

CEDAR RIVER CLINICS LGBTQ Wellness Services

- **Transgender/Gender Non-Conforming Services**
 - **Hormone Therapy (Informed Consent Model)**
 - **Surgical Referrals**
 - **Post Surgical Follow Up**
 - **Clerical Services—ID Documentation**
- **Safe & Culturally Responsive Wellness Care**
- **LGBTQ-Friendly Referrals**
(see following pages)

Well Person Services

- **Annual Exams & Pap Smears**
- **STI Testing & Treatment**
- **HIV Testing**
- **Menopause Evaluations**

We Accept:

- **Private Health Insurance**
- **Washington Apple Health**
- **Medicaid (WA & AK)**
- **We have a sliding fee scale and can assist with funding resources.**

Schedule Your Appointment: 800-572-4223

Safer Sex Resources

Sexual Health for Transgender and Gender Non-Conforming People

<http://transgenderinfo.be/wp-content/uploads/Gender-Dynamix-Safe-Sex-Guide.pdf>

Primed: A Sex Guide for Trans Men Into Men

www.queertransmen.org/15gms004_primedguide-redo_vfa4_booklet_eng.pdf

Brazen: Trans Women Safer Sex Guide

www.springtideresources.org/sites/all/files/Trans%20Women%20Safer%20Sex%20Guide.pdf

Scarleteen (LGBTQ-friendly safer sex information for youth and young adults)

www.scarleteen.com

Emergency Resources

Trans Lifeline (open almost 24/7)
Phone: 1-877-565-8860

Trevor Project Lifeline (24/7, age 24 and under)
Phone: 1-866-488-7386

Trans* Friendly Churches

Liberation Church: <http://mylucc.org>

MCC Seattle: <http://www.mccseattle.org>

Gender Affirming Electrolysis Referrals

Brook Guinn
2501 East D St, Suite 211, Tacoma, WA 98003
Phone: 253-941-5855
www.anewlookbybrook.com

Obstetrics & Gynecology

Diana Curie, MD
Lily Clinic, Providence, Olympia
Phone: 360-923-7000
Does not do gender affirming hysterectomy.

Please contact us at Friends@CedarRiverClinics.org if you would like more information on Seattle and out-of-state referrals including surgeons for gender affirming procedures.

Trans* Friendly PCPs & HRT Providers

Jo Bauer, ARNP
Community Health Care
Hilltop Family Medical Center
1202 Martin Luther King Jr. Way, Tacoma, WA 98405
Phone: 253-441-4742 (ask for Jamie, MA)
Accepts DSHS & insurance, sliding scale.

Kristey Kendall, ARNP
5814 Graham Ave, Suite 100, Sumner, WA 98390
Phone: 253-891-7450

Jennifer Norris, MD
SeaMar Tacoma
1112 S Cushman Ave, Tacoma, WA 98405
Phone: 253-593-2144
Accepts DSHS & insurance, sliding scale.

Savahn Rosinbum, ND (Family Practice)
2600 Martin Way E, Suite B, Olympia, WA 98502
Phone: 360-943-9519
www.olympianaturopath.com
Naturopath incorporating gender-affirming hormone prescribing and respectful care of all gender identities into a primary care practice that blends pharmaceutical, herbal, nutrition, and lifestyle treatment options.

Therapy Resources

Marilyn Boyle
917 Pacific Ave, Suite 306, Tacoma, WA 98402
Phone: 253-572-7926
www.marilynboyle.com

Carin Christy
Phone: 360-357-7965

Gabi Clayton
Phone: 360-888-5291
www.gabiclayton-lmhc.com

Patricia Fawver
7406 27th St W, Suite 9, Tacoma, WA 98466
Phone: 253-564-8408

Keller Galvin, MA, LMHC
2222 State Ave NE, #A, Olympia, WA 98506
Phone: 360-480-6586

Deborah Jordan
1019 Pacific Ave, Suite 1121, Tacoma, WA 98402
Phone 253-272-9762
www.deborahjordan.net

Nanci La Musga
Phone: 360-688-9737

Abby Leach
Phone: 360-786-8659

Bill Stoner
Phone: 360-561-3737
www.stonercounseling.com

Kay Uhl
Phone: 360-878-9851
www.kayuhl.com

Support Groups

Gender Alliance of the South Sound
741 St Helens Ave, Tacoma WA 98402
Phone: 253-383-2318
www.southsoundgender.com
Weekly support group meetings in Olympia.

LGBT Aging Center
PO Box 947, Tacoma, WA 98401
tacomalesbianconcern@gmail.com
www.tacomalesbianconcern.org

New Boyz Club
www.olympiaftmgroup.webs.com

Oasis Youth Center
Phone: 253-671-2838
Crisis Line: 253-988-2108
www.oasisyouthcenter.org

PFLAG - www.pflagtacoma.org

Stonewall Youth
Phone: 360-705-2738
www.stonewallyouth.org

Tacoma Rainbow Center
741 St Helens Ave, Tacoma, WA 98402
Phone: 253-383-2318
www.rainbowcntr.org