

**Parenting Transgender Youth in Western, MA**  
A publication of Community Action Youth Programs  
&  
Northampton Prevention Coalition

*A guide for parents, guardians, and supportive adults.*

**You are not alone.**



COMMUNITY  
*Action!*

# Dear Parents, Guardians, & Mentors,

## Thank you!

We are so thrilled that you are reading this guide. We know that learning your child is transgender can be a scary, sad, or difficult experience for parents. And that being a parent is hard work— no matter what gender your child is! So *thank you* for taking the time to go on this journey with your child.

We have created this resource to help you do what you do best—work with your child! The information in this guide may be new to you and that is okay! Learning about transgender identities takes time. This guide is meant to help you work together with your child to make important decisions about their health and safety moving forward.

This guide is meant only to provide suggestions and information. In the end, it is up to your family to choose what works for you!

## **“What we wish our parents understood about having a transgender child”**

*by Community Action Youth Programs participants*

I wish my parents knew that I’m the same child they’ve always had, even if my gender presentation changed—I didn’t change.

I wish my parents didn’t define my gender by what I wear everyday.

I wish my parents understood that gender can be fluid, it can change over time, and none of my chosen gender presentations should be seen as more “acceptable” than others.

I wish my parents understood that I am the only person who can truly know my gender, no one else can discover it for me.

I wish my parents knew that my gender is not a choice, I’ve always been who I am, even if I am only discovering it now.

I wish my parents accepted that my expectations of my own gender don’t always line up with their expectations of gender (or what it is to be a “man,” “woman,” or gender-fluid person).

I wish my parents understood that non-binary gender identities are just as legitimate as binary gender identities.

I wish my parents knew that saying, “you’re too young to know that you are trans” is not a supportive way to respond to my gender identity choices.

I wish my parents knew that my choices about my body are educated choices, even if I am young.

I wish my parents understood that I am capable of making decisions about my own body and that those decisions are not impulsive, but are carefully chosen. Even though I am not old enough to have legal rights over my body, that doesn’t mean that my parents deserve to control it either.

My body is my own.

**“What we wish our children understood about parenting a transgender child”**  
*by local parents of transgender kids*

“Parenting a child who questions their gender means lots of searching and navigating unknown territory. I hope my child can forgive my mistakes and be patient on this journey. I think my child and all the other trans kids are amazing, brave and strong.”

“Know that what I want most for you is your happiness. I love you.”

“My son is my child whether he presents as male or female. I know him apart from gender, but it is stressful to go back and forth depending on our setting. Of course, if he needs it to be that way as part of his transition, I accept it as a small price to pay for him to feel good.”

“Please know that I (we) love you. What I want for you is happiness and self-love. I will support you being and becoming the person you want to be - always.”

“I'd say the thing I wish my kid understood is that as a mom I am still mourning the loss of my daughter and the closeness we used to share. It's so difficult to be shut out a lot of the time from something that is so monumental for him. And the fear sometimes is overwhelming...I feel like I live in a perpetual state of worry. I want what every mom wants for their child...for him to be safe and know he is loved unconditionally.”

# Impact of Family Response

## Outcomes for Affirmed Youth vs. Rejected Youth

All of the information in this section is based on national studies†. Please note that not all youth will experience these outcomes and that we acknowledge varying degrees of affirmation and rejection.

# REJECTED

“Rejection” can mean anything from trying to change or deny a youth’s identity, preventing them from finding peers and/or resources, or not allowing/helping/supporting them to develop a bright outlook on what a future as a gay or transadult might be. Sometimes, adults don’t even realize that’s the environment they’ve created for the youth around them. That’s a lot of pressure and rejection to deal with.

As a result, youth experiencing high levels of rejection are:

- 8.4 times more likely to report having attempted suicide
- 5.9 times more likely to report high levels of depression
- 3.4 times more likely to use illegal drugs
- 3.4 times more likely to report having engaged in unprotected sex
- More likely to leave home/run away
- Experience higher rates of truancy
- More likely to have low self-esteem
- More likely to have a low GPA
- Report feeling less connected

# Affirmed

“Affirmation” can come in just as many different shapes and sizes too! Research suggests that while outcomes are best for kids with affirming parents and care-givers, kids whose care-givers are at least *ambivalent* experience significantly lowers risk rates for suicidality, controlled substance use, truancy, depression, and unprotected sexual behaviors.

**As it turns out, being a little less rejecting and a little more accepting can make all the difference in the world for LGBT youth.**

Youth coming from families who were very or extremely accepting were:

- More than 70% more likely to believe they would have a good life as a gay adult
- Between 77%-92% more likely to believe they could be happy as a gay adult
- Between 50%-69% more likely to want to become a parent

† Ryan, C. Supportive Families, Healthy Children: Helping Families with Lesbian, Gay, Bisexual & Transgender Children. San Francisco, CA: Family Acceptance Project, Marian Wright Edelman Institute, San Francisco State University, 2009.

# F.A.Q.'s for Parents with Trans Children

**Adapted from Trans Youth Family Allies**

<http://www.imatyfa.org/resources/parents/frequently-asked-questions/>

## *How and when do children understand their own gender?*

Children “know who they are,” and understand gender at a very early age, sometimes as early as age two.<sup>1</sup> We learn that gender is something that is chosen for us. As a result, children sometimes take a long time to realize that their own sense of gender does not line up with what was chosen for them. Some children realize as soon as they can talk, while others take as long as young adulthood to realize they are trans.

## *When should we tell our friends and family?*

Every situation is different. But, if your child’s gender changes are obvious to others, the sooner you begin to educate your community the safer and smoother your child’s transition will be. Letting other parents know that your child’s decision has no effect on the safety and happiness of other children is important. Often other parents need education about the importance of letting children discover who they are in a safe and supportive way. Being transgender is not a disease or a behavioral disorder, it is not “contagious”— it is not a concern other families need to worry about. Often families choose to have their child live “stealth” (keeping their trans identity a secret after transition) because they feel it is safer and requires far less time and energy devoted to educating others. Every family’s choice is valid and should be made based on the safety of the school, community, and most importantly—what your child wants to do.

## *What should we tell our friends and family?*

If you are in an environment where you and your child are safe—tell the truth! Be a proud parent of a trans child! The way that you talk about your child will influence the way other parents and community members see your child. Having joy rather than shame about your child’s gender will help everyone accept this new change. If your child is old enough, you can ask them how they would like to be talked about: “how would you like me to tell our friends and family? Do you want to tell them? Does the word transgender fit with how you describe yourself? Should I just tell them you are using a different name and pronouns?” It can be confusing information for friends and family, so it is easier if you are in it together.

## *What does social transition (i.e. changing outward gender presentation-- clothes, hair, etc.) involve and how can we be sure our child is ready?*

As parents, your job is to act in your child’s best interest. Ask yourself, ‘What is the worst that can happen if I allow my child to make a social transition?’ Usually parents are worried that a child will later change their mind, if this happens you can always wear your old clothes again. There are no medical procedures or medications taken during social transition; therefore, it is

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<sup>1</sup> American Academy of Pediatrics, Excerpted from “Caring for your School Aged Child: Ages 5-12” Bantam 1999.

low risk and totally reversible. Parents may feel some discomfort with the fact that a child may change their mind again later, but the comfort it will bring your child is immeasurable.

Sometimes children (just like their parents) have fears about transition, especially younger children. This is not because they are “faking it.” It is because they may not be able understand all the benefits/challenges that come with transitioning. One option is to first find spaces outside your community where your child can dress however they want without worrying about who you might run into. Many times, when a child is allowed to express themselves issues like bad behavior, shyness, depression, and discomfort lessen. You or your child will never know what feels right unless they are able to try!

#### *What about the changes of puberty?*

Puberty can be a really scary and difficult time for trans teenagers because it is when the body begins to look “male” or “female”. Puberty is a time when many families struggle about what the best choice is for their child. Some families chose the help of medication, while others allow their child to live in the gender they chose without the help of medication. One common medication is called GnRh analogues, or puberty “blockers”. This medication temporarily stops puberty and gives time for your family to think about next steps. This medication is reversible. Not all children know that they are trans in time to delay puberty, and not all parents understand their child’s gender in time to delay puberty. If puberty has already begun, there may be medications that can help minimize your child’s discomfort.

#### *How will we know if our child is ready for medical transition?*

Making the choice to undergo medical transition is personal, and is a journey with many steps such as doctors and psychologists (depending upon the laws in your state). Your child knows themselves best, and as a parent you are in a good position to support their decision making process. You, your child and your healthcare team should work together to figure out if and when medical transition is right for your child.

#### *What about my child’s romantic future?*

Some parents fear that their child’s gender will prevent them from having healthy, safe, and positive relationships or even a family. But letting your child know that you are worried about their ability to date or raise children sends them negative messaging about their future. Trans people, like all people, can raise/have children, families, and relationships. One important thing to note is that being trans does **not** mean that your child is gay, straight, or anything else! Gender is different from sexual attraction.

# Terminology for Parents with Trans Children

**Body Positive-** It is hard for all people to love themselves in a culture with unrealistic norms of beauty. Self-esteem and body image are hard for many trans people. One way to support trans youth is to keep an attitude that celebrates all bodies.

**Pronouns-** Words that replace proper nouns in sentences. (EX: “Paul went to the store” becomes “He went to the store.”) English has two sets (he/him/his and she/her/hers). In the trans community some people use other pronouns such as ze/hir/hirz or they/them/theirs. Using a different set of pronouns is often an important part of gender transition. It can feel awkward at first, but respecting new pronouns is a great way to support your child’s identity.

**Cisgender-** Anyone who identifies with the sexual assignment they were given at birth—ex. if you were assigned female at birth and you identify as a woman. (Basically everyone who is not transgender or intersex is cisgender.)

**Trans or Transgender-** A broad term referring to all people who were assigned one sex at birth and do not identify with that sex assignment. Trans people do not look or act one way, and do not all see their gender the same way. There are millions of ways to be trans!

**Transsexual-** A term used mostly by older generations of trans people. This term is considered offensive to some people, especially younger generations.

**Transvestite-** An out of date slur used to degrade transgender women.

**Cross dresser-** A person who wears clothes associated with a gender *different* from how they identify (ex: a cisgender man who enjoys wearing “women’s” clothing, but identifies as male).

**FTM/MTF-** “Female to Male” and “Male to Female.” Often these abbreviations are used by trans people who are journeying from one side of the gender spectrum directly to the other.

**Transition-** When trans people realize they do not identify with the sex they were assigned at birth, they need to make a social (and if desired, medical) transition to living as the gender they identify with. Transitioning *may* include “coming out” as trans, name changes, pronoun changes, clothing changes, hormone replacement therapy (HRT), gender affirming surgery.

**The Gender Binary –** Gender is often seen as either male OR female, as “opposites.” Many people feel constricted by these two categories. A strict male/female dichotomy of gender makes it hard for many people to understand gender on a continuum, and accept trans people.

**Transphobia-** A term used to describe fear, hatred, or discrimination of people who are transgender. This term does not only mean physical violence but also little acts like not wanting to talk to or hug transgender people.

# Resources on Parenting Trans Youth

## ONLINE

**Mass Trans Political Coalition**- Founded in 2001, the Massachusetts Transgender Political Coalition (MTPC) is dedicated to ending discrimination on the basis of gender identity and gender expression. Their website includes resources on legal protections and discrimination laws in state of Massachusetts as well as more resources for direct care (doctors, therapists) on their interla Wikipedia page.

<http://www.masstpc.org>

**Non-Conforming Mom**- An online resource blog for parents of trans children designed as a space for making connections between parents and to chronicle one mother's experience with her child.

<http://www.nonconformingmom.com/>

**True Colors**- A nonprofit organization that works with other social service agencies, schools, organizations, and within communities to ensure that the needs of sexual and gender minority youth are both recognized and competently met.

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

**Gendered Intelligence**- An online resource guide for parents and families of trans people created in the UK, but still extremely relevant.

[http://cdn0.genderedintelligence.co.uk/2012/11/17/17-18-49-Booklet\\_for\\_parents\\_and\\_family\\_members1108.pdf](http://cdn0.genderedintelligence.co.uk/2012/11/17/17-18-49-Booklet_for_parents_and_family_members1108.pdf)

**Becoming Me**-A 30 minute documentary about parenting trans children of all ages. Thus film discusses the learning curve that many parents experienced while journeying to support their transgender children.

<https://www.youtube.com/watch?v=lxzKIPVceWg&list=PL803C8C1583666515&index=2>

**Trans Youth Family Allies**- TYFA empowers children and families by partnering with educators, service providers and communities, to develop supportive environments in which gender may be expressed and respected. Their website has resources for both parents and children.

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

**Trans Student Equality Resources**- These are some amazing graphics explaining pronouns, why trans youth need supportive parents, and more. Trans Student Equality Resources is a youth-led organization dedicated to improving the educational environment for trans and gender nonconforming students through advocacy and empowerment.

<http://transstudent.org/graphics>

**Supportive Families, Healthy Children: Helping Families with LGBT children**- A 20 page guide to families with transgender children.

**A Guide for Understanding, Supporting, and Affirming LGBTQI2-S Children, Youth, and Families**- This longer resource provides general information for service providers, educators, allies, and community members who seek to support the health and well-being of children and youth who are lesbian, gay, bisexual, transgender, questioning, intersex, and/or two-spirit (LGBTQI2-S) and their families.

<http://www.nasmhp.org/content/LGBTQI2-S%20Guide,%2012-11-13.pdf>

## BOOKS

**Trans Bodies, Trans Selves** - A resource guide for transgender populations, covering health, legal issues, cultural and social questions, history, theory, and more. It is a place for transgender and gender-questioning people, their partners and families, students, professors, guidance counselors, and others to look for up-to-date information on transgender life.

**What Now? For Families with Gender Non Conforming Children** by Rex Butt. Despite growing but limited awareness of gender variance, the books available on the topic largely ignore the needs of families who struggle to understand and support their gender-nonconforming loved ones. Now What? For Families with Trans and Gender-Nonconforming Children offers a comprehensive approach to the issues and challenges that families must confront.

**The Transgender Child** by Stephanie Brill and Rachel Pepper. This comprehensive first of its kind guidebook explores the unique challenges that thousands of families face every day raising their children in every city and state. Through extensive research and interviews, as well as years of experience working in the field, the authors cover gender variance from birth through college.

**Gender Born, Gender Made: Raising Healthy Gender-Nonconforming Children** by Diane Ehrensaft Dr. Ehrensaft has worked with Gender nonconforming children for over 30 years. She offers parents, clinicians, and educators guidance on both the philosophical dilemmas and the practical, daily concerns of working with children who don't fit a "typical" gender mold. She debunks the outdated myth that nonconformity does children harm. She offers a new framework for helping each child become his or her own unique, most gender-authentic person.

**Trans Forming Families**- editor Mary Boenke is the mother of an adult FTM son. In this compilation, she has collected 40 short accounts by parents, partners, children, and friends of transgender people, who describe their experiences coming to learn about and accept the trans people in their lives.

**Gender Outlaws: The Next Generation**- An anthology by S. Bear Bergman and Kate Bornstein of new voices from the stage, on the streets, in the workplace, and on the pages and websites of the world's most respected mainstream news sources.

**Whipping Girl** - A collection of personal essays by transfemale author Julia Serrano that debunk many of the myths and misconceptions that people have about trans women, as well as the subject of gender in general.

**Redefining Realness** - Janet Mock's story of growing up as a trans girl. It celebrates self-empowerment and self-love! It is a groundbreaking memoir in trans biography.

### **LGBTQ Local Publications**

**Queer-e** An e-newsletter of LGBTQ events in the Pioneer Valley. To subscribe or unsubscribe to Queer-e or to have a message posted: Send an email message to: [stonewall@stuaf.umass.edu](mailto:stonewall@stuaf.umass.edu). Type "For Queer-e" in the subject line. If sending something to be posted, please write the message as you would like it to appear in Queer-e.

***Bay Windows***- New England's largest weekly LGBT newspaper.

[www.baywindows.com](http://www.baywindows.com)

***The Rainbow Times***- Bi-weekly newspaper serving Western MA, Southern VT, and Northern CT

[www.therainbowtimesmass.com](http://www.therainbowtimesmass.com)

## **Parent Group Resources**

### **TransParent**

Nancy and Amy run a support group for the parents of trans and gender-nonconforming youth that meets on the first Monday of every month in Holyoke. Please contact them for the meeting location.

[pvttransparents1@gmail.com](mailto:pvttransparents1@gmail.com)

### **Franklin-Hampshire PFLAG (Parents, Families and Friends of Lesbians and Gays)**

Jane runs meetings the 2nd Tuesday of each month, 6-8 p.m., in the conference room of Highland Valley Elder Services in the Cutlery Building, 320 Riverside Drive, Northampton. 413-625-6636; [jcmalinski48@gmail.com](mailto:jcmalinski48@gmail.com)

## **Youth Group Resources**

**Generation Q/TREE Trans Rights Education and Empowerment** (Greenfield & Northampton)  
154 Federal St, Greenfield, MA Tuesdays 4-7pm. 17 New South St., Suite 116 Wednesdays 4:30-7:30. (413) 774-7028

<http://www.facebook.com/communityactionyouthprograms>  
<http://www.communityaction.us/youth>

**Out NOW!** (Springfield) Drop in every Wednesday, 5:00 – 7:00pm / every Friday, 4:00 – 6:00pm. 1695 Main Street 2F, Springfield, MA 01103. [www.outnowyouth.org/](http://www.outnowyouth.org/)

**House of Colors** (Holyoke) Thursdays from 5:30pm-7pm. At the Holyoke Public Library. 250 Chestnut Street, Holyoke, MA 01040, Community Room.

<https://www.facebook.com/pages/House-of-Colors/486103038193716>

**Live Out Loud** (Pittsfield) Every 1<sup>st</sup> & 3<sup>rd</sup> Thursday of the month, 3pm to 5pm. Lichtenstein Center for the Arts 28 Renne Avenue, Pittsfield.

<http://www.affirmativecounseling.net/liveoutloudyouthgroup.html>

<https://www.facebook.com/groups/lolyp/>

**Friday Night Group** (Brattleboro, VT) Every 2<sup>nd</sup> and 4<sup>th</sup> Friday, 7pm, at Root Social Justice Center 28 Williams St. Brattleboro, VT

[www.outrightvt.org](http://www.outrightvt.org)

<http://www.outrightvt.org/programs/brattleboro-friday-night-group/>

## Trans Friendly Summer Camps

**Camp Aranu'tiq**- Aranu'tiq was founded in 2009 by Nick Teich, who dreamed of a safe & fun place for youth who felt like they might not fit in at other camps because of their gender and/or who wanted to be with others like them.

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

**Camp Highlight**- A camp for LGBTQ families designed to bring children together whose families are similar and create a space where everyone is accepted.

<http://camphighlight.com/wp/>

**Camp Lightbulb**- Launched in 2012, Camp Lightbulb celebrates LGBTQ young people by providing a week-long, overnight summer camp experience for LGBTQ youth ages 14-17 in Provincetown, MA.

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

**Camp Outright**- Open to lesbian, gay, bisexual, transgender, queer, questioning, and allied youth ages 13-22. It is a six day/night residential summer camp offering a traditional summer camp experience where campers will participate in a variety of daily activities based on their interests.

<http://www.outrightvt.org/camp-outright/>

**Camp Odyssey**- Started in 1988, Camp Odyssey was initiated as an experimental youth camp to help foster tolerance and respect for others' differences.

<http://www.nwcampodyssey.org/about.php>

**Camp Ten Trees**- A nonprofit summer camp in Washington state, they offer two weeks of residential summer camp programming-one for lesbian, gay, bisexual, transgender, queer, and questioning youth and their allies and another week for children/youth of LGBTQ or non-traditional families.

<http://camptentrees.org/about/>

**One Heartland-** Camp True Colors Minnesota is for LGBT youth ages 13-18 who may or may not be participating in an out-of-home program. This camp focuses on building a positive community and provides a safe and stigma-free place for its participants.

<http://www.oneheartland.org/camps-and-programs/camp-true-colors>

**The Naming Project-** A faith-based camp that provides a safe and sacred space for youth of all sexual orientations and gender identities where faith is shared and healthy life-giving community is modeled.

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

## Trans Friendly Health Care Resources

### Tapestry Health Systems

27 Pray Street, Amherst; 413-548-9992  
16 Center Street, 4th Floor, Northampton; 413-586-2539  
80 Sanderson St. Greenfield, MA (413) 773-5403  
800-696-7752; [www.tapestryhealth.org](http://www.tapestryhealth.org)

Affordable, LGBT-friendly health care. Services include free breast and cervical cancer screenings for uninsured and underinsured people, a needle exchange program, and free, anonymous sexually transmitted disease (STI) testing.

### Gender Specialist Primary Care Physicians

#### J. Aleah Nesteby, N.P.

Ariel Gallant Bernstein (Pediatric)  
Missy Novak  
Ryan Pryor  
Transgender Services  
Baystate High Street Health Center, Adult Medicine  
140 High Street, Springfield, MA 01199  
(413) 794-1316 (her direct extension--call this number instead of the general clinic)  
<http://baystatehealth.org/Baystate/Main+Nav/About>  
Pioneer Valley Family Medicine (Friday afternoons)  
325B King Street, Northampton, MA 01060

#### Stephanie Billings, M.D.

Jennifer Jurcsak, MD  
Family Practice Physician  
Provider's own gender: females  
Holyoke Health Center  
230 Maple Street, Holyoke, MA 01040  
(413) 420-2200  
[www.hhcinc.org](http://www.hhcinc.org)

#### Rachel Katz, N.P.

Family Practice Nurse Practitioner  
Provider's own gender: female  
234 Russell Street, Suite 7, Hadley MA 01035  
(413) 586-6020

#### Chris Normandin, N.P.

Family Practice Nurse Practitioner  
Provider's own gender: female  
Northampton Health Center  
70 Main Street, Florence, MA 01062  
(413) 586-8400  
[www.vmgma.com](http://www.vmgma.com)

#### Ann Bodkhe, NP

51 Sanderson Street Suite 13, Greenfield, MA 01301  
Phone: (413) 772-6040

#### Dr. Everette

Northampton Area Pediatrics  
170 University Drive, Suite 101  
Amherst, MA 01002  
413 584 8700

## Gender Specialist Therapists

### **Joanna Frost, M.S.W.**

Licensed Independent Clinical Social Worker  
Provider's own gender: transgender woman  
Springfield St., Annex A, Suite 6, Chicopee, MA  
01013  
(413) 594-1122, [joannafrst@yahoo.com](mailto:joannafrst@yahoo.com)

### **Eunice Aviles, Psy.D.**

Licensed Mental Health Counselor  
Provider's own gender: female  
26 South Prospect Street, Suite # 19, Amherst, MA  
01002 (also can arrange to see clients in Springfield)  
(413) 657-6104; <http://euniceaviles.com>

### **Kelly Heck, M.S.W., LICSW**

Provider's own gender: female  
Affirmative Counseling  
42 Howard Street, Pittsfield, MA 01201  
(413) 358-5697,  
[kellyheck@affirmativecounseling.net](mailto:kellyheck@affirmativecounseling.net)  
[www.affirmativecounseling.net](http://www.affirmativecounseling.net)

### **Patricia Jenkins, M.S.W., LICSW**

Provider's own gender: female  
16 Center Street, Suite # 503, Northampton, MA  
01060  
(413) 584-2590

### **Julie Mencher, M.S.W., LICSW**

Provider's own gender: female  
199 Main Street, Suite # 2, Northampton, MA 01060  
(413) 584-7933

### **Jason Rose-Langston, M.S.W.**

Licensed Independent Clinical Social Worker  
Provider's own gender: male  
116 Pleasant Street, Suite # 316 (Eastworks  
Building), Easthampton, MA 01027  
(413) 695-6633, [www.jasonroselangston.com](http://www.jasonroselangston.com)

### **Sara Shuff, M.S.W.**

Licensed Independent Clinical Social Worker  
Provider's own gender: female  
Affirmative Counseling  
42 Howard Street, Pittsfield, MA 01201  
(413) 358-3038,  
[sarashuff@affirmativecounseling.net](mailto:sarashuff@affirmativecounseling.net)  
[www.affirmativecounseling.net](http://www.affirmativecounseling.net)

### **M. Estey Ticknor, M.S.W., LICSW**

Provider's own gender: woman with gender variance  
57 Gothic Street, Northampton, MA 01060  
(413) 584-0110

### **Dr. Michael Rowan MSW, LICSW**

(413) 773 5420  
[Email@RowanPsychotherapy.com](mailto:Email@RowanPsychotherapy.com)  
Offices in Easthampton and Greenfield, MA

### **Katherine Pangborn**

Does not take insurance but is sliding scale and can  
do sessions over skype if geography is a boundary  
413-437-4484 35  
State Street, Northampton, MA 01060

### **Patrick McCoy, LICSW**

Clinical and Support Options  
1 Arch St #1  
Greenfield MA  
[413\) 774-1000 extension 2018](tel:(413)774-1000)  
[PatrickSMcCoy@gmail.com](mailto:PatrickSMcCoy@gmail.com)

## Gender Specific Endocrinologists (Testosterone/Estrogen/Hormone Blockers)

### **Stuart Chipkin, M.D.**

Endocrinologist  
Provider's own gender: male  
Contact Information  
Valley Medical Group, Amherst Medical Center  
31 Hall Drive, Amherst, MA 01002  
(413) 256-8561  
[www.vmgma.com](http://www.vmgma.com)

### **Jeffrey Korff, M.D.**

Endocrinologist  
Provider's own gender: male  
Contact Information  
264 Elm Street, Northampton, MA 01060  
(413) 585-0039

**Matthew Spitzer**  
238 Northampton St, Easthampton, MA 01027  
Phone: 413-529-9300  
Fax: 413-527-7517

**Stuart Chipkin**  
Endocrinologist  
Valley Medical Group  
31 Hall Dr # 1, Amherst, MA 01002  
Phone:(413) 256-8561

## Gender Specific OB/GYN's

**Rebekah Perks, W.H.N.P., A.N.P.**  
Women's Health Nurse Practitioner, Adult Nurse Practitioner  
Provider's own gender: female  
Contact Information  
Baystate Ob/Gyn Group  
Raymond Medical Center, 470 Granby Road, South Hadley, MA 01075  
(413) 533-7200, [www.bogg.com](http://www.bogg.com)

234 Russell Street, #3, Hadley, MA 01035  
(413) 586-2022

**Kristin Dardano, M.D.**  
Obstetrician/Gynecologist  
Provider's own gender: female  
Contact Information  
WomanCare

**Linda Polonsky, MD**  
Sensitive to needs of trans patients needing gyno care  
Pioneer Women's Health  
48 Sanderson St.  
Greenfield, MA 01301 Ph: (413) 773-2200

**Dr. Carolyn Delk**  
Able to get hysterectomies covered for FTM patients  
Wesson Women's Group  
Springfield, 3300 Main St. Ste 4D, [413-794-7045](tel:413-794-7045)

## FTM Top Surgeons/Chest Augmentation Surgeons

**Massachusetts Based**  
**Paul Costas, MD**  
Concord Plastic Surgery, Inc.  
John Cuming Building, Suite 700  
Concord, MA 01742  
978-369-1579 (ask for secretary Pat)

**Dr. Melissa Johnson**  
Pioneer Valley Plastic Surgery  
[PioneerValleyPlasticsurgery.com](http://PioneerValleyPlasticsurgery.com)  
100 Wason Ave. Suite 360  
Springfield, MA 01107  
Phone: 413.731.7877

## MTF Electrolysts

**Karen Martin Essa**  
23 Main St, Easthampton, MA  
Phone: 413.529.0190

## LGBT Friendly Religious Worship

**American Baptist**  
First Churches (also United Church of Christ)  
129 Main Street, Northampton  
(413) 584-9392; [www.firstchurches.org](http://www.firstchurches.org)

Grace Episcopal Church  
14 Boltwood Avenue, Amherst  
(413) 256-6754; [www.gracechurchamherst.org](http://www.gracechurchamherst.org)

**Episcopal**  
All Saints Episcopal Church  
59 Summer Street, North Adams  
(413) 664-9656; [www.allsaintsberkshires.com](http://www.allsaintsberkshires.com)

St. John's Episcopal Church  
48 Elm Street, Northampton  
(413) 584-1757;  
<http://www.stjohnsnorthampton.org>

***Friends (Quakers)***

Mount Toby Meeting of Friends  
147 Long Plain Road (Rt. 63), Leverett  
(413) 548-9188; <http://mounttoby.quaker.org>

Northampton Friends  
43 Center Street, 2nd Floor, Northampton  
(413) 587-4622; <http://northampton.quaker.org>

***Jewish***

Beit Ahavah: The Reform Synagogue of Greater Northampton  
(413) 587-3770; [www.beitahavah.org](http://www.beitahavah.org)  
Services are held at the Florence Congregational Church, 130 Pine Street, Florence

Congregation B'nai Israel ("an egalitarian Conservative congregation")  
253 Prospect Street, Northampton  
(413) 584-3593; [www.cbinorthampton.org](http://www.cbinorthampton.org)

Jewish Community of Amherst (a Reconstructionist synagogue)  
742 Main Street, Amherst  
(413) 256-0160; [www.j-c-a.org](http://www.j-c-a.org)

UMass Hillel  
388 North Pleasant Street, Amherst  
(413) 549-1710; <http://umasshillel.org>

***Lutheran***

Immanuel Lutheran Church  
867 North Pleasant Street, Amherst  
(413) 549-0322; [www.immanuel-amherst.org](http://www.immanuel-amherst.org)

***Methodist***

East Longmeadow United Methodist Church  
215 Somers Road, East Longmeadow  
(413) 525-7416; <http://www.elumc.org>

Merged Ministry of Mittineague and First United Methodist Church  
800 Amostown Road, West Springfield  
(413) 788-0304

United Methodist Church of Holyoke, South Hadley, and Granby  
30 Carew Street, South Hadley  
(413) 532-0500; <http://thesteepleinthefalls.org>

Wesley United Methodist Church  
98 North Maple Street, Hadley  
(413) 549-1550; <http://wesleyfamily.org>

***Muslim***

Pioneer Valley Progressive Muslims  
[pvpromotivemuslims@gmail.com](mailto:pvpromotivemuslims@gmail.com)  
<http://www.facebook.com/groups/pvpromotivemuslims>

***Pagan***

SPIRALS (Students Pagans Integrating Religion and Life Spiritually)  
UMass student group that is open to all  
<http://www.umass.edu/rso/spirals>

***Presbyterian***

Western Massachusetts House Church  
(413) 535-6645;  
<https://www.facebook.com/pages/Western-Massachusetts-House-Church/5775632382>  
Services are held at the Helen Hills Hills Chapel at Smith College, Northampton

***Unitarian Universalist***

Unitarian Universalist Society of Amherst  
121 North Pleasant Street, Amherst  
(413) 253-2848; [www.uusocietyamherst.org](http://www.uusocietyamherst.org)

Unitarian Universalist Society of Northampton and Florence  
220 Main Street, Northampton  
(413) 584-1390; [www.uunorthampton.org](http://www.uunorthampton.org)

***United Church of Christ***

Belchertown United Church of Christ  
18 Park Street, Belchertown  
(413) 323-7442; [www.belchertownucc.org](http://www.belchertownucc.org)

Center Church  
1 Church Street, South Hadley  
(413) 532-2262; [www.centerchurchsouthhadley.org](http://www.centerchurchsouthhadley.org)

Edwards Church  
297 Main Street, Northampton  
(413) 584-5500;  
[www.edwardschurchnorthampton.org](http://www.edwardschurchnorthampton.org)

Feeding Hills United Church of Christ  
21 North Westfield Street, Feeding Hills  
(413) 786-5061

First Church of Deerfield  
71 Old Main Street, Deerfield  
(413) 773-5323; [www.firstchurchofdeerfield.org](http://www.firstchurchofdeerfield.org)

First Churches (also American Baptist)  
129 Main Street, Northampton  
(413) 584-9392; [www.firstchurches.org](http://www.firstchurches.org)

First Congregational Church  
165 Main Street, Amherst  
(413) 253-3456; [www.firstchurchamherst.org](http://www.firstchurchamherst.org)

First Congregational Church of Leverett  
4 Montague Road, Leverett  
(413) 548-9199;  
[www.leverettcongregationalchurch.org](http://www.leverettcongregationalchurch.org)

Haydenville Congregational Church  
143 Main Street, Haydenville  
(413) 268-9344; <http://haydenvillechurch.org>

North Hadley Congregational Church  
243 River Road, Hadley  
(413) 586-2021;  
[www.uccwebsites.net/northhadleyconghadleyma.html](http://www.uccwebsites.net/northhadleyconghadleyma.html)

Second Congregational Church  
16 Court Square, Greenfield  
(413) 774-4355;  
<http://www.greenfieldsecondchurch.com>

South Congregational Church  
1066 South East Street, Amherst  
(413) 253-2977; [www.southchurchamherst.org](http://www.southchurchamherst.org)

Christ Community Church  
103 Springfield St. Chicopee, MA  
<http://www.christcommunitychurch-ucc.org>

**Buddhist**  
Insight Meditation of Pioneer Valley  
116 Pleasant St. Suite 242 (Eastworks)  
(413) 527-0388  
[www.insightpv.org](http://www.insightpv.org)