

Transgender Resources in the Southern Finger Lakes



Transgender is an umbrella term that includes people with many diverse experiences, identities, and sexual orientations. There is no one right way to be transgender and there are many terms people may use to describe their gender identity. For many transgender people discrimination from health professionals and fear of coming out to providers can be a barrier to accessing health care, including mental health care. This list of resources was compiled by our staff and local transgender community members. Inclusion on this list does not guarantee a positive experience. Suggestions, feedback, and additions are welcome. For more information or to share a resource or provider to be listed, please contact our Out for Health office in the Ithaca (607) 216-0021, ext. 2308 or lgbt@ppsfl.org.

Organizations & Resources

Cornell LGBT Resource Center

lgbtrc.cornell.edu, lgbtrc@cornell.edu
(607) 254-4987

Ithaca College Center for LGBT Education, Outreach, & Services

ithaca.edu/lgbt,
(607) 274-7394

Planned Parenthood's LGBTQ Health & Wellness Program: Out for Health

[Facebook.com/outforhealth](https://www.facebook.com/outforhealth)
Queertips.org
lgbt@ppsfl.org
(607) 216-0021 x2308—Devon
devon.ritz@ppsfl.org

Providing outreach, education, technical assistance and support for affirming and inclusive service and care.

PFLAG Ithaca/Cortland

www.pflagithacacortland.com
(607)423-1078 or (607)756-7070

Corning/Painted Post Social Group

lgbt@ppsfl.org
Peer led monthly gathering over breakfast on Saturday mornings. All are welcome.

Ithaca Transgender Support Group

Ithacatransgendergroup.com
hello@ithacatransgendergroup.com
Peer led support group meets bi-weekly on Sundays in Ithaca

LGBTQ Center of the Finger Lakes

Geneva & Newark, NY
fcsfl.org/servlgbtq.html
lgbtq@fcsfl.org
315-789-2613

The Cortland LGBT Center

Cortland, NY
Cortlandlgbtcenter.org
(607) 756-8970

ACR Health

Syracuse, NY
acrhealth.org
800-475-2430

Identity Youth

Binghamton, NY
ldyouth.org
607-651-9120

Pride and Joy Families

Binghamton, NY
binghamton.edu/prideandjoyfamilies
607-777-3717

Out Alliance

Rochester, NY

gayalliance.org
585-244-8640

Pride Center of Western New York

Buffalo, NY
pridecenterwny.org
716-852-7743

SAGE Upstate

Syracuse, NY
www.sageupstate.org
315-478-1923

Mental Health Providers

Beth Cohen, Ph.D.

Ithaca and Elmira, NY
607-319-5778
bbethcohenphd.com

Kate Halliday, CSW

Ithaca, NY
607-279-5439 (call or text)
katehallida@gmail.com
Specializing in EMDR

Judy Isaac, Ph.D

Ithaca and Lansing, NY
607-280-6988

Elaine Liu, LCSW

Ithaca, NY
607-218-1459
elainekiucsw@gmail.com
Adult and Couples Therapy

Family Services of Chemung County

Elmira, NY
607-733-5696

Family and Children's Services of Ithaca

Ithaca, NY
607-273-7494
fcsith.org

Maria Manna, LMHC

Ithaca, NY
607-351-6020
Emergefmx.com
Mannacounseling@gmail.com

Suki Montgomery Hall, Ph.D

Ithaca, NY
607-227-2211
www.drskihall.com
sukimontgomeryhall@gmail.com

Samaritan Counseling

Endwell, NY
(607) 754-2660

Amelia Sauter, LCSW

Trumansburg, NY
(607) 280-4780
nowandnextcounseling.com
amelia@nowandnextcounseling.com

Stephanie Marren, LMSW

Homer, NY
607.749.5711
smarrencac@gmail.com

Grace Shilliff, LMHC

Homer, NY

607-749-9256

J McKnight, MSW

Corning, NY
415-359-7831
j@jamcknight.com
Jamcknight.com

Clinical Associates of the Southern Tier

Corning, Elmira, Ithaca, NY
607-936-1771
clinicalassociatesofthesoutherntier.com

Kathleen Pottinger, LCSW-R

Elmira, NY
607-737-4040

Hannah Rumpf, LMSW

Ithaca, NY
607-304-3416

Beky Bordelmay, LMHC

Ithaca, NY
607-436-7058

Mary Kate Lenihan, MA, LMFT

Dryden & Ithaca, NY
855-286-2210

Karen Dudgeon, LCSW

Cortland, NY
877-867-4666
Kdpsychotherapy.com

Maureen Kiley, LCSW-R

Cortland, NY
607-745-4066
Maureenkielycounselor.com

Daran Shipman, LMFT

Syracuse, NY
(315) 744-8279

Debra Thatcher, LCSW

Elmira, NY 14901
607-304-2746

Ellen Zaslav, PH.D

Ithaca, NY
607-273-0705

Gail Zussman, LCSW-R

Ithaca, NY
(607) 387-5925

Tom Callaghan, LCSW-R

Ithaca and Trumansburg, NY
(607) 256-6239

Alkira Center

Syracuse, NY
315-492-1390
Alkiratherapy.com

Couple and Family Therapy Center (Trans Team)

Syracuse, NY
315-443-3023

Dr. Kelly Richards, Psy. D

Syracuse, NY
315-313-4031
kellyrichardspsyd.com
(mention PPSFL referral when request appt.)

Brienne Smith, LMHC

Corning, NY
(607) 821-3713
Tranquil Mind Counseling Services

Bethany Robson, LCSW-R, CPCC

Jamestown, NY
(716) 235-3107

Patricia S. Jordan, LCSW-R

Vestal, NY
607-953-4125

Transgender Hormones, Health and Wellness

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Planned Parenthood of the Southern Finger Lakes

607-273-1513, Ithaca
607-962-4686, Corning
607-324-1124, Hornell
607-734-3313, Elmira

Primary Care Providers

Susquehanna Family Practice & Gender Wellness

Carolyn Wolf-Gould, MD
Oneonta, NY
607-431-5757

Family Medicine Associates

Dr. Berlin/E. Gebhart, FNP/N. Serrano, FNP/
E. Williams, FNP-C
Ithaca, NY
607-277-4341

Northeast Pediatrics & Adolescent Medicine

Ithaca & Trumansburg, NY
607-257-2188

Dryden Family Medicine

Dryden, NY
607-844-8181

Family Health Network

Dr. Alexander Langely
Cortland & Moravia, NY
Cortland: 607-758-3008
Moravia: 315-497-9066

University Internists

Dr. Harold Husovsky
Syracuse, NY
315 464-5240

Highland Family Medicine

Rochester, NY
(585) 279-4800

WNY Medical

Amherst, NY
716-923-4380

Community Health Center of Buffalo

Buffalo, NY
716-986-9199

Dr. Corina Marshall

Guthrie
Sayre, PA
570-887-2239

Health & Wellness

Court Street Chiropractic

Ithaca, NY
(607) 273-7682

Milan Laser Hair Removal

Binghamton/Syracuse/Rochester/Utica/Buffalo
Milanlaser.com
1-833-667-2967

AfterImage Electrolysis

Groton, NY
Afterimageelectrolysis.com
(607) 793-4104

Emancipated Electrolysis

Brighton, NY
Emancipatedelectrolysis.com
(585) 270-5230

Speech/Voice Modification

Elmira Electrolysis

Elmira, NY
Elmiraelectrolysis.com
(607) 734-2132

Electrolysis by Victoria Covington

Ithaca, NY
victoria@buffalobelles.org

Hormone Therapy Self-Injection Videos

plannedparenthood.org/planned-parenthood-greater-texas/self-injection-videos

Say It Loud Say It Proud Speech Therapy

607-227-0143
SayItProudSpeechTherapy.com

Ithaca College Voice and Communication Modification Program for People in the Transgender Community (free of cost)

607-274-3714
ithaca.edu/sacl/lgbt/resources/transvoiceprog

Diversified Hearing

Western, NY
Diversifiedhearing.com

Legal Assistance (including legal name & gender marker change)

Milo Primeaux, Esq

Civil Rights Practice w/ LGBTQ+ Focus
www.miloprimeaux.com
585-612-1071

607-273-3667, Ithaca
716-664-4535, Jamestown
716-373-4701, Olean
585-325-2547, Rochester

Legal Assistance of Western New York

lawny.org
315-781-1465, Geneva
607-776-4126, Bath
607-734-1647, Elmira

Volunteer Lawyers Project

onvlp.org
315-579-2576
qlaw@onvlp.org

Need more information?

Please be in touch, we're here to help!

(607) 216-0021 x2308
facebook.com/outforhealth
ppsfl.org/transgender