



PFLAG Jersey Shore

ONGOING: CENTRAL JERSEY (and other places) RESOURCES, LGBTQ+ POPULATION

“LGBQ:” and “T” GENDER THERAPY

Provider	Address / #	County	Popula tion	Insurance	Sliding Scale	LGBT Informed Individual or Group Therapy	Gender Confirming Therapy	Hormone Treatment	Nursing / Doctor on Staff for Physical or exams	Note*
Institute for Personal Growth	235 9th Street Jersey City, 07302 1119 Raritan Ave. Highland Park, 08904 90 West Main Street Freehold, 07728 (800) 379-9220	Middlesex Monmouth Hudson	LGBTQ	Private		y	y	n	N	https://ipgcounseling.com/
Russel Healy, DSW, LCSW	4 East Cliff Street Somerville, 08876 133 Franklin Corner Road Lawrenceville, 08648 (908) 349-1179	Somerset	LGBTQ	Out of Network	Y	y	y	n	N	https://www.psychologytoday.com/us/therapists/russell-healy-somerville-nj/42353
PROUD Family Health RWJ University Hospital	128 Rehill Ave Suite 1100 Somerville, 08876 1-855-776-8334	Somerset	LGBTQ			n	n	y	Y	https://www.rwjbh.org/rwj-university-hospital-somerset/treatment-care/proud-family-health/
LGBT Community Center - Visiting	1301 Main Street Asbury Park, 07712 732-502-5130	Monmouth	LGBTQ	Private, Medicaid, sliding scale	Y	n Partners with CPC	n Partners with CPC	y	Y	http://prnvnacj.org/vnacj-lgbtq-health-center Tuesday: 5:00 pm-9:00 pm Thursday: 5:00 pm-9:00 pm Saturday: 1st Saturday of every month 12 pm - 4:00 pm

Nurses Association of New Jersey				for no insurance		therapist, can refer out	therapist, can refer out			
Mazzoni Center	1348 Bainbridge Street Philadelphia, 19147 215-563-0652	PA	LGBTQ	Private, Medicaid (PA), sliding scale, possible grant money	Y	Y	y	y	Y	https://www.mazzonicenter.org/
Children's Hospital of Philadelphia	3401 Civic Center Blvd. Philadelphia, PA 19104 267-426-5980	PA	Transgender			n	n	y	y	https://www.chop.edu/centers-programs/gender-and-sexuality-development-clinic
Callen Lorde	356 West 18th St. New York, NY 10011 212-271-7200 Bronx: 3144 3rd Ave, Bronx, NY 10451 (718) 215-1800	NY	LGBTQ		Y	Y	y	y	Y	https://callen-lorde.org/
Q Spot, Lou Storey and Colleen DeGeorge	66 South Main Street, Asbury Park 732-455-3373	Monmouth	LGBTQ	Private, Sliding Scale	Y	Y	y	n	N	http://qspot.org/programs/individual-group-counseling/
Liz Walter, LCSW	18 Wallace Street Red Bank, New Jersey 07701 (732) 945-8480	Monmouth	LGBTQ	Private, Out of Network	y	Y	y	n	n	https://www.psychologytoday.com/us/therapists/liz-walter-red-bank-nj/420215?sid=5d9d0664cd22e&name=Liz+Walter&ref=1&tr=ResultsName
Logan Ries, LMFT	108 Main St Suite 7 Oceanport 07757 (732) 993-4723	Monmouth	LGBT	Out of Network	y	y	y	n	n	https://www.psychologytoday.com/us/therapists/logan-a-ries-oceanport-nj/386904?sid=5d9d06b591b04&name=Logan+Ries&ref=1&tr=ResultsName

Donna German Klein	1 Main Street Suite 201 Eatontown, 07724 (973) 816-2920 268 Green Village Road, Ste. 22, Green Village, 07935 (973) 816-2920	Monmouth	LGBT	Out of Network	y	Y	y	n	n	https://www.psychologytoday.com/us/therapists/donna-german-klein-eatontown-nj/151226?sid=5d9d06f5b027a&name=Donna+German+Klein&ref=1&tr=ResultsName
Aly Resnick	Tree of Life Counseling Center, LLC. 303 W Main Street Suite 350, 3rd Floor Freehold, 07728 (732) 393-8391	Monmouth	LGBT	Private	y	Y	y	n	n	https://www.psychologytoday.com/us/therapists/aly-resnick-freehold-nj/311631
Healthy Transitions	50 Church St, Ste L3, Montclair, NJ 07042 93 Main St, Top Floor, Newton, NJ 07860 209 Steinway Ave, Staten Island, NY 10314 2050 Bellmore Ave, Bellmore, Long Island, NY 11710 908.647.1688	Essex Sussex NY	T Only	No Insurance	n	n	y	y	n	https://healthytransitionsllc.org/ Gender affirming medical services - professional counseling Gender Affirming Medical Services Hormone Therapy Puberty Blockers Pre-op Medical Evaluations Post-op Aftercare Consultations Second Letters Professional Consulting We are available to other healthcare professionals for consultation on transgender and nonbinary health across the lifespan Healthy Transitions, LLC does not accept insurance of any kind Nor do we process any aspects of insurance TO INCLUDE Medicine PRIOR AUTHORIZATIONS. We will provide you with a receipt that can be submitted for out-of-network coverage.

The New Jersey Center for the Healing Arts	248 Broad St., First Floor, Red Bank, NJ 07701 732.747.2944 or 732.747.8118	Monmouth	LGBT			y	y	n	n	http://www.njcha.org/
Stacy Liss	31 Leroy Place, Red Bank, 07701 (732) 372-0985	Monmouth								

COMMUNITY GROUPS

Provider	Address / #	County	Population	Schedule	Intake Process	Notes
Total Family Solutions, "I AM ME" support group	Woodbridge	Middlesex	LGBT youth ages 13+	Every other Wednesday	Call Total Family Solutions Intake Lisa Antoshka	
The Pride Center of New Jersey	The Pride Center of New Jersey has many other groups that can be of assistance: https://www.pridecenter.org/					
+Youth Drop In	85 Raritan Ave., Suite 100 , Highland Park	Middlesex	T (social group)	2nd and 4th Saturdays from 1:00 pm - 4:00 pm	Show Up or call Facilitator to check in	https://www.pridecenter.org/youth-drop-in.html
+Young Adult Social Support Group	85 Raritan Ave., Suite 100 , Highland Park	Middlesex	T (Social / Support Group)	First and Third Thursdays 7-9	Show Up or call Facilitator to check in	https://www.pridecenter.org/yass-young-adult-social-support-group.html
Transtime Project R.E.A.L. (Real Empowerment on All Levels)	732.455.5516	Monmouth	LGBTQ young adult		Show Up or call Facilitator to check in	http://prvnacj.org/project-real/special-events
LGBT Youth Meeting in Middletown	Middletown	Monmouth	LGBT Youth Group (social)	First Saturday of each month 11a to 1p	Show up, matthewloscialo matthewl@alum.fdu.edu	https://outinjersey.net/events/lgbt-youth-meeting-in-middletown-2019-04-06/
HITOPS	21 Wiggins St., Princeton, NJ 08540 609-683-5155	Middlesex	LGBT Teens (social / support / education)	First and third Saturday	info@hitops.org	https://www.hitops.org/
IEP Youth services	83 West Main Street, Freehold	Monmouth	LGBT 13-17 (support)	Second and fourth Wednesday 6:30 to 8	Dr. Madine DeSantis at 732-431-2663 ext. 122	http://www.iepyouthservices.org/clinicalservices.html

PARENT / FAMILY SUPPORT

Group	Address / #	County	Population	Date and Time	Note*
PFLAG Support Groups	See below for details				
+Jersey Shore	Shrewsbury Presbyterian Church 352 Sycamore Avenue, Shrewsbury	Monmouth	Trans Specific	Third Monday of the Month, 7 PM	info@pflagjerseyshore.org (908) 814-2155
+Jersey Shore	Ocean Partnership for Children 36 Washington Street, Toms River 08753	Ocean	LGBT, with youth group	Second Wednesday of the Month, 7 PM	info@pflagjerseyshore.org (908) 814-2155
+Princeton	Trinity Church 33 Mercer Street, Princeton, 08540	Mercer	LGBT	Second Mondays of month, 7-9 PM	princeton@gmail.com (609)430-0879
+Collingswood	Collingswood Public Library 771 Haddon Ave, Collingswood 08108	Camden		Fourth Monday of month, 6:30 PM	pflagcollingswood@yahoo.com (856) 834-6355
+Bergen	Temple Beth Or 56n Ridgewood Road, Washington Twp, 07676	Bergen	LGB T	Third Wednesday of Month, 7:30 PM	bergenpflag@gmail.com 201-287-0318
+Hunterdon	Flemington Presbyterian Church 10 East Main Street, Flemington 08822	Hunterdon	LGBT	Third Tuesday of Month	pflaghc@yahoo.com (908) 507-9328
+Jersey City	St. Paul's Lutheran Church 440-448 Hoboken Ave, Jersey City 07306	Hudson	LGBT	Fourth Monday of the month, 7:30 - 9 PM	pflagjerseycity@gmail.com (571)969-3015
+North Jersey	Christ Episcopal Church 74 Park Ave, Glen Ridge 07028		LGBT	Second Thursday of Month, 7:30 - 9 PM	pflagwaver@aol.com (908) 300-4227

Desi Rainbow Parents and Allies - PFLAG	Online, some in person meetings	Online, based out of Middlesex	Families of LGBT individuals who also identify as South East Asian	Email Aruna Rao for details	desirainbowparents@gmail.com 732-343-3015 www.facebook.com/desirainbowparents/
Family Support Group at Monmouth Medical Center	Long Branch	Monmouth	Trans Specific Family Support Group		
Parents and Family of LGBT through Pride Center of New Jersey	85 Raritan Ave., Suite 100 Highland Park 732-846-2232	Middlesex	Family of Transgender youth only - excluding the trans youth / adult		info@jsqspot.org https://www.pridecenter.org/transgender-family-support-group.html

CRISIS RESOURCES / REFERRALS

Hotline / Warmline	Population	Note*
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The Trevor Project: (866) 488-7386	LGBT	The Trevor Project is the leading national organization providing crisis intervention and suicide prevention services to lesbian, gay, bisexual, transgender and questioning (LGBTQ) young people ages 13-24.
National Suicide Prevention Lifeline: (800) 273-8255 (online chat available)	General	The National Suicide Prevention Lifeline is a national network of local crisis centers that provides free and confidential emotional support to people in suicidal crisis or emotional distress 24 hours a day, 7 days a week.
Crisis Text Line: Text START to 741-741	General	Crisis Text Line is free, 24/7 support for those in crisis. Text from anywhere in the USA to text with a trained Crisis Counselor.
The Gay, Lesbian, Bisexual and Transgender National Hotline: (888) 843-4564	LGBT	https://www.glbthotline.org/hotline.html national hotline, youth talkline, senior hotline, peer chat, youth chat rooms, lgbtq teens
The GLBT National Youth Talkline (youth serving youth through age 25): (800) 246-7743	LGBT	Both provide telephone, online private one-to-one chat and email peer-support, as well as factual information and local resources for cities and towns across the United States.
AIDS in Prison Project Hotline: (718) 378-7022 (English and Spanish)	Persons with HIV / AIDS currently incarcerated	This hotline provides HIV and AIDS information for prisoners and accepts collect calls.
National AIDS Hotline (800) 342-AIDS / (800) 344-7432 (Spanish) / (800) 243-7889 (TDD)	Persons with HIV / AIDS	
U.S. National Domestic Violence Hotline: (800) 799-7233 (English and Spanish) (800) 787-3224 (TTY)	Persons with Domestic Violence	They also have an online chat feature available. Operating around the clock, seven days a week, confidential and free of cost, the National Domestic Violence Hotline provides lifesaving tools and immediate support to enable victims to find safety and live lives free of abuse. Highly trained, experienced advocates offer compassionate support, crisis intervention information and referral services in over 170 languages.
Pride Institute: (800) 547-7433	LGBT Persons with Mental Health Chemical Dependency issues	24/7 Chemical dependency/mental health referral and information hotline for the LGBTQ community.
Rape Abuse and Incest National Network (RAINN): (800) 656-HOPE / (800) 810-7440 (TTY)	Victims of Rape and Incest	The nation's largest organization fighting sexual violence, RAINN also carries out programs to prevent sexual violence, help victims and ensure that rapists are brought to justice.

LITERATURE RESOURCES

Resource	Agency	Audience	Population	Link	Note*
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Safe Schools: Cultivating Respect	PFLAG	Teachers and Parents / Allies	LGBT+	https://pflag.org/sites/default/files/CultivatingRespect2017_PFLAG_Online.pdf	Making schools safer for LGBTQ and all students.
Our Children	PFLAG	Friends and Family	LGBT+	https://pflag.org/sites/default/files/OUR%20CHILDREN_PFLAGNational_FINAL.pdf	Parents, families and friends can learn about what to do when loved ones come out.
Our Trans Loved Ones	PFLAG	Friends and Family	T	https://pflag.org/sites/default/files/Our%20Trans%20Loved%20Ones.pdf	Informative resource for those who have a loved one come out as trans or gender expansive.
Faith In Our Families	PFLAG	Friends and Family	LGBT+	https://pflag.org/sites/default/files/Faith%20In%20Our%20Families.pdf	How to reconcile your faith with the knowledge that a loved one is LGBTQ and you desire to love and support them:
Be Yourself	PFLAG	LGBT+	LGBT+	https://pflag.org/sites/default/files/Be%20Yourself.pdf	Answering the common questions asked by youth. Topics include: sexual orientation, gender identity and gender expression. Resources, hotline numbers and information on other organizations.
Guide To Being A Straight Ally	PFLAG	Allies	LGBT+	https://pflag.org/sites/default/files/4th%20Edition%20Guide%20to%20Being%20an%20Ally.pdf	A guide for allies to help create a world with equality for all.
Guide To Being A Trans Ally	PFLAG	Allies	T	https://pflag.org/sites/default/files/guide%20to%20being%20a%20trans%20ally_0.pdf	Resources and tools to assist in becoming a trans ally.
Be Not Afraid	PFLAG	LGBT+	LGBT+	https://pflag.org/sites/default/files/be%20not%20afraid.pdf	Addressing LGBTQ issues in the context of your religious beliefs
Nuestros Seres Queridos Trans	PFLAG	Familias	T	https://pflag.org/resource/nuestros-seres-queridos-trans-una-nueva-traduccion-al-espanol	Nuestros Seres Queridos Trans: Preguntas Y Respuestas Para Padres, Familias Y Amigos De Personas Que Son Transgénero Y Género Expansivo Nuestros Seres Queridos es una publicación para padres, cuidadores, familias y seres queridos de personas transgénero y creativas con respecto al género.

Se Tu Mismo	PFLAG	LGBT+	LGBT+	https://pflag.org/sites/default/files/SeTuMismo.pdf	Spanish translation of PFLAG's "Be Yourself" offers a resource for Spanish speaking youth and families.
Nuestras Hijas y Nuestros Hijos	PFLAG	Familias	LGBT+	https://pflag.org/sites/default/files/Nuestras_hijas.pdf	Resource for Spanish speaking families coming to terms with homosexuality and bisexuality. Includes additional Spanish language resources.
Coming Out as You!	The TREVOR Project	LGBTQ+	LGBTQ+	https://www.thetrevorproject.org/wp-content/uploads/2017/09/ComingOutAsYou.pdf	Resource for youth and the process of coming out
A Resource Guide to Coming Out	Human Rights Campaign	LGBT+	LGBT+	https://hrc.org/files/assets/resources/comingout_resourceguide_042013.pdf	Resource on Coming out for youth and young adults
Safe Space Kit	GLSEN	Teachers	LGBT+	https://www.glsen.org/sites/default/files/GLSEN%20Safe%20Space%20Kit.pdf	A guide to address safe spaces in school
PROVIDING INCLUSIVE SERVICES AND CARE FOR LGBT PEOPLE: A Guide for Health Care Staff	National LGBT Health Center - Fenway Institute	Providers	LGBT+	https://www.lgbthealtheducation.org/wp-content/uploads/Providing-Inclusive-Services-and-Care-for-LGBT-People.pdf	Addressing healthcare inequality and practical steps towards education of providers

HOMELESSNESS RESOURCES

Resource	Location / Contact	County	Population	Referral	Note*
QSpot Homeless, Out of Home, and At-Risk LGBT Youth Initiative	732-455-3373 or	Monmouth	LGBT	Call or Contact email info@jsqspot.org	Homeless, Out of Home and At-Risk LGBT Youth QSpot provides training, advocacy, education, support, information and referrals for homeless, out of home and at-risk LGBT youth. If you or anyone you know are in need of emergency shelter, housing or support, please call us at 732-455-3373 or email info@jsqspot.org . Your privacy is our highest priority. All information is confidential. http://qspot.org/programs/homeless-out-of-home-and-at-risk-lgbt-youth/
The National Runaway Safeline	800-RUNAWAY (800-786-2929)	National	General	Call or Contact	The National Runaway Safeline: 800-RUNAWAY (800-786-2929) Provides advice and assistance to runaways, including resources, shelter, transportation, assistance in finding counseling, and transitioning back to home life. NRS frontline staff will also act as advocates and mediators if/as needed.
The True Colors United	(212) 461-4401	National	LGBT	Contact	The True Colors United: (212) 461-4401 The True Colors Fund is working to end homelessness among lesbian, gay, bisexual, transgender, queer, and questioning youth, creating a world in which all young people can be their true selves. True Colors United runs a database of service providers.
Adolescent Housing Hub, PerformCare NJ	1-877-652-7624	New Jersey	General	Call Performcare Hotline and request Adolescent Housing Hub	Not immediate placement: Youth work to contact Transitional Living Programs and Independent Living Programs for shelter and to work a program in which they can work to gain true independence through skill and finance building.
Project DISCOVERY, CROSSROADS PROGRAMS, INC.	610 Beverly-Rancocas Road Willingboro, NJ 08046 Phone: 609-261-5400 Fax: 609-261-1824	South Jersey	LGBT	Email: julie@crossroadsprograms.org www.crossroadsprograms.org	Project DISCOVERY provides specialized foster homes for LGBTQ youth, aged 12-21, who are not able to live at home but who are capable of functioning in a home environment with extra support.
THE ALI FORNEY CENTER (AFC) HEADQUARTERS	527 W. 22nd Street, 1st Floor New York, NY 10011 Day Center	NY	LGBT	www.aliforneycenter.org	The Ali Forney Center offers a Day Center, Emergency Housing Program and Transitional Housing for LGBTQ youth.

	527 W. 22nd Street, 1st Floor New York, NY 10011 Phone: 212-222-3427 Fax: 212-222-5861 Phone: 212-206-0574 Fax: 212-206-7486				
Sylvia's Place, METROPOLITAN COMMUNITY CHURCH OF NEW YORK	446 W. 36th Street New York, NY 10018 Phone: 212-629-7440	NY	LGBT	Email: fwoodmccny@gmail.com www.homelessyouthservices.org	Sylvia's Place is an emergency night shelter with beds for GLBTQ youth ages 16-23. It accepts walk-ins after 6PM 365 days a year.
NEW ALTERNATIVES	50 E. 7th Street New York, NY 10003	NY	LGBT	www.newalternativesnyc.org	New Alternatives provides basic items, case management, recreation, community building, several support groups and a Life Skills dinner group for homeless LGBT youth ages 16-24.
HETRICK-MARTIN INSTITUTE	740 Broadway, 8th Floor New York, NY 10003 Phone: 212-674-2400 ext. 247	NY	LGBT	www.hmi.org	The Supportive Services Department of the Hetrick-Martin Institute provides services for homeless and at-risk GLBTQ youth.

MEDICAL RESOURCES

****Please be aware that this list is NOT an endorsement of the professionals, but a guide to point one in a direction only****

Physician	Specialty	Contact Information	County	Referral Information / Website	Note*
Dr. Gloria Bachman	Gynecology	125 Paterson St #4100, New Brunswick, 08901 (732) 235-6600	Middlesex		Trans Related Care
Dr Susan Brill	Pediatric Gynecology	254 Easton Ave, New Brunswick, 08901 (732) 565-5487	Middlesex		Trans Related Care; Other offices available
Dr. Ian Marshall	Endocrinology	89 French St # 2300, New Brunswick, 08901 (732) 235-6230	Middlesex		Trans Related Care
Dr. Daisy Chin	Endocrinology	55 Madison Avenue Second Floor, Morristown, 07960 (973) 971-4340	Morris		Trans Related Care
Dr. James Salwitz	Hematology	J2, Brier Hill Court, East Brunswick, 08816 (732) 390-7750	Middlesex		Trans Affirming Care

Dr. Lee Zhao	Urology	222 East 41st Street, New York, NY 10017 (646) 825-6300	NY		Trans Affirming / Trans Related Care
Dr. Jonathan Keith	Surgery (full)	90 Bergen St DOC, 7th Floor, Newark, 07103 (973) 972-3229	Essex		Trans Related Care
Dr. Rachel Bluebond-Langner	Surgery (full)	305 E 33rd Street, New York, NY 10016 (646) 501-4449	NY		Trans Related Care
Dr. Christine McGinn	Surgery (Top surgery, bottom surgery, face surgery)	4 Gazebo Place, New Hope, PA 18938 (215) 693-1199	PA	http://www.drchristinemcginn.com/drmcginn/	Trans Related Care
Dr. Alexes Hazen	Surgery (Top surgery)	110 E 66th Street, New York, NY 10065 (917) 301-6563	NY		Trans Related Care
Dr. Beverly Fischer	Surgery (Top surgery)	12205-12207 Tullamore Road, Lutherville-Timonium, MD 21093 (410) 308-4700	MD		Trans Related Care
Dr. Keith Blechman	Surgery (Top Surgery)	800 5th Avenue, Suite 300A, New York, NY 10065 (212) 427-3982	NY	http://www.blechmanplasticsurgery.com/top-surgery-specialist-palstic-surgeon-nyc	Trans Related Care
	Dermatologist (Male)	719 N. Beers St., #2g, Holmdel, 07733 (732) 739-3223	Monmouth		Trans Affirming Care
Dr. Rebecca Perril	Pediatrician	4000 NJ-66, #125, Tinton Falls, 07753 (732) 922-2105	Monmouth		Trans Affirming Care
Dr. John Taylor, Allure Plastic Surgery	Surgery (Multiple)	194 NJ-35, Red Bank, 07701 (732) 707-1932	Monmouth		Trans Related Care

ADDITIONAL RESOURCES

Resource	Website / Link	Note
GLBT Resource Network	https://www.glbtnearme.org/	Type in your zip code to find resources in your area, spanning from therapy, to medical, to social life and support
Gender Spectrum	https://www.genderspectrum.org/	Services offered to help understand gender identity and expression
C.O.L.A.G.E.	https://www.colage.org/	A support network for LGBTQ+ parents and their children
Straight Spouse Network	https://www.straightspouse.org/	Provides support and education to heterosexual spouses of LGBTQ+ individuals
Q Chat Space	https://www.qchatspace.org/	On-line discussion group for teens 13 to 19 yrs. with conversations facilitated by experienced staff.
SAFE Alternatives Self-Abuse Finally Ends (S.A.F.E)	https://selfinjury.com/	Addresses individuals coping with non-suicidal self-injury, including locally-based information, support and therapy referrals.
Family Equality	https://www.familyequality.org/	Advancing equality for LGBTQ+ Families
True Colors, SOCIAL JUSTICE CENTER	www.litsjc.org	The Social Justice Center offers True Colors, a drop-in program for LGBTQ youth and young adults. LGBTQI Programs 11 Halsey Street, Newark, 07102 Phone: 973-621-2100; Email: info@litsjc.org
T.G.I.F. Program, AFRICAN AMERICAN OFFICE OF GAY CONCERNS	www.aaogc.org/programs	T.G.I.F. (Thank Goodness I'm Fabulous) provides support to young African-American and Latina transgender girls. 877 Broad Street, Suite 211, Newark, 07102 Phone: 973-639-0700; Fax: 973-639-9722; Email: brother@aaogc.org