PGCNJ

“For the Community, by the Community”

Transgender Resource Guide
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, non-binary, gender non-conforming, 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 non-binary 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 non-conforming** - 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.

**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.

**Non-binary** - people whose gender identities are more fluid or fall outside of the male female binary.

**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 non-binary 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 13 years 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

IRM 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

Trans Bodies Trans Selves-Erickson-Schroth
Transgender Children & Youth-Nealy
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

NOVELS
Nevada-Imogen Binnie
Detransition, Baby-Torrey Peters
Little Fish-Casey Plett
Survivor’s Guilt-Robyn Gigl

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
Suggested Reading – con’t
Summer Camp

Tertium Quid
Tina Crelli
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.

Orgulloso Grupo Latinx
A Spanish-speaking support group in collaboration with Zufall Health, for transgender and non-binary 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.
https://pflag.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 non-binary 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:
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

Susan Rosenberg rn, le, cpe
1553 state route 27 ste 1700
Somerset, NJ 08873
Phone: 732 846-1410

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

David Cohen, MD
Sara Lubitz, MD
Diana Espino, Team Supervisor
mailto:de219@rwjms.rutgers.edu
732 235-6203

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

Zarinah Shabazz
Endocrinology/Nephrology Unit Clerk
E: zs205@rwjms.rutgers.edu
Jennifer Gilliard-Davis, Manager
mailto:jennifer.gilliard@rutgers.edu
732 235-8944

Office Phone: 732-235-7219
125 Paterson Street, Suite 5200
New Brunswick, NJ 08901
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
26 Thoreau Dr.
Freehold, NJ 07728
732 577-8600
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
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 nonconforming 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**

**Jackie J. Baras, MSN, MBA, RN**  
Quality Nurse Manager, PeriOperative Services | RWJUH LGBT Director  
Lead Group Facilitator, PROUDLY ME Education/Support Group, PROUD Community Advisory Council  
Robert Wood Johnson University Hospital | RWJ Barnabas Health  
Office: 732-828-3000 x5690 | Cell: 908-442-5609  
Email: [Jackie.Baras@RWJBH.org](mailto:Jackie.Baras@RWJBH.org)

**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)

**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](mailto:ProudCenter@rwjbh.org)
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.
https://pflag.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 13 years 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
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
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@ecoplasticsurgery.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: 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
732 502-0213

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/](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/](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/](https://www.sbivf.com/locations/irms-old-bridge-office/)
T 732 786-7900
F 732 490-7392

**Dr. Debbra 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

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](mailto:Leigh.mann@rwjbh.org)  
  [Daniel.Fernandez@rwjbh.org](mailto:Daniel.Fernandez@rwjbh.org)  
Monthly support and education group meeting for members of the transgender community and allies.

**Orgulloso Grupo Latinx**  
A Spanish-speaking support group in collaboration with Zufall Health, for transgender and non-binary 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](mailto: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](mailto: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.
https://pflag.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
**Youth Resources**

**The Pride Center of New Jersey**
85 Raritan Avenue, Suite 100, Highland Park, NJ 08904  
[https://www.pridecenter.org/](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/](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](http://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.gardenstatequality.org/
Phone: 973-509-5428
New Jersey’s statewide advocacy and education organization for the gay, lesbian, 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 non-binary 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:
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:tlioudakis@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.drtomziering.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

No resources have been identified for this category yet. Please refer to the statewide section or the Central New Jersey section for possible resources.
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 nonconforming 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.lcs@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.
**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/](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
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@rwjh.org
Daniel.Fernandez@rwjbh.org
Monthly support and education group meeting for members of the transgender community and allies.

Orgulloso Grupo Latinx
A Spanish-speaking support group in collaboration with Zufall Health, for transgender and non-binary 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.
https://pflag.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 non-binary 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:
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

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

LAMBDALLEGAL
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
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@ecplasticsurgery.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

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
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.

Orgulloso Grupo Latinx
A Spanish-speaking support group in collaboration with Zufall Health, for transgender and non-binary 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.
https://pflag.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

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
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/](http://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: 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

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.
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 your 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 -

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. Due to the pandemic, most name change requests are being handled virtually. It is suggested that you request either being the first or last case of the session to provide you with anonymity from other individuals on the call. 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-I2_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-I3_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.

Please Note:
As of June 17, 2021, the current Federal Passport Agency service times are:

- Routine service – Up to 18 weeks from the day an application is submitted to the day a new passport is received.
- Expedited service (for an additional $60) – Up to 12 weeks from the day an application is submitted to the day a new passport is received.

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. Debbra 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