Resources for Transgender & Non-Binary People

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@ppgreaterny.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
Queertips.org
lgbt@ppgreaterny.org
(607) 216-0021 x2308—Devon
devon.ritz@ppgreaterny.org
Providing outreach, education, technical assistance and support for affirming and inclusive service and care.

Queertips.org
lgbt@ppgreaterny.org
(607) 216-0021 x2308—Devon
devon.ritz@ppgreaterny.org
Ray of Hope Church
rayofhopechurch.com
“The Church in Central New York founded and consistently fostered by the GLBTQIS community.”

Ithaca Transgender Support Group
Ithacatransgendergroup.com
hello@ithacatransgendergroup.com
Peer-led, meets bi-weekly 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
Idyouth.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

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

Maureen Kiley, LCSW-R
Cortland, NY
607-745-4066

Daran Shipman, LMFT
Syracuse, NY
(315) 744-8279

Debra Thatcher, LCSW
Elmira, NY 14901
607-304-2746

Ellen Zaslaw, 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 PPGNY referral when request appt.)

Brieanne 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

Moynihan Counseling Services
Rochester, NY
585-487-8769

Pamela Harwood, LMFT
Honeoye Falls
585-770-7215

Ryan Howles, LMHC, NCC, CGT
Thriving Counseling
Rochester, NY
585-294-4607

Dr. Max Wallace, PsyD
Rochester, NY
drmaxwallace@gmail.com
585.449.0125

Transgender Hormones, Health and Wellness

Transgender Hormones, Health and Wellness

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

Cayuga Family Medicine
Ithaca, NY
607-697-0360

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

Dr. Janusz Sosniak
Arnot Health
Elmira, NY
607-735-4633

Dr. Kay Kelts
Arnot Health
Elmira, NY
607-734-7982

Kris Hill, ANP-C
Arnot Health
Elmira, NY
607-735-4633

Amy Hiliker, ANP-C
Arnot Health
Horseheads, NY
607-739-0352

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

CNY Fertility
Syracuse/Rochester/Buffalo/Albany
315-469-8700
Cnyfertility.com

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
Emacipatedelectrolysis.com
(585) 270-5230

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-greatertexas/self-injection-videos
Speech/Voice Modification

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

Legal Assistance
(including legal name & gender marker change)

Volunteer Lawyers Project
onvlp.org
315-579-2576
qlaw@onvlp.org
315-781-1465, Geneva
607-776-4126, Bath
607-734-1647, Elmira
607-273-3667, Ithaca

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

Legal Assistance of Western New York
lawny.org
716-373-4701, Olean
585-325-2547, Rochester
716-664-4535, Jamestown

Diversified Hearing
Western, NY
Diversifiedhearing.com

North Penn Legal Services
www.northpennlegal.org/
Serving most bordering counties in Pennsylvania
Pennsylvania Youth Congress
www.