

Gender-Affirming Care Resource Sheet

Connecticut Community Medical Providers:

1. Planned Parenthood

26 Women's Way
Meriden, CT 06451
Phone: 203-238-0542
Book Online: <https://www.plannedparenthood.org/health-center/connecticut/meriden/06451/meriden-center-2543-90220#services-offered>

2. Middlesex Hospital Transgender Services

Primary care, hormone therapy, gender affirming surgery, behavioral health services, infectious disease testing and treatment

Website: <https://middlesexhospital.org/our-services/hospital-services/transgender-medicine/transgender-services>

Contact: Kathryn W. Tierney, MSN, APRN-BC, FNP
80 South Main Street, Suite 304
Middletown, CT 06457
Phone: (860) 358-6875

3. Yale School of Medicine Urology Department

Transgender Care and Gender - Affirming Surgery
Phone: 203.785.2815
Website: <https://medicine.yale.edu/urology/programs/transgender/>

4. Dr. Frances Ginsberg (Medical)

166 West Broad Street, #403
Stamford, CT
Phone: (203) 276-7559

5. Britta Shute, APRN (Medical)

Family Medicine (all ages) - Experience with the trans community and can prescribe hormone therapy.

University of Connecticut Health Center
263 Farmington Avenue
Farmington, CT 06030
Phone: (860) 679-1700 (Scheduling; must request Britta Shute specifically)

Community Mental Health Providers:

1. David Spalding, LCSW
154 College Street
Middletown, CT 06457
Phone: 860-343-9150
2. Marguerite Ruppenicker, PhD
954 Middlesex Turnpike
Old Saybrook, CT 06475
Phone: 860-388-9882
3. Middlesex Hospital Transgender Services
4. Directory of transgender, gender nonconforming, non-binary affirming therapists in private practice in CT: <https://www.gay-therapy-ct.com/therapists.html>

Online Medical Resources:

1. Ten Things Transgender Persons Should Discuss With Their Health Care Providers
http://www.health.umd.edu/sites/default/files/10%20things%20to%20discuss%20with%20provider_trans.pdf
2. Trans Health Fertility and You
http://lgbtqpn.ca/wp-content/uploads/woocommerce_uploads/2015/06/2013-0514_Web_Trans-Persons-and-Fertility_ENG.pdf
3. Do Ask, Do Tell: Talking to Your Health Care Provider about Being LGBT
https://www.lgbthealtheducation.org/wp-content/uploads/COM13-067_LGBTHAWbrochure_v4.pdf
4. Human Right Campaign: Health Care Equality Index (Directory and information on LGBTQ affirming medical facilities across the country by state)
<http://www.hrc.org/hei/search>

Legal Support and Information:

1. CT Trans Advocacy Coalition
<http://www.transadvocacy.org/home>
2. National Center for Transgender Equality (information on identity documentation by state)

<https://transequality.org/documents>

<https://transequality.org/know-your-rights>

3. Transgender Legal Defense & Education Fund: The Name Change Project (free legal name change services for low-income transgender people depending on location)

http://www.transgenderlegal.org/work_show.php?id=7

4. Sylvia Rivera Law Project

<https://srlp.org/>