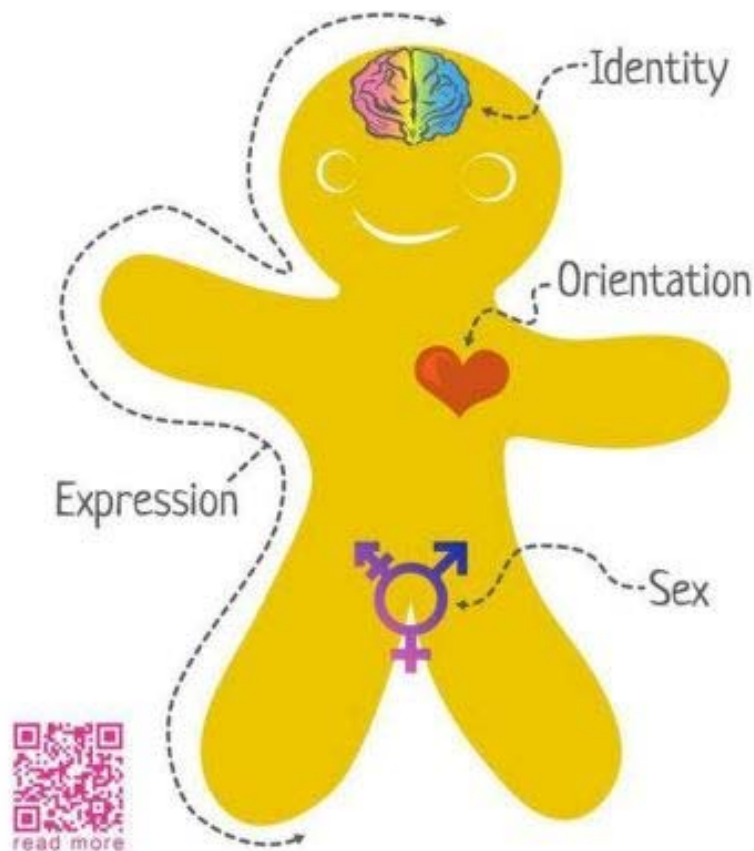


Rethinking Sex-Gender-Sexuality

The Genderbread Person

by www.ItsPronouncedMetrosexual.com



Gender identity is how you, in your head, think about yourself. It's the chemistry that composes you (e.g., hormonal levels) and how you interpret what that means.



Gender expression is how you demonstrate your gender (based on traditional gender roles) through the ways you act, dress, behave, and interact.



Biological sex refers to the objectively measurable organs, hormones, and chromosomes. Female = vagina, ovaries, XX chromosomes; male = penis, testes, XY chromosomes; intersex = a combination of the two.



Sexual orientation is who you are physically, spiritually, and emotionally attracted to, based on their sex/gender in relation to your own.

Ally | A term used to describe someone who is actively supportive of LGBTQ+ people. It encompasses straight and cisgender allies, as well as those within the LGBTQ+ community who support each other (e.g., a lesbian who is an ally to the bisexual community).

Asexual | Often called “ace” for short, asexual refers to a complete or partial lack of sexual attraction or lack of interest in sexual activity with others. Asexuality exists on a spectrum, and asexual people may experience no, little or conditional sexual attraction.

Biphobia | The fear and hatred of, or discomfort with, people who love and are sexually attracted to more than one gender.

Bisexual | A person emotionally, romantically or sexually attracted to more than one sex, gender or gender identity though not necessarily simultaneously, in the same way or to the same degree. Sometimes used interchangeably with pansexual.

Cisgender | A term used to describe a person whose gender identity aligns with those typically associated with the sex assigned to them at birth.

Coming Out | The process in which a person first acknowledges, accepts and appreciates their sexual orientation or gender identity and begins to share that with others

Gay | A person who is emotionally, romantically or sexually attracted to members of the same gender. Men, women and non-binary people may use this term to describe themselves.

Gender identity | One’s innermost concept of self as male, female, a blend of both or neither – how individuals perceive themselves and what they call themselves. One's gender identity can be the same or different from their sex assigned at birth.

Gender non-conforming | A broad term referring to people who do not behave in a way that conforms to the traditional expectations of their gender, or whose gender expression does not fit neatly into a category. While many also identify as transgender, not all gender non-conforming people do.

Genderqueer | Genderqueer people typically reject notions of static categories of gender and embrace a fluidity of gender identity and often, though not always, sexual orientation. People who identify as "genderqueer" may see themselves as being both male and female, neither male nor female or as falling completely outside these categories.

Homophobia | The fear and hatred of or discomfort with people who are attracted to members of the same sex.

Intersex | Intersex people are born with a variety of differences in their sex traits and reproductive anatomy. There is a wide variety of difference among intersex variations, including differences in genitalia, chromosomes, gonads, internal sex organs, hormone production, hormone response, and/or secondary sex traits.

Gender binary | A system in which gender is constructed into two strict categories of male or female. Gender identity is expected to align with the sex assigned at birth and gender expressions and roles fit traditional expectations.

Gender dysphoria | Clinically significant distress caused when a person's assigned birth gender is not the same as the one with which they identify.

Gender-expansive | A person with a wider, more flexible range of gender identity and/or expression than typically associated with the binary gender system. Often used as an umbrella term when referring to young people still exploring the possibilities of their gender expression and/or gender identity.

Gender expression | External appearance of one's gender identity, usually expressed through behavior, clothing, body characteristics or voice, and which may or may not conform to socially defined behaviors and characteristics typically associated with being either masculine or feminine.

Gender-fluid | A person who does not identify with a single fixed gender or has a fluid or unfixed gender identity.



Lesbian | A woman who is emotionally, romantically or sexually attracted to other women. Women and non-binary people may use this term to describe themselves.

LGBTQ+ | An acronym for “lesbian, gay, bisexual, transgender and queer” with a “+” sign to recognize the limitless sexual orientations and gender identities used by members of our community.

Non-binary | An adjective describing a person who does not identify exclusively as a man or a woman. Non-binary people may identify as being both a man and a woman, somewhere in between, or as falling completely outside these categories. While many also identify as transgender, not all non-binary people do. Non-binary can also be used as an umbrella term encompassing identities such as agender, bigender, genderqueer or gender-fluid.

Outing | Exposing someone’s lesbian, gay, bisexual transgender or gender non-binary identity to others without their permission. Outing someone can have serious repercussions on employment, economic stability, personal safety or religious or family situations.

Pansexual | Describes someone who has the potential for emotional, romantic or sexual attraction to people of any gender though not necessarily

simultaneously, in the same way or to the same degree. Sometimes used interchangeably with bisexual.



Queer | A term people often use to express a spectrum of identities and orientations that are counter to the mainstream. Queer is often used as a catch-all to include many people, including those who do not identify as exclusively straight and/or folks who have non-binary or gender-expansive identities. This term was previously used as a slur, but has been reclaimed by many parts of the LGBTQ+ movement.

Questioning | A term used to describe people who are in the process of exploring their sexual orientation or gender identity.

Same-gender loving | A term some prefer to use instead of lesbian, gay or bisexual to express attraction to and love of people of the same gender.

Sex assigned at birth | The sex, male, female or intersex, that a doctor or midwife uses to describe a child at birth based on their external anatomy.

Sexual orientation | An inherent or immutable enduring emotional, romantic or sexual attraction to other people. Note: an individual's sexual orientation is independent of their gender identity.

Transgender | An umbrella term for people whose gender identity and/or expression is different from cultural expectations based on the sex they were assigned at birth. Being transgender does not imply any specific sexual orientation. Therefore, transgender people may identify as straight, gay, lesbian, bisexual, etc.

Transitioning | A series of processes that some transgender people may undergo in order to live more fully as their true gender. This typically includes social transition, such as changing name and pronouns, medical transition, which may include hormone therapy or gender affirming surgeries, and legal transition, which may include changing legal name and sex on government identity documents. Transgender people may choose to undergo some, all or none of these processes.

Myth: Transgender people are confused.

Fact: Transgender people are no more and no less confused than most people. Gender is a much more complicated issue than most people are aware, and sorting through gender differences can be challenging. But by the time someone is ready to come out as transgender, they have thought long and hard and are generally secure in their feelings.

Myth: Being transgender is a “choice.”

Fact: Being transgender is no more a choice than being gay or straight, having brown eyes or blue, or being left- or right-handed. The choice is deciding whether or not to live your life honestly with yourself and others.

Myth: Transgender people are really gay.

Fact: Gender identity and sexual orientation are two different subjects. Some transgender people are lesbian, gay or bisexual in their sexual orientation, and some are straight.

Myth: Transgender people are sinners.

Fact: Many transgender people are people of faith. While some find hostility in their churches, synagogues, mosques or worshipping communities, still others are embraced by their spiritual peers. The number of transgender-friendly places of worship is large and growing.

Myth: Transgender people can't have families.

Fact: Whether they come out before a relationship or while in one, countless transgender people find love and happiness in their lives. In fact, most transgender people will tell you that after coming out, they feel a new sense of wholeness and happiness that makes them a better partner and parent.

26

Myth: Transgender people can be cured.

Fact: There's no “cure” for transgender people, although some do try to repress it. The most reputable medical and psychotherapeutic groups say you should not try to keep from expressing your true gender identity. Instead, they say to focus on ways to come to an understanding of yourself and share your life openly with those you love.

Myth: All transgender people have surgery.

Fact: Many transgender people have no desire to pursue surgeries or medical intervention. At the same time, many transgender people cannot afford medical treatment or have no access to it. Considering these truths, it's important that civil rights are afforded to all transgender people equally, regardless of their medical histories.

Myth: There are more male-to-female transgender people than female-to-male transgender people.

Fact: There are no reputable statistics on how many transgender people there are in the world, nor on how many people identify as male-to-female or female-to-male. But even the best estimates show there are more or less equal numbers of MTF and FTM transgender people

Resources

<https://www.hrc.org>

<https://www.eqfl.org/home>

<https://transequality.org>

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

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

[3 Generations \(2015\) - IMDb](https://www.imdb.com/title/tt0810819/)

[https://www.imdb.com > title](https://www.imdb.com/title/tt0810819/)

After Ray decides to transition from female to male, Ray's mother Maggie must come to terms with the decision while tracking down Ray's biological father to ...

[Boys Don't Cry \(1999\) - IMDb](https://www.imdb.com/title/tt0118731/)

[https://www.imdb.com > title](https://www.imdb.com/title/tt0118731/)

A young man named Brandon Teena navigates love, life, and being transgender in rural Nebraska. A young man named Brandon Teena navigates love, life, ...

THE DANISH GIRL (MOVIE)

<http://www.imdb.com/title/tt0810819/>

The Danish Girl (2015) ★ 7.0 /10 107,931 ☆ Rate This
R | 1h 59min | Biography, Drama, Romance | 22 January 2016 (USA)

1:09 | Trailer | 15 VIDEOS | 183 IMAGES

The image shows the IMDb page for the movie 'The Danish Girl'. It features a dark header with the title, year, and a star rating of 7.0/10 from 107,931 users. Below the header is a video player showing a scene from the movie with a play button in the center. To the left of the video is a small poster for the movie. At the bottom of the video player, it indicates a 1:09 trailer, 15 videos, and 183 images.

WHEN WE RISE (MOVIE - SERIES / BASED ON A TRUE STORY)

<http://www.imdb.com/title/tt5292622/>

When We Rise ★ 7.1 /10 1,693 ☆ Rate This
TV-14 | 1h 25min | Drama | TV Mini-Series (2017-)

Episode Guide
7 episodes

"NOW IS THE TIME FOR US TO FIGHT BACK."
A chronicled re-telling the gay rights movement in the United States, beginning with the Stonewall riots in 1969.

Creator: [Dustin Lance Black](#)
Stars: [Rachel Griffiths](#), [Austin P. McKenzie](#), [Mary-Louise Parker](#) | [See full cast & crew >](#)

Reviews
19 user | 37 critic

Popularity
349 (▲ 159)

The image shows the IMDb page for the TV mini-series 'When We Rise'. It features a dark header with the title, a star rating of 7.1/10 from 1,693 users, and the TV-14 rating. Below the header is an 'Episode Guide' section with 7 episodes. A large image shows a person with their arms raised in a crowd, with the text 'NOW IS THE TIME FOR US TO FIGHT BACK.' and 'WHEN WE RISE AN ABC TELEVISION EVENT STARTS MONDAY FEB 27 9PM abc'. To the right of the image is a description of the series as a chronicled re-telling of the gay rights movement in the United States, beginning with the Stonewall riots in 1969. Below the description are the creator's name, Dustin Lance Black, and the stars: Rachel Griffiths, Austin P. McKenzie, and Mary-Louise Parker. At the bottom, there are sections for 'Reviews' (19 user, 37 critic) and 'Popularity' (349, ▲ 159).

TV SHOWS

TRANSPARENT (AMAZON SERIES)

<http://www.imdb.com/title/tt3502262/>

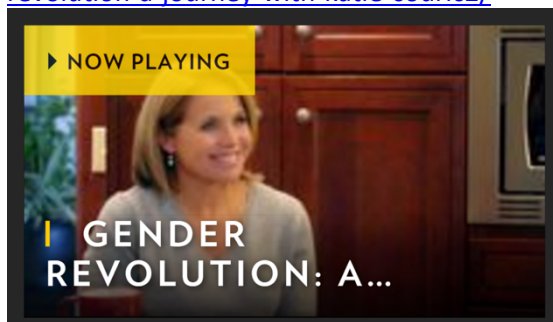
BECOMING US (ABC TV SERIES)

<http://www.imdb.com/title/tt4604692/>

DOCUMENTARY SHOWS

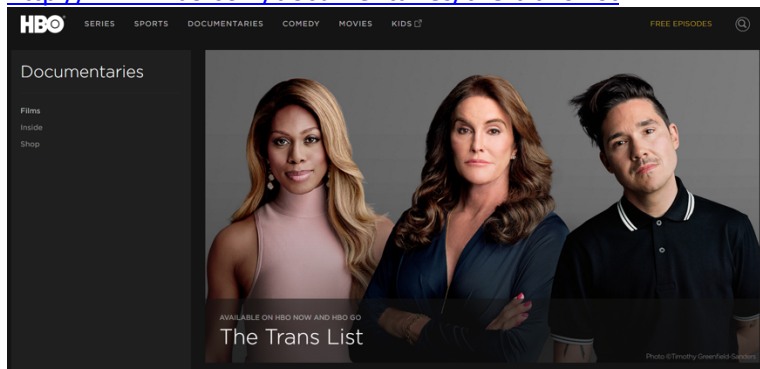
NATIONAL GEOGRAPHIC [Gender Revolution: A Journey with Katie Couric](https://channel.nationalgeographic.com/gender-revolution-a-journey-with-katie-couric/videos/gender-revolution-a-journey-with-katie-couric2/)

[http://channel.nationalgeographic.com/gender-revolution-a-journey-with-katie-couric/videos/gender-revolution-a-journey-with-katie-couric2/](https://channel.nationalgeographic.com/gender-revolution-a-journey-with-katie-couric/videos/gender-revolution-a-journey-with-katie-couric2/)



TRANSLIST (HBO)

<http://www.hbo.com/documentaries/the-trans-list>



MAGIZINES

NATIONAL GEOGRAPHIC MAGIZINE - GENDER REVOLUTION



http://www.huffingtonpost.com/nicholas-snow/laverne-cox-time-magazine_b_7238884.html



<http://time.com/4703058/time-cover-story-beyond-he-or-she/>



<http://time.com/4702962/gender-neutral-bathrooms/>



IDEAS

Why All Bathrooms Should Be Gender-Neutral

The day Donald Trump rescinded protections that allowed trans students to use the bathroom of their choosing was like any other day for me. I went to...

LGBTQ+ Glossary of Terms

The following is a non-exhaustive list of terms. These definitions have been adapted from the Queering Reproductive Justice Toolkit and the Queer- and Trans-Inclusive Sex Education Toolkit, both published by the National LGBTQ Task Force and available at thetaskforce.org/reproductive-justice.

Agender: An identity under the nonbinary and transgender umbrellas. Some agender individuals have no gender identity, although some define agender as having a gender identity that is neutral.

Aromanticism or Aro: A romantic orientation where a person experiences little to no romantic attraction and/or has no desire to form romantic relationships. Like asexuality, it exists on a spectrum which involves a range of identities characterized by varying levels of romantic attraction. This spectrum is called the aromantic spectrum. Aromantic people can identify with any sexual orientation along with their aromantic identity, or they may just identify as aromantic.

Asexuality or Ace: A sexual orientation where a person experiences little to no sexual attraction to anyone and/or does not experience desire for sexual contact. Asexuality is a spectrum, and there are some people who may not fit the strictest definition of the word asexual, but feel their experience aligns more with asexuality than with other sexual orientations.

Bigender: An identity under the nonbinary and transgender umbrellas. Bigender individuals identify with more than one gender.

Biphobia: The hatred or fear of bisexual people - sometimes leading to acts of violence and expressions of hostility, often manifesting as the erasure of bisexual identities, experiences, and voices.

Bisexual: A person whose romantic, emotional, or sexual attraction is towards same and/or different genders.

Cisgender: A person whose gender identity matches with the sex they were assigned at birth.

Gay: A person whose romantic, emotional, or sexual attraction is towards their own gender, most commonly used for men. Men-loving-men (MLM) is a term with a similar meaning coined by communities of color.

Gender expression: How a person represents or expresses one's gender identity to others, often through behavior, clothing, hairstyles, voice, or body characteristics. All people have a gender expression.

Gender fluid: Refers to an identity under the nonbinary and transgender umbrellas. Genderfluid individuals have different gender identities at different times. A genderfluid individual's gender identity could be multiple genders at once, and then switch to none at all, or move between single gender identities. For some genderfluid people, these changes happen as often as several times a day, and for others, monthly, or less often.

Gender identity: A person's internal sense of being male, female, or something else such as agender, binary, gender fluid, gender nonconforming, genderqueer, or nonbinary. Since gender identity is internal, one's gender identity is not necessarily visible to others. All people have a gender identity.

Gender nonconforming (GNC) or Genderqueer: Terms for people whose gender identity and/or expression is different from societal expectations related to gender.

Gender-affirming care: An inclusive term for treatments and procedures that help an individual align their physical and/or other characteristics with their gender identity, often called transition-related care. This term moves beyond the term "transition," which implies a singular rather than an ongoing process, and is more inclusive of agender, bigender, gender fluid, gender nonconforming, genderqueer, and nonbinary people. Often, accessing gender-affirming care is extremely difficult due to cost and other barriers.

Homophobia: The hatred or fear of lesbian, gay, and same-gender loving people, sometimes leading to acts of violence and expressions of hostility. Homophobia is not confined to any one segment of society and can be found in people from all walks of life.

Intersex: Refers to a person who is born with sexual or reproductive anatomy that does not fit within the sex binary of male or female, encompassing a variety of sex expressions.

Latinx: Pronounced "Latin-ex," is a gender-neutral way to describe people of Latin American descent. The "x" makes *Latino*, a masculine identifier, gender-neutral. It also moves beyond *Latin@* to encompass genders outside of the limiting male-female binary.

Lesbian: A woman whose romantic, emotional, or sexual attraction is towards other women. Women-loving-women (WLW) is a term with a similar meaning coined by communities of color.

LGBT or LGBTQ: Shorthand for lesbian, gay, bisexual, transgender, and queer people.

LGBTQ Rights, Equality, Justice, and Liberation: These words often get used as synonyms, but have different meanings with particular goals.

- *LGBTQ rights or equality* refers to the movement to gain legal privileges that are currently denied to LGBTQ people and/or protections we need in the face of discrimination, with the long-term goal of inserting LGBTQ people into existing social institutions and systems of power.
- *LGBTQ justice or liberation* refers to the long-term goal of (re)creating social institutions and equitable systems that are supportive of LGBTQ people and allows us to live as our full, authentic selves.

Nonbinary (NB): A term used by people who identify as neither entirely male nor entirely female. This can include people who are agender, bigender, genderfluid, gender nonconforming, and genderqueer, among others. Some nonbinary people identify as transgender, while others do not.

Person/People Living with HIV (PLHIV): A term to identify a person who has a positive HIV diagnosis. The term is indicative of the people-first language used in HIV advocacy to combat the stigma and discrimination surrounding HIV/AIDS and its portrayal as a deadly disease. The term highlights the fact that a person with a positive diagnosis can live a long and healthy life with the right treatment and care. This term should be used instead of HIV-infected person, HIV-positive person, or AIDS patient, all of which are potentially stigmatizing.

Pronouns: Terms used to substitute a person's name when they are being referred to in the third-person. Some common pronouns include he/him/his, she/her/hers, and they/them/their(s). A person's gender should not be assumed based on their pronouns.

Queer: An umbrella term which embraces a variety of sexual preferences, orientation, and habits of those who are not among the exclusively heterosexual and monogamous majority. Although the term was once considered derogatory and offensive, the community has reclaimed the word and now uses it widely as a form of empowerment. Younger generations tend to use the term "queer" for reasons such as the fact that it does not assume the gender of the queer person or the gender of any potential romantic partners, and/or in order to make a political statement about the fluidity of gender.

Same-gender loving (SGL): An affirming term coined by communities of color to describe sexual orientation.

Sexual Orientation: A person's identity in relation to whom they are attracted to. All people have a sexual orientation. Sexual orientation, gender identity, and gender expression are distinct components of a person's identity.

Straight/Heterosexual: A person whose romantic, emotional, or sexual attraction is towards people of a different gender, usually used in the context of the binary genders of male and female.

Transgender: A broad term for people whose gender identity or expression is different from those typically associated with their sex assigned at birth. "Trans" is shorthand for "transgender." (Note: Transgender is correctly used as an adjective, for example: "transgender people," "people who are transgender," "a woman who is transgender," etc. However, "transgenders" or "transgendered" are incorrect and disrespectful.)

Transphobia: The hatred or fear of transgender, nonbinary, and gender nonconforming people. This sometimes leads to acts of violence and expressions of hostility. Transphobia is not confined to any one segment of society and can be found in people from all walks of life.

Two-Spirit: Contemporary umbrella term that refers to the historical and current First Nations people whose individual spirits were a blend of female and male spirits. This term has been reclaimed by Native American LGBTQ communities in order to honor their heritage and provide an alternative to the Western labels of gay, lesbian, or transgender.



Frequently Asked Questions About Transgender People

Transgender people come from every region of the United States and around the world, from every racial and ethnic background, and from every faith community. Transgender people are your classmates, your coworkers, your neighbors, and your friends. With approximately 1.4 million transgender adults in the United States—and millions more around the world—chances are that you've met a transgender person, even if you don't know it.

What does it mean to be transgender?

Transgender people are people whose gender identity is different from the gender they were thought to be at birth. “Trans” is often used as shorthand for transgender.

When we're born, a doctor usually says that we're male or female based on what our bodies look like. Most people who were labeled male at birth turn out to actually identify as men, and most people who were labeled female at birth grow up to be women. But some people's gender identity – their innate knowledge of who they are – is different from what was initially expected when they were born. Most of these people describe themselves as **transgender**.

Being transgender

means different things to different people. Like a lot of other aspects of who people are, like race or religion, there's no one way to be transgender, and no one way for transgender people to look or feel about themselves. The best way to understand what being transgender is like is to talk with transgender people and listen to their stories.

A **transgender woman** lives as a woman today, but was thought to be male when she was born. A **transgender man** lives as a man today, but was thought to be female when he was born. Some transgender people identify as neither male nor female, or as a combination of male and female. There are a variety of terms that people who aren't entirely male or entirely female use to describe their gender identity, like **non-binary** or **genderqueer**.

Everyone—transgender or not—has a gender identity. Most people never think about what their gender identity is because it matches their sex at birth.

How does someone know that they are transgender?

People can realize that they're transgender at any age. Some people can trace their awareness back to their earlier memories – they just knew. Others may need more time to realize that they are transgender. Some people may spend years feeling like they don't fit in without really understanding why, or may try to avoid thinking or talking about their gender out of fear, shame, or confusion. Trying to repress or change one's gender identity doesn't work; in fact, it can be very painful and damaging to one's emotional and mental health. As transgender people become more visible in the media and in community life across the country, more transgender people are able to name and understand their own experiences and may feel safer and more comfortable sharing it with others.

For many transgender people, recognizing who they are and deciding to start gender transition can take a lot of reflection. Transgender people risk social stigma, discrimination, and harassment when they tell other people who they really are. Parents, friends, coworkers, classmates, and neighbors may be

accepting—but they also might not be, and many transgender people fear that they will not be accepted by their loved ones and others in their life. Despite those risks, being open about one’s gender identity, and living a life that feels truly authentic, can be a life-affirming and even life-saving decision.

What's the difference between sexual orientation and gender identity?

Gender identity and sexual orientation are two different things. Gender identity refers to your internal knowledge of your own gender—for example, your knowledge that you’re a man, a woman, or another gender. Sexual orientation has to do with whom you’re attracted to. Like non-transgender people, transgender people can have any sexual orientation. For example, a transgender man (someone who lives as a man today) may be primarily attracted to other men (and identify as a gay man), may be primarily attracted to women (and identify as a straight man), or have any other sexual orientation.

What's the difference between being transgender and being intersex?

People sometimes confuse being transgender and being intersex. Intersex people have reproductive anatomy or genes that don’t fit typical definitions of male or female, which is often discovered at birth. Being transgender, meanwhile, has to do with your internal knowledge of your gender identity. A transgender person is usually born with a body and genes that match a typical male or female, but they know their gender identity to be different.

Some people think that determining who is male or female at birth is a simple matter of checking the baby's external anatomy, but there's actually a lot more to it. Every year, an estimated one in 2,000 babies are born with a set of characteristics that can't easily be classified as "male" or "female." People whose bodies fall in the vast continuum between "male" and "female" are often known as **intersex** people. There are many different types of intersex conditions. For example, some people are born with XY chromosomes but have female genitals and secondary sex characteristics. Others might have XX chromosomes but no uterus, or might have external anatomy that doesn't appear clearly male or female. To learn more about what it's like to be intersex, check out [this video](#) or [click here](#).

While it's possible to be both transgender and intersex, most transgender people aren't intersex, and most intersex people aren't transgender. For example, many intersex people with XY (typically male) chromosomes but typically female anatomy are declared female at birth, are raised as girls, and identify as girls; in fact, many of these girls and their families never even become aware that their chromosomes are different than expected until much later in life. However, some intersex people come to realize that the gender that they were raised as doesn't fit their internal sense of who they are, and may make changes to their appearance or social role similar to what many transgender people undergo to start living as the gender that better matches who they are.

Thought exercise: your own gender

It can be difficult for people who are not transgender to imagine what being transgender feels like. Imagine what it would be like if everyone told you that the gender that you’ve always known yourself to be was wrong. What would you feel like if you woke up one day with a body that’s associated with a different gender? What would you do if everyone else—your doctors, your friends, your family—believed you’re a man and expected you to act like a man when you’re actually a woman, or believed you’re a woman even though you’ve always known you’re a man?

What is the difference between being transgender and being gender non-conforming?

Being gender non-conforming means not conforming to gender stereotypes. For example, someone's clothes, hairstyle, speech patterns, or hobbies might be considered more "feminine" or "masculine" than what's stereotypically associated with their gender.

Gender non-conforming people may or may not be transgender. For example, some women who were raised and identify as women present themselves in ways that might be considered masculine, like by having short hair or wearing stereotypically masculine clothes. The term "tomboy" refers to girls who are gender non-conforming, which often means they play rough sports, hang out with boys, and dress in more masculine clothing.

Similarly, transgender people may be gender non-conforming, or they might conform to gender stereotypes for the gender they live and identify as.

What does it mean to have a gender that's not male or female?

For more information

about what it's like to have a gender other than male or female or how you can support the non-binary people in your life, read NCTE's guide "[Understanding Non-Binary People](#)".

Most transgender people are men or women. But some people don't neatly fit into the categories of "man" or "woman" or "male" or "female." For example, some people have a gender that blends elements of being a man or a woman, or a gender that is different than either male or female. Some people don't identify with any gender. Some people's gender fluctuates over time.

People whose gender is not male or female may use many different terms to describe themselves. One term that some people use is **non-binary**, which is used because the gender binary refers to the two categories of male and female. Another term that people use is **genderqueer**. If you're not sure what term someone uses to describe their gender, you should ask them politely.

It's important to remember that if someone is transgender, it does not necessarily mean that they have a "third gender." Most transgender people do have a gender identity that is either male or female, and they should be treated like any other man or woman.

Why don't transgender people get counseling to accept the gender they were assigned at birth?

Counseling aimed at changing someone's gender identity, sometimes known as conversion therapy, doesn't work and can be extremely harmful. The belief that someone's gender identity can be changed through therapy runs counter to the overwhelming consensus in the medical community. Telling someone that a core part of who they are is wrong or delusional and forcing them to change it is dangerous, sometimes leading to lasting depression, substance abuse, self-hatred and even suicide. Because of this, a growing number of states have made it illegal for licensed therapists to try to change a young person's gender identity (laws apply to those under 18). However, many transgender people find it helpful to get counseling to help them decide when to tell the world they are transgender and deal with the repercussions of stigma and discrimination that comes afterward.

What does “gender transition” mean?

Transitioning is the time period during which a person begins to live according to their gender identity, rather than the gender they were thought to be at birth. While not all transgender people transition, a great many do at some point in their lives. Gender transition looks different for every person. Possible steps in a gender transition may or may not include changing your clothing, appearance, name, or the pronoun people use to refer to you (like “she,” “he,” or “they”). Some people are able to change their identification documents, like their driver’s license or passport, to reflect their gender. And some people undergo hormone therapy or other medical procedures to change their physical characteristics and make their body better reflect the gender they know themselves to be.

Transitioning can help

many transgender people lead healthy, fulfilling lives. No specific set of steps is necessary to “complete” a transition—it’s a matter of what is right for each person. All transgender people are entitled to the same dignity and respect, regardless of which legal or medical steps they have taken.

What are some of the official records transgender people may change when they're transitioning?

Some transgender people make or want to make legal changes as part of their transition, like by changing their name or updating the gender marker on their identity documents.

Not all transgender people need or want to change their identity documents, but for many, it's a critical step in their transition. For many transgender people, not having identity documents like driver's licenses or passports that match their gender means that they might not be able to do things that require an ID, like getting a job, enrolling in school, opening a bank account, or traveling. Some transgender people who use an ID that doesn't match their gender or their presentation face harassment, humiliation, and even violence.

Transgender people may need to change a number of documents in order to live according to their gender identity, such as their:

- Driver’s license
- Social Security card
- Passport
- Bank accounts and records
- Credit cards
- Paychecks and other job-related documents
- Leases
- Medical records
- Birth certificate
- Academic records

To find out

the requirements for updating a driver’s license or birth certificate in your state or territory, as well as get information on changing federal IDs and records, visit NCTE’s [ID Documents Center](#).

It's important to know that not all transgender people be able to make the changes they need to their IDs and other official documents. Unfortunately, these changes are often expensive, burdensome, and complicated, putting them out of reach for many people. For example, some states still require proof of surgery or a court order to change a gender marker. In many states, the process can be time-consuming and involve many steps, or cost hundreds of dollars. As a result, only one-fifth (21%) of transgender people who have transitioned have been able to update all of their IDs.

NCTE works to modernize all of these outdated requirements. States are increasingly adopting more accessible and straightforward policies for changing one's name and gender marker.

What medical treatments do some transgender people seek when transitioning?

Some, but not all, transgender people undergo medical treatments to make their bodies more congruent with their gender identity and help them live healthier lives.

While transition-related care is critical and even life-saving for many transgender people, not everyone needs medical care to transition or live a fulfilling life.

Different transgender people may need different types of transition-related care. People should make decisions about their care based on their individual needs. Medical procedures can include:

- hair growth or removal treatments
- hormone therapy
- various surgeries to make one's face, chest, and anatomy more in line with one's gender identity

While not everyone needs transition-related medical treatments, there is an overwhelming consensus in the medical community that they are medically necessary for many transgender people and should be covered by private and public insurance. Every major medical organization in the United States has affirmed that transition-related medical care is safe and effective, and that everyone who needs it should be able to access it. Unfortunately, this critical care is often denied by insurance companies, often in spite of state and federal laws.

What is gender dysphoria?

For some transgender people, the difference between the gender they are thought to be at birth and the gender they know themselves to be can lead to serious emotional distress that affects their health and everyday lives if not addressed. Gender dysphoria is the medical diagnosis for someone who experiences this distress.

Not all transgender people have gender dysphoria. On its own, being transgender is not considered a medical condition. Many transgender people do not experience serious anxiety or stress associated with the difference between their gender identity and their gender of birth, and so may not have gender dysphoria.

Gender dysphoria can often be relieved by expressing one's gender in a way that the person is comfortable with. That can include dressing and grooming in a way that reflects who one knows they are, using a different name or pronoun, and, for some, taking medical steps to physically change their body. All major medical organizations in the United States recognize that living according to one's gender identity is an effective, safe and medically necessary treatment for many people who have gender dysphoria.

It's important to remember that while being transgender is not in itself an illness, many transgender people need to deal with physical and mental health problems because of widespread discrimination and stigma. Many transgender people live in a society that tells them that their deeply held identity is wrong or deviant. Some transgender people have lost their families, their jobs, their homes, and their

support, and some experience harassment and even violence. Transgender children may experience rejection or even emotional or physical abuse at home, at school, or in their communities.

These kinds of experiences can be challenging for anyone, and for some people, it can lead to anxiety disorders, depression, and other mental health conditions. But these conditions are not *caused* by having a transgender identity: they're a result of the intolerance many transgender people have to deal with. Many transgender people – especially transgender people who are accepted and valued in their communities – are able to live healthy and fulfilling lives.

Why is transgender equality important?

Transgender people should be treated with the same dignity and respect as anyone else and be able to live, and be respected, according to their gender identity. But transgender people often face serious discrimination and mistreatment at work, school, and in their families and communities.

For example, transgender people are more likely to:

- Be fired or denied a job
- Face harassment and bullying at school
- Become homeless or live in extreme poverty
- Be evicted or denied housing or access to a shelter
- Be denied access to critical medical care
- Be incarcerated or targeted by law enforcement
- Face abuse and violence

For statistics about these types of discrimination, visit the [National Transgender Discrimination Survey](#) page.

Living without fear of discrimination and violence and being supported and affirmed in being who they are is critical for allowing transgender people to live healthy, safe, and fulfilling lives. In recent years, laws, policies and attitudes around the country have changed significantly, allowing more transgender people than ever to live fuller, safer, and healthier lives.

The transgender movement is part of a long tradition of social justice movements of people working together to claim their civil rights and better opportunities in this country. These challenges are connected. Discrimination that transgender people of color face is compounded by racism, and lower-income transgender people face economic challenges and classism. NCTE believes that progress towards transgender equality requires a social justice approach that fights all forms of discrimination.



TRANS GENDER RESOURCE GUIDE



FLORIDA TRANSGENDER RESOURCE GUIDE

Resources reviewed, submitted and verified by members of the TransAction Florida Advisory Board.
Last Update: January 15, 2017

Special Thanks to...

Gina Duncan Morgan Laisch Arianna Lint Margeaux Mutz Petra Doan
Ashley Brundage Tricia Russel Kaitlin Legg Carolynn (Tampa Bay)
Tristan Byrnes Tobias Packer Paul C. Briggs Aryah Lester

Thank you for your contributions.

*Original guide compiled and submitted by Ashley Williams on June 2, 2015
under supervision of Gina Duncan & Morgan Laisch.*

► Current guide contains the following:

- Crisis hotlines
- Mental health therapists
- Primary care physicians
- Endocrinologists
- National legal resources
- Florida-specific information on updating legal documents

► Additional resources provided will include:

- Gynecologists
- HIV/STD Testing
- Surgery resources
- Support centers & social groups
- Hair & Makeup services
- Vocal coaching
- Electrolysis
- Veteran services
- Youth services

Can't find the resource you need?

Email transaction@eqfl.org to request or submit an addition to this guide.

Please consider recommending one of the following trans-friendly resources:

- *Support groups*
- *Vocal coaches*
- *OB/GYN listing in Central & South Florida*
- *Medical & Legal resources in Central Florida*
- *Education/Community Support, Gender Expression, & Legal Resources in North Florida*



FLORIDA TRANSGENDER RESOURCE GUIDE

PREFACE

TransAction Florida was formed in 2014 by Equality Florida, the states largest LGBT advocacy organization for the purpose of developing a statewide transgender inclusion initiative. This initiative was launched with three broad objectives: To educate Florida's major employers on effective transgender inclusion protocol, to advocate for the trans community in a broader and more structured way, and to be an integral part of all public policy that involved transgender rights. To achieve these, and even broader goals across the Sunshine State, we formed TransAction Florida, which consists of transgender community leaders from all parts of our state.

The need for quality health care and service providers for the transgender community has never been more in demand. Our community is emerging in rapid numbers, spanning all age groups. The Transgender Resource Guide has been developed to provide a directory of quality trans-friendly service providers from across the state. Our goal is that this will be a living resource guide which will be updated regularly and that we will add necessary resources as the needs of our community continue to grow.



Gina L. Duncan
Equality Florida, Transgender Inclusion Director





FLORIDA TRANSGENDER RESOURCE GUIDE

Dear Reader,

With the staggering rates of suicide, violence, and discrimination that the transgender community encounters, please know that *YOU DON'T HAVE TO DO THIS ALONE.*

You are an amazing, talented, and important member of the community and the world, even if people don't tell you that often enough.

It is my hope that this guide offers you supportive resources to help you express who you are and thrive being the person you want to be.

No one said it would be easy, but if anyone can do it, you can. I wish you all the happiness, love, light and success on your journey and throughout your lifetime.

– Ashley Williams

Master of Arts in Mental Health Counseling, 2016
Rollins College

NATIONAL CRISIS HOTLINES

If you or anyone you know ever needs them.

- **National Transgender Lifeline Crisis Line** (Staffed by Transgender Individuals)
1-877-565-8860
<http://www.translifeline.org/>
Organization in need of volunteers; locale is not a problem.
- **Crisis Help: The Trevor Project**
24 Hour Telephone: 866-488-7386
<http://www.thetrevorproject.org/>
- **Veterans Crisis Line (also available for non-veterans)**
24 Hour Telephone: 1-800-273-8255; press 1



FLORIDA TRANSGENDER RESOURCE GUIDE

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SOUTH FLORIDA RESOURCES

Ft. Lauderdale, Wilton Manors, Hollywood & Miami

Mental Health Therapists

- **Sunserve Social Services, Inc.**
2312 Wilton Drive Ft. Lauderdale, FL 33305
954-764-5150
<http://www.sunserve.org/counseling>
- **Elena Naranjo**
1881 NE 26th Street #70 Wilton Manors, FL 33305
786-356-9931
www.naranjocounseling.com
Takes Aetna, Humana/PsychCare, Coventry & Private Pay. Specializes in transgender youth. Habla espanol.
- **Dr. Katharine Campbell, PhD, LCSW**
Katharine Campbell Counseling & Consulting, LLC
1881 NE 26th Street
Wilton Manors FL 33305
954-790-7926
www.KatharineCampbell.com
Email: info@katharinecampbell.com
- **Dr. Carol Clark**
305-891-1827
www.DrCarolClark.com
Has transgender work experience. Provides HRT letters. Offers counseling via phone or Skype appointments. Hosts monthly support group in Wilton Manors.
- **Joanna Grover Watson, LCSW**
7300 Biscayne Blvd.
Miami, FL 33138
305-757-2007
<http://miamitherapyworks.com/service/lgbtq/>
Specialized in working with non-binary individuals. Youth between the ages of 14-18 qualify for free services through the Alliance for GLBTQ Youth.
- **Justine April, MSW, CAPSW**
<https://www.facebook.com/justine.april.58?fref=ts>
Email: justine.april@hotmail.com
- **Marilyn Volker, Ed.D., Sexologist**
305-443-8850
Email: besafemv@gmail.com
- **Jewish Community Services of South Florida**
735 NE 125th Street, N Miami, FL 33161
(305) 576.6550
Toll-Free: 1-800-925-0554
www.jcsfl.org/programs/lgbt
- **Survivors Pathway**
786-275-4364
Email: info@survivorspathway.org
Counseling for victims of domestic violence, human trafficking, sexual abuse, and/or crime.

- **Heather M. Cherry LCSW, CST**
 Licensed Clinical Social Worker, Certified Sex Therapist
 Social Worker- Post Traumatic Stress Disorder Clinical Team
 Mental Health Service, Miami VA Medical Center
 1201 NW 16th St, Miami 33125-1393
 Phone: 305-575-7000 x3474, Fax: 305-575-3303, Heather.Cherry@va.gov
- **Eva Smidova, M.A. (PhDr.), Registered Family Therapy Intern 2144**
 Anchor Counseling Naples, Psychotherapy SW Florida, Transgender Care Therapist
 Nova Southeastern University FL
 Cell: (+1) 239 247 4231
www.psychotherapyswflorida.com
- **Jamie Joseph, Ph.D. Weston Cognitive Behavior Therapy & Eval**
 2893 Executive Park Drive, Suite 107
 Weston, FL 33331
jjoseph97@gmail.com
 954-684-6336
<http://www.jamiemjosephphd.com>
 Dr. Joseph has received extensive training in working with and counseling transgender and gender non-conforming individuals and their families, friends and loved ones.
- **Bailey House of Wellness, LLC**
 1881 NE 26th Street, Suite 202A
 Wilton Manor, FL 33305
bhowyou@gmail.com
 954-903-7611
<http://www.bhowyou.com>
 Ieshai bailey, PHD Candidate, LMHC, CST Serving the LGB, Transgender, & Alternative Sexuality Communities Letters for HRT, SRS/Mental Health Counseling/Training In person and Skype Sessions Available

Primary Care Providers

- **Care Resource Medical Clinic**
 Broward Primary Care Center
 871 W. Oakland Park Blvd., Ft. Lauderdale, FL 33311
 954-567-7141, <http://www.careresource.org>

777 17th Street, Suite 400, Miami Beach, FL
 305-673-3555
- **Dr. Jennifer Bartzck**
 The Rowan Tree Medical
 2500 NE 15th Ave
 Wilton Manors, FL 33305
 954-533-5382
<http://www.rowantreemmedical.com>

- **AIDS Healthcare Foundation**
2097 Wilton Dr
Wilton Manors, FL 33305
954-358-5580
www.aidshealth.org
- **Dr. Robert Heglar**
AHF Clinic
1164 E. Oakland Park Blvd. 3rd Floor
Oakland Park, FL 33334
954-561-6900
<http://doctor.webmd.com/doctor/robert-heglar-md-def5b724-7031-4878-93cf-21c7a47455d8-overview>
- **AIDS Healthcare Foundation**
1613 Alton Road
Miami Beach, FL
305-538-1400

Endocrinologists

- **Sharon A. Thrush**
2669 Forest Hill Boulevard, Suite 100
West Palm Beach, FL. 33406
(561) 968-7600
- **Care Resource Medical Clinic**
Broward Primary Care Center
871 W. Oakland Park Blvd.
Ft. Lauderdale, FL 33311
954-567-7141
- **Dr. Jennifer Bartczck**
The Rowan Tree Medical
2500 NE 15th Ave
Wilton Manors, FL 33305
954-533-5382
- **Dr. Robert Heglar, Primary Care Physician**
AHF Clinic
1164 E. Oakland Park Blvd. 3rd Floor
Oakland Park, FL 33334
954-561-6900
- **Sarah Hart-Unger, MD, Pediatric Endocrinologist**
1150 N 35th Ave Ste 520
Hollywood, FL 33021
(954) 265-6984
<http://www.mhs.net/physicians/physician-detail/Sarah-HartUnger-Md>
Accepts Insurance. Willing to provide HRT to Minors.
- **Dr. Ralph W Charlton, MD, Pediatric Endocrinologist**
1150 N 35th Avenue, Suite 520
Hollywood, FL. 33021
954-265-6984
Willing to provide HRT to minors.
- **Dr. Lorena Lewy-Alterbaum, MD, Adult Endocrinologist**
Hollywood, FL

954-967-0500

- **Dr. Christopher Estes, MD**
1611 North West 12th Avenue
Miami, FL 33136
305-243-3000
Accepts insurance. Openly works with transgender patients.
- **Dr. Carlos M. Barrera, MD**
7400 North Kendall Drive, Suite 617
Miami, FL 33156
305-670-0576

Education/Community Support

- **Sunserve Social Services, Inc.**
2312 Wilton Manors Drive, 2nd Floor
Wilton Manors, FL
954-764-5150
www.sunserve.org/transgender
Email: info@sunserve.org

1480 SW 9th Avenue
Ft. Lauderdale
www.sunserveyouth.com
Nonprofit social service agency providing a wide range of services to all ages and gender variations. Serving the Lesbian, Gay, Bisexual, Transgender, and Questioning (LGBTQ) community in South Florida.
- **The TRUE Group**
www.TRUE-Group.org
Email: 1TrueGroup@gmail.com
Committed to fostering acceptance, support and growth of the gender variant and transgender community of S. Florida. Provide a safe space for discussion, social interaction and dialogue among members, friends and families.
- **YES Institute**
5275 Sunset Drive
Miami FL
305-663-7195
www.yesinstitute.org
- **Dr. Carol Clark, Support Group**
Every 3rd Friday of the month from 7-8:30pm, \$3 donation is welcome
Pride Center at Equity Park, 2040 N. Dixie Hwy
Wilton Manors, FL 33305
954-463-9005

Emergency Services

- **Crisis Hotline: LGBT Suicide Awareness Initiative**
24/7 Phone: 305-646-3600
Suicide prevention hotline through the Switchboard of Miami.
- **Housing/Shelter: Lotus House**
1514 NW Second Avenue; Suite #1
Miami, FL
305-438-0556

www.lotushouse.org

Youth Services

- **Pridelines Youth Services**
9526 NE 2nd Avenue #104
Miami Shores, FL
305-573-9601
www.pridelines.org
- **Alliance for GLBTQ Youth**
1175 NE 125th Street, Suite 510
North Miami, FL
866-634-8087
www.GLBTQalliance.org

Scholarships

- **Aqua Foundation for Women**
4500 Biscayne Blvd, Suite 340
Miami FL
305-576-2782
www.aquafoundation.org
- **Trans Action FL**
727-490-8235
www.transactionfl.org

Senior Services

- **Placement Counselors Corps**
(954)965-2925
Toll-free: 1-855-455-PLUS(7587)
<http://55plusmag.us/component/content/article/8-resourceguide/34-lgbt-services.html>
Free online services for seniors and their caregivers

Diverse Services

- **Survivors Pathway Organization**
786-275-4364
786-484-0401
Email: info@survivorspathway.org
Counseling, Advocacy for Victims of Domestic Violence, Victims of Human Trafficking, Victims of Sexual Abuse, Victims of crime; Legal program; TransLatina Project
- **Unity Coalition**
786-271-6982
www.unitycoalition.org
First organization for the Latino, Hispanic, LGBTQ community of South Florida, education, fundraising, awareness, fairness, leadership

Online Directories of Local Resources

- **T-House**
<http://www.t-houseonline.com>
Directory of mental health and medical providers serving the transgender community of South Florida. Also features transgender news, upcoming events, and additional resources.
- **South Florida's LBT Health Directory**
<http://www.lbthealth.org/directory-of-providers/>
Directory of mental health and medical providers with experience serving the LGBT community.

SOUTH FLORIDA ADDITIONAL RESOURCES

Ft. Lauderdale, Wilton Manors, Hollywood & Miami

Gender Expression

Hair & Makeup

- **Filberto Ascencio**
filberto.ascencio@facebook.com
- **Chere Friedman**
3098 Fuller St.
Coconut Grove, FL
305-607-3176
- **Ayanna Lewars, Weaves Etc.** (house calls available)
17325 NW 27th Ave #109
Miami Gardens
786-916-2514

Photography

- **Photos by LJ (Woolston)**
786-223-6616
www.facebook.com/PhotosByLJ
- **Jorge Luis**
www.facebook.com/JorgeLuisPhotography
- **MARC MITNICK, MS, CCC-SLP**
2312 Wilton Drive
Wilton Manors, FL 33334
info@transgenderspeech.com
9546874631
www.transgendervoiceimprovement.com
Voice Modification Therapy for MTF/FTM individuals to align their voice with their true gender.

Medical

HIV/STD Testing

- **Care Resource**
1435 Alton Road
Miami Beach, FL: 305-672-7251
Dade: 305-576-1234
Broward: 954-567-7141
www.careresource.org/sobe-thrifty
Free breast exam, HIV/STD testing. Serving residents of Broward & Miami-Dade Counties. Comprehensive health and support services, with focus on the LGBTQ Community.
- **AIDS Healthcare Foundation**
1510 Alton Road
Miami Beach, FL
954-338-8734
www.aidshealth.org
- **Health District Center**
Health Department

1350 NW 14th Street
 Miami FL
 305-575-5423
www.testmiami.org

- **TEST MIAMI**
 1-800-FLA-AIDS
www.dadehealth.org

Free HIV testing and tx assistance. Call or text your zip code to 477493 for a testing site near you.

Plastic, Aesthetic & Reconstructive Surgery

- **University of Miami**
 1321 NW 14th St, Suite 402
 Miami FL
 305-243-4500
www.surgery.med.miami.edu/plastic-and-reconstructive/
- **Dr. Charles Garramone, M.D.**
 Aesthetic Plastic Surgery Institute, PA
 12651 W. Sunrise Blvd. Suite 102
 Sunrise, FL 33323
 Toll-free: 1-888-986-7362
www.drgarramone.com
 Email: apsifrontdesk@drgarramone.com
- **Dr. Harold M. Reed, M.D., F.I.C.S.**
 1111 Kane Concourse
 Bay Harbor, Florida 33154
 305 865-2000
www.srsmiami.com
 Email: admin@srsmiami.com
- **Dr. Russell Sassani**
 Michael J. Schneider, Clinic Manager
 Take Shape Plastic Surgery P.A.
 Take Shape Surgery Center L.L.C.
 954-585-3800(x224)
manager@takeshape.info
www.takeshape.info
- **Dr. Marci Bowers**
 650-570-2270
 This is her Phone number of her Clinic located in Burlingame, Ca.

Recommended Out-of-State Surgery Providers

- **Dr. Toby R. Meltzer M.D.**
 480-657-7006
 Toll Free: 866-876-6329 (TRM-MDAZ)
www.tmeltzer.com
 Email: info@tmeltzer.com
- **Dr. Marci Bowers, M.D.**

719-846-6300
 Toll-free: 1-877-439-2244
www.marcibowers.com
 Email: mail@marcibowers.com

- **Dr. Curtis N. Crane, M.D. Dr. Michael L. Brownstein (retired)**
 M.D. Brownstein & Crane Surgical Services
 1-877-255-2081
www.brownsteincrane.com
 Email: curtis@brownsteincrane.com
- **Dr. Toby G. Mayer, M.D.**
 Beverly Hills Institute of Aesthetic & Reconstructive Surgery
 1-800-854-8823
www.bevhillstg.com
 Email: info@bevhillstg.com

Legal

- **Lambda Legal**
 Miami, FL
www.lambdalegal.org
 866-542-8336
- **PrePaid Legal, Jason West**
 Miami, FL
 786-350-6099
- **Hope, Inc. Help Lines**
 11501 NW 2nd Avenue
 Miami FL
 Dade: (305) 651-HOPE
 Broward: (954)567-0545
www.hopefhc.com
Assist with housing discrimination and protecting civil rights.
- **Survivors Pathway Organization***Error! Hyperlink reference not valid.*
 786-275-4364
 786-484-0401
info@survivorspathway.org
Advocacy for Victims of Domestic Violence, Victims of Human Trafficking, Victims of Sexual Abuse, Victims of crime; Legal program.
- **Florida Coalition Against Domestic Violence**
 Contact Gheisha-Ly Rosario-Diaz, Director of Social Change
 305-693-1170, ext. 237
www.fcadv.org
www.fcadv.org/about/caucuses#c-lesbian
Lesbian, Gay, Bi-sexual, and Transgender (LGBT) caucus to end domestic violence.
- **Vida Legal Assistance, Inc.**
 305-247-1057
www.vidalaw.org
 Email: info@vidalaw.org
Voices for Immigrant Defense and Advocacy

Insurance

- **Steven Shulman**
Insurance/Investments/Retirement
Licensed insurance professional in FL for 24 years, specializing in Life, Health, Long term care, dental, and disability insurance
Please call @ 305-710-9499.
email: steven@myunclegloria.com; www.transgenderinsuranceplans.com

Support Centers and Social Groups

- **Gender Equality Trust Network Foundation**
2503 Del Prado Blvd. S. Suite 410A
Cape Coral, FL 33904
info@Get-it.network
941-875-0010
<http://Get-it.Network>
In Addition to Monthly Support Groups for Transgender people of all ages and allies, The Get Network Foundation was established in 2015 to empower, inspire, and facilitate trust and equality for all.

Surgery Resources

- **Dr. Marci Bowers**
650-570-2270
This is her Phone number of her Clinic located in Burlingame, Ca.

Vocal Coaching

- **Marc Mitnick, MS, CCC-SLP**
2312 Wilton Dr
Wilton Manors, FL 33334
info@transgenderspeech.com
954-687-4631
<http://www.transgendervoiceimprovement.com>
Voice Modification Therapy for MTF/FTM individuals to align their voice with their true gender.

CENTRAL FLORIDA RESOURCES

Tampa Bay, St. Petersburg, Orlando, Melbourne

Mental Health Therapists

- **Saralee Fackelman, LMHC, CAP**
 3530 1st Avenue N., Suite 117
 St. Petersburg, FL 33713
 727-967-5975
 Email: sara@atranslifematters.com; www.atranslifematters.com
 3825 Henderson Blvd., Suite 405
 Tampa, FL 33629
 813-716-4264
- **Dr. Amanda Veldorale-Griffin, LMFT**
 4090 Deltona Blvd
 Spring Hill, FL 34606
 (352) 232-5525
Thefamilyalliance.webs.com; Email: Thefamilyalliance@gmail.com
Sliding scale available for those with financial need. Offers Skype sessions. Hoping to start a support group. Specializes in working with transgender individuals and their families.
- **Erin Robinson, Psy.D., L.P.**
 Counseling and Wellness Center, New College of Florida
 5800 Bay Shore Road
 Sarasota, FL 34243
 941-487-4254

Family C.O.P.E.
 7345 International Place, #109
 Sarasota, FL 34240
 (941) 702-9978; info@familycope.com
- **Tristan W. Byrnes, LMHC**
 New Transition Therapy
 447 3rd Ave N Ste 210
 St. Petersburg, FL 33701
 813-919-6185
 Email: twbyrnes@gmail.com; www.newtransitiontherapy.com

Metro Wellness Community Center
 3251 3rd Ave N
 St. Pete, FL 33713
 727-321-3854
Sliding Scale, doesn't take insurance. Provides HRT and Surgery letters. Does Skype appointments/sessions.
- **Dr. David Baker-Hargrove, PhD, LMHC, DAPA, CCFC**
 801 N. Magnolia Ave., Suite 220
 Orlando, FL, 32803
 407-963-5664
 Email: david@drdavidbakerhargrove.com; <http://www.drdavidbakerhargrove.com/>
Accepts Blue Cross/Blue Shield, Cigna, Medicaid and Medicare. Offers discount payment options to those paying out-of-pocket (call or email to inquire). Provides HRT and Surgery letters. Provides Skype therapy sessions.

- **Dr. Mary G. Davenport, Ph.D.**
1608 Oak Street
Sarasota 34236
941-366-3134; www.marygdavenportphd.com marygdavenport@comcast.net
- **Kathy Lowry LMHC**
Mental Health Counselor
Ft. Myers
239-443-6385; Endocrinologistsibos_lowry@yahoo.com
- **Joe Salg, LMHC**
Corrine Drive Counseling Center
3222 Corrine Drive, Suite A
Orlando, FL 32803
407-716-7207; email: jsalglmhc@gmail.com; www.corrinedrivecounselingcenter.com
Accepts: BCBS, Cigna, United and private pay. Provides HRT and Surgery letters.
Gay-identified; specializes in LGBT clients and offering transgender support group with Dominique Barritt
- **Dominique Barritt, MA, LMHC, NCC, CST**
3222 Corrine Dr., Suite A
Orlando, FL, 32803
407-701-4230
Email: dominique@dominiquebarritt.com; <http://www.dominiquebarritt.com>
Certified EMDR & Sex Therapist. Specializes in a trauma and transgender concerns. Offers sliding scale payment options. Provides HRT and Surgery letters. Provides web-based therapy sessions and offering transgender support group with Joe Salg.
Support Group Facilitators: Joseph Salg, MA, LMHC, NCC & Dominique Barritt, MA, LMHC, NCC, CST
Support/Therapy group meets monthly (3rd Wednesdays, beginning Jan. 2016), Co-facilitated by both Dominique Barritt and Joe Salg (licensed therapists & members of several therapy organizations and specialists in transgender/gender-variant issues). Meetings will have guest speakers as well as formatted topics.
Location: Corrine Drive Counseling Center, Suite L; (www.corrinedrivecounselingcenter.com)
Space is limited. Contact corrinedrivecounselingcenter@gmail.com to reserve a seat/inquire further about curriculum and pricing
- **Kim Murphy, MS, LMHC**
Licensed Mental Health Counselor
1850 Lee Road, Suite 103-A
Orlando, FL 32789
321-352-2258
therapistkimmurphy@gmail.com
www.therapistkimmurphy.com
- **Leshai T. Bailey-Davis, M.S., CST**
Board Certified Sex Therapist - Transgender Care Therapist - Registered Mental Health Counseling Intern
Kink Aware Therapist - Certified Clinical Trauma Professional
Bailey House of Wellness, LLC
3190 Post Street, Jacksonville, Florida 32205
1950 Lee Road, Suite 114, Winter Park, Florida 32789
(904)738-3506 (office)-Jacksonville Location
(321)394-8675 (office)-Orlando(Winter Park) Location
www.bhowyou.com

- **Kristen R. Weick, MA**
 Registered Mental Health Counselor Intern
 My Path Unfolding LLC
 1384 Lake Baldwin Lane, Unit B, Orlando, FL 32814; Phone: 321-209-4311
 E-mail: mypathunfolding@gmail.com; Website: <http://www.mypathunfolding.com>
- **Cary Coll, LCSW**
 Behavioral Health Program Manager
 METRO
 3251 3rd Avenue North, St. Petersburg, FL 33713, 727-321-3854
 1315 E. 7th Ave, Suite 201, Tampa, FL 33605, 813-232-3808
www.metrotampabay.org
 Sliding Scale, Private Insurance, Medicaid, Medicare, Provides HRT and Surgery Letters. Individual, Family and Group Counseling Available. Does Skype appointments and sessions. Includes free services for transgender youth and transgender support groups. LGBT Center.
- **Tristan W. Byrnes, LMHC**
 METRO
 3251 3rd Avenue North
 St. Petersburg, FL 33713
 727-321-3854
www.metrotampabay.org
 Sliding Scale, Private Insurance, Medicaid, Medicare, Provides HRT and Surgery Letters. Individual, Family and Group Counseling Available. Does Skype appointments and sessions. Includes free services for transgender youth and transgender support groups. LGBT Center.
- **Katie Schubert, PhD, MA, CST, NCC, RMHI**
 Certified Sex Therapist
 Nationally Certified Counselor
 Registered Mental Health Intern
 6132 8th Ave S.
 Gulfport, FL 33707
 727-300-6688
 Email: drkatieschubert@gmail.com
www.drkatieschubert.com
 Sliding scale available. Offers virtual sessions.
- **Heather D. Eslien, MA, LMHC**
 1608 Oak St.
 Sarasota, FL 34236
heather.d.eslien@gmail.com
 941-840-0878
<https://therapists.psychologytoday.com/160333>
 Specializes in supporting trans youth/adults and their family members. Can provide HRT and surgery letters. Facilitates two monthly support groups: <http://www.swfltranssptgp.org/>
- **Heather Stambaugh, LMHC CAP NCC**
 2033 E. Edgewood Drive, Suite 4
 Lakeland, FL 33803
gglscounseling@gmail.com
 8632717972
<http://www.lakelandfithrapy.com>

LGBT Affirmative therapist - WPATH SOC, HRT readiness assessment/letter. FREE support group - 2nd & 4th Tuesdays Open to LGBTQI & Allies-CALL OR EMAIL for location info (for safety of attendees).

- **Jacqueline Hubbard, M.D.**
2653 McCormick Dr.
Clearwater, FL 33759
727-877-8225
<http://HubbardMD.com>
Board Certified Child, Adolescent, and Adult Psychiatrist

- **John Nguyen, MSCP, LMHC**
2431 Aloma Avenue
Winter Park, FL 32792
info@EngageThoughts.com
321-209-5991
<http://www.EngageThoughts.com>
Florida licensed mental health counselor providing counseling services to the LGBT community in a safe, collaborative, and respectful environment. Clients includes young children to older adults.

- **Cynthia Fisher, MSW (Emergence Counseling Services)**
231 Riverside Dr. #301
Daytona Beach, FL 32117
cynthiaf@emergencecounselingservices.com
386-334-9130
Please see my profile at www.psychologytoday.com. I am a member of WPATH. I offer support groups for trans teens and parents as well as individual, couples, and family counseling for LGBTQ clients.

Primary Care Physicians

- **Dr. Brenda Berry**
407-898-1500; <http://brendabarrymd.com>

- **Dr. Pinero**
407-426-9693; <http://www.pineromedical.com>

- **Dr Robert Faber**
407-425-8121
<http://robertmfaber.md.com>

- **Dr. Roberto Ortiz**
Bliss Healthcare Services
2901 Curry Ford Rd, Suite #106
Orlando, FL 32806; 407-203-5984; Email: Rortiz@blisshs.com

- **Dr. Adrienne Burrowes**
CFP Physicians Group
985 State Road 436
Casselberry, FL 32707; 407-831-5252; <http://www.cfpphysiciansgroup.com>

- **Dr. Barry Rodwick**
Internal Medicine
2349 Sunset Pt Rd # 405

Clearwater, FL 33765; 727-216-6193

- **Dr. Roy Finley**
1100 62nd Ave S.
St. Petersburg, FL 33705; 727-866-3166
- **Dr. Hana Clements**
1500 Lakeland Hills Blvd # 6
Lakeland, FL 33805; 863-687-9333
- **David W. Lyter, MD, MPH**
METRO
St. Petersburg Location:
3251 3rd Avenue North,
St. Petersburg, FL 33713
727-321-3854

Tampa Location:

1315 E. 7th Ave, Suite 201
Tampa, FL 33605
813-232-3808
Private Insurance, Medicaid, Medicare, & Self-Pay

- **Meredith Gray, MD**
METRO
St. Petersburg Location:
3251 3rd Avenue North,
St. Petersburg, FL 33713
727-321-3854

Tampa Location:

1315 E. 7th Ave, Suite 201
Tampa, FL 33605
813-232-3808

www.metrotampabay.org

Private Insurance, Medicaid, Medicare, & Self-Pay

Chris Rudisill
Director of LGBT Community Center Services

Metro Wellness and Community Centers
3251 3rd Avenue North, Suite 125, St. Petersburg, FL 33713
Phone (727) 321-3854 ext. 238, Fax (727) 327-7670, www.metrotampabay.org

LGBT Welcome Center
2227 Central Avenue
St. Petersburg, FL 33713
www.lgbtwelcomecenter.com

- **Dr. Tim Carlson (Family Practice)**
2191 9th Ave North
Suite 220

St.Petersburg, FL 33713
Tel: 727-258-2073

Endocrinologists

- **Dr. Paul Dimarco**
417 Corbett St, Belleair, FL 33756; 727-441-4581
- **Dr. Wende Kozlow**
3333 Cattleman Road, Suite 104, Sarasota, FL 34232; 941-379-1777
- **Dr. Roberto Ortiz**
Bliss Healthcare Services
2901 Curry Ford Rd, Suite #106, Orlando, FL 32806; 407-203-5984; Email: Rortiz@blisshs.com
- **Dr. Brenda M. Barry, M.D.**
930 Lake Baldwin Lane, Orlando, FL. 32814; (407) 898-1500 ext 10; Email: WomenCare@cfl.rr.com
Accepts most insurances. Does not take minors. Letter required. Physician that will supervise HRT, OB/GYN, (Estrogen for MTF).
- **Jan Curtis, M.D.**
Altamonte Primary Care
1706 E. Semoran Blvd., Apopka, FL. 32703; (407) 889-0007
Physician that will supervise HRT. (Testosterone for FTM).
- **Wende Kozlow, M.D.**
Endocrinologist
943 Beneva Rd., Sarasota and Bradenton
Intercoastalmedical.com; 941-379-1777
- **Tim Blend, M.D.**
Internist
The Blend Institute,
1911 Manatee Ave. Suite E #102, Bradenton, Fl; 941-722-5600
- **Paul DiMarco, M.D.**
Internist
417 Corbett St, Clearwater, Fl, 33756; 727-441-4581
- **Craig Sweet, M.D.**
Reproductive Medicine and Surgery
World Plaza Lane, Ft. Myers, Fl 33907; 239-275-8118
- **Cayce Jehaimi, M.D. (pediatric)**
Pediatric Endocrinologist
15901 Bass Rd. #102, Ft.Myers, Fl; 239-204-3645; 239-343-9890

CENTRAL FLORIDA ADDITIONAL RESOURCES

Tampa Bay, St. Petersburg, Orlando, Melbourne

Education/Community Support

- **Southwest Florida Trans* Support Group**

Southwest Florida Trans* Support Group provides a safe, supportive and secure environment for Transgender, Transsexual and Gender Variant people and their loved ones. Our Groups are facilitated by Mary G. Davenport, PhD., and Heather D. Eslien, M.A., LMHC

Contact at (941)-840-0878 or heather.d.eslien@gmail.com or Dr. Davenport by phone at (941)-366-3134 for more info, or visit: www.swfltranssptgp.org

The 1st Saturday of each month:
Trans* Feminine Support Group

The 2nd Saturday of each month:
Trans* Masculine Support Group

The 3rd Saturday of each month:
Loved Ones of Trans* and Gender Variant

- **LGBT Welcome Center**

St. Petersburg, 727-201-4925

<http://lgbtwelcomecenter.com/>

Email: ChrisR@metrotampabay.org

- **Metro Wellness & Community Center**

St. Petersburg Location

727-321-3854

<http://www.metrotampabay.org/>

Email: Info@metrotampabay.org

Tampa Location - 813-232-3108; Pasco & Hernando Location - 727-494-7625

- **Transgender & Crossdressers: Phi Epsilon Mu**

<http://crossdressflorida.com/index.htm>

Email: carolync@tampabay.rr.com

- **Ft. Meyers: Gamma Gamma Kappa, Tri-ESS group for Crossdressers**

<http://gammakappagamma.com>

Email: gemini46a@comcast.net

- **All Transgender: Trans* Support Network of West Central Florida**

<http://transsupportnetwcf.com/>

Email: brandi4961@yahoo.com

Email: rreynolds60@tampabay.rr.com

- **CentralFlorida Crossdress/Social Meetup**

<http://www.meetup.com/Central-Florida-Cds-Tgirls-Social-Meetup/>

- **T-Network, Part of the Orlando LGBT Chamber of Commerce**

321-800-3946

<http://mbaorlando.org/>

Email: gina.duncan@me.com

- **Southern Comfort Conference (SCC)**
<http://southerncomfortconference.org/>
 Email: Christy@sccatl.org

- **Monthly support groups for male identified/female identified/loved ones of transgender people:**
swfltranssptgp.org

- **ALSO Youth, Inc**
 1470 Blvd of the Arts
 Sarasota, FL 34236
 Contact Person: Donna E. Hanley, MA
 Executive Director, ALSO Youth, Pronouns: she, her, hers
 Office: 941-951-2576, www.alsoyouth.org www.facebook.com/alsoyouth

- **LGBT Welcome Center**
 2227 Central Avenue
 St. Petersburg, FL 33713
 727-201-4925
www.lgbtwelcomecenter.com
 Email: LGBT@metrotampabay.org

- **METRO LGBT Centers**
 St. Petersburg Location:
 3251 3rd Avenue North,
 St. Petersburg, FL 33713
 727-321-3854

 Tampa Location:
 1315 E. 7th Ave, Suite 201
 Tampa, FL 33605
 813-232-3808

 Pasco/Hernando Location:
 4747 US Hwy 19
 New Port Richey, FL 34652
 727-494-7625

 Email: LGBT@metrotampabay.org

Transgender support programs, social programs and events, education and training, HIV testing and prevention, HIV Case Management Services and Medical Care, Transgender Health Care, Smoking Cessation, Health and Wellness Programs, Yoga and Meditation, Cultural Competency Training, SAGE Tampa Bay (Older Adult Services), Substance Abuse, Youth programs.

- **Gender Identity in Florida Today - G.I.F.T.**
 Orlando, FL
 Group Support - Friendships - Events/Socials - Advocacy
<https://giftorlando.org/>
publicrelations@giftorlando.org

TRANS CENTRAL STATION - Orange County

Trans Central Station welcomes all individuals within the LGBT spectrum, their family and supporters. 7:00 to 8:30 pm on the 1st Tuesday of the month

FULL TIME TRANS - Orange County

a peer-to-peer support group in which transsexuals in transition and post-op transsexuals can meet to discuss problems specific to their situation. 7:00 to 8:30 pm on the 3rd Tuesday of each month.

BETWEEN THE LINES - Orange County

Still questioning their place among the spectrum of gender, or for those of us who are existing between female and male, and even those who question gender roles. 7:00 to 8:30 pm on the 4th Tuesday of each month.

TRANS MEN - Orange County

Support group for FTM and trans masculine individuals. 7:00 to 9:00 pm on the 1st and 3rd Wednesdays of each month.

Meetings are held at The Center in Orange County

The Center

946 North Mills Ave

Orlando, Florida 32803

(407) 228-8272

thecenterorlando.org

- **Trans + Allies support group - Volusia County**

Join us at the Collective Church for a supportive event featuring guest speakers, snacks as well as Game Night after the meeting. All people under the umbrella, allies, friends and family welcome! Donations Accepted.

Meetings are held at The Collective Church in Volusia County

Collective Church

111 S Alabama Ave

DeLand, Florida 32724

(321) 238-8341

wearecollectivechurch.com

- **TRANSnFIT - Fitness Training, Coaching, Nutrition and Health**

Orlando, FL

Contact Coach Alexandria

alegutier@gmail.com

786-863-4618 - Call or text

<http://coachalexandria.com>

- **Maleya Becerra-Williams (Outreach Counselor, LGBT+ knowledgeable)**

Crosswinds Youth Services, Inc.

1407 Dixon Blvd, Cocoa, FL 32922

Cell: (321)258-0050

Email: maleyabecerrawilliams@crosswindsyouthservices.org;

Website: www.crosswindsyouthservices.org

Crosswinds Youth Services, Inc provides a multitude of resources for youth, including a youth shelter for 17 and under, transitional housing, case management, and outpatient counseling.

- Corrine Drive Counseling Center**
 3222 Corrine Drive, Suite A
 Orlando, FL 32803
 Cell: 407-716-7207
 Email: corrinedrivecounselingcenter@gmail.com
 Website: <http://www.corrinedrivecounselingcenter.com>
 Both Joe Salg, LMHC and Dominique Barritt, LMHC specialize in work with the transgender community... during all phases of transition.
- Chase Therapies**
 2400 S. Ridgewood Ave Suite 17
 S. Daytona, FL 32119
 Cell: (407)9296251
 Email: Jennifer.Marvin.61@gmail.com
 Therapist is a Transgender Woman. LGBT staff members.
- Transforming Children and Families**
 15 N. Tampa Ave
 Tampa, FL 33602
 Cell: 4079296251
 Email: Jennifer.Marvin.61@gmail.com
 Therapist is a Transgender woman. There are also LGBT staff members.
- Transgender & Crossdressers: Phi Epsilon Mu**
 P.O.Box 158
 Highland City, FL 33846
 Email: carolync@tampabay.rr.com
<http://transsupportfl.com/>
 TG Support group for emerging TG folks, wives, and S/O's. Meets monthly in the Orlando area

Youth Services

- Zebra Coalition**
 407-228-1446
www.zebrayouth.org
 Email: info@zebrayouth.org, Facebook: www.facebook.com/zebracoalition
- PFLAG Orlando: Parents, Family & Friends Support**
www.pflagorlando.org
 Email: pflagorlando@yahoo.com
- METRO LGBT Centers**
St. Petersburg Location:
 3251 3rd Avenue North, St. Petersburg, FL 33713, 727-321-3854
Tampa Location:
 1315 E. 7th Ave, Suite 201, Tampa, FL 33605, 813-232-3808
www.metrotampabay.org, Email: LGBT@metrotampabay.org
- Weekly Youth Support Programs, Free Counseling**

LGBT Welcome Center
 2227 Central Avenue
 St. Petersburg, FL 33713
 727-201-4925
www.lgbtwelcomecenter.com
 Email: LGBT@metrotampabay.org

Queer Youth Nights, Drop-ins

Aging Support

- **The Center, Orlando**
www.thecenterorlando.org
 Email: director@thecenterorlando.org
- **SAGE Tampa Bay**
 METRO LGBT Centers
 727-321-3854
www.metrotampabay.org
 Email: LGBT@metrotampabay.org

Veteran Services

- **Tamara J. Reed** (Program Manager & Outreach - LGBTQSA Special Emphasis)
 James A. Haley and C.W. Young Bay Pines Veterans' Hospitals
 Tampa, FL, (813) 972-2000, ext. 2131, Email: Tamara.Reed@va.gov
- **Keri K. Griffin-Edenfield LCSW, CAP**
 Orlando Veterans Administration Medical Center (Veterans Only)
 Orlando, FL, 407-621-2622, Email: Keri.Griffin@va.gov
- **Veterans Readjustment Counseling Services**
 Orlando, FL, 1-407-857-2800, Email: Elizabeth.Jackson3@va.gov
- **Out & Proud Veterans Of America**
www.outandproudveterans.org
- **Interactive Online Veterans Shared Experiences**
www.maketheconnection.net

Gender Expression

- **METRO LGBT Centers**
 3251 3rd Avenue North
 St. Petersburg, FL 33713
www.metrotampabay.org, Email: LGBT@metrotampabay.org
 Ongoing group classes offered.

Vocal Coaching

- **Barbara Oliver M.Ed. CCC/SLP, Speech Pathologist** (Voice and Communication Training)
 St. Petersburg, 727-418-3065, Email: babz1948@gmail.com

- **Dr. Karen Wicklund**
Lakewood Ranch
847-476-7464, wickland@singershealth.com, www.singershealth.com
- **Dr. Karen Wicklund, DM, MHS CCC-SLP/L, SVS**
Florida Center for Professional Voice/Of Special Note Inc.
8374 Market Street, Box 523
Bradenton, FL 34202
voice mail: (941)251-6694, fax: (941) 251-6697, www.singershealth.com
Skype ID: doctorsoprano, email: wicklund@singershealth.com
 - Professor Emeritus, The Schools of Music and Communication Disorders, Western Michigan University
 - Author of Singing Voice Rehabilitation, Second Edition, 2015, NICEV (National Institute for Continuing Education in Voice) Press
 - Provider of Singing Voice Specialist Training through National Center for Continuing Education in Voice (NICEV), a division of Of Special Note Inc.

Hair & Makeup

- **Wigs & More** (Trans Owned)
Port Charlotte
941-979-9999, www.wigsanmore.com, Email: debbiebarry@gmail.com
- **Wig Villa**
St. Petersburg
727-823-3100
www.wigvillaonline.com/ Email: wigvilla@verizon.net
- **Ritzy Rags**
Wigs, Breast Forms, Cosmetics
Orlando, FL
407-897-2117
www.ritzyrags.com/ Email: ritzyragsemail@aol.com
- **Vicki McLoughlin**
Mary Kay Cosmetics
Orlando, FL
321-544-5579 - Email: vickimc05@aol.com

Electrolysis

- **Mary J. Moffett**
727-527-532
Tampa/St. Petersburg, FL
- **6S Boutique** (Trans Owned)
St. Petersburg, FL
727-498-6590
www.6sboutique.com - Email: Andrew@6sboutique.com
- **Transgender Consultation and Transformation Services: Trading Faces**
Professional Electrolysis Center
Orlando, FL

407-260-0900

www.tradingfacesorlando.com

- **Orlando Institute For Electrolysis & Laser Hair Removal**
407-295-2081
<http://orlandoinstitute.com/> Email: michele@orlandoinstitute.com
- **Aesthetics by Karen Marlise**
9191 Park Blvd N, Seminole, FL 33777
www.tampabaylaserhairremoval.com/
Phone: (727) 398-4187
- **Noemi Fernandez Dejonge, Electrologist**
3301 N Howard Ave, Tampa, FL 33607
www.hairremovalfl.com/
Phone: (813) 875-1025
- **James at Badar's Hair and All**
2321 E Fowler Ave, Tampa, FL 33612
Phone: (727) 421-4001

Legal

- **METRO LBGT Centers**
3251 3rd Avenue North
St. Petersburg, FL 33713
www.metrotampabay.org, Email: LGBT@metrotampabay.org, Free legal consultation by appointment.

Surgery Resources

- **Dr. Jessica Vaught**
21 Columbia St, #101, Orlando, FL 32806
321-841-6060
<http://www.winniepalmerhospital.com/physician-finder/jessica-m-vaught-md/>
Performs hysterectomies for trans men. Very trans friendly.
- **Daniel P Greenwald, MD**
1208 E Kennedy Blvd Suite 221, Tampa, FL 33602
Danielpgreenwald@gmail.com
813-258-2425
<http://bayshoreplasticsurgery.com>

Veteran Services

- **Orlando VA Medical Center**
5201 Raymond. St
Orlando, FL 32803
Keri.Griffin@va.gov
407-621-2622
http://www.orlando.va.gov/services/LGBT_Program.asp
I work as the Orlando VA LGBT Special Emphasis Program Manager. I provide individual, couples, family, & group therapy as well as many other services, please contact me to find out more.

NORTH FLORIDA RESOURCES

Jacksonville, Gainesville, Tallahassee, Pensacola

Mental Health Therapists

- **Kristie Overstreet LMHC, LPC, CAP, NCC**
 Licensed Mental Health Counselor - Licensed Professional Counselor - Certified Sex Therapist -
 Certified Addiction Professional
www.KristieOverstreet.com
 Therapy Department
 4540 Southside Boulevard Suite 401
 Jacksonville, FL 32216
 Email: Kristie@TherapyDepartment.com, (904) 566-9256, <http://www.TherapyDepartment.com>
Accepts many insurances & self-pay. Provides HRT letters. Hosts a free trans support group.
- **Noelle Pomeroy, PhD, LMHC**
 Jacksonville Center for Sexual Health
 12443 San Jose Blvd.
 Jacksonville, Florida 32223
www.jaxsexualhealth.com
- **Dr. Jennifer Sager, Ph.D.**
 22 S.W. 7th Terrace, Gainesville FL 32601 , 352-378-2829
Accepts Blue Cross Blue Shield. Costs: \$175(initial session) & \$125(following 50 minute sessions).
- **Melanie Mickey**
 Pathways Counseling & Consulting Services, Inc.
 9521 Shellie Road, Suite 15, Jacksonville, FL 32257, 904-619-3010
- **Dr. Charles Martin, Ph D.**
 3600 N.W. 43rd Street, E-4, Gainesville, Florida 32606, 352-375-7756, info@drcharlesmartin.com
- **Noelle Pomeroy, PhD, LMHC**
 1637 Race Track Road Suite 225, Saint Johns, FL 32259, 904-383-7613,
www.julingtoncreekcounseling.com
- **Matt Borer, Ph.D. LMFT**
 2720 Park St. Office 209, Jacksonville, Fl. 32205, 904-874-1387
Notes: Works specifically with transgender clients.
- **Marcy Weiss, Ph.D., LCSW, CEAP, CAP, SAP**
 561-702-2228
 Email: mrw417@aol.com
- **Lisa J. Moore, LMHC**
 Mail: P.O. Box 60552, Jacksonville, FL 32236
 Office: 2116 Park St., Jacksonville, FL 32204, 904-389-7168

NORTH FLORIDA RESOURCES

Jacksonville, Gainesville, Tallahassee, Pensacola

Mental Health Therapists (continued)

- **Patricia Lee O'Haver**
1727 Blanding Blvd., Suite 105
Jacksonville, Florida 32210
The Alternatives Group, 904-446-5175, 904-772-1775, Email: patricia_gal@yahoo.com
- **Alan Kagan, MD, Psychiatrist**
850-656-5523
- **Dr. Ellen Shapiro, Clinical psychologist**
1003 N Adams
Tallahassee, FL 32303, 850-222-0003, Email: DrEllenShapiro@gmail.com
- **Elizabeth Kamphausen-Doan**
Finding Your Wings, LLC
1113 S. Magnolia, Tallahassee, FL 32301, 850-274-3992
Email: Liz4therapy@earthlink.net www.findingyourwings.net
- **Lorin Brand**
109 W. 4th Ave. Tallahassee, FL 32303
850-308-5429, Email: lorinbrand@gmail.com
- **Ludmila De Faria, MD, Psychiatrist**
FSU Thagard Health Clinic
2634 Capital Circle NE., Tallahassee, Florida 32308, 850-523-3200
- **Ieshai T. Bailey-Davis, M.S., CST**
Board Certified Sex Therapist - Transgender Care Therapist - Registered Mental Health Counseling Intern
Kink Aware Therapist - Certified Clinical Trauma Professional
Bailey House of Wellness, LLC
3190 Post Street, Jacksonville, Florida 32205
1950 Lee Road, Suite 114, Winter Park, Florida 32789
(904)738-3506 (office)-Jacksonville Location; (321)394-8675 (office)-Orlando(Winter Park) Location
www.bhowyou.com
- **Emily Franck Hoon, PhD - Therapist**
2531 NW 41st Street, Gainesville, FL 32606, 352-375-4666
- **Tamara Powell**
Arya Therapy Services
435 E. Zaragoza Street
Pensacola, FL 32502, Email: arya.therapy@gmail.com, Cell: (850) 516-9590
Web: www.aryatherapy.com, FB:www.facebook.com/aryatherapyservices
- **A Safe Port Counseling Center**
1720 W. Fairfield Dr Suite 505
Pensacola, FL 32501, 850-723-0042, feathersong@bellsouth.net

NORTH FLORIDA RESOURCES

Jacksonville, Gainesville, Tallahassee, Pensacola

Primary Care Providers

- **Dr. Howard Green**
905 Beach Blvd
Jacksonville Beach, FL 32250
904-241-8300

- **Dr. Julie Kelch and Dr. John Ness**
616 Universal Dr
Tallahassee, FL 32303
850-385-1839

- **Dr. Laura Preston**
Capital Regional Medical Center
3217 Capital Medical Blvd
Tallahassee, FL 32308
850-942-5728
www.capitalregionalmedicalcenter.com

- **Dr. Jonathan Appelbaum**
FSU-TMH Internal Medicine Residency Clinic
1300 Miccosukee Road
Tallahassee, FL 32308
850-431-7900
Email: jonathan.appelbaum@med.fsu.edu
Also provides HRT.

- **Wendy Thompson**
Tallahassee Primary Care
2858 Mahan Dr. #5
Tallahassee, FL 32308
850-942-0180
www.tallahasseeprimarycare.com

Endocrinologists

- **Michael Fox, MD, Endocrinologist**
Jacksonville Center for Reproductive Medicine
7051 Southpoint Pkwy, Suite 200
Jacksonville, FL 32216
904-493-2229
www.jcrm.org
Physician that oversees HRT. Experience working with older clients.

NORTH FLORIDA RESOURCES

Jacksonville, Gainesville, Tallahassee, Pensacola

Endocrinologists (continued)

- **C.W. Randolph, Jr., M.D., R.Ph.**
 Ageless & Wellness Medical Center
 1891 Beach Blvd., Suite 200
 Jacksonville Beach, FL 32250
 904-249-3743
<http://www.agelessandwellness.com/>
Physician that oversees HRT. Experience working with older clients.
- **Michelle Mendez, MD**
 Mendez Family Care
 904-264-2752
 1909 Beach Blvd. Ste 102
 Jacksonville Beach, FL 32250
<http://mendezfamilycare.doctoroffice.net>
This doctor does not permit trans females to dress in feminine clothing in her practice. Confirmed by NP 4/15/2014. Only in-house shots.
- **Dr. Hashey**
 First Coast Family Medicine
 9191 R G Skinner Pkwy #603
 Jacksonville, FL 32256
 904-538-0950
www.firstcoastdoctor.com
Physician that oversees HRT. This location does in-house injections only (no take home injectable hormone prescription). Cost is \$48/shot (usually weekly) for self-pay, insurances vary.
- **Jeffery Johns, DO**
 St. Vincent's Family Medicine
 2627 Riverside Ave
 Jacksonville, FL 32204
 904-308-7372
- **Sadaf Jeelani, MD**
 4340 Newberry Road, Suite 301
 Gainesville, FL 32607
 352-372-9414
 Email: robertsb@accentmd.com
- **Dr. Jonathan Appelbaum**
 FSU-TMH Internal Medicine Residency Clinic
 1300 Miccosukee Road
 Tallahassee, FL 32308
 (850) 431-7900
 Email: jonathan.appelbaum@med.fsu.edu
- **Celeste Hart**
 North Florida Regional Thyroid Center
 1705 S. Adams
 Tallahassee, FL 32301

850-224-7154

www.thyroidcenter.com

- **Terry Sherraden**
Tallahassee Endocrine Associates
2406 East Plaza Dr.
Tallahassee, FL 32308
850-877-7387
- **Vishnu N. Behari, M.D.**
Gulf Coast Primary Care
1921 East Nine Mile Road
Pensacola, FL
850-479-4791

Additional Resources

Gynecologists

- **Todd Rasner, M.D., F.A.C.O.G. Sekine, Rasner, & Brock, M.D., P.A.**
Obstetrics, Gynecology, and Fertility
11945 San Jose Blvd., building 400, Jacksonville, FL 32223
904-262-5333
- **Micheal Fox**
Jax Center for Reproductive Medicine
7051 Southpoint Pkwy S Ste 200, Jacksonville, FL
(904) 493-2229
- **Planned Parenthood of South, East, and North Florida**
Jacksonville Health Center
5978 Powers Ave Jacksonville, FL 32217
904-399-2800

General Resources

- **Dan Sostrom, President**
PFLAG St. Augustine
PO Box 573, St. Augustine, FL 32085-0573
Phone: (904) 853-0808
Email: pflagstaug@gmail.com
Facebook: www.facebook.com/pflagstaug
- **Kaitlin Legg,**
Assistant Director, LGBT Resource Center
TransAction Florida Advisory Board, 2015-2016
University of North Florida
Office Phone: 904.620.2939
Website: <http://www.unf.edu/lgbtrc>
Facebook: <http://www.facebook.com/unflgbt>

- **Lavender Network**
The Lavender Network's goal is to bring the LGBTQ community, their friends and families, together through gardening and related activities.
General email: thelavendernetwork@gmail.com
Facebook: www.facebook.com/thelavendernetwork

- **PFLAG Jacksonville**
Through support, education, and advocacy, PFLAG of Jacksonville promotes the Health and well-being of LGBT persons, family, and friends.
Garry Bevel, Current President
24/7 Helpline: 904.737.3329
General E-Mail: info@pflagjax.org
USPS: P.O. Box 2971 Jacksonville, FL 32203
Website: www.pflagjax.org

- **Jacksonville Transgender Action Committee (JTAC)**
JTAC works to improve the lives of transgender and gender nonconforming individuals in the Jacksonville community through education, support, and advocacy.. The group hosts biweekly socials every other thursday, as well as monthly committee meetings the third Tuesday of each month.
Phone:904-620-2939
E-mail: k.legg@unf.edu
<https://www.facebook.com/Jax.Trans.Action>

- **Transgender Tallahassee**
Margeaux Mutz is the contact person for Transgender Tallahassee. We do a monthly chat group plus various other events through out the year. We are a conduit to education of the non-trans community as well through our speaker bureau and other interaction with the local media etc. Our chat group meets once a month at:
Waterworks, 1133 Thomasville Rd. 32301.
web: transgendertallahassee.com
email: transgendertallahassee@gmail.com
Facebook: <https://www.facebook.com/Transgender-Tallahassee-138910469495684/>

- **The Family Tree**
The Family Tree is chaired by Steven Hall who can be reached at steven@familytreecenter.org. The Family Tree is Tallahassee's LGBT organization. They present our yearly Pride Celebration and also serve to disseminate info throughout the community both LGBT and not. The Family Tree is the non-profit organization or which Transgender Tallahassee is linked. There is no physical address at this time.
web: familytreecenter.org, email: steven@familytreecenter.org, Phone: 850-222-8555

- **The Outlet**
The Outlet contact person is Rosie Richeson. They provide bi-monthly trans youth group meetings ages 16-26.
Their physical address is 1200 Stearns St.
theoutlettallahassee@gmail.com

Youth/Young Adult Support

- **UNF LGBT Resource Center**
1 UNF Drive
Jacksonville, FL 32224
904-620-4720

www.unf.edu/lgbtrc

- **JASMYN (Jacksonville Area Sexual Minority Youth Network)**
923 Peninsular Place
Jacksonville, FL 32204
P: (904) 389-3857
Gay Youth Information Line: (904) 389-0089
E-mail: jasmyn@jasmyn.org, www.jasmyn.org

Mental Health/Addiction/Recovery Support

- **Freedom to be Me**
FreedomToBeMeLGBT@yahoo.com
904-516-8088
<https://www.facebook.com/Freedom2BMe>
- **Lakeview Health**
<https://www.lakeviewhealth.com/>
1900 Corporate Square Blvd, Jacksonville FL 32216
800-884-1727
- **HIV/AIDS Care**
NFAN (Northeast Florida AIDS Network)
2715 Oak St, Jacksonville, FL 32205
(904) 356-1612, <http://www.nfanjax.org/>
- **Florida Counseling and Evaluation Services**
6950 Philips Highway, Suite 11
Jacksonville, FL 32216
agauler@flces.com
904-239-3677

General

- **LGBT Jax Directory:** <http://www.lgbtjax.org/>
A resource list of LGBT-friendly resources, including businesses, legal services, and health-related providers.
- **Acupuncture Physician in Pensacola**
Dr. Peter J Shark, AP NNTS
Gulf Coast Wellness
310 E Government St., Pensacola, FL, 850-390-0774, drshark@wellgulfcoast.com
<http://wellgulfcoast.com>

Support Centers and Social Groups

- **Trans Affairs in Gainesville**
22 SE 5th Ave, Ste D
Gainesville, FL 32601
gainesvilletransaffairs@gmail.com
352-474-2774

<https://www.facebook.com/transaffairs/?fref=ts>

A local Trans Activism group seeking to strengthen the Transgender Community through social activism, community outreach, and seeking social justice!

- **TranQuility: Transgender Community Group of Alachua County**

2401 SW Archer Road (The building is called HealthStreet)

Gainesville, FL 32608

alachuatranquility@gmail.com

678-907-4616

<https://www.facebook.com/alachua.tranquility>

TranQuility strives to educate, support, and care for all transgender people, their friends, families, and allies. Meets monthly for discussion on a specific topic, connection, and personal sharing.

- **Strive -- Social Trans Initiative**

3109 East Brainerd Street

Pensacola, FL 32503

strive.general@gmail.com

850-637-9590

Strive can find housing, employment, and other resources for trans people along the Gulf Coast as they become available, but can also go outside the Northwest Florida area if need be.

NATIONAL RESOURCES

Legal

- **Female to Male (FTM) International**
www.ftmi.org
 877-267-1440
 Email: info@ftmi.org
Serves the Female-to-Male community by providing support meetings for FTMs and their families in cities around the world.
- **National Center for Transgender Equality (NCTE)**
www.transequality.org
 202-903-0112
 Email: NCTE@NCTEquality.org
National social justice organization devoted to ending discrimination and violence against transgender people through education and advocacy on national issues of importance to transgender people.
- **Transgendered American Veterans Association (TAVA)**
www.tavausa.org
Formed to address the growing concerns of fair and equal treatment of transgender veterans and active duty service members.
- **Transgender Law Center (TLC)**
www.transgenderlawcenter.org
 415-865-0176
 Email: info@transgenderlawcenter.org
California-based civil rights organization advocating for transgender communities. TLC utilizes direct legal services, public policy advocacy, and educational opportunities to advance the rights and safety of diverse transgender communities.
- **Transgender Law & Policy Institute (TLPI)**
www.transgenderlaw.org
Brings experts and advocates together to work on law and policy initiatives designed to advance transgender equality.
- **Servicemembers United**
www.ServicemembersUnited.org
Non-partisan and non-profit organization based in Washington, D.C. ; the nation's largest organization of LGBT troops and veterans of the U.S. armed forces, as well as their partners and civilian allies
- **Servicemembers Legal Defense Network**
www.sldn.org
Supports, defends and empowers LGBT service members, veterans and their families; mission is to strengthen military culture by securing equal opportunity, equal protection and equal benefits, without threat of harassment or discrimination, for LGBT service members and veterans.

NATIONAL RESOURCES

- **Human Rights Campaign (HRC)**

www.hrc.org

America's largest civil rights organization working to achieve gay, lesbian, bisexual and transgender equality; works to secure equal rights for LGBT individuals and families at the federal and state levels by lobbying elected officials, mobilizing grassroots supporters, educating Americans, investing strategically to elect fair-minded officials and partnering with other LGBT organizations.

- **Immigration Equality**

www.immigrationequality.org

National grass roots organization that works to end discrimination in U.S. immigration law, to reduce the negative impact of that law on the lives of lesbian, gay, bisexual, transgender and HIV-positive people, and to help obtain asylum for those persecuted in their home country based on their sexual orientation, transgender identity or HIV-status.

- **Gay & Lesbian Alliance Against Defamation: TRANSGENDER**

<http://www.glaad.org/transgender/resources>

Trans 101: <http://www.glaad.org/transgender/trans101>

Dedicated to promoting and ensuring fair, accurate and inclusive representation of people and events in the media as a means of eliminating homophobia and discrimination based on gender identity and sexual orientation.

- **Workplace Advocates: Out & Equal**

<http://outandequal.org/>

- **Trevor Helpline**

1-866-488-7386

Assistance for harassment/gay bashing

- **American Civil Liberties Union (ACLU)**

www.aclu.org/getequal

LGBT & Aids Project: <https://www.aclu.org/about-aclu-lesbian-gay-bisexual-transgender-aids-project>

- **National Association of Social Workers (NASW)**

<http://www.socialworkers.org/diversity/default.asp>

- **Help Starts Here**

<http://www.helpstartshere.org/kids-families/veteran-affairs>

- **Sylvia Rivera Law Project**

<http://srlp.org/>

212-337-8550

Email: info@srlp.org

- **TransYouth Family Allies**

888-462-8932

<http://www.imatyfa.org/>

- **OutServe-Servicemembers Legal Defense Network (SLDN)**

P.O. Box 65301

Washington, DC 20035

8700-528-5301

<http://www.outserve-sldn.org>

OutServe-Servicemembers Legal Defense Network has represented the United States Lesbian, Gay, Bisexual and Transgender (LGBT) service member and veterans effected by Don't Ask Don't Tell worldwide.

Education/Community Support

- **Tri-ESS National**

<http://www.tri-ess.org/>

Email: JEFTRIS@aol.com

Educational, social and support group for heterosexual crossdressers, their partners, the spouses of married crossdressers and their families. Expressing both the masculine & feminine sides of self.

- **PFLAG Parents and Friends of Lesbians and Gays**

Phone: 202-467-8180

Website: <http://community.pflag.org/>

Email: info@pflag.org

Highly active in educating and advocating for transgender needs.

Medical

- **World Professional Association. For Transgender Health (WPATH)**

Phone: 612-624-9397

Website: <http://www.wpath.org/>

Email: wpath@wpath.org

- **Out of State Surgery Provider**

Dr. John Taylor

194 Highway 35

Red Bank, N.J. 07701

Tel# 732-707-1932

www.allurenj.com

- **HealthLabs.com**

5821 Southwest Fwy

Houston, TX 77057

christopher@medology.com

832-200-6898

<https://www.healthlabs.com/anti-aging-hormones-testing>

FLORIDA REQUIREMENTS

Changing the Gender Marker on Your Driver's License

To request a gender different from what appears on the driver license or identification card you must provide a signed original statement on office letterhead from the attending medical physician (internist, endocrinologist, gynecologist, urologist or psychiatrist).

This medical certification must include the following items:

1. Physicians full name;
2. Medical license or certificate number;
3. Issuing state or other jurisdiction of medical license/certificate;
4. Drug Enforcement Administration (DEA) registration number assigned to the physician;
5. Address and telephone number of the physician;
6. Language stating that he/she is the attending physician for the customer and that he/she has a doctor/patient relationship with the customer.
7. Language stating the customer is undergoing appropriate clinical treatment for gender transition to the new gender (male or female); and
8. Language stating, "I declare under penalty of perjury under the laws of the United States the forgoing is true and correct."

We hope the above information provides better clarification and addresses your concern.

We hope this information is helpful, this matter has been closed by our Customer Service Department. If you have further questions you may contact us by phone at(850)617-2000 or submit a new question

at<http://www.flhsmv.gov/html/contact2.html>

The Department of Highway Safety and Motor Vehicles is committed to Service, Integrity, Courtesy, Professionalism, Innovation and Excellence in all we do.

ORIGINAL INQUIRY:

Hello, I am currently in the process of going from Male to Female, I have been looking for information in writing that clearly indicates the requirements for having my gender marker changed once the name change has been done. There seems to be a lot of information on the web, but none of it is clear on do you need a letter from the doctor who is supervising your hormones. to it can only be done once Sexual reassignment surgery has taken place. I have seen that you do not need SRS and a letter indicating that your birth certificate was changed. If so with that, what can you do when the state where you were born only changes the birth certificate after SRS. it seems to be a bit confusing and you tend to get different answers when you call this is why I would like to have in writing what is the clear expectation of the state to me the requirements of the state. Thank you for your time in this matter.

Warmly, Morgan

MY QUESTION IS ABOUT IF YOU HAVE NOT HAD SEXUAL REASSIGNMENT SURGERY My question is prior to SRS to change the Drivers License to have FEMALE put on it, what are the requirements? I understand step one is to legally change my name Step two is to change your SSN what are the next steps to change the gender marker without having SRS?

FLORIDA REQUIREMENTS

How to Legally Change Your Name

INSTRUCTIONS FOR FLORIDA SUPREME COURT APPROVED FAMILY LAW FORM 12.982(f), PETITION FOR CHANGE OF NAME (FAMILY) (06/10)

When should this form be used?

This form should be used when a family wants the court to change its name. This form is **not** to be used in connection with a **dissolution of marriage**, **paternity**, or adoption action. If you want a change of name because of a dissolution of marriage, paternity, or adoption action that is not yet final, the change of name should be requested as part of that case.

This form should be typed or printed in black ink and must be signed before a **notary public or deputy clerk**. You should **file** the original with the **clerk of the circuit court** in the county where you live and keep a copy for your records. The petition should only be completed for one adult. If you wish to change the name(s) of another adult and/or any child(ren), you should complete and file with the clerk of court the attached Supplemental Form(s) for Petition for Change of Name (Family) for each additional family member. **Be sure that the bottom of each page of each supplemental form is initialed.**

What should I do next?

Unless you are seeking to restore a former name, each adult petitioner must have fingerprints submitted for a state and national criminal history records check. The fingerprints must be taken in a manner approved by the Department of Law Enforcement and must be submitted to the Department for a state and national criminal history records check. **You may not request a hearing on the petition until the clerk of court has received the results of your criminal history records check.** The clerk of court can instruct you on the process for having the fingerprints taken and submitted, including information on law enforcement agencies or service providers authorized to submit finger prints electronically to the Department of Law Enforcement. The process may take several weeks and you will have to pay for the cost of processing the fingerprints and conducting the state and national criminal history records check.

If any of the children for whom you are requesting this change of name are not the legal children of both adults filing this petition, you must obtain the consent of the legal parent(s). A parent not named as a **petitioner** in this action may consent by submitting a **Consent for Change of Name (Minor Child(ren))**, Florida Supreme Court Approved Family Law Form 12.982(d).

If the other parent does not consent to the change of name, you may still have a **hearing** on the **petition** if you have properly notified the other parent about your petition and the hearing. If you know where he or she lives, you must use **personal service**. If you absolutely do not know where he or she lives, you may use **constructive service**. For more information about personal and constructive service, you should refer to the “**General Instructions for Self-Represented Litigants**” found at the beginning of these forms and the instructions to Florida Family Law Rules of Procedure Forms 12.910(a) and 12.913(b) and Florida Supreme Court Approved Family Law Form 12.913(a). The law on constructive service is very complex and you may wish to consult an attorney regarding constructive service.

Next, you must obtain a **final hearing** date for the court to consider your request. If you are seeking to restore a former name, hearing on the petition **MAY** be held immediately after the petition is filed. The final hearing on any other petition for a name change may be held immediately after the clerk of court receives the results of your criminal history records check. You should ask the clerk of court, **family law intake staff**, or **judicial assistant** about the local procedure for setting a hearing. You may be required to attend the hearing. Included in these forms is a **Final Judgment of Change of Name (Family)**, Florida Supreme Court Approved Family Law Form 12.982(g), which may be used when a judge grants a change of name for a family. If you attend the hearing, you should take the **final judgment** form with you. You should complete the top part of this form, including the circuit, county, case number, division, the name(s) of the petitioner(s) and leave the rest blank for the judge to complete. It should be typed or printed in black ink.

If the judge grants your petition, he or she will sign this **order**. This officially changes your family’s name. The clerk can provide you with **certified copies** of the signed order. There will be charges for the certified copies, and the clerk can tell you the amount of the charges.

FLORIDA REQUIREMENTS

How to Legally Change Your Name (Continued)

INSTRUCTIONS FOR FLORIDA SUPREME COURT APPROVED FAMILY
LAW FORM 12.982(f), PETITION FOR CHANGE OF NAME (FAMILY) (06/10)

Where can I look for more information?

Before proceeding, you should read “General Information for Self-Represented Litigants” found at the beginning of these forms. For further information, see section 68.07, Florida Statutes.

You may access forms needed at

<http://forms.uscourtsforms.com/Florida/pdf%5C1%20Statewide%5CFamily%20Law%5CName%20Change%20For%20Change%20Of%20Name%20Adult%20w-Instructions%20%7B12.982%28a%29%7D.pdf>

Special notes...

The heading of the form calls for the name(s) of the **petitioner(s)**. This is (are) the parent(s) who is/are requesting the change of their family's name(s). The judicial circuit, case number, and division may be obtained from the clerk of court's office when you file the petition.

It may be helpful to compile a list of all of the people and places that will need a copy of the final judgment. This list may include the driver's license office, social security office, banks, schools, etc. A list will help you know how many copies of your order you should get from the clerk of court after your hearing.

Remember, a person who is NOT an attorney is called a nonlawyer. If a nonlawyer helps you fill out these forms, that person must give you a copy of a **Disclosure from Nonlawyer**, Florida Family Law Rules of Procedure Form 12.900(a), before he or she helps you. A nonlawyer helping you fill out these forms also **must** put his or her name, address, and telephone number on the bottom of the last page of every form he or she helps you complete.

NATIONAL REQUIREMENTS

Updating Your U.S. Passport

Identification Requirements for Gender Reassignment Applicants for US Passport

If you are in the process of or have completed gender reassignment, please note:

- The ID you present with your application must accurately reflect your current appearance (see ID photocopy requirements on Step 4 of the previous page).
- The passport photo submitted with your application must accurately reflect your current appearance.
- In order to have the passport issued in your new gender, you must submit a physician certificate with your application that validates whether your gender transition is in process or complete.
- Requirements for all elements of the passport application aside from gender still apply, including evidence of legal name change (if applicable).

If a physician certifies that your transition is complete, you are eligible for a full validity ten-year passport. The signed original statement from the attending medical physician must be on office letterhead and include:

- Physician's full name
- Medical license or certificate number
- Issuing state or other jurisdiction of medical license/certificate
- Drug Enforcement Administration (DEA) registration number assigned to the physician
- Address and telephone number of the physician
- Language stating that he/she is your attending physician and that he/she has a doctor/patient relationship with you
- Language stating you have had appropriate clinical treatment for gender transition to the new gender (male or female)
- Language stating "I declare under penalty of perjury under the laws of the United States that the forgoing is true and correct"

If a physician certifies that your transition is in process, you are eligible for a limited validity two-year passport.

The signed original statement from the attending medical physician must be on office letterhead and include:

- Physician's full name
- Medical license or certificate number
- Issuing state or other jurisdiction of medical license/certificate

A limited passport book can be extended to the full ten-year validity book with no additional fee by submitting Form DS-5504 within two-years of the passport issue date.

Updating Your Social Security Information

Follow this link to the SSA website which will show all info needed for Social Security Administration:

<https://secure.ssa.gov/poms.nsf/lnx/0110212200>

The SSA policy now permits a transgender person to change their gender marker upon submission of one of the following types of documents:

- A letter from the person's doctor confirming that the person has undergone "appropriate clinical treatment for gender transition";
- A full-validity, 10-year U.S. passport that includes the person's correct gender;
- A state-issued birth certificate that shows the correct gender; or
- A court order recognizing the person's gender.

Example Certification from Attending Physician

(Attending Physician's Official Letterhead)

I, (physician's full name), (physician's medical license or certificate number), (issuing State of medical license/certificate), (DEA Registration number), am the attending physician of (name of patient), with whom I have a doctor/patient relationship.

(Name of patient) has had appropriate clinical treatment for gender transition to the new gender (specify new gender male or female).

Or

(Name of patient) is in the process of gender transition to the new gender (specify new gender male or female).

I declare under penalty of perjury under the laws of the United States that the forgoing is true and correct.

Signature of Physician

Typed Name of Physician

Date

Sample Letter 2 from Licensed Physician

(Physician's Address and Telephone Number)

I, (physician's full name), (physician's medical license or certificate number), (issuing U.S. State/Foreign Country of medical license/certificate), am the physician of (name of patient), with whom I have a doctor/patient relationship and whom I have treated (or with whom I have a doctor/patient relationship and whose medical history I have reviewed and evaluated). (Name of patient) has had appropriate clinical treatment for gender transition to the new gender (specify new gender, male or female).

I declare under penalty of perjury under the laws of the United States that the forgoing is true and correct.

Signature of Physician

Typed Name of Physician

Date