland Park, NJ 08904
(732) 410-5142

Transgender Support Groups

Proudly Me

Robert Wood Johnson University Hospital
181 Somerset Street
New Brunswick, NJ 08901
Second Thursday of each month, 6-8 PM EST
Virtual meetings currently
For information contact:

Leigh.mann@rwjbh.org

Daniel.Fernandez@rwjbh.org

Monthly support and education group meeting for members of the transgender community and allies.

Orgullosa Grupo Latinx

A Spanish-speaking support group in collaboration with Zufall Health, for transgender and gender diverse Latinx and Spanish speaking individuals.

Group runs in Spanish.

Meets the 3rd Fridays of the month at 6pm.

For more information contact Daniel Fernandez at Daniel.fernandez@rwjbh.org

TrueSelves

Pride Center of New Jersey
85 Raritan Avenue, Suite 100
Highland Park, NJ 08904
732-846-2232
Third Sunday, 4:00-6:00pm EST and First Monday, 7:30-9:30pm EST

Group Status: Virtual

Group Type: Support

Group Leaders: Patricia Nagle

Group Leader Email: patti@pridecenter.org

Group Description: TrueSelves is a transgender, peer-based support group focusing on all aspects of the transgender spectrum from gender issues to understanding yourself and your community. All members of the transgender community are welcome.

PFLAG (Parents, Family, & Friends of Lesbians & Gays)

Offers support to LGBT people and their families through the coming out process.

*PFLAG Transgender Network (TNet) focuses on support for transgender people and their parents, families, and friends.

info@pflagprinceton.org

<mailto:PFlag.TNET.Princeton@gmail.com>

LGBTQ+ National Alliance on Mental Illness (NAMI)

Connection Recovery Support Group is a peer-led recovery support group for individuals (18+) in the LGBTQ+ community who are looking for a safe and inclusive space to discuss mental health and various LGBTQ+ related topics.

Meets last Sunday of every month

judof@naminj.org

Urology

Dr William Terens, MD

2 Hospital Plaza
Suite 430
Old Bridge, NJ 08857
P: 732.494.9400

10 Parsonage Road
Suites 118 & 104
Edison, NJ 08837
P: 732.494.9400

Youth Resources

The Pride Center of New Jersey

85 Raritan Avenue, Suite 100, Highland Park, NJ 08904

<https://www.pridecenter.org/>

Phone: 732-846-2232

The Pride Center of New Jersey, Inc. is an all-volunteer 501(c)(3) nonprofit organization dedicated to the health and well-being of all individuals in the LGBTQ community. The Center is a safe space to gather, offer an array of social support groups, programming and youth drop in.

HiTOPS

21 Wiggins Street, Princeton, NJ 08540

<https://www.hitops.org/>

Phone: 609-683-5155

HiTOPS is a 501(c)(3) non-profit organization that fosters strong and healthy young people of all identities by providing inclusive and youth-informed sex education and LGBTQ+ support groups for young people throughout New Jersey.

IPG-Institute for Personal Growth

8 South Third Ave

Highland Park, NJ

Phone: 866-957-1790

www.ipgcounseling.com

Monthly support groups, call for more information.

Northern New Jersey

The pages in this section apply to all of you in Northern New Jersey. You will find referrals to resources and organizations which provide their services primarily to those of you in the northern portion of the state.

Advocacy and Education

Garden State Equality

1408 Main Street, Asbury Park, NJ 07712

<https://www.gardenstateequality.org/>

Phone: 973-509-5428

New Jersey's statewide advocacy and education organization for the lesbian, gay, bisexual, and transgender community with 150,000+ members. Garden State Equality (GSE) is the largest LGBTQ advocacy organization in New Jersey and one of the most successful statewide civil rights organization for the LGBTQ community in the nation. Services include advocacy, policy work, and trainings.

Human Rights Campaign

www.hrc.org/

Washington, DC: 1640 Rhode Island Ave N.W.

Phone: 800-777-4723

Local Office: 202-628-4160

Advocacy and organizing for LGBT Equal Rights. HRC has a number of resources for TGNC people including guides for TGNC people and employers and the Corporate Equality Index which measures workplace inclusivity.

Transgender Training Institute

TTI is a team of transgender and gender diverse educators who facilitate professional development and personal growth trainings. They provide tailored trainings for a wide range of clients, and also offer webinars, training of trainers and classes for individuals.

Phone: 267-225-7845

National Center for Transgender Equality

www.transequality.org/

Washington, DC: 1325 Massachusetts Ave., Suite 700

Phone: 202-903-0122

National Gay and Lesbian Task Force

www.thetaskforce.org/

Manhattan, NY: 80 Maiden Lane, Suite 1504

Phone: 212-604-9830

Transgender Civil Rights Project provides leading legislative, policy, and strategy assistance towards increasing the rights of transgender people.

The Gay, Lesbian, Straight Education Network (GLSEN)

www.glsen.org

Phone: 212-727-0135

GLSEN works with educators, policy makers, community leaders and students on the urgent need to address anti-LGBT behavior and bias in schools.

Gender Spectrum

www.genderspectrum.org/

Phone: 510-567-3977

Gender Spectrum provides education, training and support to help create a gender sensitive and inclusive environment for all children and teens. We provide consultation, training and events designed to help families, educators, professionals, and organizations understand and address the concepts of gender identity and expression. Website has extensive resource list for parents, families, schools, and providers.

Phone:

AIDs

No resources have been identified for this category yet. Please refer to the statewide section or the Central New Jersey section for possible resources.

Cardiology

No resources have been identified for this category yet. Please refer to the statewide section or the Central New Jersey section for possible resources.

Colorectal Surgeon

No resources have been identified for this category yet. Please refer to the statewide section or the Central New Jersey section for possible resources.

Couples Counseling

No resources have been identified for this category yet. Please refer to the statewide section or the Central New Jersey section for possible resources.

Dentists

Dental Lifeline Network

Northern New Jersey

Teresa Lioudakis, DDS Coordinator

973.967.9171

P.O. Box 621

Lincroft, NJ 07738

<mailto:tloudakis@DentalLifeline.org>

Electrolysis & Laser

New Image Electrolysis

Maria Gloria Rodrigues
111-115 Frank E Rodgers Blvd South
Harrison, NJ 07029
Phone: 973-866-8862

Electrolysis Beauty Lounge

98 Broad St
Bloomfield, NJ 07003
Phone: 973-747-2111

Diane Mancini

61 E Main St
Bogota, NJ 07603
Ph: (201) 218-4930

Endocrinology

Dr. Daisy Chin

Atlantic Health System
Pediatric Diabetes and Endocrinology
55 Madison Avenue, Floor 2
Morristown, NJ 07960
Phone: 973-971-4340

University Hospital Newark

150 Bergen St
Newark, NJ 07103
Phone: 973-972-4300
http://www.uhnj.org/inclusion/health_resources.htm

Services Include:

Primary Care
HIV/STI Screening
Hormone Affirmation Treatment

Primary Care/Hormone Affirmation Treatment

Dr. Thomas S. Ziering, MD, LLC
1201 Mount Kemble Ave, Suite 2D
Morristown, NJ 07960
Phone: 908-259-4091
Fax: 908-221-0404
<https://www.drtozierung.com/>

Family Planning

Family Planning Clinic
1 Robert Wood Johnson Place
New Brunswick, NJ 08901
732 253-3949

Female Reproductive Health

No resources have been identified for this category yet. Please refer to the statewide section or the Central New Jersey section for possible resources.

Gastroenterologist

Dr Anne Swedlund
Plainsboro, NJ
Phone: 609-924-9300

Hair and Nails

Strands for Trans

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

Nationwide Website of LGBT friendly salons and barber shops

HIV/AIDS Service Organization

EDGENJ

Respond to HIV+ and LGBTQ+ communities by providing supportive services, housing opportunities, prevention strategies, support groups and education to enhance the community they serve.

Denville Location

3155 NJ State Route 10, Suite 204

Denville, NJ 07834

Morris Plains Location

3 Executive Drive

Morris Plains, NJ 07950

Phone: 973-285-0006

Hospitals

Clara Maass Medical Center in Belleville

1 Clara Maass Dr, Belleville, NJ 07109

(973) 450-2150

<https://www.rwjbh.org/clara-maass-medical-center/>

Jersey City Medical Center

355 Grand Street

Jersey City, NJ 07302

(201) 915-2000

<https://www.rwjbh.org/jersey-city-medical-center/>

Newark Beth Israel Medical Center

201 Lyons Avenue at Osborne Terrace

Newark, NJ 07112

(973) 926-7000

<https://www.rwjbh.org/newark-beth-israel-medical-center>

Saint Barnabas Medical Center

94 Old Short Hills Road

Livingston, NJ 07039

(973) 322-5000

<https://www.rwjbh.org/saint-barnabas-medical-center/>

University Hospital, Newark, NJ (Provide trans affirming primary care)

The Division of Adolescent & Young Adult Medicine

973-972-4600

http://www.uhnj.org/inclusion/health_resources.htm

Hotlines

Trans Lifeline

www.translifeline.org

US: 877-565-8860 / Canada: 877-330-6366

Crisis and suicide support for Trans and gender diverse people.

The Trevor Project Lifeline

Crisis intervention and suicide prevention for LGBTQ youth.

www.thetrevorproject.org/

Trevor Lifeline: 866-488-7386

LGBT Suicide Prevention

1-800-273-8255

Sage LGBT Elder Hotline

1-888-234-7243

Housing and Shelters

LGBT Rain Foundation

<http://essexlgbthousing.org/>

973.675.6780

<mailto:info@essexlgbthousing.org>

LGBT Senior Housing and Care

LGBT Senior Housing and Care provides Affirming and Welcoming Lesbian, Gay, Bisexual, Transgender, Queer, Intersex, Asexual, Ally, (LGBTQ+) protocols, practices and programs for older adult communities, agencies, care providers and businesses through Assessment, Training, Implementation and Technical Assistance.

64 Wellington Ave

West Orange, NJ 07052

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

Amy Simon

Phone: 973-669-0600

Immigration Resources

No resources have been identified for this category yet. Please refer to the statewide section or the Central New Jersey section for possible resources.

Intersex Resources

No resources have been identified for this category yet. Please refer to the statewide section or the Central New Jersey section for possible resources.

Intimate Partner and Domestic Violence

Anti-Violence Project Hotline

24 Hr. Bilingual Hotline: (212) 714-1141
Assistance for LGBT survivors of violence

New Jersey Domestic Violence Hotline

1 (800) 572-SAFE (7233)
24 hours a day/7 days a week

The New Jersey Domestic Violence Hotline provides confidential access to domestic violence information and services, including crisis intervention, referral, and advocacy. Bilingual and accessible to the deaf and hearing impaired.

New Jersey Coalition Against Sexual Assault (NJCASA) Hotline

1 (800) 601-7200
24 hours a day/7 days a week

The New Jersey Coalition Against Sexual Assault (NJCASA) connects individuals affected by sexual violence with professionals that provide assistance and referrals. Calls are routed to the closest rape crisis care center.

NJCASA is the collective voice for victims of sexual violence, their loved ones and rape crisis centers across New Jersey

Safe Homes Project

Hotline: 718-499-2151
Assistance for LGBT homeless people in NYC
Safe Horizons Hotlines
Domestic Violence: 800-621-4673
Crime Victims: 866-689-4357
Rape, Sexual Assault and Incest: 212-227-3000
TDD for all hotlines: 866-604-5350

Legal Services

No resources have been identified for this category yet. Please refer to the statewide section or the Central New Jersey section for possible resources.

LGBTQ Health Support

No resources have been identified for this category yet. Please refer to the statewide section or the Central New Jersey section for possible resources.

Maternal Fetal Medicine

No resources have been identified for this category yet. Please refer to the statewide section or the Central New Jersey section for possible resources.

Name Change Assistance

See page 160 of this document for instructions on performing this action by yourself

New Jersey Courts

<https://www.njcourts.gov/>

https://www.njcourts.gov/forms/10551_namechg_adult.pdf

https://www.njcourts.gov/forms/10552_namechg_family.pdf

Ophthalmologists

No resources have been identified for this category yet. Please refer to the statewide section or the Central New Jersey section for possible resources.

Parent and Family Support Groups

PROUD Transitions Family Support Group

A free support group to help parents, spouses, partners and adult children better understand, accept and deal with their transgender loved ones.

Date & Time: 3rd Thursday of each month 7-9pm

Contact: Nicole Brownstein at nicolebrownstein@gmail.com or

Kim LaGregor at kimberlylagregor@gmail.com

Parent and Family Therapists

Mary Giovinazzo, MSW LCSW

131 South Euclid Avenue, Ste. 201

Westfield, NJ 07090

908 312-0987

<mailto:mgiovinazzo.lcsw@gmail.com>

www.marygiovinazzolcsw.com

Pediatric and Adolescent Medicine

No resources have been identified for this category yet. Please refer to the statewide section or the Central New Jersey section for possible resources.

Pediatric and Child Transgender Affirming Mental Health Providers

No resources have been identified for this category yet. Please refer to the statewide section or the Central New Jersey section for possible resources.

Pelvic Health

Pelvic Health Center

78 Main St, Madison, NJ 07940

Phone: (908) 443-9880

Email: contact@pelvichealthnj.com

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

Pharmacy

No resources have been identified for this category yet. Please refer to the statewide section or the Central New Jersey section for possible resources.

Physical Therapy

No resources have been identified for this category yet. Please refer to the statewide section or the Central New Jersey section for possible resources.

Plastic and Reconstructive Surgery

Jonathan Keith, MD

Procedures: Vaginoplasty, Phalloplasty,
Metoidioplasty, Chest Surgery

200 South Orange Ave
Suite 295, Livingston, NJ 07039

79 Hudson Street
Suite 700
Hoboken, NJ 07030
Phone: 201-449-1000
rut@ecaplasticsurgery.com
NJ Medicaid, Medicare, Private Plans

Primary Care Services

No resources have been identified for this category yet. Please refer to the statewide section or the Central New Jersey section for possible resources.

Psychiatrists

Joseph Siragusa

Woodcliff Lake, NJ 07677

(201) 212-4487

Reproductive Medicine

IRMS Hoboken Office

129 Washington St., 4th floor

Hoboken, NJ 07030

<https://www.sbivf.com/locations/irms-hoboken-office/>

T 201 963-7640

F 973 322-8890

IRMS Jersey City Office

116 Newark Ave, 2nd Fl.

Jersey City, NJ 07302

<https://www.sbivf.com/locations/irms-jersey-city-office/>

t 201 963-7640

F 201 526-9326

IRMS Livingston Office

94 Old Short Hills Rd

Suite 403E, East Wing

Livingston, NJ 07039

<https://www.sbivf.com/locations/irms-livingston-office/>

T 973 548-9900

F 973 548-9500

IRMS Teaneck Office

400 Frank W. Burr Blvd.

Glenpointe, Suite 145

Teaneck, NJ 07666

<https://www.sbivf.com/locations/irms-teaneck-office/>

T 201 645-1873

F 201 645-1872

Speech Therapy

No resources have been identified for this category yet. Please refer to the statewide section or the Central New Jersey section for possible resources.

Support Services for Seniors

SAGE Hudson County

www.hudsonpride.org/programs-services/pride-connections/lgbt-seniors/

Jersey City, NJ: Hudson Pride Connection, 32 Jones St.

Phone: 201-963-4779

Weekly support group referral services for LGBT seniors.

LGBT Senior Housing and Care

LGBT Senior Housing and Care provides Affirming and Welcoming Lesbian, Gay, Bisexual, Transgender, Queer, Intersex, Asexual, Ally, (LGBTQ+) protocols, practices and programs for older adult communities, agencies, care providers and businesses through Assessment, Training, Implementation and Technical Assistance.

64 Wellington Ave

West Orange, NJ 07052

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

Amy Simon

Phone: 973-669-0600

Surgical Oncology

No resources have been identified for this category yet. Please refer to the statewide section or the Central New Jersey section for possible resources.

Transgender Affirming Mental Health Providers

Julie Bilse, LCSW

jbilseLCSW@gmail.com

51 Upper Montclair Plaza, Suite 17, Montclair, 07043

Phone: 973-821-7843

Israel Martinez

Clinical Social Work/Therapist, LCSW

Montclair, NJ 07042

Phone: 973-587-8475

Ace Wilson

Clinical Social Work/Therapist, LSW, MSW

Montclair, NJ 07042

Phone: 610-463-0162

Gender and Sexuality Center of NJ

Samantha J Smith, Clinical Social Work/Therapist, MSW, LCSW

Montclair, NJ 07042

Phone: 484-534-3216

Dr. Yessenia Guglielmi, MA LPC

Morris County, NJ

Tele-health avail

www.yescounseling.org

Phone: 973 936-9120

Transgender Support Groups

Proudly Me

Robert Wood Johnson University Hospital
181 Somerset Street
New Brunswick, NJ 08901
Second Thursday of each month, 6-8 PM EST
Virtual meetings currently
For information contact:

Leigh.mann@rwjbh.org

Daniel.Fernandez@rwjbh.org

Monthly support and education group meeting for members of the transgender community and allies.

Orgullosa Grupo Latinx

A Spanish-speaking support group in collaboration with Zufall Health, for transgender and gender diverse Latinx and Spanish speaking individuals.

Group runs in Spanish.

Meets the 3rd Fridays of the month at 6pm.

For more information contact Daniel Fernandez at Daniel.fernandez@rwjbh.org

TrueSelves

Pride Center of New Jersey
85 Raritan Avenue, Suite 100
Highland Park, NJ 08904
732-846-2232
Third Sunday, 4:00-6:00pm EST and First Monday, 7:30-9:30pm EST

Group Status: Virtual

Group Type: Support

Group Leaders: Patricia Nagle

Group Leader Email: patti@pridecenter.org

Group Description: TrueSelves is a transgender, peer-based support group focusing on all aspects of the transgender spectrum from gender issues to understanding yourself and your community. All members of the transgender community are welcome.

PFLAG (Parents, Family, & Friends of Lesbians & Gays)

Offers support to LGBT people and their families through the coming out process.

*PFLAG Transgender Network (TNet) focuses on support for transgender people and their parents, families, and friends.

info@pflagprinceton.org

<mailto:PFlag.TNET.Princeton@gmail.com>

LGBTQ+ National Alliance on Mental Illness (NAMI)

Connection Recovery Support Group is a peer-led recovery support group for individuals (18+) in the LGBTQ+ community who are looking for a safe and inclusive space to discuss mental health and various LGBTQ+ related topics.

Meets last Sunday of every month

jyudof@naminj.org

Urology

No resources have been identified for this category yet. Please refer to the statewide section or the Central New Jersey section for possible resources.

Youth Resources

HUDSON PRIDE CONNECTIONS CENTER

www.hudsonpride.org/

Jersey City, NJ: 32 Jones St. 07306

Phone: 201-963-4779

Hudson Pride provides a safe space for LGBTQ youth to interact with their peers as well as a place to interact with, learn from, and be mentored by LGBT adults. The Youth Connect program provides academic tutoring, empowerment workshops, job development assistance, computer access, meals, a social support group, HIV testing and prevention education, and much more. Meetings are every Friday from 3:00-8:00pm at The Hudson Pride Connections Center.

Newark LGBT Community Center

Offers a safe space, LGBT programming & support services to the community and support groups.

Phone: 973-424-9555

5 Washington Street, 1st Floor

Newark, New Jersey 07102

Southern New Jersey

The pages in this section apply to all of you in Southern New Jersey. You will find referrals to resources and organizations which provide their services primarily to those of you in the southern portion of the state.

Advocacy and Education

Garden State Equality

1408 Main Street, Asbury Park, NJ 07712

<https://www.gardenstateequality.org/>

Phone: 973-509-5428

New Jersey's statewide advocacy and education organization for the lesbian, gay, bisexual, and transgender community with 150,000+ members. Garden State Equality (GSE) is the largest LGBTQ advocacy organization in New Jersey and one of the most successful statewide civil rights organization for the LGBTQ community in the nation. Services include advocacy, policy work, and trainings.

Human Rights Campaign

www.hrc.org/

Washington, DC: 1640 Rhode Island Ave N.W.

Phone: 800-777-4723

Local Office: 202-628-4160

Advocacy and organizing for LGBT Equal Rights. HRC has a number of resources for TGNC people including guides for TGNC people and employers and the Corporate Equality Index which measures workplace inclusivity.

Transgender Training Institute

TTI is a team of transgender and gender diverse educators who facilitate professional development and personal growth trainings. They provide tailored trainings for a wide range of clients, and also offer webinars, training of trainers and classes for individuals.

Phone: 267-225-7845

National Center for Transgender Equality

www.transequality.org/

Washington, DC: 1325 Massachusetts Ave., Suite 700

Phone: 202-903-0122

National Gay and Lesbian Task Force

www.thetaskforce.org/

Manhattan, NY: 80 Maiden Lane, Suite 1504

Phone: 212-604-9830

Transgender Civil Rights Project provides leading legislative, policy, and strategy assistance towards increasing the rights of transgender people.

The Gay, Lesbian, Straight Education Network (GLSEN)

www.glsen.org

Phone: 212-727-0135

GLSEN works with educators, policy makers, community leaders and students on the urgent need to address anti-LGBT behavior and bias in schools.

Gender Spectrum

www.genderspectrum.org/

Phone: 510-567-3977

Gender Spectrum provides education, training and support to help create a gender sensitive and inclusive environment for all children and teens. We provide consultation, training and events designed to help families, educators, professionals, and organizations understand and address the concepts of gender identity and expression. Website has extensive resource list for parents, families, schools, and providers.

Phone:

AIDs

No resources have been identified for this category yet. Please refer to the statewide section or the Central New Jersey section for possible resources.

Cardiology

No resources have been identified for this category yet. Please refer to the statewide section or the Central New Jersey section for possible resources.

Colorectal Surgeon

No resources have been identified for this category yet. Please refer to the statewide section or the Central New Jersey section for possible resources.

Couples Counseling

No resources have been identified for this category yet. Please refer to the statewide section or the Central New Jersey section for possible resources.

Dentists

Dental Lifeline Network

Shanda Bell, DDS Coordinator

P.O. Box 2117

Edison, NJ 08818

732.821.3056

732.821.3057 (fax)

<mailto:sbell@DentalLifeline.org>

Electrolysis & Laser

No resources have been identified for this category yet. Please refer to the statewide section or the Central New Jersey section for possible resources.

Endocrinology

No resources have been identified for this category yet. Please refer to the statewide section or the Central New Jersey section for possible resources.

Family Planning

Family Planning Clinic
1 Robert Wood Johnson Place
New Brunswick, NJ 08901
732 253-3949

Female Reproductive Health

No resources have been identified for this category yet. Please refer to the statewide section or the Central New Jersey section for possible resources.

Gastroenterologist

No resources have been identified for this category yet. Please refer to the statewide section or the Central New Jersey section for possible resources.

Hair and Nails

Strands for Trans

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

Nationwide Website of LGBT friendly salons and barber shops

HIV/AIDS Service Organizations

No resources have been identified for this category yet. Please refer to the statewide section or the Central New Jersey section for possible resources.

Hospitals

Community Medical Center

99 Highway 37 West

Toms River, NJ 08755

(732) 557-8000

<https://www.rwjbh.org/community-medical-center>

Monmouth Medical Center Southern Campus

600 River Avenue

Lakewood, NJ 08701

(732) 363-1900

<https://www.rwjbh.org/monmouth-medical-center-southern-campus>

Hotlines

Trans Lifeline

www.translifeline.org

US: 877-565-8860 / Canada: 877-330-6366

Crisis and suicide support for Trans and gender diverse people.

The Trevor Project Lifeline

Crisis intervention and suicide prevention for LGBTQ youth.

www.thetrevorproject.org/

Trevor Lifeline: 866-488-7386

LGBT Suicide Prevention

1-800-273-8255

Sage LGBT Elder Hotline

1-888-234-7243

LEGAL SERVICES

American Civil Liberties Union

www.aclu.org/lgbt/

Manhattan, NY: 125 Broad St., 18th Floor

Phone: 212-549-2500

Advocacy, impact litigation, and legal services for LGBT people focusing on: LGBT rights, relationships/marriage, parenting, youth & schools, and TGNC discrimination.

LAMBDA-LEGAL

www.lambdalegal.org

Advocating for public policy at the local, state and federal levels to improve the lives of LGBT people, people affected by HIV, and their families and allies.

Transgender Law Center

www.transgenderlawcenter.org

Phone: 415-865-0176

Transgender Law Center works to change law, policy, and attitudes so that all people can live safely, authentically, and free from discrimination regardless of their gender identity or expression. Website also has a number of excellent resources regarding health and the law.

Housing and Shelter

LifeTies-Triad House (16+)

<https://www.lifeties.org/programs/triad-house/>

Vivian Harmon M.Ed., MSW, LSW

Director of Group Home Services

(609) 771-1600

Immigration Resources

No resources have been identified for this category yet. Please refer to the statewide section or the Central New Jersey section for possible resources.

Intersex Resources

No resources have been identified for this category yet. Please refer to the statewide section or the Central New Jersey section for possible resources.

Intimate Partner and Domestic Violence

Anti-Violence Project Hotline

24 Hr. Bilingual Hotline: (212) 714-1141
Assistance for LGBT survivors of violence

New Jersey Domestic Violence Hotline

1 (800) 572-SAFE (7233)

24 hours a day/7 days a week

The New Jersey Domestic Violence Hotline provides confidential access to domestic violence information and services, including crisis intervention, referral, and advocacy. Bilingual and accessible to the deaf and hearing impaired.

New Jersey Coalition Against Sexual Assault (NJCASA) Hotline

1 (800) 601-7200

24 hours a day/7 days a week

The New Jersey Coalition Against Sexual Assault (NJCASA) connects individuals affected by sexual violence with professionals that provide assistance and referrals. Calls are routed to the closest rape crisis care center.

NJCASA is the collective voice for victims of sexual violence, their loved ones and rape crisis centers across New Jersey

Safe Homes Project

Hotline: 718-499-2151

Assistance for LGBT homeless people in NYC

Safe Horizons Hotlines

Domestic Violence: 800-621-4673

Crime Victims: 866-689-4357

Rape, Sexual Assault and Incest: 212-227-3000

TDD for all hotlines: 866-604-5350

Legal Services

No resources have been identified for this category yet. Please refer to the statewide section or the Central New Jersey section for possible resources.

LGBTQ Health Support

No resources have been identified for this category yet. Please refer to the statewide section or the Central New Jersey section for possible resources.

Maternal Fetal Medicine

No resources have been identified for this category yet. Please refer to the statewide section or the Central New Jersey section for possible resources.

Name Change Assistance

See page 160 of this document for instructions on performing this action by yourself

New Jersey Courts

<https://www.njcourts.gov/>

https://www.njcourts.gov/forms/10551_namechg_adult.pdf

https://www.njcourts.gov/forms/10552_namechg_family.pdf

Ophthalmologists

No resources have been identified for this category yet. Please refer to the statewide section or the Central New Jersey section for possible resources.

Parent and Family Support Groups

PROUD Transitions Family Support Group

A free support group to help parents, spouses, partners and adult children better understand, accept and deal with their transgender loved ones.

Date & Time: 3rd Thursday of each month 7-9pm

Contact: Nicole Brownstein at nicolebrownstein@gmail.com or

Kim LaGregor at kimberlylagregor@gmail.com

Parent and Family Therapists

No resources have been identified for this category yet. Please refer to the statewide section or the Central New Jersey section for possible resources.

Pediatric and Adolescent Medicine

No resources have been identified for this category yet. Please refer to the statewide section or the Central New Jersey section for possible resources.

Pediatric and Child Transgender Affirming Mental Health Providers

Emily Anne Mattek

65 South Main Street
Building B Suite 106
Pennington, NJ 08534
(609) 303-5875

Tracey Post- Therapist

TLP Counseling, Princeton Center Mindbody Healing
245 Nassau Street
Suite C
Princeton, NJ 08540
(609) 207-7158

Pelvic Health

No resources have been identified for this category yet. Please refer to the statewide section or the Central New Jersey section for possible resources.

Pharmacy

No resources have been identified for this category yet. Please refer to the statewide section or the Central New Jersey section for possible resources.

Physical Therapy

No resources have been identified for this category yet. Please refer to the statewide section or the Central New Jersey section for possible resources.

Plastic and Reconstructive Surgery

Jonathan Keith, MD

Procedures: Vaginoplasty, Phalloplasty,
Metoidioplasty, Chest Surgery

200 South Orange Ave
Suite 295, Livingston, NJ 07039

79 Hudson Street

Suite 700

Hoboken, NJ 07030

Phone: 201-449-1000

rut@ecaplasticsurgery.com

NJ Medicaid, Medicare, Private Plans

Primary Care Services

Hunterdon Family Medicine at Phillips-Barber

Primary Care

Dr. Cindy Barter, Dr. Victoria Cox.

72 Alexander Avenue

Lambertville, NJ 08530

Phone: 609-397-3535

Jefferson Health Haddonfield

80 Tanner St.

Haddonfield, NJ

Phone: 844-542-2273

<https://newjersey.jeffersonhealth.org/mydoc/haddonfield-primary-specialty-care-lgbtq-affirming-practice>

Services Include:

Primary Care

Infectious Diseases

Behavioral Health (both Medication Management and Psychotherapy/Counseling)

Medication Assisted Treatment for Opioid Use Disorder

Pre-exposure prophylaxis (PrEP) for HIV Prevention

Hormone Affirmation Treatment/Gender Affirming Therapy

Psychiatrists

No resources have been identified for this category yet. Please refer to the statewide section or the Central New Jersey section for possible resources.

Reproductive Medicine

No resources have been identified for this category yet. Please refer to the statewide section or the Central New Jersey section for possible resources.

Speech Therapy

No resources have been identified for this category yet. Please refer to the statewide section or the Central New Jersey section for possible resources.

Support Services for Seniors

Aging With Pride-South Jersey

Free LGBT Support Group that has a welcoming environment to share resources, build relationships, and discuss LGBT issues facing seniors. All are welcome.

Reva Farenback-Brateman

856-424-1333 ext. 1184

<mailto:rfbrateman@jfedsnj.org>

Surgical Oncology

No resources have been identified for this category yet. Please refer to the statewide section or the Central New Jersey section for possible resources.

Transgender Affirming Mental Health Providers

Total Family Solutions

Out Patient Mental Health & IIC/BA Services

In Home Mental Health & Behavioral Services

Contact: Lisa

221 Laurel Road, Suite 102

Voorhees NJ 08043

<mailto:lantoshka@totalfamilysolutions.com>

Phone: 856-772-5809 x201

Fax: 856-772-5852

Dr. Eunice Aviles, PsyD, LMHC

Doctor of Psychology, Gender Specialist & AASECT Certified Sex Therapist

Morris Avenue, Suite 103, Union, NJ 07083

<https://www.euniceaviles.com>

Phone: 413-657-6104 | Fax: 800-732-0506

* Also offers telehealth online therapy in English and Spanish to individuals in NJ, MA, and PR

Emily Ann Mattek

65 South Main Street

Bulding B Suite 106

Pennington, NJ 08534

Phone: 609-303-5875

Transgender Support Groups

Proudly Me

Robert Wood Johnson University Hospital
181 Somerset Street
New Brunswick, NJ 08901
Second Thursday of each month, 6-8 PM EST
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For information contact:

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Daniel.Fernandez@rwjbh.org

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TrueSelves

Pride Center of New Jersey
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Highland Park, NJ 08904
732-846-2232
Third Sunday, 4:00-6:00pm EST and First Monday, 7:30-9:30pm EST

Group Status: Virtual

Group Type: Support

Group Leaders: Patricia Nagle

Group Leader Email: patti@pridecenter.org

Group Description: TrueSelves is a transgender, peer-based support group focusing on all aspects of the transgender spectrum from gender issues to understanding yourself and your community. All members of the transgender community are welcome.

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*PFLAG Transgender Network (TNet) focuses on support for transgender people and their parents, families, and friends.

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<mailto:PFlag.TNET.Princeton@gmail.com>

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Connection Recovery Support Group is a peer-led recovery support group for individuals (18+) in the LGBTQ+ community who are looking for a safe and inclusive space to discuss mental health and various LGBTQ+ related topics.

Meets last Sunday of every month

jyudof@naminj.org

Urology

No resources have been identified for this category yet. Please refer to the statewide section or the Central New Jersey section for possible resources.

Youth Resources

No resources have been identified for this category yet. Please refer to the statewide section or the Central New Jersey section for possible resources.

Out of State

New York

Hospitals

Mt. Sinai, New York

(212) 604-1730

www.mountsinai.org

Immigration Resources

Sylvia Rivera Law Project

Provides free legal services to TGNC people of color and low-income TGNC people, call for drop-in hours

www.srlp.org/

Manhattan, NY: 147 West 24th St., Floor 5

Phone: 212-337-8550

Intimate Partner and Domestic Violence

Anti-Violence Project Hotline

24 Hr. Bilingual Hotline: (212) 714-1141
Assistance for LGBT survivors of violence

Safe Homes Project

Hotline: 718-499-2151
Assistance for LGBT homeless people in NYC
Safe Horizons Hotlines
Domestic Violence: 800-621-4673
Crime Victims: 866-689-4357
Rape, Sexual Assault and Incest: 212-227-3000
TDD for all hotlines: 866-604-5350

Speech Therapy

Christopher Donoso, M.S., CCC-SLP

Email: <mailto:donosolc@gmail.com>

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

Phone: (567) 307-3060

Licensure: licensed in NJ and NY

Currently Accepting Insurance?: No

Experience with Gender Affirming Voice: <1 Year

Member of the LGBTQ community

Danielle Amedeo

<mailto:Danielleamedeo@gmail.com>

Covering northern/central NJ/ NYC/ in-person or online

Voice coaching for gender affirmation and singing

Does not accept insurance

BFA, currently completing master's degree in vocal pedagogy

More than a decade of experience

Christie Block, MA, MS, CCC-SLP

150 Broadway, Suite 1708,

New York, NY 10038

347-677-3619

cblock@speechvoicelab.com

Support Services

Tarab NYC

A volunteer-run and non-profit organization serving LGBTQ & GNC Middle Eastern and North African people in NYC

www.tarabnyc.org

Transgender Affirming Mental Health Providers

Laura Jacobs

110 Lafayette Street

New York, NY 1001

(845) 304-7915

Laura@LauraAJacobs.com

Katherine(Kit) Rachlin

KitRachlin@gmail.com

(212) 807-6560

Walter Bockting

722 West 168th Street, Floor R3

New York, NY 10032

(646) 774-6937

Randi Kaufman- at the Ackerman center

New York, NY 10003

(646) 846-1319

SJ Langer

138 W 25th St, 6Th Floor, #17

New York, NY 10001

(917) 617-0243

Jesse Kahn

850 7th Avenue

New York, NY 10019

(646) 797-4340

<mailto:reception@gstherapycenter.com>

Virtual Healthcare

Healthy Transitions LLC

Diane Bruessow – PA-C, DFAAPA

50 Church St Ste L4

Montclair, NJ 07042

2050 Bellmore Ave

Bellmore, NY 11710

908 647-1688

Healthy Transitions, LLC isn't limited by where the office is located since, we're seeing patients virtually. We serve adolescents, as well as adults.

In addition to hormone & pubertal suppression, we also write second letters (but only for established patients). Does that make us adolescent medicine? endocrinology? mental health? I'm not sure where you want to put us because I'm not sure how the list is used. It seems to me that some of the resources (specifically pubertal suppression, hormone therapy, mental health and even speech) are all done virtually today, while surgery, dental work, etc are all in person services. Virtual care doesn't fit the guide's paradigm.

Pennsylvania

Electrolysis & Laser

Papillion Center

Dr. Christine McGinn

Including genital electrolysis

4 Gazebo Place

Logan Square Lower York Rd

New Hope, PA

Phone: 215-693-1199

papilloncenter@gmail.com

Plastic and Reconstructive Surgery

Papillion Center

Dr. Christine McGinn

Including genital electrolysis

4 Gazebo Place

Logan Square Lower York Rd

New Hope, PA

Phone: 215-693-1199

papilloncenter@gmail.com

Name & Gender Change – Detailed Instructions

The following pages are intended to provide you with detailed instructions on applying for name and gender marker changes at all of the most commonly necessary offices and agencies.

The pages are listed in order of importance, in other words which one should be accomplished first, second and so on. The logic in this arrangement is simple, in each case, the preceding change is necessary in order for the following change to be accomplished.

Of course you can hire an attorney to perform these activities for you, but that will potentially cost you thousands of dollars. There are organizations which offer to accomplish these activities for you, but there is quite a feeling of satisfaction by doing it yourself.

Please be sure to read each of the following pages completely and in their entirety prior to accessing any link.

Let's get started...

New Jersey Name Change

This really should be the first document to change. Just about everything else you will both need and want to change, depends upon your having your preferred name as your legal name.

Your first step is to visit one of the following websites. If you are an adult select the link for adults and if you are a minor have you parent or guardian select the link for family.

Follow this link for the Adult Form -

https://www.njcourts.gov/forms/10551_namechg_adult.pdf

Follow this link for the Minor Form -

https://www.njcourts.gov/forms/10552_namechg_family.pdf

Follow this link for the Case Information Statement (CIS) Form and instructions -

https://www.njcourts.gov/forms/10517_ps_pkt.pdf

The CIS form site is provided should the instructions you are following require it.

Download and print out the forms. The first pages of each document contain very specific instructions which must be followed exactly. If you follow the instructions exactly, your name change will be completed quickly and without delays.

You will be required to mail your completed forms to your county courthouse with a check for \$250 to cover court costs. Be sure to follow the mailing instructions and request delivery confirmation with a signature. This completed form will entitle you to a single copy of a raised seal court document which authenticates your name change. Additional copies of this document cost \$25 each. Most individuals will need between 2 – 4 additional copies depending upon how quickly you need to accomplish your other changes.

Follow this link to County Courts - <https://www.njcourts.gov/courts/index.html?lang=eng>

You no longer need to publish your name change in a newspaper so the estimated time to complete this process is between 6 – 8 weeks. Depending upon which county you reside in, you may be required to make a court appearance before a judge to apply for your name change. After your name change is granted, there may be a 30 day waiting period on the judge's ruling for it to take effect. Do not begin using your new name until the indicated date on your authentication raised seal document.

Step by step instructions to Obtain a Court Order to Change Your Name

STEP 1: Fill out the Verified Complaint and the Certification of Confidential Information for Name Change. (Forms A and A1)

STEP 2: Fill out the Order Fixing Date of Hearing, Final Judgment and Final Judgment Addendum (Forms B, C and C1)

STEP 3: Fill out the Civil Case Information Statement (CIS) This form summarizes your case for the court. The case type number for a name change is 151. The self-represented version of the CIS which is to be used with this packet can be found on our Represent Yourself in Court Self-Help Resource Center.

STEP 4: Make a check or money order payable to Treasurer, State of New Jersey in the amount of \$250.00 This is the fee for filing your papers.

STEP 5: Check your completed forms and make copies (one for you and one for the court). Make sure everything is signed. If you are mailing or delivering your paperwork to the court, you must make two copies of each form.

STEP 6: File your papers with the court.

STEP 7: Review copies returned from court

Docket number will be provided. The court will fill in the date on the Order Fixing Date of Hearing. That is the day you will appear before the judge to get the Final Judgment.

STEP 9: Notify the State of your Application for a Name Change

STEP 10: Complete Proof of Mailing (Form D) and send to court. Keep a copy of it for your files.

STEP 11: Appear in court on the date set by the judge for your hearing

STEP 12: Order Certified Copies with a Raised Seal of the Final Judgment with the Final Judgment Addendum

STEP 13: Send a copy of the certified Final Judgment with the Final Judgment Addendum to the Department of Treasury You must include a check or money order payable to the Treasurer, State of New Jersey in the amount of \$50. Mail the certified copy with a raised seal of the Final Judgment, with the Final Judgment Addendum attached, with the check or money order and a stamped self-addressed envelope to: Department of Treasury Division of Revenue Judgment Name Change Unit P. O. Box 453 Trenton, NJ 08646

STEP 14: Notify the Registrar of Vital Statistics of the State

Send a certified copy with a raised seal of the Final Judgment, with the Final Judgment Addendum attached, to the Registrar of Vital Statistics of the State in which you were born. The Office of the Registrar is located in the capital city of the State in which you were born. Check to see if the office requires a fee. If you were born in New Jersey, the address for this office is: Bureau of Vital Statistics Attn: Vital Records Modifications Unit P. O. Box 370 Trenton, NJ 08625 In New Jersey, there is a \$2.00 fee to process the legal name change. There is also a \$25.00 fee if you want to receive a corrected birth certificate, marriage license, civil union or domestic partnership record. Checks or money orders should be made payable to the Treasurer, State of New Jersey. There is a \$2.00 fee for each additional copy of the same certificate.

STEP 15: Notify the Motor Vehicles Commission

New Jersey Motor Vehicle Commission (NJMVC) Name Change

Changing your name on your driver's license is really simple and easy; however it must be done in person meaning it cannot be accomplished by mail. Follow this link to the NJMVC page for full details on accomplishing this activity.

Follow this link to NJMVC - <https://www.nj.gov/mvc/drivertopics/namechange.htm>

With the exception of certain specific cases, identified on the above link, you can simply go to your closest MVC office which handles document changes. Bring with you your official court issued raised seal name change document, the required 6-points of identification and \$11 for the processing fee. Be sure to dress appropriately, and as you wish to appear, because they will take a new picture of you which will appear on your new license.

Please read the following page prior to running down to the MVC, you may want to perform both of these activities at the same time. You will even save a trip to NJMVC and the additional \$11 processing fee for the second activity.

New Jersey Motor Vehicle Commission (NJMVC) Gender Change

Please read the proceeding page if you have not already read it, the activities on both of these pages can easily be accomplished at the same time. Due to recent changes made by the NJMVC, you no longer need a doctor's letter to change the gender marker on your driver's license.

Follow this link to a press release on Gender Markers changes -

<https://www.nj.gov/mvc/press/archives/2020/021220.htm>

You can simply fill out the form at the following link, and take it with you to any MVC office which performs documentation services.

Follow this link for the Gender Marker change form -

<https://www.state.nj.us/mvc/pdf/license/genderchange.pdf>

If you have completed your official name change, be sure to use your new legal name on this document. You will need to provide the standard 6-points of identification and pay an \$11 processing charge. Be sure to dress appropriately, and as you wish to appear, because a new photo will be taken and will be used on your new driver's license.

As previously mentioned, if you change both your name and gender marker at the same time, you save a trip to the NJMVC agency as well as saving \$11.

And please remember, a NJMVC driver's license is considered an official government issued photo identification card. This means that it can be used to officially determine your name and gender if you should ever be questioned.

Please re-read the last paragraph and ensure you fully understand its importance. For assistance with NJMVC tasks, please refer to the Name Change Assistance page in the State wide section of this document.

New Jersey Birth Certificate Name and Gender Changes

On February 1, 2019 the Babs Siperstein Law was signed into law by Governor Phil Murphy. This law allows for the changing of the gender on your birth certificate without the need to actually undergo affirmation surgery.

The following link will take you to a NJ Vital Statistics page which provides you with links to all of the forms you will need to accomplish the changes to your birth certificate.

Follow this link to NJ Vital Statistics Page - <https://www.state.nj.us/health/vital/correcting-vital/sexdesignation/>

The following link takes you to a file which contains information concerning the 'Amendment to Sex Designation on a Birth Certificate to Reflect Gender Identity'. Good general reading....

Follow this link to the Amendment to Sex Designation - https://www.state.nj.us/health/vital/documents/Vital_Records_FAQ_transgender.pdf

The following link contains the file which needs to be completed if applying as an adult. Follow this link for the Adult form - https://www.nj.gov/health/forms/reg-l2_1.pdf

The following link contains the file which needs to be completed if applying as a minor. Follow this link for the Minor's form - https://www.nj.gov/health/forms/reg-l3_1.pdf

The following link takes you to a page which allows you to file for your change(s) online. It also allows you to change your name with legal proof if it has already been changed.

Follow this link for the online services - <https://appengine.egov.com/apps/nj/doh/changesexdesignation>

United States Passport – New, Name and Gender Changes

The State Department doesn't make it easy to change your passport. It is almost easier if you do not have a passport to apply for a new one once you have had your name changed and have obtained a new birth certificate. I am including links to both informational pages as well as to the forms for both new passports and for changing existing passports.

If you currently do not possess a passport follow this link to apply for one.

Follow this link to apply for a passport - <https://eforms.state.gov/Forms/ds11.PDF>

Follow this link for instructions on changing your gender marker on your passport - <https://travel.state.gov/content/travel/en/passports/need-passport/change-of-sex-marker.html>

Follow this link for the form to change your gender marker -

<https://eforms.state.gov/Forms/ds11.PDF>

Follow this link for instructions to change your name -

<https://travel.state.gov/content/travel/en/passports/have-passport/change-correct.html>

Follow this link for the form to change your name - <https://eforms.state.gov/Forms/ds60.pdf>

Follow this link for the name change form if your passport was issued less than a year ago -

<https://eforms.state.gov/Forms/ds5504.PDF>

Follow this link for the form to renew your passport for adults (even if you are changing your name) - <https://eforms.state.gov/Forms/ds82.PDF>

There are a group of acceptance facilities available to assist you with your needs. Many post offices, clerks of court, public libraries and other state, county, township, and municipal government offices have individuals trained to assist you with procuring or changing your passport. The following link helps you locate an acceptance facility.

Follow this link to locate an acceptance facility - <https://iafdb.travel.state.gov/>

Follow this link to estimate what passport services will cost -

<https://travel.state.gov/content/travel/en/passports/how-apply/fees.html>

Follow this link to a chart of passport costs -

https://travel.state.gov/content/dam/passports/forms-fees/Passport%20Fees%20Chart_TSG_JAN2021.pdf

When applying to change your passport, you may have to make changes to both your name and your gender marker on an existing passport. You can contact a clerk at a nearby post office and made an appointment with them. The clerks are extremely helpful and knowledgeable. You can already have obtained and fill out all of the documents that you need, as listed above. The clerk can then verify everything and mail it in for you.

It is suggested that you contact an acceptance facility representative and discuss your needs first. Then using the links above, locate and fill-out the forms prior to your appointment. Ensure that you have a current, properly sized picture of yourself with you. Photos can be taken at AAA agencies, CVS Pharmacy's, FedEx offices and other establishment that offer passport photo services.

Please note that passport processing takes a long time under normal circumstances. You can expect it to take up to 6 weeks to receive your passport. You can expedite the processing time if necessary at an additional cost. You can also expedite the shipping time for another additional cost. If fully expedited, your passport should arrive in 2 – 3 weeks.

If you need a passport within three (3) days you can try going to a Passport Agency. Follow this link for details on utilizing and locating a Passport Agency - <https://travel.state.gov/content/travel/en/passports/get-fast/passport-agencies.html>

You may also call the National Passport Information Center at 1-888-874-7793 for further assistance.

You should either take enough cash or several checks with you to cover the cost of the passport and any necessary expediting. You will need to pay separately for your passport and for postage charges.

Social Security Name and Gender Changes

Making changes to your Social Security card is really easy, although you may need to take a trip to your local Social Security office to accomplish it.

Follow this link to locate your nearest Social Security office - <https://secure.ssa.gov/ICON/main.jsp#officeResults>

I strongly recommend that after you locate the nearest office, you contact them and discuss your specific needs. You may be able to simply complete the form listed below, supply the required documents and mail it all in. Or, you may be required to appear in person to make the changes. If you do need to go to an office, I strongly suggest that you make an appointment rather than just walking in. Without an appointment you must wait until everyone with an appointment is serviced prior to your being helped.

Follow this link for instructions on changing your name – <https://faq.ssa.gov/en-US/Topic/article/KA-01981>

Follow this link for instructions on changing your gender - <https://faq.ssa.gov/en-us/Topic/article/KA-01453>

Follow this link for the name and gender change form - <https://www.ssa.gov/forms/ss-5.pdf>

Change History

3/16/22

Added Change History

Added Corectal

Added Dr. Nell M. Patel

Added to Therapist

Bobbie McArdle MSW, LSW

Dr. Sari Bentsianov - Adolescent Medicine, Pediatrics

Dr. Aditi M. Kanth - Craniofacial and Pediatric Plastic Surgeon

Dr. Debra A. Keegan, MD

Added Pediatric & Adolescent Therapist

Added Emily Mattek

6/23/22

Added Teleconference Gender Therapy to statewide section

Added Alexa Borrows, MS, LPC/MHSP, NCC

6/28/22

Added A Life Never Lived: New Beginnings to Suggested Reading

8/12/22

Added new reading suggestions

Added Suggested Viewing

8/15/22

Added Couplies Counseling to all geographies

8/24/22

Added

Dr. Boris Borodulin, MD

Dr. Stephanie K. Stern

Dr. Joseph Siragusa

Stephanie Del Sasso - Psychologist,

Tracey Post- Therapist – kids

Diane Mancini - Electrologist

Healthy Transitions

Christie Block, MA, MS, CCC-SLP – speech

8/26/22

Added Family Planning

Added PGCNJ to cover and as needed

Updated & corrected footer

Version 15.0 – 10/14/22

Added to Suggested Reading

Before We Were Trans: A New History of Gender

Version 15.1 – 10/19/22

Added AIDs to all sections

Version 15.2 - 11/6/22

Added Strands for Trans to Hair and Nails in all geographic sections

Version 15.3 – 11/15/22

Changed PFLAG's email address

Changed VNA's phone number and added Fax number

Version 15.4 – 11/21/22

Corrected improper terms: gender non-conforming, non-binary to gender diverse

Version 15.5 – 12/7/22

Deleted Layla Orlando and Jackie Baras

Version 16.1 – 1/19/23

Added Ashley Isaiah Harris

Updated Suggested Reading

Version 16.2 – 2/18/23

Added new books to suggested reading.

Version 16.3 - 3/11/23

Corrected typos

Version 16.4 – 3/24/23

Added Pelvic health to all geographies.

Added Pelvic Health Center to Pelvic Health in Northern NJ

Added Protouch Physical Therapy to Physical Therapy in Central NJ

Version 16.5 – 3/25/23

Updated information on driver's licenses

Updated information on passports

Version 16.6 – 5/12/23

Removed Susan Robinson – received complaints

Updated endocrinology for Central NJ

Version 17.0 – 5/23/23

Added Dr. Yessenia Guglielmi, MA LPC to Transgender therapists in North NJ

Last Page