

# Gender Affirming Hormone Therapy Referral List – Central MA

For More Info:

Visit: [PPLM.org](http://PPLM.org)

Call Us: 800-258-4448

Sexual Health Counseling & Referral Hotline: 800-258-4448 option 3



Planned Parenthood League of Massachusetts

## Community Support

Service Category	Name of Resource/Provider	Summary of Services	Contact Information	Info about Access/Insurance
SRS/Surgery Resources	Trans Healthcare - SRS Surgeon Directory	An online resource database of surgeons who perform: Body Sculpting, Breast Augmentation, Buttock Augmentation, Clitoroplasty, FFS, FMS, Glansplasty, Hair Grafting, Hysterectomy, Labiaplasty, Metoidioplasty, Orchiectomy, Penile Implant, Phalloplasty, Reconstructive Urology, Scrotoplasty, Top Surgery, Tracheal Shave, Urethroplasty, Vaginectomy, Vaginoplasty, Voice Feminization Surgery	<a href="http://www.transhealthcare.org/">http://www.transhealthcare.org/</a>	
Trans-competent referrals for a large range of services	LGBTResources.net	An online resource that includes locations in MA that are trans-competent: Acupuncture, Birthing, Bottom Surgery, Cosmetics, Counseling Centers, Endocrinologists, Group Practice, Gynecology, HIV testing, Hysterectomy, Licensed Clinical Social Worker, Licensed Marriage Family Therapist, Licensed Master Social Worker, Licensed Mental	<a href="https://lgbtresources.net/trans-competent-providers/">https://lgbtresources.net/trans-competent-providers/</a>	

		Health Counselor, Massage Therapist, Naturopathy, Nurse Practitioner, Peer Specialist, Primary Care, Psychiatry, Psychologist, Reconstructive Surgery, Speech Pathologist, Top Surgery		
Trans-competent referrals for a large range of services	Transcaresite.org	Includes these resources: Therapists, Substance Abuse/Detox, Hair Removal, Mental & Behavioral Health, Endocrinology, Pediatrics, Primary Care, Surgery, Vocal Coaching, Internal Medicine, Assisted Reproduction, Gynecology, Oncology, Mammograms, Dermatology, Urology, Legal Services, Chiropractic, Life coaching	<a href="http://transcaresite.org/?form_display=full&amp;ptype=&amp;pstate=MA&amp;pcountry=&amp;form_search=">http://transcaresite.org/?form_display=full&amp;ptype=&amp;pstate=MA&amp;pcountry=&amp;form_search=</a>	
Binders and Breast Inserts	Point 5cc	Point of Pride provides new or gently-used chest binders (specially-designed chest compression garments) to any trans person who is in need and cannot afford or safely obtain one.	<a href="https://pointofpride.org/chest-binder-donations/">https://pointofpride.org/chest-binder-donations/</a>	
Financial Assistance	Jim Collins Foundation	Grant Funding for Surgery and Binders	New Haven/NYC PO Box 7097   New York, NY 10150	

			Apply online at: <a href="https://jimcollinsfoundation.org/apply/">https://jimcollinsfoundation.org/apply/</a>	
Trans-competent referrals for a large range of services	MASSTPC Wiki	Includes these resources: Clinics, Dentists, Domestic Violence/Sexual Assault, Electrolysis/Laser Hair Removal, Endocrinologists, Family Medical, Financial, Fitness and Gyms, Obstetrics & Gynecology, HIV Prevention and Services, Holistic/Alternative Medicine/Chiropractic, Hospitals, Insurance, Needle Disposal, Nutrition and Wellness, Primary Care Doctors, Primary Care, Pediatricians, Reproductive Options, Substance Abuse, Surgeons, Therapists, Veterans Health Care, Wills & Directives	<a href="https://www.masstpc.org/mediawiki/index.php?title=MTROLwiki:Community_Portal#Health_Resources">https://www.masstpc.org/mediawiki/index.php?title=MTROLwiki:Community_Portal#Health_Resources</a>	
Community Support	Trans4Mations	Support group for trans individuals	AIDS Project Worcester, 85 Green St, Worcester, MA 01604, 508.755.3773	An educational drop-in group for transgender, gender variant, and questioning individuals. This group is limited to individuals  Age Range: 18-35.  Meets: Every 2nd and 4th Monday from 6:00-

				8:00 pm. And Every Thursday from 12:00 – 2:00 pm
Community Support	Transgender Emergency Fund	Assistance for low-income transgender people	85 Green Street Worcester, MA 508.755.3773	part of the AIDS Project
Community Support - FB	Queer Exchange Worcester	Online exchange for job openings, rooms available, things for sale or trade or free	<a href="https://www.facebook.com/groups/1502105236725805/">https://www.facebook.com/groups/1502105236725805/</a>	Moderated - must request membership
Community Support – Elder Services	Worcester LGBT Elder Network	Social opportunities for LGBT elders	411 Chandler Street Worcester, MA 508.756.1545 <a href="https://eswa.org/about-us/lgbt/">https://eswa.org/about-us/lgbt/</a>	Monthly social for LGBT people 50+ on the first Sunday of the month, Rainbow Lunch Club for people 60+ on the second Wednesday of every month  Peer worker Ben Labonte works Tues and Wed 10-3

## Primary Care

Primary Care	Dr. Hope Ring		128 Main St, Sturbridge, MA 01566	Insurance Accepted:  Aetna
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			(508) 347-9240	Blue Cross Blue Shield Cigna First Health (Coventry Health Care) Humana MultiPlan Tufts Health Plan
Primary Care	Dr. Anna McMahan (Edward M. Kennedy Community Health Center)	Gender affirming hormone therapy (informed consent), family medicine	Edward M. Kennedy Community Health Center, 19 Tacoma Street, Worcester, MA 508.852.1805	Only available to patients of EMK Community Health Center

## Youth Services

Community Support – Youth Services	Safe Homes of Central MA	Safe Homes of Central MA	The Bridge, 4 Mann Street Worcester, MA 508.755.0333 <a href="http://safehomesma.org/">http://safehomesma.org/</a>	Every Thursday 6:30 - 9:30 PM; open to youth ages 14-23
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Community Support – Youth Services	SWAGLY Support Group	Youth support group for LGBTQ youth/HIV screening hours	AIDS Project Worcester, 85 Green St, Worcester, MA 01604, 508.755.3773	Wednesday 5:30-8pm
Primary Care – Youth Services	Dr. Diane Blake - UMassMemorial	Adolescent health care, contraceptive management, transgender health	UMassMemorial 55 Lake Avenue North Worcester, MA 01655 774-442-2882 / Appt #: 855-UMASS-MD <a href="https://physicians.umassmemorial.org/details/1990/diane-blake-pediatric_specialty_services-worcester">https://physicians.umassmemorial.org/details/1990/diane-blake-pediatric_specialty_services-worcester</a>	Insurance Accepts: Masshealth Takes most private insurances Doesn't take: Health New England, Humana, Tricare, BMC, Celtibridge, Celticare, HPHC Focus Network, GIC HPHC Primary Choice Commonwealth Fallon

## Behavioral Health

Behavioral Health	Dr. Johanna Sagarin (Ellsworth Child & Family Counseling Center at Children's Friend)	Mental health services	Ellsworth Child & Family Counseling Center, 21 Cedar Street Worcester, MA 01609 508.753.5425 <a href="http://www.childrensfrien">http://www.childrensfrien</a>	Serves children and adolescents 13-23 years Takes BCBS, Cigna, Network, Tufts, Fallon, takes most insurances.
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			d.org/	<p>Accepts MassHealth</p> <p>Hours: Monday - Friday 8:00 am - 8:00 pm</p> <p>Booking a few months out (2-3 months); insurance makes a difference for the waitlist.</p>
Behavioral Health	Noreen Conlon, LMHC	Mental health services	Life Guidance of Central Mass 71 Main Street Westminster, MA 978.827.5389	Accepts MassHealth
Behavioral Health	Mary Wells, LICSW	Mental health services	<p>Counseling and Assessment Clinic of Worcester. 508-756-5400</p> <p>Cell Phone: 508-344-7017</p>	Accepts MassHealth
Behavioral Health	Alexia Johnstone, LMHC	Mental health services	<p>Auburn, Massachusetts 01501</p> <p>(413) 347-4453</p> <p>ajonstonelmhc@gmail.com</p>	<p>Does not accept MassHealth</p> <ul style="list-style-type: none"> <li>• Avg Cost (per session): \$80 - \$130</li> <li>• Sliding Scale: Yes</li> <li>• Accepts Insurance: Yes</li> </ul> <p>Accepted Payment Methods: Cash, Check, Paypal</p> <p>Accepted Insurance Plans</p> <ul style="list-style-type: none"> <li>• BlueCross and BlueShield</li> </ul>



				<ul style="list-style-type: none"> <li>• Out of Network</li> </ul> Types of Therapy: Art Therapy Cognitive Behavioral (CBT) Eclectic Expressive Arts Expressive Arts Therapy Family / Marital Integrative Motivational Interviewing Multicultural Narrative Positive Psychology Solution Focused Brief (SFBT) Strength-Based Trauma Focused
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## STI/HIV Services

STI/HIV Services	AIDS Project Worcester	PrEP, HIV testing and counseling, STI testing and counseling	85 Green St, Worcester, MA 01604, 508.755.3773	Regular screening for sexually transmitted infections (STIs) is an important part of preventative health care. Free, confidential testing for HIV, Hepatitis C, and
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				<p>STIs is available on a walk-in basis.</p> <p>The following tests are available:</p> <ul style="list-style-type: none"> <li>• HIV testing</li> <li>• Hepatitis C testing</li> <li>• Syphilis testing</li> <li>• Urine-based gonorrhea and chlamydia testing</li> <li>• Syphilis testing</li> </ul>
STI/HIV Services	Massachusetts Alliance of Portuguese Speakers (MAPS)	Health promotion/education (HIV) and social support services	24 Union Street, Suite 10 Framingham, MA 01702 508.397.9051	<p>Portuguese-speaking and Spanish-speaking men who have sex with other men in the Framingham/Marlborough area.</p> <p>Free Walk-in Clinics:</p> <p>Framingham   508-872-2652 Thursdays/ 4-6 pm</p> <p>Medical Case Management program provides free case management, referrals and assistance for individuals living with HIV/AIDS in the community.</p> <p>Medical Case Manager: Antonia Alves,</p>

				Cambridge (617) 864-7600, aalves@maps-inc.org   Alvaro Santo, Dorchester (617) 825-5897, asanto@maps-inc.org
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## Endocrinology

Endocrinology	Dr. Marjorie Safran and other staff (UMass Memorial)	Gender affirming hormone therapy (requires referral)	UMass Memorial, 55 Lake Avenue North Worcester, MA 01655 508.856.3166	UMass Endocrinology requires a referral (or letter) from a therapist with experience in evaluating trans patients, and the letter must clearly state that CHT is recommended for their care
Hormone Therapy	New Era Pharmacy	Hormone Therapy By Mail (includes all supplies: needles, alcohol swabs, etc.)	1286 SE Holgate Blvd. Suite C2 Portland, OR. 97202 503.222.4822 or 877.252.9393	Online