

TRANSGENDER/GENDER DIVERSE (TGD) RESOURCES



TGD-ALLIED ANTHEM-UC SHIP IN-NETWORK THERAPISTS

(MOST PROVIDERS NOW OFFER TELEHEALTH. Ask when you call or message.
A UC SHIP referral is only needed for therapists located within 50 miles of UCR.)

<p>COLLABORATIVE PSYCHOLOGY GROUP fka: Dr. Tanika Gayle & Associates 5051 Canyon Crest Dr. Ste. 204 Riverside, CA 92506 Phone: 951-682-1488 www.collaborativepsychgroup.com</p>	<p>GREGORY CRAWFORD, PSYD 3350 Shelby St. Ste. 200 Ontario, CA Phone: 909-935-2385 Fax: 909-935-2685 Email: dr Crawford@gunnpsych.com www.gunnpsych.com/dr Crawford</p>
<p>LAURA CUEVA-MILLER, PHD 3590 Central Ave. #202 Riverside, CA 92506 Phone: 951-788-6006 Email: drlauracm@gmail.com</p>	<p>LYNN FLEWELLING, LMFT 101 East Redlands Blvd. Ste. 234F Redlands, CA 92373 Phone: 951-249-7684</p>
<p>FORESIGHT MENTAL HEALTH</p> <ul style="list-style-type: none"> • Once signed into Foresight Mental clients can search for providers by location. • If working remotely, your therapist can be located anywhere in California. • When the list of available providers populates, select "load more" to see more options. • If available, open the "Bio" to read about therapists' specialties including LGBTQI+ if stated. • Appointments can be scheduled from the therapist's page. Just confirm your email address for email communications from foresightmentalhealth. <p>Email: info@foresightmentalhealth.com www.foresightmentalhealth.com/therapy</p>	<p>LANDON MARTIN, LCSW FOOTHILLS PSYCHOLOGICAL SERVICES, INC. 9089 Baseline Rd. Ste. 200 Rancho Cucamonga, CA 91730 Phone: 909-980-3567 www.foothillspsych.com/RanchoCucamonga.en.htm</p>
<p>JEANETTE MARIE MERCHANT, MFT 7888 Mission Grove Pkwy. S. Riverside, CA 92508 Phone: 323-798-7413</p>	<p>DIANA LISSETTE MORAN, LMFT 2280 Market St. Ste. 145 Riverside, CA 92501 Phone: 628-200-0904</p>

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<p>Associated Clinicians: Alexandra Corrine Truman, LMFT</p>	<p>Associated Clinicians: Alejandra Sosa-Chora, LMFT, Cynthia J. Garrison, LMFT, Natasha L. Collins, LMFT, Christina Judeh, LMFT</p>
<p>JUAN MORIEL, PSYD, LMFT, LPCC 3400 Central Ave. Ste. 310 Riverside, CA 92506 Phone: 626-676-2419 www.juanmoriel.com</p>	<p>JANE ANNE NORRIS, MFT 6809 Indiana Ave. Ste. 137 Riverside, CA 92506 Phone: 714-390-9893</p>
<p>OCTAVE THERAPY</p> <ul style="list-style-type: none"> All therapy is remote currently Has individual therapy (including gender-affirming), groups, and workshops Accept UC SHIP Anthem Blue Cross. <p>www.findoctave.com/</p>	<p>PSYCHEALING COUNSELING CENTER NHUNG PHAN, PSYD, QME 1011 North Begonia Ave. Ste. 1009 Ontario, CA 91762 Phone: 800-683-2945 www.healingpcc.com</p>
<p>STACY RICHARDSON, LMFT 3600 Lime St. Bldg. 2 Riverside, CA 92501 Phone: 951-758-8855</p>	<p>JENNIFER SUZANNE ROBERTS, LMFT 5225 Canyon Crest Dr. Ste. 100 Riverside, CA 92507 Phone: 323-205-7088</p>
<p>NANCY TALLEY, LMFT 41870 Kalmia St. Ste. 155 Murietta, CA 92562 Phone: 951-319-2341</p>	<p>TRUEEVOLUTION INC. 4175 Brockton Ave. Riverside, CA 92501 Phone: 951-888-1346 ext. 2 Toll-free: 877-890-1169 Email: info@trueevolution.org www.trueevolution.org</p>
<p>GRACE E. USIGBE, MFT 4049 Brockton Ave. Riverside, CA 92501 Phone: 951-300-8124</p>	<p>SUSAN ZELENER, PHD 255 Terracina Blvd. Ste. 204 Redlands, CA 92373 Phone: 909-798-1763</p>
<p>TRANSGENDER HEALTH AND WELLNESS CENTER <i>(Accepts UC SHIP Anthem BC/BS, but no insurance required)</i></p> <ul style="list-style-type: none"> Free mental Health Services with pre-LMFT's supervised by Dr. Juan Moriel Hair removal and Hirutism service Insurance navigation for TGD people Name and gender change support Perfect Pitch gender-affirming speech program 	<p>THE SHRINK SPACE</p> <ul style="list-style-type: none"> On "the shrink space" multiple specialties can be selected including "trauma/PTSD," "anxiety," or enter "Transgender" or "Gender Identity Issues," or any other areas of interest. For insurance select Anthem and Blue Cross and Blue Shield, then enter a location where you want to be seen. Students are advised to confirm the provider you select accepts UC SHIP

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<ul style="list-style-type: none"> • Medically necessary letters for TGD folx • Housing assistance for survivors of interpersonal violence or sexual assault • Mental health graduate student internship program • And so much more! <p>Online support group with Nell Alcantara Mondays 5 pm - 6 pm Nell Phone: 760-202-4308 Email: nell@trans.health</p> <p>FOR ALL LOCATIONS: Email: info@trans.health www.trans.health/</p> <p>LOCATIONS: 6700 Indiana Ave. Ste. 252 Riverside, CA 92506 Phone: 951-530-8257 or 951-530-8217 Fax: 760-818-8025</p> <p>6840 Indiana Ave. Riverside, CA 92506 Phone: 951-530-8148 or 951-530-8139 Fax: 760-818-8025</p> <p>340 South Farrell Dr. Palm Springs, CA 92262 Phone: 760-202-4308 or 760-656-4141 Fax: 760-818-8025</p>	<p>Anthem Blue Cross insurance and confirm either in-person and/or remote therapy. www.theshrinkspace.com/</p>
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UCR HEALTH AND UCR STUDENT HEALTH AND COUNSELING AFFILIATED PROVIDERS

<p>DR. HODA MOJAZI-AMIRI, ENDOCRINOLOGIST UCR Health Multispecialty Center 3390 University Ave. Suite 100 Riverside, CA 92501 Phone: 844-827-8000 x 5</p>	<p>DR. ROB CASTANOS, PSYCHIATRIST UCR Health Multispecialty Center 3390 University Ave. Suite 115 Riverside, CA 92501 Phone: 844-827-8000 x 4</p>
<p>DR. JAMI WOODS, PSYCHIATRIST UCR Health Multispecialty Center 3390 University Ave. Suite 115 Riverside, CA 92501</p>	<p>DR. TOSHIA YAMAGUCHI, PSYCHIATRIST UCR Health Multispecialty Center 3390 University Ave. Suite 115 Riverside, CA 92501</p>

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<p>Phone: 844-827-8000 x 4</p>	<p>Phone: 844-827-8000 x 4</p>
<p>AYOKA BELL, PSYD, WPATH member UCR Counseling and Psychological Services 900 University Ave, Student Health Bldg. N. Wing Riverside, CA 92521 Phone: 951-827-5531 www.counseling.ucr.edu</p>	<p>NICOLE PITSAVAS, PSYD UCR Counseling and Psychological Services 900 University Ave, Student Health Bldg. N. Wing Riverside, CA 92521 Phone: 951-827-5531 www.counseling.ucr.edu</p>
<p>UCI HEALTH PEDIATRIC GENDER DIVERSITY PROGRAM Orange County’s only interdisciplinary program dedicated to caring for transgender and gender-expansive individuals up to age 26. Supportive, affirming services offered include patient and family counseling, puberty suppression, gender-affirming hormone therapy, and community connections. 101 The City Drive South Pavilion 3 Orange, CA 92868 Phone: 714-456-6025 Email: genderdiversity@hs.uci.edu www.ucihealth.org/medical-services/pediatric-gender-diversity</p>	<p>UCLA GENDER HEALTH PROGRAM Primary care, hormone therapy, facial reconstruction, chest/top surgery, genital reconstructive/bottom surgery, gynecological care, voice therapy & voice surgery, behavioral health services. Phone: 310-267-4334 Email: genderhealth@mednet.ucla.edu www.uclahealth.org/gender-health/</p>
<p>UCLA HEALTH PLASTIC SURGERY JUSTINE C. LEE, MD, PHD (Craniofacial Surgery/FFS/MFS) 200 Medical Plaza, Ste. 460 Los Angeles, CA 90095 Phone: 310-825-5510 Fax: 310-825-5510 www.uclahealth.org/providers/justine-lee</p>	<p>RIVERSIDE PLASTIC SURGERY DR. BEN CHILDERS (Top Surgery) (Accepts Anthem UC SHIP referrals) 4605 Brockton Ave., Ste. 200 Riverside, CA 92506 Phone: 951-332-7318 www.benchildersmd.com</p>

OTHER (OUT OF NETWORK) AND REGIONAL SOURCES FOR GENDER-AFFIRMING HEALTHCARE, INFORMATION, & SUPPORT

<p>BORREGO HEALTH DEPARTMENT OF TRANSGENDER MEDICINE</p> <ul style="list-style-type: none"> • Designated the region’s first and only Center of Excellence for Transgender Health by the Inland Empire Health Plan (IEHP) • Serves all regardless of citizenship or ability to pay 	<p>Borrego Health Associated Providers:</p> <p>ANTONIA D’ORSAY, PhD, MS, MA (she/her) Director of Transgender Services Phone: 760-507-3310 or 760-676-5800 Email: adorsay@borregohealth.org</p>
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<ul style="list-style-type: none"> • Offers informed consent gender-affirming hormone therapy • All providers have lived experience and are subject matter experts <p>BORREGO HEALTH offers FREE peer-led group for trans/gender diverse folks (ages 16+ welcome). <i>No agenda, just belonging!</i> <i>Fridays 3:00 – 4:00 via Zoom</i> <i>Register at: https://tinyurl.com/trans-Borrego</i></p> <p><i>Multiple locations</i> Phone: 760-507-3310 or 760-676-5800 www.borregohealth.org/transgender-health</p> <p>BORREGO HEALTH EASTSIDE HEALTH CENTER 1970 University Av. Riverside, CA 92507 Phone: 951-213-3450</p>	<p>MITA BEACH, MA (they/them/he) Transgender Navigator Specialist Phone: 909-748-1023 Email: mbeach@borregohealth.org</p> <p>NOHEMI LOPEZ (they/them/she) Transgender Navigator Specialist Phone: 909-454-6204 Email: nohemil@borregohealth.org</p> <p>MATEO W (he/him) Transgender Navigator Specialist Phone: 442-227-5532 Email: mwilliamson@borregohealth.org</p> <p>MARCEL OMAR (he/him) Transgender Navigator Specialist Phone: 951-878-5055 Email: momar@borregomedical.org</p> <p>PATRIC SCHINE, DNB, NP (he/him) Director of Transgender Medicine Phone: 951-213-3450 Email: pschine@borregohealth.org</p>
<p>CENTRAL COUNSELING SERVICES TRANSGENDER SUPPORT GROUP</p> <ul style="list-style-type: none"> • FREE support group for TGD adults 4th Thursday of the month, 6:30 – 8:00 pm • For other services, accepts IEHP, Beacon/Kaiser, Aetna and others or private pay • Does not accept Anthem, Blue Cross, Blue Shield or Cigna <p>6840 Indiana Ave. Ste. 275 Riverside, CA 92506 Phone: 951-778-0230 Text: 951-323-2182 Email: info@centralcounselingservices.net</p>	<p>WESLEY DETWILER, PHD, WPATH member 471 E Tahquitz Canyon Way, Ste. 219 Palm Springs, CA 92262 Phone: 619-636-9444 Email: drwesley@detwilerpsychology.com www.detwilerpsychology.com</p>
<p>OMAR GONZALES-VALENTINO, LMFT, LPC WPATH member Accepts Medicare, Medicaid, Medi Cal, IEHP 4175 Brockton Ave. Riverside, CA 92501 Phone: 951-888-1346</p>	<p>DOJUANA HAIRSTON, LMFT, PSYD WPATH member Orange Psychiatric Medical Group 41670 Ivy St., Ste. C Murietta, CA 92562 Phone: 951-696-5220</p>

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<p>www.trueevolution.org/old-site/omar-gonzalez-valentino</p>	<p>www.orangepsychiatry.com/dojuana-hairston-psyd.html</p>
<p>PATH MENTAL HEALTH Phone: (323) 977-7284 www.pathmentalhealth.com/</p> <p>Associated clinicians:</p> <p>RICKEY BATES, LCSW Phone: 951-470-2395</p> <p>SHARON DOBBS, LCSW Phone: 951-228-3998</p> <p>SAMUEL JENKINS, LCSW, WPATH member Phone: 909-414-2271</p> <p>MAIKO S KING, LMFT Phone: 415-306-8519</p> <p>KELLY LLOYD, LMFT Phone: 323-543-0570</p> <p>VICTORIA MARIE PAPPAS, LMFT Phone: 909-757-5119</p>	<p>PLANNED PARENTHOOD OF THE PACIFIC SOUTHWEST Transgender Health Services at Moreno Valley and Coachella locations</p> <ul style="list-style-type: none"> • Offers informed consent HRT services • Accepts Medi-Cal. <p>Phone: 1-888-743-7526 www.plannedparenthood.org/planned-parenthood-pacific-southwest/campaigns/transgender-health-services</p>
<p>PROSPECT THERAPY - LGBTQ+ AFFIRMING PSYCHOTHERAPY</p> <ul style="list-style-type: none"> • Can provide letters <p>4510 CA-1 Ste. 540 Long Beach, CA 90804 Phone: 562-704-4736 www.prospecttherapy.com www.prospecttherapy.com/hrt-and-gcs-letters</p>	<p>SAKURA THERAPY CENTER (Out of network)</p> <ul style="list-style-type: none"> • Inland Empire-based with online therapy only • All therapists are WPATH trained and can provide letters. <p>Email: admin@sakuratherapycenter.com www.sakuratherapycenter.com</p>
<p>JULIE SIEGEL-TURNER, LCSW WPATH trained Gender Therapist Sliding scale, cash pay Riverside, CA 92506 Phone: 951-801-5954 www.psychologytoday.com/us/therapists/julie-naomi-siegel-turner-riverside-ca/420468</p>	<p>SPEECH AND VOICE THERAPISTS</p> <p>TINA BABAJANIANS, MS, Vocal Therapist Newport Beach, CA Phone: 323-825-9709 Email: hello@thevoicestylist.com www.thevoicestylist.com/services</p> <p>MICHELLE GRODON, MCSP, WPATH member 2900 Bristol St., Ste. B-103 Costa Mesa, CA 92626 Phone: 714-403-1721</p>

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	www.mgspeech.com
THE GENDER AFFIRMATION PROJECT 5894 Magnolia Ave. Riverside, CA 92506 Phone: 951-289-5025 https://thegenderaffirmationproject.org/	THE TRANSPower PROJECT by Queer Works <ul style="list-style-type: none"> • Free mental health sessions • Connections to psychiatry • Letter writing 1775 E. Palm Canyon Dr., Ste. 110-1032 Palm Springs, CA 92264 Phone: 760-824-5112 https://www.queerworks.org/transpower http://www.transpowerproject.com http://www.transpowerproject.com/resource-guides.html
TRANSGENDER AFFIRMING THERAPY, ORANGE COUNTY 17682 Mitchell N., Ste. 104 Irvine, CA 92614 Phone: 949-648-7991 Email: TransAffirmingTherapy@gmail.com www.transgenderaffirmingtherapy.com/	TRUEVOLUTION INC. 4175 Brockton Ave. Riverside, CA 92501 Phone: 951-888-1346 Toll-free: 877-890-1169 Email: info@truevolution.org www.truevolution.org
KAISER SOUTHEN CALIFORNIA GENDER HEALTH SERVICES AND TRANSGENDER CARE Offers gender-affirming surgery pathways, hormone therapy, gynecological services, fertility preservation, mental health services, primary care, & case management. Phone: 323-857-3818 (M-F 7:30 am – 5:00 pm) Benefits and coverage: 800-464-4000 https://thrive.kaiserpermanente.org/care-near-you/southern-california/transgender/	RIVERSIDE UNIVERSITY HEALTH SYSTEM (RIVERSIDE COUNTY MEDICAL CENTER/SERVICES) TRANSGENDER HEALTH SERVICES Medical and Surgical Center 26600 Cactus Ave. Women’s Health Center – Third Floor Moreno Valley, CA 92555 Daisy Mendez, Program Coordinator Email: d.mendez@ruhealth.org Phone: 951-988-9849
LGBTQ CENTER ORANGE COUNTY (OC) 1605 N. Spurgeon St. Santa Ana, CA 92701 Phone: 714-953-5428 www.lgbtqcenteroc.org/	LGBTQ+ CENTER OF RIVERSIDE COUNTY <i>Opens in August 2022</i> 24910 Las Brias Rd. Murietta, CA 92562 Phone: 951-364-3305 www.rivcocenter.org/

24/7/365 GENDER-AFFIRMING SUPPORT AND RESOURCES

CHARLIE HEALTH Personalized 24/7 mental health support for LGBTQIA+ teens and young adults. Phone: 1 (866) 219-5070	Take My Hand - Free Peer Chat Website www.takemyhand.co/
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www.charliehealth.com	
The Trevor Project Phone: 866-488-7386 www.thetrevorproject.org	Trans Lifeline Phone: 877-565-8860 www.translifeline.org/

FAMILY AND FRIENDS SUPPORT

Palm Springs PFLAG www.pspflag.org	Riverside PFLAG www.pflag.org/chapter/pflag-riverside
Temecula PFLAG www.pflagtemecula.org/	Trans Family Support Group: www.transfamilysos.org/

INTERNATIONAL GENDER-AFFIRMING SUPPORT & RESOURCES

ASIA PROFESSIONAL ASSOCIATION FOR TRANSGENDER HEALTH (ASIAPATH) www.asiath.org/	UNITED STATES PROFESSIONAL ASSOCIATION FOR TRANSGENDER HEALTH (USPATH) www.uspath.org/
EUROPEAN PROFESSIONAL ASSOCIATION FOR TRANSGENDER HEALTH (EPATH) www.epath.org/	WORLD PROFESSIONAL ASSOCIATION FOR TRANSGENDER HEALTH (WPATH) www.wpath.org/

GENDER-AFFIRMING APPS

<p>BLISS APP – Financial planning for transitioning www.bliss.lgbt</p> <p>EUPHORIA APP – Get support through your transition with this subscription service. www.euphoria.lgbt</p> <p>PLUME APP – Consult with a medical provider, get guidance and a prescription, all from your phone with this TGD-created gender-affirming service. www.getplume.co</p> <p>SOLACE APP – Information and resources to guide transgender people through whatever process of gender transition you desire. www.solace.lgbt</p>	
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There is often confusion about the differences between UCR Student Health Services, UCR Health, and Riverside University Health System. The following is an explanation.

UCR Student Health Services (<https://studenthealth.ucr.edu/>) – Located on the UCR campus near parking lot 15 and adjacent to Counseling and Psychological Services. Also houses the dental clinic and a pharmacy. Students can receive basic medical care and referrals to specialty care by visiting Student Health Services. UCR Student Health Services accepts USHIP/GSHIP or students can pay out-of-pocket for care.

UCR Health (<https://www.ucrhealth.org/>)– A branch of University of California Health which is comprised of six academic health centers, 20 health professional schools, a Global Health Institute and systemwide services that improve the health of patients including the University’s students, faculty and employees. UCR Health serves residents of the Inland Empire communities, has medical providers located throughout Riverside, San Bernardino, Coachella valley communities, and accepts multiple insurance carriers including USHIP/GSHIP.

Riverside University Health System [fka: Riverside County Regional Medical Center/services] (<https://www.ruhealth.org/>)– Serves residents of the Inland Empire and has medical provides/centers located throughout the Riverside, Moreno Valley, and Coachella valley communities and accepts multiple insurance carriers as well as Medi-Cal, Medicare, and Inland Empire Health Plan (IEHP).