

**GENDER AFFIRMING ANTHEM-UC SHIP
IN-NETWORK THERAPISTS
& OTHER COMMUNITY RESOURCES**



**UCR CAPS has created this directory solely as a convenience, based on reported services and expertise. We do not endorse these providers nor attest to any credentials or qualifications other than those practitioners who have completed the UCR Credentialing and Privileging process as UCR CAPS/SHS providers. It is highly recommended you conduct your own research into any provider you choose to support your healthcare needs. **

GENDER-AFFIRMING ANTHEM-UC SHIP IN-NETWORK THERAPISTS

<p>ALMA – In-person and online gender care options Andrea Stocker, LCSW Michael Southerland, LMFT Lena Allos, PNP– Medication Management Kendall Haydel, PNP – Medication Management www.http://helloalma.com</p>	<p>COLLABORATIVE PSYCHOLOGY GROUP, APC fka: Dr. Tanika Gayle & Associates 5051 Canyon Crest Dr. Ste. 204, Riverside, CA, 92508 3880 Lemon St, Riverside, CA, 92501 41760 Ivy St., Ste. 204, Murietta, CA, 92562 Phone: 951-682-1488 www.collaborativepsychgroup.com</p>
<p>LAURA CUEVA-MILLER, PHD 3590 Central Ave. #202 Riverside, CA 92506 Phone: 951-788-6006 Email: drlauracm@gmail.com</p>	<p>EXPANSIVE THERAPY <i>Mostly Online, All California Licensed</i> Jasyn Lezin, LCSW Nicole Minor, AMFT Anjna Champaneri, ACSW Katrina Dela Cruz, LCSW Amira Gregory, ACSW Laura Newberry, ACSW Garrett Weinstein, AMFT – In-Person and online Mal Godha, APCC Megan Murphy, LPCC – In-Person and online Nick Fager, LMHC, LPCC Dara Wells-Hajjar, LCSW Jennifer Chou, LCSW Suzan Howe, Clinical Director, LMFT <i>All therapists above can also be found on:</i> http://www.psychologytoday.com https://expansivetherapy.com/therapists/ca</p>
<p>LYNN FLEWELLING, LMFT 101 East Redlands Blvd. Ste. 234F Redlands, CA 92373 Phone: 951-249-7684</p>	<p>FORESIGHT MENTAL HEALTH In-office and online individual and group therapy and psychiatry available</p> <ul style="list-style-type: none"> • Search by service, location, or clinician OR select “Request appt.” • Confirm your email address (UCR email) and insurance (Anthem Blue Cross CA)

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	<ul style="list-style-type: none"> • Search provider “Bio” for LGBTQI+ and “gender identity” or “transgender” specialties • Schedule appointments on therapist's page <p>Transgender & nonbinary support group (online)</p> <ul style="list-style-type: none"> • Typically 8 or fewer people facilitated by licensed therapist • One hour per week for 8, 10, or 12 weeks • www.foresightmentalhealth.com/group-therapy <p>Email: info@foresightmentalhealth.com www.foresightmentalhealth.com</p>
<p>INLAND PSYCHIATRIC MEDICAL GROUP</p> <ul style="list-style-type: none"> • We follow WPATH standards and write letters for gender confirmation. • Other offerings: Therapy, Psychiatry, & Psychological Testing <p>A gender affirmation surgery evaluation for top/bottom surgery, etc. is typically between 1-1.5 hours depending on your history. Our goal is not to be a gate-keeper but instead to help you reach your goals.</p> <p>Multiple locations throughout the IE and So. Cal. (Riverside, Redlands, Moreno Valley, Rancho Cucamonga, Loma Linda, San Bernardino, etc....)</p> <p>Phone: (909) 955-5880 Email: transgenderclinic@inlandpsych.com Schedule a consultation online: https://www.inlandpsych.com/genderaffirmation/</p>	
<p>ERICA KHAMVONGSA, LMFT LIFESTANCE HEALTH 4361 Latham St. Ste. 220 Riverside, CA 92501 Phone: 909-403-6824</p> <ul style="list-style-type: none"> • Also offers online therapy 	<p>LANDON MARTIN, LCSW FOOTHILLS PSYCHOLOGICAL SERVICES, INC. 9089 Baseline Rd. Ste. 200 Rancho Cucamonga, CA 91730 Phone: 909-980-3567 www.foothillpsych.com/RanchoCucamonga.en.html</p>

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<p>JEANETTE MARIE MERCHANT, MFT Associated Clinicians: Alexandra Corrine Truman, LMFT 7888 Mission Grove Pkwy. S. Riverside, CA 92508 Phone: 323-798-7413</p>	<p>DIANA LISSETTE MORAN, LMFT Associated Clinicians: Alejandra Sosa-Chora, LMFT, Cynthia J. Garrison, LMFT, Natasha L. Collins, LMFT, Christina Judeh, LMFT 2280 Market St. Ste. 145 Riverside, CA 92501 Phone: 628-200-0904</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"> • Online therapy • LGBTQ+-affirming Individual therapy, groups, and workshops • Accept UC SHIP Anthem Blue Cross. <p>www.findoctave.com/queer-resilience-clinic</p>	<p>POSITIVE PSYCHOLOGY, INC In-person & Online Options QTBIPOC Affirming Therapy and Testing Provider Accepts multiple insurances including Anthem BC/BS, Medicare, Optum, & TriCare 8765 Aero Dr. Ste. 228 San Diego, CA 92123 Phone: (858) 876-7779-8588 Multiple Locations: San Diego, Imperial Valley, & Los Angeles https://positivepsychologyinc.com/welcome</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>PSYCHOLOGICAL AND SUBSTANCE ABUSE SERVICES, INC. Practice of Dr. Ty Jones, PsyD Offers therapy & psychological/ADHD/LD testing 21250 Box Springs Rd. Ste. 203 Moreno Valley, CA 92557 Phone: 951-335-5858 Fax: 951-335-5870 www.psychservices.online/</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>RULA (formerly Path Mental Health) –</p> <ul style="list-style-type: none"> • Online therapy and psychiatry <p>Phone: (323) 205-7088</p>	<p>SOULTENDERS Multiple Locations including Online Affiliated providers:</p>

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<p>support@rula.com www.rula.com</p> <p>Some RULA Gender Affirming Clinicians: RICKEY BATES, LCSW - Phone: 951-470-2395 SHARON DOBBS, LCSW - Phone: 951-228-3998 MAIKO S KING, LMFT - Phone: 415-306-8519 KELLY LLOYD, LMFT - Phone: 323-543-0570 JEANETTE MARIE MERCHANT, MFT - Phone: 323-798-7413 RAMON ORTEGA-CABALLERO, LCSW - Phone: (323) 977-7284 SAMUEL JENKINS, LCSW - WPATH member - Phone: 909-414-2271 VICTORIA MARIE PAPPAS, LMFT - Phone: 909-757-5119</p>	<p>ALEX RHODES, LCSW (online) PAM PUDEWA, LMFT (online) TAMMY TURK, LMFT (online) JENNIFER WALKER, LMFT *Spanish (Arcadia) BETHANY DUNN, LCSW (Cerritos)</p> <p>https://www.soultenders.com/</p> <ul style="list-style-type: none"> - Find a therapist - Filter Therapy Categories - Issues: "Transgender" - Apply Quick Search - (Location, if applicable)
<p>NANCY TALLEY, LMFT 41870 Kalmia St. Ste. 155 Murietta, CA 92562 Phone: 951-319-2341</p>	<p>TRANSGENDER HEALTH AND WELLNESS CENTER <i>(Accepts UC SHIP Anthem Blue Cross, Kaiser, IEHP, but no insurance required)</i></p> <ul style="list-style-type: none"> • Free mental Health Services • Hair removal and Hirsutism service • Insurance navigation for TGD people • Name and gender change support • Gender-affirming speech program • Medically necessary letters for TGD folk • Housing assistance for survivors of interpersonal violence or sexual assault • Mental health graduate student internship program <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: Riverside Office I 6700 Indiana Ave. Ste. 252 Riverside, CA 92506 Phone: 951-530-8257 or 951-530-8217 Fax: 760-818-8025</p>

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	<p>Riverside II Office: Electrolysis only 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>TRUEVOLUTION INC. & INLAND EMPIRE LGBTQ+ CENTER 3839 Brockton Ave. Riverside, CA 92501</p> <ul style="list-style-type: none"> • Counseling & Therapy • Gender Affirming Mental Healthcare • Support Groups • Behavioral Health Investigative Research Laboratory <p>Phone: 951-888-1346 Toll-free: 877-890-1169 Email: info@truevolution.org www.truevolution.org</p>	<p>SUSAN ZELENER, PHD 255 Terracina Blvd. Ste. 204 Redlands, CA 92373 Phone: 909-798-1763</p>
<p>ZEN CARE - Online Eric Samuels, PsyD – In-Person Berkeley and online California Karel Winner, PNP – Medication Management – Online only Justine Wright, LMFT – English & Spanish - In-Person and online https://zencare.co/us/california/therapists/insurance/anthem-blue-cross?specialties=gender-identity</p>	<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 Anthem Blue Cross insurance and confirm either in-person and/or remote therapy. <p>www.theshrinkspace.com/</p>

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UCR HEALTH AND CAMPUS-AFFILIATED PROVIDERS

<p>UCR COUNSELING & PSYCHOLOGICAL SERVICES (CAPS) (Multiple staff can provide gender assessments and letters) 388 W. Linden St. Riverside, CA 92507 Phone: 951-827-5531 www.counseling.ucr.edu https://counseling.ucr.edu/gender-health</p>	<p>UCR STUDENT HEALTH SERVICES (SHS) PRIMARY CARE & PSYCHIATRY (Including access to HRT) 388 W. Linden St. Riverside, CA 92507 Phone: 951-827-3031 https://studenthealth.ucr.edu/ https://counseling.ucr.edu/gender-health</p>
<p>DR. GINA VALDOVINOS, PSYCHIATRIST UCR Student Health & Counseling Center 388 W. Linden St. Riverside, CA 92507 Phone: 951-827-3031</p>	<p>DR. ROB CASTANOS, PSYCHIATRIST UCR Health Multispeciality Center 3390 University Ave. Suite 115 Riverside, CA 92501 Phone: 844-827-8000 x 4 Fax: 951-263-7238</p>
<p>DR. TOSHIA YAMAGUCHI, PSYCHIATRIST UCR Health Multispeciality Center 3390 University Ave. Suite 115 Riverside, CA 92501 Phone: 844-827-8000 x 4 Fax: 951-263-7238</p>	<p>DR. JAMI WOODS, PSYCHIATRIST & HRT PROVIDER UCR Health Multispeciality Center 3390 University Ave. Suite 115 Riverside, CA 92501 Phone: 951-827-3031 Fax: 951-263-7238</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</p> <ul style="list-style-type: none"> • Primary care • Hormone therapy • Facial reconstruction • chest/top surgery • Genital reconstructive/bottom surgery • Gynecological care • Voice therapy & voice surgery • behavioral health services <p>Multiple L.A. area locations. Call or email for details. Phone: 310-267-4334 Email: genderhealth@mednet.ucla.edu or LGBTQ+@mednet.ucla.edu www.uclahealth.org/gender-health/</p>
<p>UCLA HEALTH PLASTIC SURGERY JUSTINE C. LEE, MD, PHD</p>	<p>RIVERSIDE PLASTIC SURGERY DR. BEN CHILDERS (Top Surgery)</p>

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<p>(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>(Accepts Anthem UC SHIP referrals) 4605 Brockton Ave., Ste. 200 Riverside, CA 92506 Phone: 951-332-7318 www.benchildersmd.com</p>
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IN-NETWORK HORMONE THERAPY (HRT) PROVIDERS

<p style="text-align: center;">UC HEALTH - AFFILIATED HRT PROVIDERS</p> <p>DR. DENISE MARTINEZ, FAMILY MEDICINE & HRT PROVIDER UCR Health Multispeciality Center 3390 University Ave. Suite 115 Riverside, CA 92501 Phone: 844-827-8000 x 4 Fax: 951-263-7238</p> <p>DR. JAMI WOODS, PSYCHIATRIST & HRT PROVIDER UCR Health Multispeciality Center 3390 University Ave. Suite 115 Riverside, CA 92501 Phone: 844-827-8000 x 4 Fax: 951-263-7238</p> <ul style="list-style-type: none"> • Telehealth available <p>DR. HODA MOJAZI-AMIRI, ENDOCRINOLOGIST UC Irvine Health 18637 Yorba Linda Bl. Yorba Linda, CA 92886 Phone: 714-790-8600</p> <ul style="list-style-type: none"> • Telehealth available • Prescriptions from Dr. Amiri can be sent to the UCR Student Health Pharmacy 	<p>DR. MARIO PEREZ CARCAMO, ENDOCRINOLOGIST Riverside Community Hospital 4440 Brockton Ave. Suite 420 Riverside, CA 92501 Phone: 951-684-8020</p> <ul style="list-style-type: none"> • TGD patients up to 25 y/o • Languages: English, Spanish <p>https://www.riversidemedicalclinic.com/doctors/webster-john-do/</p>
<p>DR. SABTIR SINGH, ENDOCRINOLOGIST Riverside Medical Clinic 6405 Day Street Riverside, CA 92507 Phone: 951-697-5620</p>	<p>DR. JOHN WEBSTER, ENDOCRINOLOGIST Riverside Medical Clinic – Mission Grove 19314 Jesse Ln., Suite 100 Riverside, CA 92508 Phone: 951-321-6309 https://www.riversidemedicalclinic.com/doctors/webster-john-do/</p>

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<p><i>TGD patients need letter(s) from therapist, current labs, last visit notes, and confirmation of insurance. As of 3/2023, first available appointments are in July 2023.</i></p> <p>https://www.riversidemedicalclinic.com/doctors/singh-satbir-md/</p>	
<p>DR. SHADI ABDELNOUR, ENDOCRINOLOGIST via Telehealth Indian Health Inc. – <i>Native American patients only</i> 11980 Mount Vernon Ave. Grand Terrace, CA 92313 Phone: 909-864-1097 https://www.cedars-sinai.org/provider/shadi-abdelnour-1883231.html</p>	<p>LOMA LINDA FACULTY MEDICAL CLINICS</p> <ul style="list-style-type: none"> • Multiple HRT providers for TGD patients • Appointment with HRT specialist can be made after confirmation of supportive documentation (diagnoses, patient medical history, letter(s), etc.) <p>11370 Anderson St. Suite 3400 Loma Linda, CA 92354 Main phone: 877-558-6248 Endocrinology direct: 909-558-2838</p>
<p>ST. JOHN'S COMMUNITY HEALTH PRIME SPECIALTY CLINIC SAN BERNARDION HEALTH CENTER LGBTQ+ Identity-Affirming Services</p> <ul style="list-style-type: none"> • YOUTH Individual & group therapy • Sexual health education <p>Transgender Health Program</p> <ul style="list-style-type: none"> • Gender affirming primary and preventive care, medical, dental, behavioral health & pharmacy services • HRT • Referrals and assistance including insurance and legal support <p>1500 North Waterman Ave San Bernardino, CA 92409 Phone: 909-703-4099 https://sjch.org https://sjch.org/transgender-health-program/</p>	<p>BEAVER MEDICAL GROUP DR. CHUKA AKAMNONU, ENDOCRINOLOGIST 245 Terracina Bl. Suite 209c Redlands, CA 92373 Phone: 909-793-3311</p> <p><i>Must be a current or new Beaver Medical Group patient and see Beaver physician for primary care</i></p>

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OUT-OF-NETWORK & COMMUNITY RESOURCES

<p>LUIS BATTISTONE, LMFT, WPATH member 490 Alabama St., Ste. 106, Redlands, CA 92373 Phone: 909-239-2496 https://www.lbattmn.com/</p>	<p>PAUL BAUM, LCSW, WPATH member 4481 Flat Rock Road, Ste. 300 Riverside, CA 92505 Phone: 951-476-5642 https://victoriacounseling.squarespace.com/ https://www.psychologytoday.com/us/therapists/paul-baum-riverside-ca/1154899</p>
<p>DR. THEODORE BURNES, PHD 1923 1/2 Westwood Bl., Ste. 2 Los Angeles, CA 90025 Phone: 310-627-1499 Email: theoburnesphd@gmail.com https://www.theoburnesphd.com</p> <p>AMY HENDERSON, AMFT Supervised by Theodore Burnes, Ph.D. 1923 1/2 Westwood Bl., Ste. 2 Los Angeles, CA 90025 Email: amy@amyhendersontherapy.com</p> <p>Both therapists:</p> <ul style="list-style-type: none"> • offering both in person and telehealth psychotherapy sessions • mental health practice that can provide gender-affirming care • mental health practice that can offer letters for gender-affirming medical intervention • Out of network, cash, credit, or HAS • Sliding scale available if eligible <p>Both therapists can be found at: http://www.psychologytoday.com</p>	<p>CENTRAL COUNSELING SERVICES TRACY SHOCKER-POPE, LCSW, FOUNDER/OWNER, WPATH Member</p> <ul style="list-style-type: none"> • Transgender Support Group <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 • Individual therapy • Victims of Crime Support <p>6840 Indiana Ave. Ste. 275 Riverside, CA 92506 29970 Technology Dr. Ste.111 Murietta, CA 92563 Phone: 951-778-0230 Text: 951-323-2182 Email: info@centralcounselingservices.net https://www.centralcounselingservices.net/</p>
<p>ROBIN COOPER, PSYD, WPATH member 310 N. Indian Hill Blvd, #67 Claremont, CA 91711 Phone: 909-667-1730 Email: robincooperpsyd@gmail.com https://www.robincooperpsyd.com/</p> <p>https://www.psychologytoday.com/us/therapists/robin-m-cooper-claremont-ca/1070883</p>	<p>CYTI PSYCHOLOGICAL 11801 Pierce St. Riverside, CA 92525 Phone: 866-478-3978 Fax: 866-473-0365 Email: info@cytipsyd.com https://cyticlinics.com/clinics/gender-care-services/</p>

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<p>DAP HEALTH</p> <ul style="list-style-type: none"> Multiple locations provide Transgender Health Care: Cathedral City, Desert Hot Springs, Palm Springs, San Jacinto <p>1695 N. Sunrise Way Palm Springs, CA 92262 Phone: 760-323-2118</p> <p>SAN JACINTO HEALTH CENTER 651 North State St. Ste. 5 San Jacinto, CA 92583 Phone: 951-487-8506</p> <ul style="list-style-type: none"> Transgender Health Services <p>https://www.daphealth.org/lgbtq-care/ https://www.daphealth.org/?s=gender https://www.daphealth.org/locations/#el-d61319df</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>SHEREE EARLE, LCSW, WPATH member Online Therapy Only Alta Loma, CA 91701 Phone: 909-708-4014 https://www.psychologytoday.com/us/therapists/sheree-earle-alta-loma-ca/203318</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 www.truevolution.org/old-site/omar-gonzalez-valentino</p>
<p>DOJUANA HAIRSTON, LMFT, PSYD WPATH member Orange Psychiatric Medical Group 41670 Ivy St., Ste. C Murietta, CA 92562 Phone: 951-696-5220 www.orangepsychiatry.com/dojuana-hairston-psyd.html</p>	<p>IEHP (Inland Empire Health Plan) Medi-Cal Gender Health</p> <ul style="list-style-type: none"> IEHP covers all medically necessary Medi-Cal covered Gender Health services IEHP has doctors and specialists who have experience in gender health services. <p>Contact IEHP Member Services: Phone: 1-800-440-IEHP (4347) Monday-Friday, 7 a.m.-7 p.m. and Saturday-Sunday, 8 a.m.-5 p.m. TTY users should call 1-800-718-IEHP (4347) https://www.iehp.org/en/browse-plans/medi-cal/medi-cal-gender-health</p>

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<p>INCLUSIVE THERAPISTS – CALIFORNIA</p> <ul style="list-style-type: none"> In-person & Online Options <p>RACHEL LEILANI EDWARDS, LPCC Los Angeles SARAH FINCH, LMFT – Manhattan Beach WYATT OKEEF, LPCC – West Hollywood JAYA ROY, LCSW – San Diego DR. TAEKO UCHINO, PSYD – San Diego SAMUEL WEISS, LCSW – Lakewood https://www.inclusivetherapists.com/california/gender-affirming-care-tgnb</p>	<p>NEIGHBORHOOD HEALTH (Formerly Borrego Health) <i>3 Locations with Gender Affirming Care</i></p> <p>1970 University Ave., Riverside, CA 92507 1030 E. Florida Ave., Hemet, CA 92543 26926 Cherry Hills Blvd., Menifee, CA 92586 Dr. Katherine Roberts, Primary Care Dr. Valerie Bahda, Primary Care For all locations call: Phone: 951-213-3450</p>
<p>ORANGE COUNTY (OC) LGBTQ CENTER 1605 N. Spurgeon St. Santa Ana, CA 92701 Phone: 714-953-5428 www.lgbtqcenteroc.org/</p>	<p>OPEN SPACE THERAPY COLLECTIVE, LPCC Art, Dance/Movement Therapy – In person in Los Angeles & Online throughout CA 2904 Sunset Blvd Suite 6, Los Angeles, CA 90026 Phone: (213) 534-7013 https://www.inclusivetherapists.com/california/los-angeles/open-space-therapy-collective</p>
<p>POSITIVE PSYCHOLOGY, INC In-person & Online Options QTBIPOC Affirming Therapy and Testing Provider Accepts multiple insurances including Anthem BC/BS, Medicare, Optum, & TriCare 8765 Aero Dr. Ste. 228 San Diego, CA 92123 Phone: (858) 876-7779-8588 Multiple Locations: San Diego, Imperial Valley, & Los Angeles https://positivepsychologyinc.com/welcome</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) GABRIEL REYES MSSAD, LCSW WPATH member</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>TRACY SHOCKEY-POPE, LCSW WPATH member CENTRAL COUNSELING SERVICES, MURIETTA 29970 Technology Dr, Murrieta, CA 92563 Phone: 951-778-0230 https://ccsmurrieta.com/</p>
<p>JULIE SIEGEL-TURNER, LCSW WPATH trained Gender Therapist Sliding scale, cash pay</p>	<p style="text-align: center;">SPEECH AND VOICE THERAPISTS</p> <p>TINA BABAJANIANS, MS, Vocal Therapist Newport Beach, CA</p>

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<p>Riverside, CA 92506 Phone: 951-801-5954 www.psychologytoday.com/us/therapists/julie-naomi-siegel-turner-riverside-ca/420468</p>	<p>Phone: 323-825-9709 Email: hello@thevoicelist.com www.thevoicelist.com/services</p> <p>MICHELLE GRODON, MCSP, WPATH member 2900 Bristol St., Ste. B-103 Costa Mesa, CA 92626 Phone: 714-403-1721 www.mgspeech.com</p>
<p>THE GENDER AFFIRMATION PROJECT 5894 Magnolia Ave. Riverside, CA 92506 Phone: 951-289-5025 https://thegenderaffirmationproject.org/</p>	<p>INLAND EMPIRE LGBTQ+ CENTER At TruEvolution 3839 Brockton Ave. Riverside, CA 92501 Phone: 951-888-1346 Toll-free: 877-890-1169 Email: info@truevolution.org</p>
<p>KAISER SOUTHERN 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.</p> <p>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/</p>	<p>RAINBOW PRIDE YOUTH ALLIANCE YOUNG ADULTS AGES 18-26</p> <ul style="list-style-type: none"> • Rainbow pride youth alliance (RPYA) is a nonprofit service organization for LGBTQ+ youth and allies in the in the Inland Empire. • Provides a safe space for young people to meet, make friends, and participate in various weekly events and activities. • Offers support and resources for gender affirmation and community building https://rainbowprideyouthalliance.org/youngadults/
<p>Riverside LGBTQ Pride, INC. PO Box 56012 Riverside, CA 92517 951-554-0783 https://www.riversideprideie.org/ https://www.riversideprideie.org/get-help/</p>	<p>RIVERSIDE UNIVERSITY HEALTH SYSTEM (RUHS) (FKA RIVERSIDE COUNTY HEALTH) TRANSGENDER HEALTH SERVICES – Specialty Clinic</p> <p>Medical and Surgical Center 26600 Cactus Ave. Moreno Valley, CA 92555</p> <p>Main Campus Community Health Center Women’s Health Center – 3rd Floor Contact: Daisy Mendez, Program Coordinator Phone: 951-988-9849</p>

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	<p>Email: d.mendez@ruhealth.org Accepts: Medi-Cal, IEHP, Molina <i>Authorization must read: RUH CHC OBGYN</i></p> <ul style="list-style-type: none"> • Endocrinology, vocal therapy, top and bottom surgery for MtF (no FtM), FFS, referrals for trach shaving and electrolysis <p>Physicians: Dr. Iqbar Munir, Dr. Almira Yang, and PA, Brittany Speer Behavioral health & TAY: Dr. Dalia Balsamo</p>
<p>ST. JOHN'S COMMUNITY HEALTH TRANSGENDER HEALTH PROGRAM</p> <p>1500 N. Waterman Ave. San Bernardino, CA 92404 Phone 909-703-4099 https://www.sjch.org Social media: SJHEALTHCA</p> <ul style="list-style-type: none"> • Comprehensive Primary Health care • Affirming mental health services • Hormone replacement therapy • Name and gender change assistance • Health insurance enrollment • Victim of crime advocacy • Employment and economic development services • Case management & referral services • HIV testing, counseling, and treatment • PEP and PrEP services 	<p>THE TRANSPOWER PROJECT by Queer Works</p> <ul style="list-style-type: none"> • Free mental health sessions • Connections to psychiatry • Letter writing • Online therapy available <p>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</p>
<p>TRANSGENDER AFFIRMING THERAPY, ORANGE COUNTY</p> <p>17682 Mitchell N., Ste. 104 Irvine, CA 92614 Phone: 949-648-7991 Email: TransAffirmingTherapy@gmail.com www.transgenderaffirmingtherapy.com/</p>	<p>LGBTQ Book Club – HYBRID CELLAR DOOR BOOKSTORE</p> <p>473 E. Alessandro Bl., Ste. B Riverside, Ca 92508 Meets the 4th Thursday of the month at 6:00 PM Read and discuss books by or about members of the LGBTQ community. Phone: 951-787-7807 Email: info@cellardoorbookstore.com https://www.cellardoorbookstore.com/book-clubs</p>

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<p>VA LOMA LINDA LGBTQ+ VETERAN CARE VA Loma Linda Health Care</p> <ul style="list-style-type: none"> • Mental health services, including psychosocial assessments for hormone therapy and gender confirming surgeries • Creative arts therapies • Hormone therapy • Gender-Affirming prosthetics • Testing, counseling, and care for HIV and STIs, including PEP and PrEP for Veterans at risk for HIV • Other prevention, screening, wellness, and testing services <p>https://www.va.gov/loma-linda-health-care/health-services/lgbtq-veteran-care/</p> <p>Jerry L. Pettis Memorial Veterans' Hospital 11201 Benton St. Loma Linda, CA 92357</p> <p>Sommer Feliciano, LGBTQ+ Veteran Care Coordinator Phone: 909-894-7831 Email: Sommer.Feliciano@va.gov</p>	
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24/7/365 GENDER-AFFIRMING SUPPORT AND RESOURCES

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

FAMILY AND FRIENDS SUPPORT

<p>GENDER SPECTRUM http://www.genderspectrum.org</p>	<p>PALM SPRINGS PFLAG www.pspflag.org</p>
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RIVERSIDE PFLAG www.pflag.org/chapter/pflag-riverside	TEMECULA PFLAG www.pflagtemecula.org/
TRANS FAMILY SUPPORT GROUP www.transfamily.org/	TRANS YOUTH AND FAMILY ALLIES http://www.imatyfa.org

INTERNATIONAL GENDER-AFFIRMING SUPPORT & RESOURCES

ASIA PROFESSIONAL ASSOCIATION FOR TRANSGENDER HEALTH (ASIAPATH) www.asiapath.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>FOLX APP - Folx is for everybody and every body. Specialized in experts in LGBTQ+ care. Delivered discreetly and directly to your door. Virtual healthcare. Estrogen. Testosterone. PrEP. www.folxhealth.com</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> <p>TrueU APP – Personalized online hormone therapy for TGD folx. www.trueuclinic.com</p>
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GENDER AFFIRMING JUSTICE & LEGAL SUPPORT

<p>ADVOCATES FOR TRANS EQUALITY (National Center for Transgender Equality & Transgender Legal Defense Fund)</p> <ul style="list-style-type: none"> • Can assist with California name and gender marker change and laws. <p>https://transequality.org/</p>	<p>BET TZEDEK LEGAL SERVICES Transgender Legal Rights Program https://bettzedek.org/our-services/justice-for-transgender-individuals/ 3250 Wilshire Bl. 13th Floor Los Angeles, CA 90010</p>
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	Phone: (323) 939-0506
EQUALITY CALIFORNIA Largest Statewide LGBTQ+ Civil Rights Organization https://www.eqca.org	LAMBDA LEGAL http://lambdalegal.org
SAGE: SERVICES & ADVOCACY FOR LGBT ELDERS Phone: 877-360-LGBT https://www.sageusa.org/	SYLVIA RIVERA LAW PROJECT (SRLP) http://www.srip.org
TRANSGENDER LAW CENTER https://transgenderlawcenter.org	