



Transgender Resources in the Southern Finger Lakes

Transgender is an umbrella term that includes people with many diverse experiences, identities, and sexual orientations. There is no one right way to be transgender and there are many terms people may use to describe their gender identity. For many transgender people discrimination from health professionals and fear of coming out to providers can be a barrier to accessing health care, including mental health care. This list of resources was compiled by our staff and local transgender community members and allies. However, this does not guarantee a positive experience. Suggestions, feedback, and additions are welcome. For more information or to share a resource or provider to be listed, please contact our Out for Health office in the Ithaca at (607) 216-0021, ext. 134 or lgbt@ppsfl.org

Local Organizations & Resources

Transgender Support Group

outforhealth.org/trans-group.html

lms296@cornell.edu

Peer led support group meets weekly meetings on Sundays in Ithaca; group provides supports, resources, and social opportunities.

Expressing Our Nature

eonsyr.net, eonsyr@yahoo.com

EON is a non-profit community service organization for the transgendered community in upstate New York offering advocacy, support, friendship and personal growth for FTMs, MTFs, cross dressers, transsexuals, their friends and families

Cornell Lesbian, Gay, Bisexual and Transgender Resource Center

lgbtrc.cornell.edu, lgbtrc@cornell.edu

(607) 254-4987

The resource center provides information, advising and counseling, referrals, social events, and educational programs to Cornell students, faculty, staff, and community members.

Ithaca College Center for LGBT Education, Outreach, & Services

ithaca.edu/lgbt, (607) 274-7394

The Center for LGBT Education, Outreach, & Services actively fosters the academic success and personal growth of LGBT students and offers college wide services to enhance the campus community's awareness, understanding and appreciation of LGBT students, staff and faculty. Most campus events are open to the public.

Ithaca Lesbian, Gay, Bisexual, Transgender Task Force

ilgbtff.org, ilgbtff@ilgbtff.org

The mission of the Ithaca Lesbian, Gay, Bisexual, and Transgender Task Force is to advocate for the creation of

a social and cultural environment that nurtures a wide range of gender, sexuality, and family arrangements. We advocate for the elimination of sexual exploitation and gender inequality as well as institutionalized homophobia and heterosexism.

Planned Parenthood of the Southern Finger Lakes LGBT Health & Wellness Project: Out for Health

www.outforhealth.org, lgbt@ppsfl.org

(607) 216-0021 x134

Out for Health provides outreach, education, and information to LGBT people, their health care providers, and the community-at-large about the importance of inclusive, welcoming, and respectful care for LGBT people. Our middle and high school LGBT youth groups in Ithaca, Corning, and Elmira welcome transgender youth.

Parents and Friends of Lesbians and Gays (PFLAG) Transgender Network

www.pflag.org (Click on Transgender)

PFLAG Elmira/Corning

Marcia, mdouglas1@stny.rr.com, (607) 535-4052

Meetings monthly, 3rd Tues, 7 pm, Big Flats Community Center

PFLAG Ithaca/Cortland

Ithaca-Cortland_pflag@hotmail.com

(607) 753-7381, (607) 838-3629

Meetings 1st Sun of the month (except July and Aug), 4 pm, SUNY Cortland Interfaith Center Library

Southern Tier Gender Alliance

thecubebinghamton.org

First and foremost, this is a transgender group, all members of the transgender community are treated equally and with respect. Group also respects and welcomes allies.

Counseling

The therapists listed here are transgender friendly. This is not meant to suggest that all transgender people need therapy, but to assist people looking for services.

Kate Halliday, CSW

Ithaca, NY
(607) 279-5439
Specializing in EMDR.

David Mordovanec, MSW, CSW

Ithaca, NY
(607) 273-3520

Linda Roessler, LMFT, RN, CS

Elmira, NY
(607) 737-4040

Lisa Ziobro, M.A., LMFC

Homer, NY
LisaZiobro.com; (607) 749-3011

Moonhawk River Stone, M.S., LMHC

Connections Psychotherapy Associates
Schenectady, NY 12309
www.riverstoneconsult.com
HawkRStone@aol.com; (518) 506-1261
Specializing in transgender/gender variant related psychotherapy; consultation, education of transgender issues; provides consultation and supervision for people working with gender variant clients.

Karen Suskin, CSW

309 N. Aurora Street, Ithaca, NY 14850
(607) 275-0652

Websites & Online Resources

Center of Excellence for Transgender Health
transhealth.ucsf.edu

International Foundation for Gender Education
www.ifge.org

National Coalition for Transgender Equality
www.nctequality.org

World Professional Association for Transgender Health (WPATH)
wpath.org

National Gay & Lesbian Task Force
www.thetaskforce.org

Gay & Lesbian Medical Association
www.glma.org

Planned Parenthood's "Providing Transgender Inclusive Healthcare Services" FREE PDF booklet
ppsfl.org
outforhealth.org



Pee in Peace: Local app launched!

Out for Health's iPhone APP is available for FREE on iTunes and at: peeinpeace.org

Our app is designed to help transgender people (and anyone who does not readily fit into expected and conventional norms of gender presentation) easily locate – via a GPS enabled iPhone interface – single stall or gender neutral bathrooms in Ithaca, New York. We are committed to working toward removing the barriers to accessing safe bathrooms.

**Need more information?
Please be in touch, we're here to help!**

(607) 216-0021 x134

outforhealth.org

peeinpeace.org

facebook.com/outforhealth

ppsfl.org

lgbt@ppsfl.org