

Agency	category	County	City	web address	phone	address	Notes
Access	disability, financial assistance, food, housing, seniors	Jackson	Medford	https://accesshelps.org/	541-779-6691	3630 Aviation Way, Medford OR 97504	Services include: information & referral; heating assistance & home weatherization; senior assistance and family services; affordable housing, home purchase, foreclosure prevention & rental assistance; emergency food boxes; food pantries; and veterans & VA families program.
ADAPT - substance abuse	addictions	Josephine	Grants Pass	https://adaptoregon.org/	541-474-1033	356 NE Beacon Drive, Grants Pass OR 97526	substance abuse treatment
Addictions Recovery Center (ARC)	addictions	Jackson	Medford	http://addictionsrecovery.org/	541-779-1282	1025 East Main St, Medford OR 97504	Hours: Monday - Friday 8:00am - 3:00pm
Address Confidentiality Program	domestic violence	Jackson/ Josephine	Multiple	https://www.doj.state.or.us/crime-victims/	888-559-9090	P.O. Box 1108, Salem OR 97308	Program for DV survivors. DV Advocates are the access point
Addus HomeCare	disability, seniors	Jackson	Medford	http://www.addus.com	541-857-9899 / 888-233-8746	1240 North Riverside, Medford, OR 97504	In home care for senior and disabled
Adult Protective Services	abuse	Josephine	Grants Pass	http://www.oregon.gov/DHS/abuse/Pages/index.aspx	541-474-3101 503-7233	1-855- 2101 NW Hawthorne Ave Ste B, Grants Pass 97526	Reporting abuse of aged and disabled persons.
Adult Protective Services	abuse	Jackson	Medford	http://www.oregon.gov/DHS/abuse/Pages/index.aspx	1-855-503-SAFE 776-6172	541- 673 Market St, Medford OR 94504	Reporting abuse of aged and disabled persons.
Alcoholics Anonymous	addictions	Josephine	Grants Pass	https://www.grantspassaa.com/	541-474-0782	432 NW 6th St, Room 202 Grants Pass, OR 97526	substance abuse recovery support
Alcoholics Anonymous	addictions	Jackson	Medford	https://medfordareaaa.org/	541-732-1850	110 E 6th St, Medford OR 97501	substance abuse recovery support
Allcare Health	healthcare, mental health	Josephine	Grants Pass	www.allcarehealth.com	541-471-4106 460-0185	888- 1701 NE 7th Street, Grants Pass OR 97526	They offer a wide range of quality health plans and services designed to meet the needs of our state's diverse communities.
Allied Health	addictions	Jackson	Medford	https://www.medfordctc.com/	888-461-1367	777 Murphy Rd, Medford OR 97504	substance abuse recovery support
American Red Cross - Medford Chapter	disaster preparedness		Multiple	http://www.redcross.org/	503-284-1234 (Local)	Various locations	Education on disaster readiness and support for disasters.
Apria Healthcare	diability, healthcare, inhome care, seniors	Jackson	Medford	https://www.apria.com	541-245-2400	505-507 Pech Rd, Central Point OR 97502	In home care for senior and disabled
Asante Ashland Community Hospital	Health, Medical	Jackson	Ashland	https://www.asante.org/location/location-detail/?id=1042	541-201-4000	280 Maple St, Ashland OR 97520	Medical services
Asante Lifeline Alert Services	Health	Jackson/ Josephine	Multiple	https://www.asante.org/services/lifeline-medical-alert/	541-507-2680 National # 1-800-242-1309 x 4609	Various locations	If calling the national # Asante's code is OR035

Asante Rogue Regional Medical center	Health, Medical	Jackson	Medford	https://www.asante.org/Location/location-detail/?id=1018	541-789-7000	2825 E Barnett Rd, Medford OR 97504	Medical services
Asante Three Rivers Medical Center (Hospital)	healthcare, medical, healthcare	Josephine	Grants Pass	https://www.asante.org/Location/location-detail/?id=1022	541-472-7000	500 SW Ramsey Ave, Grants Pass OR 97527	Medical services
Ashland Supportive Housing, Inc. (ASH)	disability	Jackson	Ashland	http://www.ashlandash.org	541-488-2870	693 Washington St #B, Ashland OR 97520	Housing and support for adults with developmental disabilities
Ashland Utility Assistance Programs	utility assistance	Jackson	Ashland	http://www.ashland.or.us/Page.asp?NavID=12383	541-488-6002	20 E Main St, Ashland OR 97520	The City of Ashland offers a variety of assistance programs for citizens who may have difficulty paying their utility bill.
At Home Senior Solutions	disability, inhome care, seniors	Jackson	Medford	https://www.assistedlivingcenter.com/facilities/or/medford/at-home-senior-solutions-97504/	541-772-7070	825 E Main St Ste D, Medford OR 97504	They offer inhome care for seniors and persons with disabilities including hygiene, medication management, respite care, short or long term care, safety evaluations and home modification
Attorney Referral Service	Referral service for low income households	Statewide	Statewide	https://www.osbar.org/public/ris/	800-452-7636 684-3763	503- Multiple Locations	We provide you with the name and phone number of a lawyer who may be able to help you with your legal matter and who is close to you or the location where assistance is needed.
Audiology Hearing Care	Health, Medical	Jackson	Medford	https://www.audiology-associates.com/location/medford/	541-359-4526	833-B Alder Creek Dr, Medford OR 97504	We offer a full range of comprehensive hearing testing and treatment options, with the latest technology for your hearing healthcare.
Autism Society of Oregon	advocacy, disability, support	Jackson/ Josephine	Multiple	http://autismsocietyoregon.org/support/support-groups-by-region/aso-region-3/	1-888-288-4761	Various locations	"Take a Break"/respite, Sensory friendly activities, game nights, support groups
BABE Store: AllCare	children, clothing, diapers	Josephine	Grants Pass	www.AllCareHealth.com/BabeStore	541-471-4106	1701 NE 7th St, Grants Pass OR 97526	Store hours: Tuesdays 12:30 - 4:30 Receive vouchers for attending classes, dr. appts and more. Must be an Allcare Coco member to participate.
Birthright of Salem	healthcare, pregnancy	Marion	Salem	https://birthright.org/	503-585-2273	1880 Lancaster Dr NE Suite 124, Salem OR 97305	Support services for women who are pregnant.
Boy Scouts (Crater Lake Council)	recreation	Jackson/ Josephine	Central Point	https://pccscouting.org/	541-664-1444	3039 Hanley Rd, Central Point OR 97502	Youth Program for K-18 boys and some programs for girls. Starting fall 2018 girls will be part of the K-5 program. Starting in 2019 girls will be part of all programs
Boys and Girls Club (Illinois Valley)	childcare, children, education, recreation, teens	Josephine	Cave Junction	http://begreat4kids.com/illinois-valley-club/	541-244-8490	520 W River Street, Cave Junction OR 97523	Based @ Evergreen Elementary School, after school programs for children
Bridging Communities	advocacy, disability	Jackson/ Josephine	Medford	https://livingopps.org/bridging-communities/	541-772-1503	1017 N Riverside Ave, Medford OR 97501	Helping families with children experiencing disabilities.

CASA - Jackson Co.	advocacy, children	Jackson	Medford	http://www.jacksoncountycasa.org/	541-734-2272	409 N Front Street, Medford OR 97501	Hour: Mon - Thu: 8:30am - 5:00pm Friday: 8:30am - 3:00pm Clothing Closet
CASA - Josephine Co	advocacy, children	Josephine	Grants Pass	https://jococasa.org/	541-474-5453	304 NW D St, Grants Pass OR 97526	Advocacy for foster children Office hrs M-F 8-5
Center for NonProfit Legal Services	Legal Aid	Jackson	Medford	https://cnpls.org/	541-779-7291	225 W Main St, Medford OR 97501	M-F 8:30-5 closed 12 - 1
Child Care Resource Network	childcare, resources	Jackson/ Josephine	Medford	http://www.soesd.k12.or.us/SectionIndex.asp?SectionID=205	541-776-8590	101 N Grape St, Medford OR 97501	Advocacy for children, families and child care providers. Research and data on child care needs and gaps. Supports quality child care and early learning programs. Provides classes and workshops. Training, consultation and on-site coaching to child care programs. Helps families navigate the DHS child care subsidy system. Assist in finding services for children with special needs.
Child Support Enforcement: Department of Justice	support	Jackson/ Josephine	Statewide	https://www.doj.state.or.us/child-support/	541-776-6043 (Local) 800-850-0228 (Customer Service)	310 E Sixth St Ste 300, Medford OR 97501	The Oregon Child Support Program works with both parents to provide the financial and emotional support their children need to grow and thrive.
Children's Advocacy Center	advocacy	Jackson	Medford	https://cacjc.org/about-us/	541-734-5437	816 W 10th St, Medford OR 97501	Children's Victim's Assistance
Church of Nazarene	food, resources	Jackson	Medford	https://www.newlifenz.church/	541-779-7777	1974 E McAndrews Rd, Medford OR 97504	Food and clothing for women re-entering job market. Hair cuts. Hours on website.
Church of the Valley - Parkway (Community Bridges)	addictions, children, foster care, support	Josephine	Grants Pass	https://www.gpcov.org/	None	752 NW 6th St, Grants Pass OR 97526	Celebrate Recovery, Foster Kids Camp, support.
City of Ashland	Government	Jackson	Ashland	http://www.ashland.or.us/	(541) 488-6002	20 E Main Street, Ashland OR 97520	City services, community forums
City of Cave Junction	Government	Josephine	Cave Junction	http://www.cavejunctionoregon.us	541-592-2156	222 W Lister St, Cave Junction OR 97523	M-F 8-12 and 12:30-4
City of Central Point	Government	Jackson	Central Point	http://www.centralpointoregon.gov/	541-664-3321	140 S 3rd St, Central Point OR 97502	City services, community forums
City of Eagle Point	Government	Jackson	Eagle Point	https://www.cityofeaglepoint.org/	541-826-4212	17 Buchanan Avenue South, Eagle Point OR 97524	City services, community forums
City of Grants Pass	Government	Josephine	Grants Pass	https://www.grantspassoregon.gov/	541-450-6000	101 NW A Street, Grants Pass OR 97526	City services, community forums
City of Jacksonville	Government	Jackson	Jacksonville	http://www.jacksonvilleor.us/	541-899-1231	206 N 5th St, Jacksonville OR 97530	City services, community forums
City of Medford	Government	Jackson	Medford	http://www.ci.medford.or.us/SectionIndex.asp?SectionID=6	541-774-2400	411 W 8th St, Medford OR 97501	Parks, Recreation and Facilities Management: Online: City Departments, Elected Officials, Online Services, Maps, and other Contacts.
City of Phoenix	Government	Jackson	Phoenix	http://www.phoenixoregon.gov/	541-535-1955	112 W 2nd St, Phoenix OR 97535	City services, community forums

City of Rogue River	Government	Jackson	Rogue River	http://cityofrogueriver.org/	(541) 582-4401	133 Broadway St, Rogue River OR 97537	City services, community forums
City of Talent	Government	Jackson	Talent	http://www.cityoftalent.org/	541-535-1566	110 East Main St, Talent OR 97540	City services, community forums
Clear Creek Family Practice	healthcare, Medical	Josephine	Selma	None	541-450-3625	18173 Redwood Hwy, Selma OR 97538	medical care
College Dreams	education assistance	Jackson/ Josephine	Grants Pass	http://www.collegedreams.org/	541-476-8146	789 NE 7th St, Grants Pass OR 97526	College Prep for "DREAMERS" (DACA) and low income families
Columbia Care	employment, housing, mental health,	Jackson	Medford	https://www.columbiacare.org/	541-200-2900	503 Airport Road Suite 101, Medford OR 97504 (Central Clinic) 201 W 6th St, Medford OR 97501 (Downtown Clinic)	Licensed residential; transitional housing; Supportive housing; rental assistance programs; Center for suicide prevention; Veterans Services; Family Support Services; Employment services. Assisting children and adults with developmental and intellectual disabilities.
Community Living Case Management	disability	Josephine	Grants Pass	www.clcmoregon.org	541-474-6072	1215 NW 7th St Suite C, Grants Pass OR 97526	Support, case management, referral services, employment services. Community Works is located also at Medford Local Police Department, DHS Self-Sufficiency
Community Works	advocacy, domestic violence, shelter	Jackson	Medford	http://www.community-works.org/	541-779-2393 (Office) 541-779-4357 (Helpline)	2594 E Barnett Rd Suite C, Medford OR 97504	Drop in day center for people with mental health diagnosis, employment training and experience
Compass House	disability, employment, housing, mental health	Jackson/ Josephine	Medford	www.socompasshouse.org	541-776-6210	28 W 6th St, Medford OR 97501	
Consumer Credit Counseling Service of Southern Oregon	financial, classes	Jackson/ Josephine	Medford	https://improvedcredit.org/	541-779-2273	820 Crater Lake Ave # 202, Medford OR 97504	Debt management classes and financial counseling
Dental Clinic/Rogue Community Health	dental care	Jackson	Medford	www.roguecommunityhealth.org	541-773-3863	19 Myrtle St, Medford OR 97504	Sliding-Fee Scale
Disability Rights Oregon (Formerly Oregon Advocacy Disabled American Veterans	diability, assistance	statewide	statewide	https://droregon.org/	503-243-2081 welcome@droregon.org	511 SW 10th Ave Suite 200, Portland OR 97205	Legal Services relating to disabilities
	disability, Veterans	Statewide	statewide	http://www.dav.org	503-412-4750	100 SW Main St Fl 2 Rm 212A, Portland OR 97204	Help with Veterans Services Access
Dogs for Better Lives (formerly Dogs for the DEAF)	disability	Jackson	Central Point	https://www.dogsforbetterlives.org/	541-826-9220 990-3647	800-10175 Wheeler Rd, Central Point OR 97502	They provide assistance dogs for individuals who are deaf or who have hearing loss and with children who are on the autism spectrum. Professionals also use our dogs in their work with special needs students and others who benefit from the dogs' calming presence.
Domestic Violence National Hotline	advocacy, domestic violence, shelter, support	statewide	statewide	http://www.thehotline.org/	1-800-799-7233 TTY 1-800-787-3224		
Dr. Mock, Steven DMD	Medical	Josephine	Cave Junction	none	541-592-4159	315 Caves Hwy Suite B, Cave Junction OR 97523	Dental Care

Driver Evaluation Program - Providence	seniors	Jackson/ Josephine	Medford	https://oregon.providence.org/our-services/d/driver-assessment/	541-732-5033 / 541-732-5000	1111 Crater Lake Ave, Medford OR 97504	safe driver evaluations - call for appointments
Dunn House: Community Works	domestic violence, shelter	Jackson	Multiple	http://community-works.org	541-779-4357	undisclosed location	Domestic Violence shelter for women, advocacy and support.
Eagle Point High School Health Center	health, teens	Jackson	Eagle Point	https://ephs-jcsd9-or.schoolloop.com/cms/page_view?d=x&piid=&vpid=1443349574591	541-830-6617	203 North Platt St, Eagle Point OR 97524	offer healthcare to students
Eagle Point Parks	recreation	Jackson	Eagle Point	https://www.cityofeaglepoint.org/140/Park-Descriptions	541-826-4212		parks and hiking trails
Eagle Point Senior Center	food, resources, seniors	Jackson	Eagle Point	https://seniorcenter.us/sc/eagle_point_senior_center_eagle_point_or	541-826-9404	121 Loto St, Eagle Point OR 97524	The center offers music and bingo every Monday, quilting and crafts every Tuesday afternoon and games every Thursday. A hot meal is provided by Food and Friends every weekday at 11:30 a.m. Anyone who is 50 years of age is welcome to join for a fee of \$6.00 per year!
Early Childhood Services	support	Josephine	Grants Pass	http://soesd.k12.or.us/	541-776-8590	1021 NW Highland St, Grants Pass OR 97526	Birth to 5 years of age
Easter Seals	disability, employment, seniors	Jackson	Medford	http://www.easterseals.com/oregon	541-414-3680	1040 Crater Lake Ave Suite A, Medford OR 97504	Veterans Employment
Easter Seals	disability, employment, seniors	Jackson	Medford	http://www.easterseals.com/oregon	541-776-6285	119 N Oakdale Ave, Medford OR 97501	Senior Community Service Employment Program (SCSEP)
Eye Care Group	Medical	Josephine	Multiple	http://www.eyecaregroup.net/	541-476-4545 (GP) 541-592-3921 (CJ)	1022 NW 6th St, Grants Pass OR 97526 335 Cave Hwy, Cave Junction OR 97523	They provide eye care
Faith's Closet	clothing	Jackson/ Josephine	Rogue River		541-582-0563	270 W Evans Creek Rd Rogue River	Tuesdays 9 - noon, clothing from newborn to adults (men and women's)
Family Connection	education, parenting	Jackson/ Josephine	Central Point	https://thefamilyconnect.org/	541-734-5150x1042	1001 Beal Ln, Central Point OR 97501	The Family Connection is the regional parenting hub of Jackson and Josephine counties. We provide parents with community resources and opportunities to learn and gain effective parenting skills, while building peer support networks
Family Nurturing Center	childcare, children, clothing, crisis, diapers, resources	Jackson	Medford	https://familynurturingcenter.org/	541-779-5242	825 E Main St Suite A, Medford OR 97504	We offer therapeutic early childhood experience, home visitation program, mental health services, family stabilization and care coordination, parent education, respite, emergency support and advocacy. We give diapers and clothes to children and families in need.

Family Nurturing Center	childcare, children, clothing, crisis, diapers, resources	Josephine	Grants Pass	https://familynurturingcenter.org/	541-779-5942	735 SE 7th St, Grants Pass OR 97526	We offer therapeutic early childhood experience, home visitation program, mental health services, family stabilization and care coordination, parent education, respite, emergency support and advocacy. We give diapers and clothes to children and families in need.
Family Solutions	children, counseling, mental health, parenting, teens	Jackson	Medford	http://familysolutionsoregon.org/	541-414-1720	358 S Oakdale Ave, Medford OR 97501	Day treatment, Mental Health care for children, behavioral services for teens.
Family Solutions	children, counseling, mental health, teens	Jackson	Ashland	http://familysolutionsoregon.org/	541-414,1720	1836 Fremont St, Ashland OR 97520	Ashland Day Treatment, Mental Health care for children, behavioral services for teens.
First Christian Church	clothing	Josephine	Grants Pass	http://firstchristiangp.com	541-476-4386	305 SW H St, Grants Pass OR 97526	clothing vouchers Tuesday - Thursday at Second Chance Thrift store. Bus tokens.
FISH, United Methodist Church	food	Josephine	Grants Pass	http://newmanumc.net/#/fish-food-bank	541-479-5369	132 NE B St, Grants Pass OR 97526	Wednesday, Friday 3pm-4pm. Photo ID required
Food & Friends	food	Josephine	Grants Pass	https://rvcog.org/what-we-do/food-friends-meals-on-wheels/	541-955-8839	1150 NE 9th St, Grants Pass OR 97526	seniors/meals on wheels m-f
Gambler's Anonymous/GamAn on for families	addictions	Josephine	Grants Pass	http://www.opgr.org/	541-479-8847 1-877-695-4648 (Helpline)	Hosted by Options: 205 Fruitdale Dr, Grants Pass OR 97527	Meetings 1 pm Sunday, 7 pm Tuesday, 7 pm Thursday; Family members meeting Tuesday 7pm
God's Food Pantry-Set Free Christian Fellowship	food	Jackson	Medford		541-773-4004	1032 W Main St, Medford OR 97501	Food donation programs, food pantries
Good Life at Home Care	disability, inhome care, seniors	Jackson	Medford	www.goodlifeathomecare.com	541-646-7151	1744 E McAndrews St Suite "I", Medford OR 97504	Our teams consist of our Registered Nurse, Care Managers and Caregivers. we provide mediation management, hygiene help, mobility and transfers, mealpreparation, respite care.
Gospel Rescue Mission - Women and Children	shelters	Josephine	Grants Pass	http://gospelrescuemissiongp.org/services/	541-200-6242	530 SW Foundry St, Grants Pass, OR 97526	Women and Children only @ Fikso Family Center
Gospel Rescue Mission-men	shelters	Josephine	Grants Pass	http://gospelrescuemissiongp.org/services/	541-476-0082	540 SW Foundry St, Grants Pass 97526	men only @ Wagner Hall
Grants Pass Clinic	Health care, Medical	Josephine	Grants Pass	http://www.grantspassclinic.com/	541-476-6644	495 SW Ramsey Ave, Grants Pass OR 97527	Provide health care to our patients with compassion, integrity and professionalism. The clinic family works as partners to improve the health of the community we serve.

Grants Pass Dept. of Public Safety (Police and Fire)	Safety	Josephine	Grants Pass	https://www.grantspassoregon.gov/188/Public-Safety	541-450-6260 (Non-Emergency) 541-237-5607 (Tip Line)	Business office: 101 NW A St, Grants Pass, OR 97526 / Parkway Public Safety Center: 800 East Park Dr. / Hillcrest Public Safety Center: 199 NW Hillcrest Dr. / Redwood Public Safety Center: 3071 Leonard Rd	
Grants Pass Pregnancy care center	health	Josephine	Grants Pass	https://www.gppregnancy.com/	541-479-6264	714 SE 8th St, Grants Pass OR 97526	Community-funded, offers hope, support and medical care. Does not provide birth control or abortion services/referrals
Grants Pass Veteran Center	addictions, education, emplyment, mental health, Veterans	Josephine	Grants Pass	https://www.vets.gov/facilities/facility/vc_0645V	541-474-6912	135 NE Steiger St, Grants Pass OR 97526	Open M-F 8am-4:30pm. They provide counseling services, addiction recovery, education and employment referral
Harbeck Village	housing	Josephine	Grants Pass	http://www.jhcdc.net/harbeck-village/	541-955-9251	1760 Harbeck Rd, Grants Pass OR 97527	managed by Lovelace Properties
Harvest House	food	Jackson/ Josephine	Rogue River		541-582-0563	270 W Evans Creek Rd, Rogue River OR 97537	Food bank Tuesday 10-noon, open to anyone, can receive a food box every 28 days. Non Profit Advocating for Seniors and people w/ disabilities. Provides Medical Equipment, Peer Mentoring, Advocacy, Independent Living Skills, Work Incentives, Info & Referrals, Recreation, Emergency Preparedness
HASL	advocacy, disability, seniors,	Jackson/ Josephine	Grants Pass	https://haslonline.org/	541-479-4275	305 NE E St, Grants Pass OR 97526	Serving children and families ages 3 or 4 by 9/1. School readiness and health screenings. 54 classes in 2 counties in multiple locations
Head Start	Education	Jackson/ Josephine	Central Point	http://www.socfc.org/programs/head-start/	541-734-5150	1001 Beall Lane, Central Point, OR 97502	Theraputic horse riding program for those with physical or mental disabilities ages have ranged from 4 - 60+ years old. Weight restrinctions may apply due to ability of staff to assist the rider in the event of an emergency.
Healing Hearts & Hooves	animals, therapy	Josephine	Cave Junction		541-659-1798	4411 Holland Loop Rd, Cave Junction OR 97523	Therapy & Consultations, Yoga and Fitness, Youth Programs
Healthy U	Health, mental health	Josephine	Cave Junction	http://www.healthyucenter.org/	541-592-4888	535 E River St, Cave Junction OR 97523	Mission: Hearts With A Mission serves homeless and at-risk youth by providing shelter, educational support, mentoring and transition planning with a faith-based approach.
Hearts with a Mission	homeless, teens	Jackson	Medford	http://www.heartswithamission.org/	541-646-7385	529 Edwards St, Medford OR 97501	resolves disputes with businesses, governmental agencies or other individuals. (we use for help w/children applying for SSI)
Help Now! Advocacy Center	advocacy	Jackson/ Josephine	Medford	http://www.helpnowadvocacy.org/	541-732-1911	33 N Central Ave, Medford OR 97501	

Helpline Referral Services	resources	Josephine	Multiple	http://www.suicide.org/index.html	541-479-4357 (HELP)	1-800-640-0154	Information and resources.
HIV Alliance	Health	Jackson/ Josephine	Multiple	http://hivalliance.org	541-342-5088	Multiple locations, Call for closest service	Provides, Care, Prevention Education, Community Engagement, Needle Exchange Programs
Holiday Park Gardens	housing, seniors	Josephine	Grants Pass	https://affordablehousingonline.com/housing-search/Oregon/Grants-Pass/Holiday-Park-Gardens/10038741	541-471-6384	1051 E Park St, Grants Pass OR 97527	Rural development. Seniors and disabled only
Home Health Services - Asante	seniors, hospice, inhome care, health	Josephine	Multiple	https://www.homehealthcareagencies.com/directory/or/medford/asante-home-care-hospice-services/54988/	541-608-5240	multiple locations, Call for closest service	home healthcare and hospice needs.
Homeless Oregon Pet Project	animals	Josephine	Grants Pass	http://homelessoregonpetproject.org/		229 NE Beacon Dr, Grants Pass OR 97526	1st Tuesday of every month, 10 - noon. General pet exams, flea and tick control, heartworm prevention, de-worming and basic vaccines for dogs and cats.
Housing Authority of Jackson CO.	housing	Jackson	Medford	http://www.hajc.net/	541-779-5785	2251 Table Rock Rd, Medford OR 97501	Office Hrs.: Mon - Wed and Fri: 8am-4:30pm - Thu: 12:30pm- 4:30pm. Provides compassionate care for stray, unwanted, displaced, and abandoned animals and works toward ending pet overpopulation so that there will be no more homeless pets.
Humane Society	animals	Jackson	Medford	https://www.sohumane.org/	(541) 779-3215	2910 Table Rock Rd, Medford OR 97501	Provides compassionate care for stray, unwanted, displaced, and abandoned animals and works toward ending pet overpopulation so that there will be no more homeless pets.
Humane Society	animals	Josephine	Grants Pass	http://roguevalleyhumanesociety.org/	541-479-5154	429 NW Scenic Dr, Grants Pass OR 97526	Provides compassionate care for stray, unwanted, displaced, and abandoned animals and works toward ending pet overpopulation so that there will be no more homeless pets.
Illinois Valley Business Entrepreneurial Center, Rogue Community College (RCC)	Education	Jackson/ Josephine	Grants Pass	www.roguecc.edu/bdc/ivbec	541-956-7500	3345 Redwood Hwy, Grants Pass OR 97527	Business development services including: planning, coaching, workshops, seminars, computer lab & more

Illinois Valley Family Coalition - IVFC	clothing, employment, food, resources, support	Josephine	Cave Junction	www.ivfc.org	541-592-6139	535 E River St, Cave Junction OR 97523	Provides prevention, education, advocacy and referral services in partnership with other community resources. Services include: laundry, shower, and clothing vouchers; emergency food; birth certificate; identification card; assist with job search, applying for unemployment and other resources; resume building; public computers
Illinois Valley Safe House Alliance	advocacy, domestic violence	Josephine	Cave Junction	ivsha.org	541-592-2515	103 S Kerby Ave, Cave Junction OR 97523	Counseling, Advocacy, Safety Planning, Clothing
Illinois Valley Senior Center	Seniors	Josephine	Cave Junction		541-592-6888	520 E River St, Cave Junction OR 97523	Also operates a thrift store at 321 Redwood Hwy, Cave Junction, OR 97523
Illinois Valley Wellness Resources	disability, seniors	Josephine	Cave Junction	https://www.ivwellnessresources.org/	541-592-9781	315 Caves Hwy Suite C, Cave Junction OR 97523	Help finding local resources for needed services
Interfaith Care Community - Medford	clothing, food, furniture, laundry	Jackson	Medford	www.thearcjackson.org	541-283-3056	121 N Central Ave, Medford OR 97501	Food vouchers, housewares, laundry facilities, phone, bread, fresh fruits and vegetables when available.
Internal Revenue Service (IRS)	Government	Statewide	Medford	https://www.irs.gov/	1-800-829-1040 1-800-829-1954 844-545-5640	960 Ellendale Dr, Medford OR 97504	tax help
Jackson Aquatic Center Pool	recreation	Jackson	Medford	http://www.ci.medford.or.us/Page.asp?NavID=500	541-774-2507	815 Summit Ave, Medford OR 97501	community swimming pool
Jackson County District Attorney	legal, support, victim services	Jackson	Medford	https://jacksoncountyor.gov/departments/district_attorney/index.php	(541) 774-8181	815 W 10th Street, Medford OR 97501	File criminal cases submitted by a police agency. Represent the people of the State of Oregon in Court by prosecuting people who violate the state's criminal laws both felonies and misdemeanors. Present criminal cases to the Grand Jury; prepare and present cases in Circuit Court. Help victims of crime by keeping them informed of the case progress, arranging for an opportunity to be heard in court, and obtaining restitution orders. Issue, modify and enforce child support orders consistent with State guidelines and monitor payments of child support obligations. Prosecute juvenile offenders and handle dependency case in Juvenile Court.

Jackson County Early Intervention Early Childhood Special Education	advocacy, children , disability, education	Jackson	Medford	https://www.douglasesd.k12.or.us/early-learning/jackson-county-eiecse	541-494-7800	640 Superior Ct, Medford OR 97504	Informational, emotional & educational support for children & families of young children with developmental delays or disabilities from birth to age 5
Jackson County Health & Human Services	Family	Jackson	Medford	https://jacksoncountyor.gov/departments/health_human_services/index.php	541-774-8200	401 S Holly St, Medford OR 97504	Addictions; Animal services; Developmental disability services; Environmental public health; Mental health; Public Health; Veteran Services.
Job Accommodation Network	disability	Statewide	Statewide	https://askjan.org/	800-526-7234	None	Service provided by the U.S. Department of Labor's Office of Disability Employment Policy (ODEP) to provide information on workplace accommodations and disability employment issues.
Joe's Place	clothes, education, employment, food, homeless, laundry, shelter, teens	Josephine	Grants Pass	http://joesplaceministries.org/	541-476-4563	1205 Rogue River Hwy, Grants Pass OR 97527	Day shelter for homeless teens, meals, clothes, hygiene, laundry, GED and more ages 12 - 20
Josephine Community Libraries	education, Literacy	Josephine	Multiple	https://josephinelibrary.org/	541-476-0571 Grants Pass 541-592-4778 Illinois Valley 541-846-7020 Williams 541-866-2606 Wolf Creek	200 NW C St, Grants Pass OR 97526 209 West Palmer, Cave Junction OR 97523 158 Tetherow Rd, Williams OR 97544 102 Ruth Ave, Wolf Creek OR 97497	Grants Pass: T/Th 2-7, W/F 11-4, Sat 12-4 Illinois Valley: W 2-6, F 11-3, Sat 11-4 Williams: T/W/Sat 1-5, Wolf Creek: T/W/Sat 1-4:30
Josephine Community Mediation	legal, support	Josephine	Grants Pass	https://www.josephinecounty.gov/departments/juvenile_justice/court_mediation.php	541-474-5180	301 NW F St, Grants Pass OR 97526	mediation services
Josephine Community Transit	transportation	Josephine	Grants Pass	https://www.josephinecounty.gov/departments/transit/index.php	541-474-5452	300 NW 5th St, Grants Pass OR 97526	transportation services
Josephine County Circuit Court	Government	Josephine	Grants Pass	http://www.courts.oregon.gov/courts/josephine/Pages/default.aspx	541-476-2309	510 NW 5th St, Grants Pass OR 97526 (Main Entrance) 301 NW F St, Grants Pass OR 97526 (Family Court Entrance)	
Josephine County Community Corrections (Probation and Post Prison Supervision)	Government	Josephine	Grants Pass	https://www.josephinecounty.gov/departments/community_corrections/index.php	541-474-5165	510 NW 4th St, Grants Pass OR 97526	The Community Corrections Department supervises as well as provides treatment and services to offenders in Josephine County who have been placed on probation by the Courts or placed on post-prison supervision by the Board of Parole and Post-Prison Supervision
Josephine County Food Bank	food	Josephine	Grants Pass	http://www.jocofoodbank.org/	541-479-5556	3658 Upper River Rd, Grants Pass OR 97526	

Josephine County Health Department	Health	Josephine	Grants Pass	https://www.josephinecounty.gov/departments/public_health/index.php	541-474-5325	715 NW Dimmick St, Grants Pass OR 97526	Public Health, Disaster Registry, Avian Flu, Breast & Cervical Cancer Screening Program, Communicable & Preventable disease program, Family Planning Services, HIV Prevention Programs, Immunizations, Parent and Child health programs, Perinatal program, Public Health Preparedness, STD clinic, Vital Records, WIC program, Womens Health care, Food Handler Cards, Tuberculosis
Josephine County Veterans Service	veterans	Josephine	Grants Pass	https://www.josephinecounty.gov/departments/veterans_service_office/index.php	541-474-5454	500 NW 6th St Dept 15, Grants Pass OR 97526	Walk-In Mondays 9am-4pm, Tues-Thurs. by appointment only. They provide help with accessing benefits for Veterans and their families.
Josephine Housing & Community Development Council	housing	Josephine	Grants Pass	http://www.jhcdc.net/	541-479-5529	1205 NE 7th St, Grants Pass, OR 97526	M, T, Th, F: 9am - 12pm / 1pm - 4pm W: 9am - 12pm only
Kelley House	housing	Jackson	Medford	https://www.addictionsrecovery.org/recovery/transition-housing/	541-779-1282	1025 E Main St, Medford OR 97504	Men's transitional housing through Addictions Recovery Center
Kids Unlimited	childcare, education	Jackson	Medford	http://kuoregon.org/	541-774-3900	821 N Riverside Ave, Medford OR 97501	Charter school and after school Program.
KidTime	children, education	Jackson	Medford	http://www.kid-time.org/	541-772-9922	413 W Main St, Medford OR 97501	scholarships available for membership.
Kolpia Counseling	addictions, counseling, therapy	Jackson	Ashland	https://kolpiacounseling.com/	541-482-1718	370 Hersey St, Ashland OR 97520	Alcohol and Drug Education, Standard Outpatient and intensive outpatient.

La Clinica	Health	Jackson	Multiple	https://laclinicahealth.org/	541-494-3840 Care Team (Acute Care)	638 Market St, Medford OR 97504 (Acute Care Clinic)	La Clinica has School-Based Health Hours: locations are: Central Point Elementary School: 450 S Fourth St Central Point OR 97502; 541-494-6500; Mon-Fri 7:30am - 3:30pm; Crater High School: 655 N Third St Central Point OR: 541-494-6323; Hrs. Mon-Fri 7:30 - 4pm. Jackson Elementary School: 713 Summit Ave Medford OR 97501: Ph 541-842-3771; Hrs. Mon - Fri 7:30am - 3:30pm. Jewett Elementary school: 1001 Manzanita St Central Point OR 97502; Ph 541-494-6611; Hrs.: Mon- Fri 7:30am - 3:30pm. Mae Richardson Elementary School: 200 W. Pine St Central Point OR 97502; Ph 541-494-6700; Hrs.: Mon - Fri 7:30am - 3:30pm. Phoenix Elementary School: 215 N. Rose St Phoenix OR 97535; Ph 541-535-1065; Hrs.: Mon-Fri 7:30am - 3:30pm. Oak Grove Elementary School: 2838 W. Main St Medford OR 97501; Ph 541-842-3834; Hrs.: Mon-Fri 7:30am - 3:30pm. Scenic Middle School; 1955 Scenic Ave Central Point OR 97502; Ph 541-494-6417; Hrs.: Mon - Fri 7:30 - 4pm. Washington Elementary School; 610 Peach St Medford OR 97501; Ph 541-842-3855; Hrs.: Mon-Fri 7:30 - 3:30pm.
					541-618-1380 Care Team (Birch Grove)	910 S Central Ave, Medford OR 97501 (Birch Grove Health Center)	
					541-690-3600 Care Team (Central Point)	4940 Hamrick Rd, Central Point OR 97502 (Central Point Health Center)	
					541-512-3113 Care Team (Phoenix)	1113 Progress Dr, Medford OR 97504 (East Medford Dental Clinic)	
					541-494-3820 Care Team (Wellness)	3617 S Pacific Hwy, Medford OR 97501 (Phoenix Health Center)	
					541-618-1328 Care Team (West Medford)	730 Biddle Rd, Medford OR 97504 (Wellness Center)	
					541-494-3860 (Community Pharmacy)	1307 W Main St, Medford OR 97501 (West Medford Health Center)	
					541-690-3500 Care Team (Women's Health)	616 Market St, Medford OR 97504 (La Clinica Community Pharmacy)	
					541-494-4855 Care Team (OHRA)	221 W Stewart Ave Suite 101, Medford OR 97501 (Women's Health Center)	
					541-494-4875 Care Team (SOU)	2350 Ashland St, Ashland OR 97520 (La Clinica at the OHRA Center)	
					541-507-8550 (Rogue River)	560 Indiana St, Ashland OR 97520 (Steudent Health and Wellness Center at SOU)	
					541-535-6239 After Hours Nurse	225 Oak St, Rogue River OR 97537 (Rogue River Health Center)	
					541-512-3900 Dental	931 Chevy Way, Medford OR 97504 (Center for Learning and Innovation)	
					541-618-1300 Appointments		
La Leche League	support	Josephine	Grants Pass	https://lloreregon.org/find-support/	541-472-0335	Contact phone # for info	meetings 2nd Wednesday of each month. Breastfeeding support
Library	education, community projects, literacy	Jackson	Medford	http://jcls.org/medford	541-774-8690	205 South Central Ave, Medford OR 97501	Medford Branch Library
Life Art	teens	Jackson	Medford	http://medfordlifeart.wixsite.com/lifeart	541-500-1273	312 Middleford Alley, Medford OR 97501	art-based intervention for youth and at-risk youth
Lifeline Ministry (River Valley Community Church)	food, clothing, education assistance, employment, homeless, transportation assistance, shelter	Josephine	Grants Pass	http://www.needhelppayingbills.com/html/river_valley_community_church.html	541-476-7761	405 NE 6th St, Grants Pass OR 97526	Short term emergency shelter, employment/education assistance, free or low cost food, Gasoline Vouchers or bus tickets, clothing, car maintenance
Listo	education, literacy, SPANISH	Jackson	Central Point	http://www.socfc.org/programs/listo/	541-531-6915	1001 Beal Ln, Central Point 97501	ESL education and resources
Literacy Council	education, literacy	Jackson	Medford	http://literacyjc.org/	541-531-0166	2600 S Pacific Hwy Medford 97501	education and literact services

Lord's Storehouse	food	Josephine	Grants Pass	http://www.redwoodchristian.org/#/ministries/the-lords-storehouse	541-474-0778	4995 Redwood Ave Grants Pass OR 97526	Wednesday 6pm - 8pm
Love and Logic	education, parenting	Josephine	Grants Pass	https://lloregon.org/find-support/	541-474-0001	1000 Redwood Ave, Grants Pass 97527	Parenting classes
Low-Income Home Energy Assistance Program	Assistance	All	All	https://www.oregon.gov/ohcs/energy-weatherization/pages/index.aspx	503-986-2020	725 Summer Street NE Suite B, Salem OR 97301	Provided resources for home energy weatherization, Utility payment assistance, A list provider services, and a database of partner resources for the State of Oregon
Magdalene Home	homeless, housing, parenting, pregnancy, teens	Jackson	Medford	http://www.magdalenehome.org/	541-773-5040	12 Black Oak Dr, Medford OR 97504	Mission: To give homeless teen girls who are pregnant or parenting a safe and supervised place to live.
Maslow Project	children, homeless, resources, teens	Jackson	Medford	www.maslowproject.com	541-608-6868	500 Monroe St, Medford OR 97501	Age 21 or younger OR a parent of school-age kids or younger, current, recently, or about to be homeless or in an unsafe/dangerous situation
Maslow Project	children, homeless, resources, teens	Josephine	Grants Pass	www.maslowproject.com	541-841-1974	223 SE M St, Grants Pass OR 97526 (Appointment Only)	Age 21 or younger OR a parent of school-age kids or younger, current, recently, or about to be homeless or in an unsafe/dangerous situation
Max's Mission	addictions	Jackson	Jacksonville	www.maxsmmission.org	458-225-9760	P.O. Box 1145, Jacksonville OR 97530	Saves lives through opioid outreach and Naloxone education and distribution.
Medford Drop (also see YouthMove)	support, teens	Jackson	Medford	http://www.youthmoveoregon.org/jackson-county/	541-414-7251 Hayley Jo Burns	123 S Front St, Medford OR 97501 - hayleyjo@youthmoveoregon.com	Youth Peer support - ages 14 to 25
Medford Gospel Mission (Mens)	clothing, food, shelter	Jackson	Medford	http://medfordgospelmission.org/	541-779-1597	125 W Jackson St, Medford OR 97501	Meals every night from 5:00pm – 6:30pm, free clothing store, and a shelter for men.
Medford Gospel Mission (Women)	clothing, food, shelter	Jackson	Medford	http://medfordgospelmission.org/	541-772-2931	534 N Bartlett Rd, Medford OR 97501	Women and Children's shelter. Meals are served nightly from 5-6:30 in the men's shelter.
Medford Senior Center	seniors	Jackson	Medford	http://medfordseniorcenter.org/	541-772-2273	510 E Main St, Medford OR 97504	M-F 8 - 3 Food, activities, hearing checks, blood pressure checks
Medford Women's Clinic	Health	Jackson	Medford	http://medfordwomensclinic.com/	541-864-8900	3170 State St, Medford OR 97504	Gynecology, OB, and fertility.
Merlin Community Center	seniors	Josephine	Merlin	None	541-474-5135	109 Acorn St., Merlin	Tuesday, Thursday dining site
MHREN Mental Health Resource Education Network	family counseling, mental health	Jackson/ Josephine	Multiple	http://www.mhren.org/	mhrenboard@gmail.com	None	List of current mental health providers in Southern Oreon. Resource for mental health providers for continuing education.
Migrant Ed.	education, Spanish	Jackson/ Josephine	Phoenix	https://lloregon.org/find-support/	541-776-8590	101 N Grape St, Medford OR 97501	After school programs, Summer School, Preschool, etc
Narcotics Anonymous	addictions, counseling	Jackson/ Josephine	Multiple	http://www.rogueredwoodna.com/	541-299-5202	P.O. Box 521, Grants Pass OR 97528	substance abuse recovery support 24 helpline for Grants Pass, Merlin, Cave Junction, and the South Coast

Next Level Plan (NLP), Rogue Community College (RCC)	education	Jackson/ Josephine	Grants Pass	www.roguecc.edu/bdc/nlp	541-956-7494	214 SW 4th St, Grants Pass, OR 97526	Provides expert resources to companies and entrepreneurs in an effort to help them succeed in growing their companies to the next level.
No Pet Left Behind	animals	Jackson/ Josephine	Medford	https://www.facebook.com/nopetleftbehindor/	541-778-6328	P.O. Box 974, Medford OR 97504	veterinarian cost assistance, and food assistance
Northridge Center Adult Day Service	disability, fostercare, seniors	Jackson	Medford	http://www.northridgecenter.com	541-779-6943	2979 E Barnett Rd, Medford OR 97504	respite and adult daycare
OnTrack	addictions	Jackson/ Josephine	Medford	https://ontrackroguevalley.org/home-page/	541-772-1777 (Medford) 541-955-7499 (Grants Pass) 541-592-5350 (Cave Junction)	300 W Main St, Medford OR 97501 690 Rogue River Hwy, Grants Pass OR 97526 219 S Redwood Hwy, Cave Junction OR 97523	Call for office locations and schedule of services
Options for Southern Oregon (Mental Health)	Mental Health	Jackson/ Josephine	Multiple	https://www.optionsonline.org/	541-476-2373 (can use for all offices)	Locations in Grants Pass, Cave Junction, and Medford,	Provides services for adults, children, and families.
OR Prescript. Drug Program	health	Statewide	statewide	http://www.oregon.gov/oha/hpa/csi-opdp/pages/index.aspx	1-800-913-4146		State sponsored prescription discount card program.
Oregon Child Development Coalition	childcare, children, education, parenting	Jackson	Ashland	http://www.ocdc.net/	541-488-6919	265 N Main St #1, Ashland OR 97520	We work together to help young children and their families grow, learn, and succeed. Many of our services support migrant and seasonal farm workers and their young children.
Oregon Council on Dev. Disabilities.	advocacy, disability	Statewide	statewide	http://www.ocdd.org/	971-225-3659	2475 SE Ladd Ave #231, Portland OR 97214	Advocates for persons with developmental disabilities and their families.
Oregon Energy Fund Assistance		All	All	https://www.oregonenergyfund.org/covid-19-debt-relief-utility-bills-help/	971-386-2124	1020 SW Taylor St • Suite 620 • Portland, OR 97205	Portland General Electric, Pacific Power, NW Natural, Avista, Cascade Natural Gas, and Idaho Power have all announced debt relief plans for Oregon customers affected by COVID-19, including matching funds for payments, one-time grants, and extended payment plans. These programs may also be matched with energy assistance. Programs vary by utility and are only available for a limited time. If you're behind on your bills, find your utility below for details about their COVID-19 relief program. Contact your utility provider today!

Oregon Health Authority	Health	Statewide	statewide	http://www.oregon.gov/oha/paages/index.aspx	503-947-2340 (info line)	500 Sumer St NE E-20, Salem OR 97301	Behavioral Health, Coordinated Care Organizations, Public Health, Environmental Health, Crisis Lines, Medicaid (Oregon Health Plan), Medical Marijuana Program, Oregon State Hospital, WIC program, Vital Records
Oregon Health Plan	Health	Statewide	statewide	http://www.oregon.gov/oha/HSD/OHP/Pages/index.aspx	1-800-273-0557 (Members) 800-699-9075 (Applicants)	P.O. Box 14015, Salem OR 97309	
Oregon Helps	resources	Statewide	statewide	https://www.211info.org/	211 OR 1-866-698-6155		Program prescreener, estimates potential eligibility for 33 programs and assistance.
Oregon Law Center	Legal Aid	Josephine	Grants Pass	http://oregonlawcenter.org/	541-476-1058	873 NE 7th St Suite A, Grants Pass OR 97526	
Oregon Medical Marijuana Program	Health, healthcare	Statewide	statewide	http://www.oregon.gov/oha/PH/DISEASES/CONDITIONS/CHRONIC DISEASE/MEDICAL MARIJUANA PROGRAM/Pages/index.aspx	971-673-1234		
Oregon Relay	Tele Services	Statewide	statewide	https://hamiltonrelay.com/oregon/	1-800-735-1232 844-855-6722 (Customer Care)	1006 12th St, Aurora NE 68818	Providing clear communication and simple phone connections between people who are deaf, deaf-blind, hard-of-hearing, speech-disabled, or hearing
Oregon Tobacco Quit Line	addictions	Statewide	Multiple	https://www.oregon.gov/oha/ph/preventionWellness/TobaccoPrevention/GetHelpQuitting/Pages/oregonquitline.aspx	1-800-784-8669		Talk or chat online with an expert Quit Coach, develop a plan, may receive 2 weeks of nicotine patches and/or gum if eligible.
Oregon Trail Card (EBT)	Food	Statewide	statewide	http://www.ebtEDGE.com	To check balance or report lost or stolen cards 1-888-997-4447 / Replacement # 1-855-328-6715		
OSU Jo Co Extension	food	Jackson/ Josephine	Grants Pass	http://extension.oregonstate.edu/josephine/	541-737-0808	215 Ringuette St, Grants Pass OR 97527	Classes, gardening, agricultural, food and nutrition information.
Overeaters Anonymous	addictions, counseling	Statewide	statewide	https://oa.org/	505-891-2664		Online directory of local meetings as well as telephone and other meeting options
Parks & Rec-Central Point	recreation	Jackson	Central Point	https://www.centralpointoregon.gov/282/Parks-Recreation-Commission	541-423-1012		recreation, community gardens
Parks & Rec-Ashland	recreation	Jackson	Ashland	https://www.ashland.or.us/SectionIndex.asp?SectionID=426	541-488-5340	1195 E Main St, Ashland OR 97520	
Parks & Rec-Cave Junction	recreation	Josephine	Cave Junction	http://www.cavejunctionoregon.us/content/jubilee-park	541-592-2156	P.O. Box 1396 222 W Lister St, Cave Junction OR 97523	Operates Jubilee Park
Parks & Rec-Grants Pass	recreation	Josephine	Grants Pass	https://www.grantspassoregon.gov/286/Parks-Recreation-and-Urban-Forestry	541-471-6435	101 NW A St, Grants Pass OR 97526	Hours M-F 8:30-5PM

Parks & Rec-Medford	recreation	Jackson	Medford	https://www.medfordoregon.gov/Government/Departments/Parks-Recreation-and-Facilities	541-774-2400	901 Rossanley Dr, Medford OR 97501	recreation, parks
Pathway Enterprises, Inc.	disability	Jackson	Medford	http://www.pathway-inc.org	541-973-2728	1600 Sky Park Dr Suite 101, Medford OR 97504	providing support services to disabled
Phoenix Counseling Center	addictions	Jackson	Phoenix	https://www.phoenixcounseling.org/	541-535-4133	149 S Main St, Phoenix OR 97535	Outpatient only
Planned Parenthood - Medford	healthcare, pregnancy	Jackson	Medford	www.ppsworegon.org	541-334-9411	125 S Central Ave, Medford OR 97501	medical services, testing, and birth control
Pregnancy Care Center	healthcare, pregnancy	Josephine	Grants Pass	https://www.gppregnancy.com/	541-479-6264	714 SE 8th St, Grants Pass OR 97526	support and medical care surrounding pregnancy
Pregnancy Care Center	healthcare, pregnancy	Jackson	Medford	http://thepregnancycenter.us/	541-772-1921	2019 Aero Way #103, Medford OR 97504	support and medical care surrounding pregnancy
Preschool Promise	Education	Jackson/ Josephine	Multiple	https://www.socfc.org/?s=preschool+promise	541-295-3086	830 NE 9th St, Grants Pass OR 97526	Locations are at Lorna Byrne Middle School in Cave junction and Grants Pass High School in Grants Pass. Must be 3 or 4 by 9/1 and income limits apply
Project Baby Check	Health	Jackson/ Josephine	Multiple	https://siskiyouhealthcenter.com/dept/early-childhood-support-program/	541-472-4777 (Grants Pass) 541-592-3916 (Cave Junction) 541-500-8407 (Medford)	1701 NW Hawthorne Ave, Grants Pass OR 97526 25647 Redwood Hwy, Cave Junction OR 97523 1380 Biddle Rd Suite D, Medford OR 97504	Early Child programs that help educate parents and provide social interaction
Project Independence	seniors	Statewide	statewide	https://www.oregon.gov/odhs/providers-partners/community-services-supports/Pages/opi.aspx	855-673-2372	*local DHS/APD/AAA office	For seniors who need assistance to stay in their homes. Persons younger than 60 who have Alzheimer's or dementia may qualify.
Reaching Our Community ROC	food	Josephine	Grants Pass	http://rochome.org/	541-476-3344	564 SW Foundry St, Grants Pass OR 97526	Food pantry and clothing open Thursdays 1-5 Saturdays 9-noon.
Ready Ride	transportation	Jackson/ Josephine	Multiple	http://www.readyrideservice.com	1-800-479-7920 541-479-7920	114 Assembly Circle Suite A, Grants Pass OR 97526	For AllCare CCO members only. Provides transportation and mileage reimbursement for medical related trips
Ready Set GO	disaster preparedness	Jackson/ Josephine	statewide	https://www.grantspassoregon.gov/924/Disaster-Preparedness---Ready-Get-Set-Go	541-474-5498	None	Emergency evacuation information and disaster preparedness information.
Redemption Ridge	advocacy, counseling, housing, support, women, young girls	Jackson	Medford	http://redemptionridge.org/	888-256-7921	503 Airport Rd Suite 103, Medford OR 97504	Grace House is a long term state licensed residential care facility for young female survivors of Sex trafficking, ages: 11-17;
Redwood Christian Church Pantry	Food	Josephine	Grants Pass	http://www.redwoodchristian.org/#/ministries/the-lords-storehouse	541-474-0778	4995 Redwood Ave, Grants Pass OR 97527	Wednesdays: 630pm-8pm Emergency Food Box

Resource and Support Team - RAST; a program of DHS's Self Sufficiency Program	support	Jackson/ Josephine	Multiple	http://www.oregon.gov/DHS/ASSISTANCE/CASH/Pages/Jobs-Program.aspx	541-776-6172 (Medford self) 541-776-6222 (Medford Senior) 541-776-6210 (Medford Disability) 541-776-6160 (Rogue) 541-482-2041 (Asland Self)	673 Market St, Medford OR 97504 (Medford Self-Sufficiency) 2860 Sate St, Medford OR 97504 (Medford Senior Services Office) 28 W 6th St Suite D, Medford OR 97501 (Medford Disability Services Office) 3131 Avenue C, White City OR 97503 (Rogue Family Center, White City) 1658 Ashland St, Ashland OR 97520 (Ashland Self-Sufficiency)	RAST provides support for individuals and their support system (family, friends, family coach) as a family member transitions from the TANF program into a new job.
Right At Home In Home Care & Assistance	seniors	Jackson/ Josephine	Medford	www.rahsouthernoregon.net	541-414-0800	749 Golf View Dr Suite B, Medford OR 97504	In home care, skilled nursing services, special home care situations
Ringuette Dining Center	food	Josephine	Grants Pass	none	541-955-8839	215 Ringuette St, Grants Pass OR 97527	Through Food & Friends program
Rogue Community College (RCC) Truck Driver Training	Education	Jackson/ Josephine	Multiple	www.roguecc.edu/truck	541-956-7303		Truck driving school/training. 190 hours of instruction.
Rogue Community Health	Health	Jackson	Medford	http://www.roguecommunityhealth.org/	541-773-3863	19 Myrtle St, Medford OR 97504	
Rogue Retreat	homeless, housing	Jackson	Medford	www.rogueretreat.org	541-499-0880	711 E Main St #25, Medford OR 97504	Housing for homeless; low-income, affordable rental housing; women's recovery house.
Rogue River Community Center	addictions, food, recreation	Jackson	Rogue River	http://www.roguerivercc.org/	541-582-0609	132 Broadway St, Rogue River OR 97537	Lots of services, recreation, services and thrift store They provide an array of services for seniors, disabled persons, and the community that includes; meals (call for locations), home and community based care, aging and disability resources and services, and transportation planning.
Rogue Valley Council of Governments	disability, food, seniors	Jackson/ Josephine	Central Point	http://rvcog.org/	541-664-6674	155 N 1st St, Central Point OR 97502	Visitation: Th 6:30 - 7:45pm Sat/Sun 9 - 10:20 am, 10:40 am - 12 pm, 1-2:20 pm, 2:40-3:45 pm
Rogue Valley Youth Correctional Facility (OYA)	Government	Josephine	Grants Pass	http://www.oregon.gov/oia/pages/facilities/rogue.aspx	541-471-2862	2001 NE F St, Grants Pass OR 97526	
Rogue Valley Youth for Christ	support, teens	Jackson	Medford	https://www.71five.org/	541-779-3275	691 Murphy Rd, Medford OR 97504	They provide adult mentors for youth.

RVTD Rogue Valley Connector	transportation	Jackson	Multiple	https://rvtd.org/accessible-transportation/valley-lift/	541-842-2080			Scheduling 541-842-2050 Monday-Friday 8am to 4pm Provides transportation services to the communities of Trail, Shady Cove, Eagle Point and White City with connections to RVTD's fixed route bus service in Medford. The primary purpose is to provide transportation options to older adults and people with disabilities. General public is allowed to ride the RV Connector on a space available basis. From home page, click on link for Way to Go. Promotes alternatives to driving alone, i.e. carpooling.
RVTD Way to Go	transportation	Jackson/ Josephine	Multiple	https://rvtd.org/way-to-go/	541-842-2080			
S.O. Rehabilitation Center & Clinics (SORCC)	Veterans	Jackson	White City	https://www.southernoregon.va.gov/	541-826-2111 800-809-8725	8495 Crater Lake Hwy, White City OR 97503		Health, Benefits, burials and memorials, other veterans resources.
Safe Families for Children, a program of Edgewater Christian Fellowship	children, homeless, teens	Josephine	Grants Pass	http://edgewaterfellowship.org/safe-families/	541-474-7172	101 Assembly Circle, Grants Pass OR 97526		Hosting children of families in crisis, mentoring, support
ScreenWise	health	Jackson/ Josephine	Multiple	http://www.oregon.gov/oha/PH/HealthyPeopleFamilies/Women/HealthScreening/Pages/Index.aspx	1-877-255-7070	Salem		Breast and Cervical cancer screening, cardiovascular and genetics services for uninsured and underinsured patients.
Selma Community and Education Center	education, support	Josephine	Selma	https://www.facebook.com/selma.center/	541-415-1000	18255 Redwood Hwy, Selma OR 97538		Social Events, Classes
Siskiyou Community Health Center - CJ	Medical	Josephine	Cave Junction	http://siskiyouhealthcenter.com/	541-592-4111	25647 Redwood Hwy, Cave Junction OR 97523		Medical Clinic, Dental Clinic, Pharmacy, Healthy Families programs. There are 3 school based clinics in the Illinois Valley.
Siskiyou Community Health Center - GP	children, dental, medical, mental health, pregnancy, support	Josephine	Grants Pass	http://siskiyouhealthcenter.com/	541-472-4777	1701 NW Hawthorne Ave, Grants Pass, OR 97526		Medical Clinic, Walk in Clinic, Pharmacy, OHP application assistance, and Mental health. Healthy Families programs provide services for pregnant women, infants and toddlers that includes; home visitations, monthly play groups, parenting classes, books and educational materials, nutrition and fitness classes, transportation services and much more.

Siskiyou Community Health Center - Medford	children, dental, medical, mental health, pregnancy, support	Jackson	Medford	http://siskiyouhealthcenter.com/	541-500-8407	1380 Biddle Rd, Ste D, Medford, OR 97504	Healthy Families programs provide services for pregnant women, infants and toddlers that includes; home visitations, monthly play groups, parenting classes, books and educational materials, nutrition and fitness classes, transportation services and much more.
Siskiyou Pediatrics	children, health care, medical financial assistance, Government, seniors,	Josephine	Grants Pass	http://www.siskiyoupediatricclinic.com/	541-955-5683 (LOVE)	700 SW Ramsey Ave Suite 204, Grants Pass OR 97527	Medical care for children
Social Security		Jackson/ Josephine	Medford	https://www.ssa.gov/	1-800-772-1213 (National)	3501 Excel Dr Suite 101, Medford OR 97504	Help with obtaining social security information and resources
Southern Oregon Goodwill	employment, education, parenting, Veterans	Jackson/ Josephine	Multiple	https://www.sogoodwill.org/	541-482-1363 (Ashland) 541-665-0025 (Central Point) 541-479-6000 (Grants Pass) 541-608-2805 (Medford As-Is) 541-772-4753 (Medford) 541-608-2805 (Medford Donation) 541-826-4900 (White City)	777 E Jefferson Ave, Ashland OR 97520 (Ashland) 1249 Plaza Blvd, Central Point OR 97502 (Central Point) 346 Northeast Beacon Dr, Grants Pass OR 97526 (Grants Pass) 2077 Lars Way, Medford OR 97501 (Medford As-Is Outlet) 1241 S Riverside Ave, Medford OR 97501 (Medford) 955 N Phoenix Rd, Medford OR 97504 (Medford Donation Center) 8080 Oregon 62, White City OR 97503 (White City)	Employment services, Career Fairs, Financial Literacy, Family Stabilization, Parenting Classes, GED Prep, Veteran Services.
Southern Oregon Lions Sight and Hearing Center	health care, medical	Jackson/ Josephine	Medford	http://www.olshf.org/	541-779-3653	228 N Holly St, Medford OR 97501	They provide sight and hearing screenings for children and adults. Income is a factor
St. Mark's Episcopal Church	food	Jackson	Medford	https://www.stmarks-medford.org/	541-773-3111	140 N Oakdale, medford OR 97504	Food Pantry Thursdays 1-2:30 pm, Parish Hall M-F 10-2 email questions to vincent@mind.net Dining room, pantry, homeless family shelter, urban rest stop, dental/medical screenings, haircuts.
St. Vincent De Paul - Medford	clothing,dental, food, haircuts, medical, shelter	Jackson	Medford	http://www.stvincentdepaulmedford.info/contact-us.html	541-772-3828	2424 N Pacific Hwy, Medford OR 97501	
State of Oregon Dept. of Motor Vehicles - Ashland	transportation	Jackson	Ashland	http://www.oregon.gov/ODOT/DMV/Pages/Offices/Ashland.aspx	541-776-6092	600 Tolman Creek Rd, Ashland OR 97520	
State of Oregon Dept. of Motor Vehicles - Grants Pass	transportation	Josephine	Grants Pass	http://www.oregon.gov/ODOT/DMV/Pages/Offices/GrantsPass.aspx	541-474-3179	162 NE Beacon Dr Suite 127, Grants Pass OR 97526	
State of Oregon Dept. of Motor Vehicles - Medford	transportation	Jackson/ Josephine	Medford	http://www.oregon.gov/ODOT/DMV/pages/offices/medford.aspx	541-776-6025	987 Medford Center Dr, Medford OR 97504	

State of Oregon DHS - Child Welfare Grants Pass	abuse, foster care, parenting, resources	Josephine	Grants Pass	http://www.oregon.gov/DHS/children/Pages/index.aspx	541-474-3120	2101 NW Hawthorne Ave, Suite C, Grants Pass, OR 97526	Foster care, Child abuse services, report child abuse or neglect
State of Oregon DHS - Child Welfare Medford	abuse, foster care, parenting, resources	Jackson	Medford	http://www.oregon.gov/DHS/children/Pages/index.aspx	541-776-6120	909 Royal Ct, Medford OR 97504	Foster care, Child abuse services, report child abuse or neglect
State of Oregon DHS - Disability Services Office	disability, financial assistance, food, resources	Jackson	Medford	http://www.oregon.gov/DHS/seniors-disabilities/Pages/index.aspx	541-776-6210	28 W 6th St Suite D, Medford OR 97501	Medicaid programs, food and nutrition services, report abuse and neglect
State of Oregon DHS - Fraud, Abuse, Waste	Assistance	Statewide	statewide	http://www.oregon.gov/DHS/ABUSE/Pages/fraud-reporting.aspx	503-945-5608	For Client Fraud Investigations Unit PO Box 14150, Salem, OR 97309 For Provider Fraud DHS Provider Audit Unit 3406 Cherry Ave NE, 2nd Floor, Salem, OR 97303	
State of Oregon DHS - Overpayment Recovery	Assistance	Statewide	statewide	http://www.oregon.gov/DHS/BUSINESS-SERVICES/OPAR/Pages/faq-oru.aspx	503-373-7772 272-0548	800- P.O. Box 14150, Salem OR 97309	
State of Oregon DHS - Self Sufficiency Programs Ashland Office	financial assistance, food, resources	Jackson	Ashland	http://www.oregon.gov/DHS/assistance/Pages/index.aspx	541-482-2041	1658 Ashland St, Ashland OR 97520	TANF, SNAP, ERDC, TA-DVS
State of Oregon DHS - Self Sufficiency Programs Cave Junction Office	financial assistance, food, resources	Josephine	Cave Junction	http://www.oregon.gov/DHS/assistance/Pages/index.aspx	541-592-4149	535 E River St, Cave Junction OR 97523	TANF, SNAP, ERDC, TA-DVS
State of Oregon DHS - Self Sufficiency Programs Grants Pass Office	financial assistance, food, resources	Josephine	Grants Pass	http://www.oregon.gov/DHS/assistance/Pages/index.aspx	541-474-3101	2101 NW Hawthorne Ave Suite B, Grants Pass OR 97526	TANF, SNAP, ERDC, TA-DVS
State of Oregon DHS - Self Sufficiency Programs Medford Office	financial assistance, food, resources	Jackson	Medford	http://www.oregon.gov/DHS/assistance/Pages/index.aspx	541-776-6172	673 Market St, Medford OR 97504: Hours: 7:30am - 5:00pm	TANF, SNAP, ERDC, TA-DVS
State of Oregon DHS - Self Sufficiency Programs White City Office	financial assistance, food, resources	Jackson	White City	http://www.oregon.gov/DHS/assistance/Pages/index.aspx	541-776-6160	Rogue Family Center 3131 Avenue C, White City OR 97503	TANF, SNAP, ERDC, TA-DVS
State of Oregon DHS - Seniors Services Office	abuse, financial assistance, food, resources, seniors	Jackson	Medford	http://www.oregon.gov/DHS/seniors-disabilities/Pages/index.aspx	541-776-6222; TTY 541-732-1801; 866-405- 6042	2860 State St, Medford OR 97504	Medicaid programs, food and nutrition services, report abuse and neglect

State of Oregon Employment Department	Unemployment	Jackson/ Josephine	Multiple	http://www.oregon.gov/EMPLOY/Unemployment/Pages/default.aspx#	Help Center 1-877-345-3484 / New Claim 1-888-809-9238 / Weekly Claim 1-800-982-8920 / TTY 1-800-735-2900	119 N Oakdale Ave, Medford, OR 97501 1569 NE F St, Grants Pass, OR 97526	Partners w/ Worksource for Job Seeker Services
Street Dogs	animals	Jackson	Ashland	https://astreetanimalclinic.com/mos-corner/street-dogs/	541-488-1661	565 A St #100, Ashland OR 97520	free vaccines, subsidized spay/neuter
Swindells Resource Center	children, disability, education, support	Jackson/ Josephine	Medford	www.ProvidenceOregon.org/Swindells	541-215-2429	840 Royal Ave Suite 110, Medford OR 97504	support for families of children with special health needs
Teresa McCormick Center	food, homeless, financial classes, parenting classes, transportation	Jackson	Medford	https://www.facebook.com/pg/TeresaMcCormickCenter/about/?ref=page_internal	541-864-5098	2600 S Pacific Hwy, Medford OR 97501	Our focus is on education, assistance, and connecting people to resources in the Rogue Valley. We have a supplemental food pantry, used clothing, and a computer lab and classroom
The Landing	child care, resources, support	Jackson	Butte Falls	https://www.facebook.com/pages/The-Landing-in-Butte-Falls/1497092290585233	541-826-7700	801 Laurel Ave, Butte Falls OR 97522	They provide resources to the Butte Falls community.
U. S. Department of Transportation National Highway Traffic Safety	Safety Seats	Statewide	statewide	https://www.nhtsa.gov/road-safety/child-safety	888-327-4236	1200 New Jersey Ave SE West Building, Washington DC 20590	Child seat safety, installation and giveaways
Upper Rogue Community Center	food, resources	Jackson	Shady Cove	https://www.facebook.com/Upper-Rogue-Community-Center-120065371343372/	541-878-2702	22465 Highway 62, Shady Cove OR 97539	Open Mondays, Wednesdays, Thursdays, and Fridays from 9-2pm. Community Lunch Wednesdays at Noon. Food Pantry the 1st and 3rd Thursdays of the month
U-Turn for Christ	addictions, food	Jackson/ Josephine	Grants Pass	http://www.uturnforchristoregon.org	541-295-5161	320 Lind Rd, Grants Pass OR 97527	They offer residential addiction treatment for men. They also operate a food share program Call for details.
Vet Center Program	counseling	Josephine	Grants Pass	https://www.va.gov/directory/guide/facility.asp?id=598	877-927-8387 / 541-479-6912	135 NE Steiger St, Grants Pass OR 97526	M - 8-4:30; Tu-Th 8a-8p; F - Sat 8-4:30; Closed Sunday 24 hours a day, 7 days a week Connects veterans in crisis and their families and friends with qualified, caring Department of Veterans Affairs responders through a confidential toll-free hotline, online chat, or text. Confidential chat: www.veteranscrisisline.net Confidential text to 838255
Veterans' Crisis Line	crisis, mental health, Veterans	Jackson/ Josephine	Statewide	www.veteranscrisisline.net	988 then press 1 TTY: 800-799-4889		
Veterans Health Information Exchange, VLERHealth	health, medical, mental health, Veterans	Jackson/ Josephine	statewide	www.va.gov/VLER/	541-826-2111 x-3099	Visit your local VA Medical Center's Release of Information Office and complete VA Form 10-0485	Gives veterans' community care providers secure access to certain parts of the veteran's VA electronic health record.

Veterans' Justice Outreach Program - VJO	counseling, mental health, outreach, Veterans	Jackson/ Josephine	White City	https://www.va.gov/homeless/vjo.asp	541-826-2111 x-3305 800-809-8725	Southern Oregon - White City VA Rehabilitation Center & Clinics (SORCC) 8495 Crater Lake Hwy, White City OR 97503	The aim of the VJO program is to avoid the unnecessary criminalization of mental illness and extended incarceration among Veterans by ensuring that eligible, justice-involved Veterans have timely access to Veterans Health Administration (VHA) services, as clinically indicated. VJO specialists provide direct outreach, assessment and case management for justice-involved Veterans in local courts and jails and liaison with local justice system partners. No legal assistance provide. To access offender custody information: release, transfer, escape, or death. Download the VINEMobile app. TTY users can call 1-866-847-1298.
VINE Victim Information Notification Everyday	victim services	Jackson/ Josephine	multiple	www.vinelink.com	1-877-674-8463		
Vocational Rehabilitation	disability, employment	Jackson/ Josephine	Multiple	http://www.oregon.gov/dhs/employment/VR/Pages/index.aspx	541-776-6035	Medford - 28 W. 6th St., Suite A , Medford, OR 97501-2774 White City - 3131 Ave C White City, OR 97503-1443 Grants Pass - 725 NE 7th St. Suite C Grants Pass, OR 97526-1632	They assist individuals with disabilities to get and keep a job that matches their skills, interests and abilities.
Westminster Presbyterian Church	food, fire wood,	Jackson	Medford	http://wpcmedford.com/	541-773-8274	2000 Oakwood Dr, Medford OR 97504	Food Pantry Tuesday morning from 9:00-noon,
WIC Assistance	children, food, health, resources	Josephine	Grants Pass	http://www.wicprograms.org/li/josephine_county_wic_clinic_97526	541-474-5325	715 NW Dimmick, Grants Pass OR 97526	Call for appointment
WIC Assistance	children, food, health, resources	Jackson	Medford	https://jacksoncountyor.gov/departments/health_human_services/programs_and_services/public_health/wic/index.php	541-774-8203	140 S Holly St, Medford OR 97501	Office Hours: 7:45am - 6:00pm (M-F); Closed from 8:00am - 9:00am on the fourth Wednesday of every month
Williams Church SDA	clothing, furniture, resources, education,	Josephine	Williams	http://williamsor.adventistchurch.org/	541-846-6785	285 E Fork Rd, Williams OR 97544	They offer a free store filled with clothes, housewares, and furniture. Education and internet access
Wolf Creek Library	community projects, food	Josephine	Wolf Creek	https://josephinelibrary.org/branches/wolf-creek/	541-866-2606	102 Ruth Ave, Wolf Creek OR 97497	Tue/Wed/Sat 1-4:30 pm. Food pantry on Wednesdays 2:30-4pm
Women's Health Center of Southern Oregon	health care, Medical	Josephine	Grants Pass	http://womenshealthso.com/	541-479-8363 (Grants Pass) 541-479-8363 (Ashland)	1075 SW Grandview Ave Suite 200, Grants Pass OR 97527 595 N Main St #1, Ashland OR 97520	health care for women

Worksource Oregon	employment services	Jackson/ Josephine	Grants Pass	www.employment.oregon.gov	541-776-6060 541-476-1187	119 N Oakdale Ave, Medford, OR 97501 1569 NE F St, Grants Pass, OR 97526	Provides job search and resource assistance with special programs serving veterans with service connected disabilities and/or barriers to employment, teens, SNAP recipients, TANF recipients, and those working with the Oregon Employment Department. Monday - Friday, 8:00 am - 5:00 pm
YMCA- Rogue Valley	Children, recreation, seniors, teens	Jackson	Medford	http://rvymca.org/	541-772-6295	522 W. 6th St Medford OR 97501; Hours: 4:30am - 10:00pm (M-F); 8:00am - 8:00pm (Saturday); CLOSED (Sunday)	recreation and classes for people of all ages.
Youth Move (also see Medford Drop)	teens/youth	Jackson	Medford	http://www.youthmoveoregon.org/	541-414-7251	123 S Front St, Medford OR 97501	Youth Peer support - ages 14 to 25
Law Offices of Hamilton & Naumes, LLC	Legal, Lawyer, General Counsel	Jackson	Medford	https://hamiltonandnaumes.com/	541-494-0913	220 Laurel St, Medford OR 97501	Serving the Medford and Grants Pass areas of Jackson and Josephine Counties, John Hamilton and Tracey Naumes represent a wide variety of clients and their family and business concerns.

County (many provide telehealth services statewide)	Care	Provider Name	Pronouns	Credentials	Specializations/Approach	BIPOC?	In Network w/ CareOregon?	More Information	Contact Information	Notes
Benton	Behavioral Health	See resource: "Gender Health and Community Network Resource Guide"					No	GHCN Resource Guide.docx - Google Docs		contact available through email at agnelli@clackamas.us - "I can help them get an intake packet and get scheduled with me. I work in an outpatient clinic on the Child/Family team, working with teens/young adults and their families (as requested by the client). I write letters for surgery and support clients through coming out, transitioning, etc, whatever that looks like for the client."
Clackamas	Behavioral Health	Anya Glenn	she/her	LPC, CADC II	adolescent/young adult, family therapy, gender affirming care, trauma, depression/anxiety	No, white	Yes	Behavioral Health Division (503) 722-6588		
Clackamas	Behavioral Health	Sahar (Stella) Jones	unknown	LMFT Intern	Relationship Issues, Trauma and PTSD, Addiction	Unknown, white passing		Psychology Today	(503) 300-5274	
Clackamas	Behavioral Health	Rhys Pasimio	unknown	LPC, CADC II, CSAT	LGBTQ+ , co-morbid addictions, sex and porn addiction, faith and spirituality, individual and group therapy, Couples Therapy, anxiety/ Depression, Families & Chosen Families, Adolescents/ Youth/ Young Adult, Gender Expression, BiPOC Experience, AAPI Experience, Immigration Experiences, Relational Dynamics (Couples/Siblings/ Parent & Child Relationships/Foster Families/Adoption/Etc.), Racial Trauma, Intersectional Identities, Eating Disorders (folks who are in active recovery only), Body Image/ Body Liberation, Women's Issues, Parenting Support, Intergenerational Wounds, COVID-19 Induced Stress, Academic Stress (Particularly First Generation College Students), LGBTQIA2S+ Experience	Unknown	Aetna, Cigna, Optum, PacificSource, Providence Health, Regence BCBS, and Tricare, MODA, sliding scale available	Website	(971) 803-3609	With New Pattern Counseling
Clackamas	Mental Health	Amanda Ayala	she/her	MFT Associate	heart of the work, with skill building in self compassion, boundary setting, and emotional regulation flowing from that	Yes, Latine	No, no insurance accepted. Sliding scale available	Website	503-208-4014	
Clackamas	Mental Health		unknown		Alcohol Use, Anxiety, Chronic Illness, Chronic Pain, Codependency, Coping Skills, Depression, Family Conflict, Life Coaching, Peer Relationships, Self Esteem, Spirituality, Stress, Transgender, Women's Issues	Unknown	Yes	Connected Space Counselor	(971) 404-4668	Two locations in Gresham. They also offer telehealth.
Jackson	Behavioral Health	Maria Samuel	she/her	LCSW		No, white	Yes - Jackson Care Connect	Website	(541) 625-1894	
Jackson	Behavioral Health	Danielle Mancuso	they/she	LPC Associate		No, white	Yes - JCC			
Jackson & Josephine	Mental Health	Tawnya Solits	she/her	LPC, NCC, QMHP	I work with Youth and Families as well as Transitional-Aged Youth. I oversee our Intensive Children's Services (e.g. Wraparound, ICTS and EASA/early psychosis program).	No, white	Yes - Jackson Care Connect. Also accept Ailicare, most private insurances, and Medicare	Options for Southern Oregon	(541) 476-2373	
Lane	Behavioral Health	Zem Chance	they/them	LMFT	Life Transitions, Relationship Issues, Transgender, Trauma, Anxiety, Depression, Internal Family Systems.	No, white	No - Sliding scale available			Providing telehealth only. Has physical office in Eugene. Non-binary therapist
Lincoln	Behavioral Health	See resource: "Gender Health and Community Network Resource Guide"					No	GHCN Resource Guide.docx - Google Docs		
Linn	Behavioral Health	See resource: "Gender Health and Community Network Resource Guide"					No	GHCN Resource Guide.docx - Google Docs		
Marion	Behavioral Health	Oyncha Dato	they/them	CADC I, CFC, NCC, LPC	Transgender	Unknown		Psychology Today	(971) 599-2786	They/them pronouns. Offers weekend sessions. Offers groups for non-binary/transgender Adults and LGBTQ+ teens (12-17)
Metro	Mental Health	Dmitri Dosamantes	he/him	LMFT	Transgender, LGBTQ+, Depression, Family Conflict	Unknown, white passing	Yes	Portland Therapy Center	(503) 545-2572	He has contracts with Health Share in the tri-county area to work with LGBTQIA+ communities. Business name is All Ways of Being
Metro	Behavioral Health	Megan Lester	she/her	Unknown	Experience working with trans youth. Recommended by a community member.	Unknown	Yes	Catholic Community Services	(503) 517-8663	
Multnomah	Medication Management	Mohamed Bah	unknown	PHNHP-BC	I am able to provide initial assessments, diagnosis, and medication management for mental health issues. I do not provide traditional psychotherapy, but I will incorporate brief psychotherapy into scheduled appointments. I specialize in depression, anxiety, schizophrenia, bipolar, trauma, and acute psychosis just to name a few.	Yes, Black	Yes	MOHAMED BAH, Psychiatrist (713) 748-8086		
Multnomah	Medication Management	Annie Hood	she/her	PHNHP-BC	mood issues, psychosis, anxiety, trauma, and medication-assisted treatment of substance use concerns	No, white	No, BCBS, PacificSource, Providence, Aetna, Regence, FirstChoice,	Annie Hood — Sunstone Ps	(503) 477-7878	
Multnomah	Medication Management	Sara Weber	she/her	PHNHP	diagnosis & treatment of adults with mood disorders, thought disorders, & ADHD	No, white	No, PacificSource, MODA	Sara Weber — Sunstone Ps	(503) 477-7878	
Multnomah	Medication Management	Maria Castello	she/her	PHNHP-BC	humanistic and cognitive therapeutic approaches, including unconditional positive regard and collaborative decision-making.	No, white	No, Aetna, BCBS, Moda, First Choice, PacificSource, Providence	Maria Castello — Sunstone	(503) 477-7878	
Multnomah	Medication Management	Asha Jetmalani	she/her	DO	Dr. Asha Jetmalani (She/Her) is a psychiatrist who works with adults, specializing in providing care to the LGBTQIA+ community. She is a psychiatric consultant to the OHSU Transgender Health Program and member of their multidisciplinary team. In this role, she provides consultations to primary care providers to offer diagnostic clarity and medication recommendations for their gender diverse patients in a safe, affirming environment. She also provides longer term care in her clinic, offering supportive therapy and medication management as tools for healing from mental illness. She aims to provide care through a lens of anti-oppression, understanding that our health and relationships are affected by the experience of social, systemic and historical marginalization. She helps her patients identify their strengths and areas of resilience, while addressing underlying biologic aspects of mental illness through the consideration of contributing medical conditions and utilization of psychopharmacology when needed.	Unknown	Yes	Asha Jetmalani D.O. Health care provider OHSU		
Multnomah	Behavioral Health & Medication Management	Pink Wellness			Pink Therapy can best help with depression, anxiety, developing coping skills, gender identity, coming out, Bipolar Disorder, Alcohol Use Disorder, Stimulant (Meth) Use Disorder, Buprenorphine (Suboxone) treatment for Opioid Use Disorder, and Tobacco Use Disorder.	Unknown	Yes	Services — Pink Wellness, LLC (embodypink.com)		
Multnomah	Mental Health	Amal Ortiz	she/her	CSWA	I'll draw from many modalities and theories including IFS (parts work), Somatic Experiencing, psychodynamic and psychoanalytic approaches as well as pulling from the Satir method, Relational Life Therapy, and liberation psychology, trauma, grief, gender identity, sexuality, identity, phase of life issues, psychedelic integration, multi-racial and multi-cultural relationships, individuals + couples + families	Unknown	Yes	Narrowing the Gap Therapy Contact — Narrowing the Gap		I am a queer and transgender woman, trauma therapist, clinical social worker, certified psilocybin facilitator, and psychedelic integration specialist.
Multnomah	Mental Health	Ernie Likins	he/they	MFT Associate	I'm a somatic relationship therapist/queero here to support y'all navigating love, letting go, and liberation in late-stage capitalism. My work centers individual and family therapy by and for the trans community. My clinical practice provides somatically rooted experiential healing (IFS/parts work) from a disability-justice perspective. Anti-racist, mindfulness informed, and neurodivergent affirming.	No, white	Private practice, cash only. Available to be seen under CareOregon under group practice at Dian's Well Counseling	Present Belings Therapy	Contact 3 — Present Belings Therapy	
Multnomah	Mental Health	Percy Hawkes	he/they	LMFT	My ideal clients are looking for group therapy, couples work, and multiple-person attachments or familial therapy. I do some individual therapy too. If you're looking for help, consider the nurturance and rich possibilities of group support and processing. In many ways it offers greater depth and relational learning. Other keywords which describe my practice include: warmth, multiple-identity intersectionality, International, LGBTQIA+, religious trauma, kink, sexuality and issues, identity, neurodiversity, and collective majorities. I'm trained in attachment work, EMDR (for trauma), IFS- parts work, EFT for couples, sex therapy, group work, sensate focus & surrogate partner therapy.	Yes, Latino	No	Percy Hawkes, Marriage & Family Therapy (503) 461-8651		Spanish as a first language. Seeing clients in-person and online. I have mostly group openings currently (feb 2025)
Multnomah	Mental Health	Kaden Winterkorn	unknown	LPC Associate	Non-binary, trans and non-binary, and transmasculine support groups available. Gender transition and gender questioning, Depression, Anxiety, Trauma integration, Personal growth, School and career navigation, Communication skills, Intersectional identity work, Building healthy relationships, Life transitions	unknown	Yes	Kaden Winterkorn M.Ed	(503) 662-8316	
Multnomah	Mental Health	Kala Stamiris	they/she	LPC	They employ a client-centered approach that blends mindfulness, humor, and boundary work, and draws on concepts from polyvagal theory, Internal Family Systems therapy, and Acceptance and Commitment Therapy. I work with adults with concerns within LGBTQIA+, Gender-affirming care and letters, identity development, and trauma. I am a relational counselor and often work in Narrative Therapy to build insight and work towards identifying and understanding pathways to change. I believe that our mental health is connected to community and the culture within which we exist.	No, white	No	Grounded Earth Counseling	(503) 832-5161	Kala is a queer, gender nonconforming, sober person who is originally from the Midwest and has working class roots.
Multnomah	Mental Health	Ken Steinbacher	he/they	LPC, NCC	I specialize in supporting LGBTQIA2S+ clients, clients healing from developmental & relational trauma, and supporting late-realized autistic clients. Autism assessments, letters of support	No, white	Yes	Ken Steinbacher Counseling	(503) 208-6424ken@kensteincounseling.com	I offer in-person and telehealth service. I offer one-off gender-affirming care assessment and letters.
Multnomah	Mental Health	Jupiter Townley	they/them	MS, NCC, LPC	RO DBT is a new evidence-based treatment for patients with emotional over-control. 'Self-control' is usually seen as a good thing, however too much self-control can cause difficulties. Excessive self-control is associated with social isolation and poor interpersonal relations and it contributes to conditions like anorexia nervosa, obsessive-compulsive personality disorder, chronic depression and autistic spectrum disorders. RO DBT has been shown to be an effective treatment for: Chronic Depression, Treatment Resistant Anxiety Disorders, Anorexia Nervosa, Exercise Addiction, Obsessive Compulsive Personality Disorder and OCD, Avoidant, Paranoid and Dependent Personality Disorders, Autistic Spectrum Disorders	Unknown	Yes	About Me	Contact Me	
Multnomah	Mental Health	Abri Radically Open DBT	Varies	Varies		Varies	Yes	Home - Abri Radically Open	(503) 386-1515	

					Treatment Modalities: Narrative Exposure Therapy for Trauma, Internal Family Systems (IFS), Mindfulness & Meditation, Somatic Therapy Treatment Focus Areas: PTSD, Gender Expression/Identity, Major Life Transitions, Anxiety, Chronic Pain, Sexual Orientation, Intimacy and Relationships, Attachment, Disability, Chronic Health Conditions Client Focus Populations: Adults, Trans, non-binary, gender diverse/fluid/queer, and gender questioning folks, LGBTQIA2S+ folks, People living with chronic pain/illness, Disabled folks, Neurodiverse folks (Autism/ADHD), Poly, Kink, Chosen Family WPATH letter writing available for clients, Supporting people in accessing affirming medical providers I work with queer & trans adult individuals with a focus on complex trauma, identity development, family estrangement, and disability/chronic illness using relational psychodynamic and somatic therapies. Telehealth openings for OHP CareOregon & OOP (sliding scale available). Waitlist for covid cautious clients who want the benefits of in-person sessions (Portland) but need/want strict covid protocols.	Unknown	SCA available. In network with Kaiser and PacificSource	Trauma Therapy for Queer (971) 808-2115	
Multnomah	Mental Health	Phoenix McCulloch	she/they	LCSW	Individual and relational therapy with adults who are: LGBTQIA+, polyamorous/consensually nonmonogamous, kinky, sex workers, neurodivergent, searching for meaning/spirituality. Issues I treat: depression, anxiety, PTSD/trauma, loss/grief, identity development, phobias, and low self-esteem. Types of therapy: EMDR, existential therapy, Emotionally Focused Therapy (EFT), and Internal Family Systems (IFS). I primarily have experience working with Latine youth and families providing Spanish-language services. I have also experienced providing culturally specific services for LGBTQIA2S+ youth, as well as have overseen mental health and substance use supports programming for youth experiencing homelessness or housing instability.	No, white	Yes	Quinn Francis Therapy - qu (971) 200-1983	White, queer, trans, invisibly disabled, polyam provider
Multnomah	Mental Health	Quinn Francis	they/them	LPC Associate	IFS-informed, gestalt, multicultural, and feminist traditions. Body activism, gender identity, race/ethnicity, sex, sexuality, spirituality, trauma.	No, white	Yes and private pay	Tending Hearts Therapy L L (503) 662-2545	Immediate openings available Sun/Mon/Thur/Fri, queer therapist, some Spanish spoken. (3/1/2024)
Multnomah	Mental Health	Sophia Jarvis	she/her	MFT Associate	My focus is the intersection of (queer) identity development, individuals finding their purpose/meaning-making, and strengthening the human-nature bond. I have a strong interest in working with 2SLGBTQIA+, Latine/Spanish speakers, Indigenous peoples, and other marginalized client groups, across the lifespan, in individual and group settings. Within my specialty area of anxiety disorders, I treat Obsessive-Compulsive Disorder (OCD), Social Anxiety, Phobias, and Hoarding Disorder. Additionally, I specialize in LGBTQIA++ populations. CBT	Yes, latine	Yes	Carina Mariscal Diaz, LPC - f (503) 622-8964	I am a first-generation Mexican-American cis-queer femme and can provide therapy in Spanish.
Multnomah	Mental Health	Carina Mariscal Diaz	she/her/ella	LPC	I strive to provide trauma-informed, anti-racist, body positive, sex-positive, LGBTQIA2S+, poly/kink friendly, strengths-focused, collaborative therapy with a systemic perspective and appreciation for intersectionality. I operate from an Interpersonal Neurobiological framework, using Mindfulness, Motivational Interviewing, CBT, and ACT exercises as my practice foundations.	Unknown, white passing	Yes	Del Knight, PsyD, LPC, LMFT (503) 622-8964	
Multnomah	Mental Health	Del Knight	they/them	PsyD, LPC, LMHC, NCC	I work from a trauma-informed, multiculturally humble approach rooted in relational cultural theory and narrative therapy, using evidence-based best practices.	Yes, multiracial	Yes	Eztrella Armijo, MA, DMHP (503) 622-8964	I identify as a multi-racial (Hispanic, Indigenous, and White) Two-spirit, queer being.
Multnomah	Mental Health	Eztrella Armijo	they/them/elle or she/her/ella	QMHP-R		Unknown	Yes	Irina Gelman, PsyD, ABPP (503) 622-8964	
Multnomah	Mental Health	Irina Gelman	she/her	PsyD, ABPP					
Multnomah	Mental Health	Jennifer Wimmer	she/her	LCSW		No, white	Yes	Jennifer Wimmer, LCSW - P (503) 622-8964	I grew up in the central Appalachian mountains, in very rural Virginia
Multnomah	Mental Health	Amelia Pekar	she/her	LPC Associate		Unknown, white passing	No, but will submit for SCA	Amelia Pekar — Spectrum f (971) 373-4497	At Spectrum Counseling PDX
Multnomah	Mental Health	Elizabeth Armstrong	she/her	LPC, ATR-BC	I am particularly interested in working with folks struggling with identity (LGBTQIA+, white guilt, and major life changes which change how we think about ourselves), depression and anxiety, trauma, and people who are embarking on the parenting journey.	Unknown, white passing	Yes - PacificSource, MODA, Trillium OHP, Health Share (CareOregon) OHP	Elizabeth Armstrong - Secov (503) 549-4714	Online form preferred - https://secondgrowthcounseling.com/contact-us/ , Second Growth Counseling has 2 locations but most services take place virtually (9/2023)
Multnomah	Mental Health	Spencer Uemura	he/him	LCSW	I also love working with Asian American adults and other BIPOC folks interested in exploring and healing from the impacts of history, oppression, and culture on mental health and wellbeing. I work from a background understanding of psychology, neuroscience, and the body, as well as a grounded practice of compassionate listening. I have received training in approaches such as psychoanalysis, CBT, DBT, Narrative Therapy, and somatic experiencing. My therapeutic approach pulls from Emotion-Focused, Person-Centered, Existential and Attachment lenses. Couples & Relationships, Stress, Anxiety, Depression, Relationship Distress, Break-ups, Women/Femmes, Body Image, Persons of Size, Family of Origin Concerns, Identity Formation & Development, LGBTQIA+Affirming, Gender Identity, Family Counseling	Yes, AAPI	Yes - CareOregon, Trillium OHP, Kaiser, PacificSource, MODA	Spencer Uemura - Second f (503) 549-4714	Online form preferred - https://secondgrowthcounseling.com/contact-us/ , Second Growth Counseling has 2 locations but most services take place virtually (9/2023)
Multnomah	Mental Health	Shelby Clarke	she/her	LMFT Associate		No, white	Yes - PacificSource, CareOregon, Trillium	Shelby Clarke - Second Grov (503) 549-4714	Online form preferred - https://secondgrowthcounseling.com/contact-us/ , Second Growth Counseling has 2 locations but most services take place virtually (9/2023)
Multnomah	Mental Health	Shelley Gillespie	she/her	LCSW	I incorporate elements of Internal Family Systems, Cognitive Behavior Therapy, Narrative Therapy, expressive arts, mindfulness, and self-compassion. Anxiety, Depression, Stress, Compassion Fatigue, Grief, Trauma, Parenting, Burnout, Career Transitions, Life Changes & Transitions, LGBTQIA+ Affirming, Relationship/Attachment Challenges (individuals), Work-related Stress, Aging, Caring for those with Memory Loss	No, white	Yes - PacificSource, MODA, Trillium OHP, Health Share (CareOregon) OHP	Shelley Gillespie - Second G (503) 549-4714	Online form preferred - https://secondgrowthcounseling.com/contact-us/ , Second Growth Counseling has 2 locations but most services take place virtually (9/2023)
Multnomah	Behavioral Health	Andrew Arehart	he/him	LPC Associate	Recovery Maintenance, On-going addiction recovery, Sober-curious Living, Life Changes & Transitions , Relationship Challenges, Stress, Anxiety, Depression, Spirituality, Grief, Trauma, Career Transition, LGBTQIA+Affirming, Substance concerns, Cultural & Heritage contexts	No, white	Yes - PacificSource, Aetna, Trillium OHP, Health Share (CareOregon) OHP	Andrew Arehart - Second G (503) 549-4714	Online form preferred - https://secondgrowthcounseling.com/contact-us/ , Second Growth Counseling has 2 locations but most services take place virtually (9/2023)
Multnomah	Mental Health	Andrea Benach	she/her	LPC Associate	My areas of focus include anxiety, depression, grief work, and self-esteem. I utilize a person-centered and trauma-informed approach that includes cognitive behavioral therapy (CBT), dialectical behavioral therapy (DBT), and narrative therapy.	No, white	Yes - PacificSource, CareOregon, Trillium	Andrea Benach - Second Gr (503) 549-4714	Online form preferred - https://secondgrowthcounseling.com/contact-us/ , Second Growth Counseling has 2 locations but most services take place virtually (9/2023)
Multnomah	Behavioral Health	Jentry Holthus	she/her	LPC	Individual and group counseling with adolescents and adults experiencing challenges with substance use/addiction. Providing crisis intervention for suicidal adolescents and adults. Couples' counseling. Working with adolescents and adults with issues including depression, anxiety, and bipolar disorder. Treatment coordination for individuals in outpatient mental health services. Providing trauma-informed care for individuals and families experiencing trauma in their home, at work, and within the community. Working with individuals with autism and neurodevelopmental challenges. I also provide CBT and DBT, and somatic-oriented interventions	Unknown, white passing	No, but will submit for SCA	Jentry Holthus LPC — Spec (971) 350-9257	At Spectrum Counseling PDX
Multnomah	Behavioral Health	Lilyan Smith-Moore	she/they	LPC	Individualy counseling adults and teens with issues such as depression, anxiety, trauma, and grief. Working with transgender children, teens, and adults, and helping them access medical transition. Consulting with other professionals to provide guidance on how to competently work with LGBTQIAQQ identified clients. Counseling families with a child or teen in crisis who exhibited anger, self-harm, suicide attempts, acting out, and violence against others. Working with teens and adults cope with the symptoms of anorexia and bulimia in a residential eating disorder facility. Providing crisis intervention for suicidal LGBTQIAQQ identified youth. Running problem-solving skills groups for children and teens. Facilitating intensive Outpatient (IOP) groups in a hospital setting for adults with depression, bipolar disorder, and schizophrenia. Working with teenagers with addiction to alcohol and drugs in a residential rehab facility. Teaching coping and life skills to children and teens with autism.	Unknown, white passing	No, but will submit for SCA	Lilyan Smith-Moore — Spec (971) 373-4497	At Spectrum Counseling PDX
Multnomah	Mental Health	Beyah Jay Smith	she/they	LCSW	ADHD, Anxiety, child/adolescent issues, compassion fatigue, depression, gender identity, historical trauma, lgbtq issues, personal growth, relationship/marriage issues, self-esteem, self harming, social phobia, spirituality, suicidal ideation. techniques include: motivational interviewing, somatic therapy, acceptance and commitment therapy, attachment theory, internal family systems (IFS), and more	No, white	Not yet. Sliding Scale available	Beyah Jay Smith, Licensed f (971) 533-7350	I'm a white, queer, pansexual, transfeminine, kinky, able-bodied artist that has a passion for working with the LGBTQ+ community.
Multnomah	Behavioral Health	Jason A Johnson	Any	PsyD	sadness, Hopelessness, Loss of Interest in Activities, Fatigue, Depression, Worry, Emotional Distress, Anxiety, Life Trnsitions; Chronic Health Concerns (Specifically HIV/AIDS); Struggles with Identity Development, Coming out, Conflicts between beliefs; Confusion related to or problems related to Gender Identity; Substance Abuse Treatment/Addiction; Sexual Addictions; Internet Abuse Problems; Relationship Satisfaction and Communication; The LGBT Community and related issues; ADHD	Unknown, white passing	No, Aetna, BlueCross and BlueShield, First Choice Health, PacificSorcor, Regence, Moda, All other billed out-of-network	Home [jasonajohnsonpsy] (503) 853-4988	
Multnomah	Behavioral Health	Dominique duBois	she/her	LCSW	Dominique blends different therapeutic styles, like DBT and CBT, to help find the best fit for each individual. She also pulls from her Native heritage and work with Native Americans to help create balance and heal disruptions in one's life. She specializes in anxiety, trauma, PTSD, addiction issues, depression and mood disorders. She has extensive training in trauma treatment with both survivors and perpetrators. She works with adolescents age 13 and up all the way through adulthood.	Yes, indigenous	No, BCBS, Moda, First Choice, Aetna, Optum, PacificSource, Providence, Cigna, United	Dominique duBois — Sunst (503) 477-7878	
Multnomah	Mental Health	Keely Helmick	they/them	LPC, CST	Queer sex therapy, EMDR, trauma, healthcare workers, individual and couples intensive therapy	No, white	Yes, OHP, Trillium, Open Card, CareOregon, Self pay, Providence, Pacific Source, Blue Cross Blue Shield, Aetna	https://www.cconnectthehub.com (971) 361-8303	
Multnomah	Mental Health	Cal Reynolds	they/them	LPC Associate	strengths-based and client-centered with feminist/multicultural and existential lenses. Depending on the client they incorporate expressive arts or talk therapy with evidenced based exercises from Dialectical Behavior Therapy, Motivational Interviewing, or Solutions Focused Therapy to develop insight, self-compassion, and problem-solving skills. Additionally, they have training in Eye Movement Desensitization and Reprocessing (EMDR)	No, white	Yes	Link Therapy (503) 545-6798	Contact at cal@linkpdx.org

Multnomah	Mental Health	Lacy Cooper	she/her	LPC	Individual and couples. She has experience treating depression, anxiety, addiction issues and providing couples' therapy which she used Emotionally Focused Therapy to help treat. Lacy loves working with all populations including those transitioning genders and/or who identify as queer. Training in Psychodynamic Therapy, Cognitive Behavioral Therapy (CBT), Rational Emotive Behavior Therapy (REBT), and Exposure Therapy.	No, white	Yes	Link Therapy	(503) 545-6798	Contact at Lacy@linkpdx.org
Multnomah	Mental Health	Myra Bazell	she/her	LCSW	Children & Adult Individual, Couple & Family Therapy Psychotherapist, anxiety, depression, body image, loneliness, procrastination, relationships, LGBTQ, the social and internal dynamics of aging, teen challenges, illness, PTSD and Trauma.	Unknown	Yes	Hands On Medicine	(503) 281-0308	
Multnomah	Mental Health	Diana Frates	she/her	LCSW	Adults and children	No, white	Yes	Hands On Medicine	(503) 281-0308	
Multnomah	Mental Health	Joey De Armond-Reid	he/him	CSWA	Work with folks 13 years and older. Individually and groups. No current group at this time. Remote and in person sessions offered. Family Systems, Attachment Theory, and Narrative Therapy.	Yes, mixed	White passing	Joey De Armond-Reid CSW	(503) 477-7878	Transgender man
Multnomah	Mental Health	Claire Tam	they/them	LPC Associate	Adults (18+) who identify as QT and/or BIPOC. Support for racial/sexual/gender identity, systemic/intergenerational oppression, life transitions, polyamory, attachment trauma, anxiety, depression. I use a relational, culturally-affirming, and trauma-informed approach to therapy. Within therapy sessions, I listen for ways to foster connections between your body and mind. I focus on the bridge between emotional, behavioral, and physical sensations and may also encourage you to tap into the wisdom of nature	Yes, AAPI	Yes	Claire Tam, professional co	claire@uluponcounseling.com	As a queer, non-binary, currently able-bodied, Chinese and Native Hawaiian person, I understand the impact of cross-generational trauma and colonialism on all bodies. I practice solo polyamory in my relationships and have experience with monogamy, marriage, and multiracial/blended families.
Multnomah	Mental Health	Sasha Strong	they/them	PhD, LPC	mindfulness-based, embodied, humanistic, relational, and transpersonal psychotherapy. I often use IFS, Hakomi, DBT, and mindfulness practices to help my clients, as well as bibliotherapy, therapeutic artwork, ritual, and journaling. Issues: anxiety, depression, trauma, bipolar disorder, gender dysphoria, life transitions, spirituality, extraordinary experiences, mindfulness practice, LGBTQIA2S+ issues, trans & non-binary issues, gender transition	No, white	SCA only	Brilliance Counseling Mdiv	(971) 279-7261	
Multnomah	Mental Health	Ow's Nest North Therapy Joint	Varies	Varies	Ow's Nest North Therapy Joint is a collection of like-minded mental health practitioners and a safe, comfortable space we've created for self-expression and learning. We are sensitive to your needs and comfort and are committed to practicing in the community in which we exist. We believe that it's no longer enough to rely on our local and national social service organizations to care for our communities, as evidenced by dwindling programs for struggling and marginalized people, and that for-profit enterprise must step up to gather the slack left by these agencies. Our intention is to foster a shared sense of community responsibility and social consciousness.	Varies	Yes	Ow's Nest North Therapy J	(503) 281-1166	
Multnomah	Mental Health	André Pruitt	he/him	LCSW, PhD	Rustic Sage Counseling and Consulting is a service grounded in the Africana Worldview and designed to support people seeking to build the life they want through their power. In Portland, Oregon, I provide interactive relational individual psychotherapy with a self-empowerment and social justice focus. My particular focus is healing from trauma through a cultural lens that supports healthy self-expression and emotional freedom. I use the following modalities: Eye Movement Desensitization, Reprocessing (EMDR), Cognitive Behavioral Therapy, Solution Focus therapies, and I embrace trauma-informed and Healing-Centered Engagement protocols. Through trauma-informed protocols/Healing-Centered Engagements, I support people in developing the skills to manage anxiety and depression symptoms. I also assist people through life changes and identity development.	Yes, Black	Yes	Rustic Sage LLC	(503) 860-1213	
Multnomah	Mental Health	Madeline Harmon	they/them	CSWA	Hakomi experiential processing, EMDR, Interpersonal Neurobiology, and am currently completing training to become a Somatic Experiencing practitioner. My style is dynamic, collaborative, and validating. We may integrate art, movement, play and somatic work into sessions depending on your comfort. My hope is that through our work together, you feel supported and challenged to move into your whole self.	Yes, Black	Yes	https://www.sankofacounsel.com	(503) 444-8214	As a Black, queer, disabled, non-binary femme, I've learned how to move through the world as an outsider and survivor of violence.
Multnomah	Mental Health	LaTrece Gaither	she/her	LPC, LMFT	I'm a Licensed Professional Counselor and Licensed Marriage & Family Therapist. I am a wife, mother of 3 and woman of faith. I will show up with all of me and welcome you to do the same! Although my passion is for the Black community, I have worked in the field of mental health since 2013 seeing everyone whom would seek my service.	Yes, Black	Yes	https://www.sankofacounsel.com	(503) 444-8214	
Multnomah	Mental Health	Vanessa Washington	she/her	LPC	I incorporate a lot of education in our time together, offering current research and exploring the science behind how stress, trauma, family experiences, oppression & marginalization may be impacting your overall biological and physical health, your current level of functioning and your experiences of health and wellness. Together, we also look at how the world interacts and responds to you - naming and exploring the impact that intersecting identities have had on overall development of self, while supporting ongoing coping and tools of resistance in response to continued experiences of oppression and stigma. We name your magic, loudly and often, intentionally bringing your culture, strengths, gifts and passions into our work together.	Yes, Black	Yes	https://www.sankofacounsel.com	(503) 444-8214	I am a cisgender Black woman, born & raised in Portland Oregon, with just over 10 years experience as a therapist. I aim to be real, authentic and open as we explore your goals and develop a path towards reaching them; I recognize the very personal and beneficial resources of culture, family, religion, sexuality, friendship, etc. within the counseling process and incorporate these whenever possible.
Multnomah	Mental Health	Kawa	she/her	LCSW	I graduated from Portland State University in 2016 and have worked in Community Mental Health (mental health therapy for adults who are also experiencing poverty and trauma) since 2015. Prior to becoming a therapist, I worked in the nonprofit world for 10 years on issues including reproductive justice, anti-racism, LGBTQIA+ rights, pain management and advocacy, and making social justice work intersectional.	Yes, multiracial/AAPI	Yes	Nurture Abundance	(503) 662-2808	Identify as a queer, multiracial (Japanese, Chinese, White), sex positive, body positive, kink friendly, cisgender woman.
Multnomah	Mental Health	Madilyn Long	she/they	LCSW	LGBTQIA-related issues including free evaluations for letters for gender affirming procedures and HRT; anxiety and depression; assertive and effective communication and boundaries; body image and self-esteem; chronic and acute health conditions & recovery; religious and spiritual abuse; faith and other life transitions	No, white	Yes	About - Seasons Mental He	(971) 264-0944	Telehealth available in OR, AK, and UT
Multnomah	Mental Health	Elisia Lopez-Mendiola	she/her	LCSW	Trauma and PTSD, Anxiety, Addictions, Anger management, Coping skills, Bipolar disorder, Grief, Domestic abuse and violence, Dual diagnosis, Life coaching, Life transitions, Peer Relations, Self esteem, Sexual abuse and addictions, Stress, Supervision, Women's Issues, Impulse Control Disorders, Dissociative Disorders, Mood Disorders, Personality Disorders, Psychosis Disorders, and thinking disorders. CT, Attachment based, clinical supervision, coaching, CBT, DBT, Emotionally Focused, Existential, Feminist, Humanistic, Multicultural, Narrative, Person Centered, Motivational Interviewing, Solution Focused Brief Therapy, and Trauma Focused. I work with adults 18+.	Yes	Yes	Elisia Lopez-Mendiola (she)	(971) 910-8918	At Healing Tides Counseling
Multnomah	Mental Health	Nohemi Robles Hernandez	she/her/ella	LPC	Modalities: Somatic Experiencing, Attachment-Based, Internal Family Systems, Mindfulness, Cognitive Behavioral Therapy, Dialectical Behavioral Therapy, Motivational Interviewing, Emotion Focused, Strengths Based, Trauma-Informed, Harm Reduction approach.	Yes, latina	Yes	Nohemi Robles Hernandez	(971) 910-8918	At Healing Tides Counseling
Multnomah	Behavioral Health	Leah Gregory	they/them	LPC	Areas of focus: trauma, anxiety, depression, PTSD, life transitions, self-esteem, sexual abuse, domestic violence, substance use, non-religious spirituality, immigration, relationship issues, grief & loss, communication, intergenerational wounds, academic stress (particularly first generation college students). I work with adults 18+.	No, white	Yes	Leah Gregory (they/them) -	(971) 910-8918	At Healing Tides Counseling
Multnomah	Mental Health	Maddison VanderHoff	she/her	LCSW	My clinical approach is informed by interpersonal neurobiology, attachment theory with a social justice oriented and eco-therapeutic approach, Dialectical Behavior Therapy, Cognitive Behavioral Therapy, intersectional feminism, Narrative Exposure Therapy, and solution focused therapy. I have experience and strength in these areas: queer and trans experience, gender transition, trauma recovery, substance use recovery, cross-cultural work, life transitions, and developing healthy relationships. I am comfortable and competent with family structures that may look unusual to others, and with polyam and kink dynamics. I work with adults 18+.	No, white	Yes	Maddison Vanderhoff (she)	(971) 910-8918	At Healing Tides Counseling
Multnomah	Mental Health	Talie Selhorst	she/her	LCSW	I utilize evidence-based interventions including Solution Focused Brief Therapy, Cognitive Behavioral therapy, Dialectical Behavioral Therapy, Internal Family Systems, mindfulness, narrative therapies and Eye Movement Desensitization and Reprocessing (EMDR). I also incorporate creative therapies like art therapy, experiential therapy, and sensorimotor techniques. (I currently work with clients 18+)	No, white	Yes	Talie Selhorst (she/her) -- H	(971) 910-8918	At Healing Tides Counseling
Multnomah	Mental Health	S. Devoli	they/them	LCSW	Areas of Focus: Trauma and PTSD, Anxiety, Addictions, Anger management, Coping skills, Depression, Grief & Loss, Spirituality, Executive Dysfunction, ADHD, Autism, Peer Relations, Polyamory, Nonviolent Communication, Self-esteem, Gender Dysphoria, LGBTQIA2S+.	No, white	Yes	S. DeVoll (they/them) -- He	(971) 910-8918	At Healing Tides Counseling. Genderfluid, queer person.

Multnomah	Mental Health	Gita Sterling	they/she	LMFT Associate	I see individuals, families, and partnerships who identify as LGBTQIA+ all ethnicities, all body sizes, all abilities, and all relationship styles such as non-monogamy, polyamory, and relationship anarchy. Attachment theory, Family therapy, Internal Family Systems. Existential Humanism and Person-Centered Therapy, and comes from a Multicultural and Feminist lens. We might be a good fit if you are Asian, Black, Indigenous, Latinx, first generation, queer, or gender expansive. I help people find relief from the pain and stress of grief, anxiety, depression, parenting, intergenerational trauma, chronic illness, and systemic oppression.	Yes, AAPI	Yes	Therapy Den	(971) 231-6476	I am queer, South Asian, and white. These identities only begin to touch on who I am and the complexities I hold. As a person with many intersecting identities and complexities, some that are valued more than others, I know firsthand what it is like to feel like I can't be my whole self. I also know how good it can feel to have a space to exist with contentment and authenticity.
Multnomah	Mental Health	Sofia Jasani	unknown	LPC Associate, NCC	trauma, grief & loss, anxiety disorders and depression, exploring identity, self-esteem and self-love, life transitions, substance use and abuse and the LGBTQIA+ community	Yes	No, no insurance accepted	Website	(541) 801-3610	I am the proud daughter of Muslim immigrants and am a first-generation college student.
Multnomah	Behavioral Health	Arlene Soto	she/her	LPC Intern	Individual Therapy, Couples/Unions Therapy, Trauma & Chronic Stress, Identity-Based Marginalization, Body Image & Eating Disorders, and Disability & Chronic Pain/Inlness	Yes	No, no insurance accepted	Therapy Den	(541) 525-0461	
Multnomah	Mental Health	Neil Panchmatia	he/him	LPC, NCC	Cognitive Behavioral Therapy, Motivational Interviewing, EMDR, Solution Focused Therapy, and Dialectical Behavior Therapy.	Yes, AAPI	No, no insurance accepted	Website	(503) 800-0222	
Multnomah	Behavioral Health	Ian Schroeder	he/him	LPC, CADC III	Individual, Relationship and Family Therapy, Conflict, communication, and life transitions, Infidelity, Ethical non-monogamy, Sex positive counseling for LGBTQIAFQ+ community and relationships across cultures, spiritualities, ages, formations, and abilities; Sexual concerns or variations, pleasure, desire, intimacy, and/or trauma. Marriage counseling: Gender roles and gender identity; Life adjustments; Trauma; Depression; Anxiety; Sexual trauma; Racial trauma; Identity work; Eating disorders; HAES (Health At Every Size); Mental health disorders	No, white	Yes	Prism Health	(503) 445-7699	Transgender provider
Multnomah	Mental Health	Zainab Lavender Abdullah	she/her	LPC Associate	mental health recovery, grief, loss, relationships, immigration/acclturation, racial identity, gender identity, transgender wellness, women's wellness, body image, trauma, Ancestral/intergenerational trauma, combat veterans, and performance anxiety for athletes	Yes, Black and Palestinian	Yes	Website	(503) 482-2055	I identify as a Black and Palestinian Queer cisgender woman. Ecotherapist. She also practices at Sankofa Counseling at https://www.sankofacounseling.org/team-2
Multnomah	Mental Health	Fumyo Nishimoto	unknown	LCSW	somatics and expressive arts therapy, play therapy, family therapy, visual arts, music, poetry, movement, narrative therapy, cognitive behavioral therapy, and person centered therapy. I am proud to serve queer, transgender, non-binary and genderqueer people of all ages, as well as polyamorous people, people in recovery from eating disorders, transgender, non-binary, femme, and gri-identified kids and teens, parents, immigrants, activists, and people struggling with anxiety and depression. I support people to heal ancestral wounds, and to identify and heal the effects of internalized oppressions and privileges	Yes, AAPI		Psychology today	(971) 231-2579	
Multnomah	Mental Health	Noa Grayevsky	Unknown	LMFT	Serving Oregon's BIPOC, 2SLGBTQIA+, and neurodivergent young adult communities using a client-centered approach that combines the transpersonal with a social justice framework. Additionally providing psychedelic integration through a holistic lens.	Unknown	Yes, OHP PacificSource and CareOregon/Health Share	Hold Heart Healine Licen	(503) 210-5013	I speak English, Spanish and Hebrew. I am a white, mixed ethnicity, disabled, fat, genderqueer femme; a Jewish person whose ancestors are from the Middle East and Eastern and Southern Europe. I immigrated to the United States as an infant with my parents from Israel/ Palestine and am from a lineage of people shaped by war and colonization.
Multnomah	Mental Health	Aleks Taylor	they/he	LPC Associate	Art therapy. I specialize in working with the queer and trans population through struggles with depression, anxiety, trauma, gender dysphoria, narcissistic abuse, religious recovery, coming out, low self esteem, relationship issues, existentialism, impacts of oppression, and apocalyptic anxiety.	Yes	Yes, CareOregon & Healthshare Oregon, Out-of-pocket available	Home Spirit & Vessel Isa	(503) 389-5527	Telehealth only. Currently accepting clients to be put on a waitlist. (3/1/2024)
Multnomah	Mental Health	Chloe Jacobson	she/her	LPC Associate		No, white	Yes, OHP PacificSource and CareOregon/Health Share	Chloe Jacobson, LPC, ATR (she/her) – Healing Tides Coun		Queer therapist
Multnomah	Medication Management	Oriol Zemko	they/them	FNP-BC, MSN	I'm available to provide medication management for most needs relating to mental health and gender expression	No, white	Yes, OHP PacificSource and CareOregon/Health Share	Oriol Zemko, MSN, FNP-BC	(503) 572-4196	genderless/agegender, white, queer, mixed neurodiverse and neurotypical
Multnomah	Mental Health	Gabby Hancher	they/them	LPC Associate	I work with adults experiencing concerns around topics such as grief and loss, medical trauma, chronic pain and illness, developmental trauma, life transitions, gender and sexuality exploration, neurodivergence, PTSD, attachment and relational trauma such as c-PTSD, disembodiment, depression, anxiety, burnout, conflict, and spiritual distress. I specialize in treating trauma, Obsessive Compulsive Disorder, phobias, and other anxiety disorders. My approach is rooted in Relational-Cultural Theory, Attachment Theory, and Person-Centered Therapy. The therapeutic modalities I primarily utilize are Eye Movement Desensitization & Reprocessing (EMDR) and Exposure and Response Prevention. I also integrate tools from Cognitive Behavioral Therapy (CBT), Dialectical Behavioral Therapy (DBT), and Narrative Therapy. I am knowledgeable on topics including LGBTQIAD+ issues, sexual and gender identity exploration, non-monogamy, kink, and pregnancy & parenting.	No, white	Yes	https://www.tendermoththerapy.com/	(507) 497.2202	I'm a white, nonbinary, queer therapist who understands what it is like to live with chronic illness.
Multnomah	Mental Health	ElI Cuda	they/them	LPC Associate		No, white	Yes, OHP PacificSource and CareOregon/Health Share	Home True Colors Therap	ElI@truecolorstherapydd.com	white, non-binary, assigned female at birth, queer, able-bodied, college-educated person.
Multnomah	Medication Management	Kristen Cole	she/her	PMHNP	I have worked in psychiatric nursing for seven years and enjoy learning from and holding space for my clients. I use a trauma-informed approach to mental health medication management. Central to my practice is a Health at Every Size philosophy that prioritizes whole person wellness above a weight-centric perspective. I place the client at the helm of choosing what issues to work on. I believe in a holistic approach over cookie-cutter or one-size-fits-all formulas. My practice focuses on depression, anxiety, obsessive-compulsive disorder, bipolar disorders, and trauma.	No, white	No	Kristen Cole, Psychiatric Nu	(503) 868-0536	I am a white, cisgender, gay female.
Multnomah	Mental Health	Rivka Sidelaty	unknown	LPC	queer, trans, and nonbinary children, teens, and adults	Unknown, white passing		Psychology today	(971) 232-3283	Telehealth only as of 9/7
Multnomah	Mental Health	Caitlin Lynch	unknown	LMFT Intern	Transgender, Relationship Issues, Self Esteem	No, white		Psychology today	(971) 257-1636	queer and genderqueer provider. Telehealth only as of 9/7
Multnomah	Mental Health	Cole Prophet	they/them	LPC	Cole specializes in working with communities that share their identities, QTBIPOC, ethically non-monogamous, and kink communities. Quality client care is important to them, so they have added supervision to their toolkit in order to assist other clinicians in providing it. They have been trained in many modalities, but Cole focuses their client work through the lenses of narrative therapy, internal family systems, CBT, DBT, and EMDR.	Yes, Black	Yes	Cole Prophet Meet Your C	(971) 865-3573	Specialty care for QTPOC, sex workers, and those involved in kink or ethically non-monogamous relationships.
Multnomah	Mental Health	Jonicia Shelton	unknown	CSWA, QMHP	Child or Adolescent, Behavioral Issues, Depression	Yes, Black		Psychology today	(503) 928-6512	
Multnomah	Mental Health	Emilee Herinckx	unknown	LMFT Intern	Relationship Issues, Marital and Premarital, Life Transitions	No, white		Psychology today	Fill out contact form	Telehealth only as of 9/7
Multnomah	Behavioral Health	Randy H Zasloff	unknown	LPC, CADCI, NCC	Anxiety, Depression, Trauma and PTSD	No, white		Psychology today	(503) 610-5039	Uses experiential activities in practice such as: expressive art, writing, walking, or equine facilitated therapy.
Multnomah	Behavioral Health	Jessamyn Wesley	unknown	LPC	Depression, LGBTQ, Anxiety, Eating Disorders	No, white		Psychology today	(503) 868-0509	Telehealth only as of 9/7. Queer therapist.
Multnomah	Behavioral Health	Kayla Daniels	she/they	LCSW, CADCI	relational-based and incorporates psychodynamic, cognitive and humanistic foundations. surgery letters. trauma-focused approaches that draw from attachment theory, polyvagal theory and mindfulness, but also incorporates Cognitive Behavioral Therapy (CBT), Dialectical Behavioral Therapy (DBT) and motivational interviewing in their therapeutic process.	No, white	Yes	Prism Health	(503) 445-7699	At Prism Health
Multnomah	Behavioral Health	Mattie Boucher	they/them	LPC	also incorporates Cognitive Behavioral Therapy (CBT), Dialectical Behavioral Therapy (DBT) and motivational interviewing in their therapeutic process.	unknown, white passing	Yes - CO	Prism Health	(503) 445-7699	Embedded in Prism - do not need to be established with primary care to see them
Multnomah	Mental Health	Andrew Decker	they/them	LMFT	client-centered and trauma-informed cognitive-behavioral approach of therapy with heavy influence from internal family systems.	No, white	Yes	Prism Health	(503) 445-7699	At Prism Health
Multnomah	Mental Health	Chance Hessel	he/him	CSWA	healing-centered, trauma-informed, and gender-affirming lens with a special focus on empowering transgender and gender-expansive humans to live as their most authentic selves.	No, white	Yes	Prism Health	(503) 445-7699	White, queer, trans man. At Prism Health - OHP only waitlist as of 10/11/22
Multnomah	Behavioral Health	Kai McBride	he/him	LMFT	Surgery letters, youth and families, as well as LGBTQ+ folks	No, white	Unknown	NQCD		OCD specialization
Multnomah	Mental Health	Rain Estrada	they/them	LPC Associate	Queer, Trans, Black, Indigenous People of Color (QTBIPOC)	Yes, Latine	Yes - CO/OHP	Website	(503) 476-1068	Genderqueer therapist
Multnomah	Mental Health	Deirdre Rundle	she/her	LPC, NCC	indiv, adult, teen (14-18)	No, white	Yes - CO	lodestar	(503) 300-1941	Queer therapist. Trained in Peer support model, Trans woman
Multnomah	Mental Health	Gabriella Luther	she/her	QMHP, PhD in progress	Latine, LGBTQ, and multicultural	Yes, mixed and Latine	Unknown	VitalPsych	(541) 517-9373	Bisexual therapist
Multnomah	Mental Health	Leslie Yeagers	she/her	LPC	Individual therapy, Family therapy, Group therapy, Adult, Child (0-13), Adolescent (14-18), Cisgender loved ones, Couple	No, white	No out of pocket	PTC	(503) 298-5051	heterosexual, cisgender parent of a transgender person
Multnomah	Mental Health	Vivi Langdon	they/she	LPC Associate	to transgender and non-binary youth and their families, first-generation students of color, youth aging out of foster	Yes, AAPI	Yes - CO			POC and LGBTQ therapist
Multnomah	Behavioral Health	Tara Rose	they/them	LCSW, CADC II	adults, youth, trauma healing, substance use	unknown, white passing	Yes - CO	Website	tarasotherapy@gmail.com	
Multnomah	Behavioral Health		they/them	LPC	Questioning, and LGB Individuals	No, white	Yes	Provider website	(503) 673-6190	Private practice, In Context Counseling, is located within Brave Space
Multnomah	Mental Health	Elise Himes	unknown	LPC	Domestic Violence Support Group LGBTQ Interpersonal Trauma Interpersonal Trauma Online Group, can write	Unknown, white passing	Yes - CO & Opencard	Health Allies Website	(971) 270-0167	
Multnomah	Mental Health	Amy Beard	she/her	LCSW	Self Esteem, Men's Issues, Stress, Coping Skills. Cognitive Behavioral Therapy (CBT), Relational Therapy.	No, white	Yes	Health Allies Website	(971) 270-0167	
Multnomah	Mental Health	Katie West	they/them	CSWA	theories I integrate techniques from Acceptance and Commitment Therapy (ACT), Compassion-focused therapy	No, white	Cigna	Health Allies Website	(971) 270-0167	and human living in this messy and delightful world with a steadfast belief
Multnomah	Mental Health	Alyssa Nagel	she/her	LPC	relationship issues, Gender dysphoria/transition, Mental healthcare providers and counselors-in-training, Trauma	Unknown, white passing	Yes - CO, Trillium, and Opencard	Health Allies Website	(971) 270-0167	
Multnomah	Behavioral Health	Amy Schulz	she/her	LPC	first-generation issues, Women's issues, Highly sensitive people, Anxiety, Self Esteem, Individual Growth, Stress	Yes, AAPI	Yes	Health Allies Website	(971) 270-0167	
Multnomah	Mental Health	Azin Ghorevshi	she/her	Therapy Intern	systemic, multicultural perspective and a trauma-informed lens. Trauma, Children / teens / young adults, PTSD,	Yes, SWANA	Yes	Health Allies Website	(971) 270-0167	
Multnomah	Mental Health	Bethany Kuehne	she/her	LCSW	psychosis. I have training in Dialectical Behavioral Therapy (DBT) and Cognitive Behavioral Therapy (CBT), course-work	No, white	Yes	Health Allies Website	(971) 270-0167	
Multnomah	Behavioral Health	Jey Youngberg	they/she	LPC Associate	intersections of trauma, diversity, and attachment theory can impact the recovery process. Narrative therapy.	No, white	Yes	Health Allies Website	(971) 270-0167	
Multnomah	Mental Health	Laurie Fieldman	she/her	LCSW	Focused Therapy, Cognitive Behavioral Therapy (CBT), and Internal Family Systems (IFS), depression, anxiety, PTSD,	No, white	Yes	Health Allies Website	(971) 270-0167	
Multnomah	Behavioral Health	Maribel Guevara-Myers	she/her	LPC Associate	(ACT), Harm Reduction, Mindfulness & Body-centered approaches. I specialize in racial/cultural identity development	Yes, Latine	Yes	Health Allies Website	(971) 270-0167	
Multnomah	Mental Health	Joelyn Banda	she/her	LPC Associate	mindful self-compassion, parts work, and spirituality. Anxiety, Attachment Wounds, C-PTSD, Codependency,	No, white	Yes	Health Allies Website	(971) 270-0167	
Multnomah	Mental Health	Katie Stubbers	she/her	LPC Associate	mindfulness-based approaches. Areas of interest: Anxiety, Boundary setting, Compassion fatigue, Depression,	No, white	Yes	Health Allies Website	(971) 270-0167	
Multnomah	Mental Health	Patricia Schuetz	she/her	LPC Associate	addiction recovery, disordered eating recovery, racial and gender based trauma. I work with couples of all backgrounds	No, white	Yes	Health Allies Website	(971) 270-0167	
Multnomah	Mental Health	Valerie Garst	she/her	LPC	Mindfulness and compassion practices, Person centered, Strengths based, SoulCollage, Treatment areas: Anxiety,	No, white	Yes	Health Allies Website	(971) 270-0167	
Multnomah	Mental Health	Leisha Miller	she/her	LPC	Posttraumatic growth, Compassion fatigue, Bullying, Self-worth, Life Transitions, Individual growth, Workplace conflict,	No, white	Yes	Health Allies Website	(971) 270-0167	
Multnomah	Behavioral Health	Jonathan Clarke	he/him	LPC	Growth, Addiction, Self-esteem, Self-efficacy, Attachment styles, Strength-based work, Boundary work	No, white	Yes	Health Allies Website	(971) 270-0167	

Multnomah	Behavioral Health	Nick Vaske	he/him	LCSW	identity	No, white	Yes	Website	(971) 248-7905	Queer therapist
Multnomah	Mental Health	Jack Manlin	they/them	CSWA	individuals & families, especially LGBTQ+ folks, to address the barriers in connecting with ourselves & others.	Unknown, white passing	Yes - CO	Portland Therapy Center	(503) 974-6885	LGBTQ therapist
Multnomah	Behavioral Health	Sasha Strong	they/them	MA, PhD, LPC	queer, trans, and non-binary folks overcome life challenges using embodiment, mindfulness, and spiritual integration.	No, white	Yes - CO	Portland Therapy Center	(971) 279-7261	gender assessments (i.e., letters) for adults who are in prison in Oregon
Multnomah	Behavioral Health	Kaspar Woods	they/them	CSWA	trans and nonbinary people navigating anxiety, depression, PTSD, drug use, suicidal ideation, and self-harm	No, white	Yes - CO			for a decade to unlearn white supremacist thinking and being. I am kink and neurodivergent, and as having lived experience with trauma, dissociation,
Multnomah	Mental Health	Katie Wood	they/she	RYT, QMHP-R	and loss, depression, anxiety, dissociation, chronic pain and illness, weight and body image, medical trauma and	No, white	Yes			queer therapist
Multnomah	Mental Health	Jessica Wilson	she/her	PsyD	psychotherapy, psychodagnostic testing, and assessments	No, white	No	Website	(503) 773-2823	At Bridge City Counseling
Multnomah	Mental Health	Yoli Jones	Unknown	Unknown	and trans adults.	Unknown	Yes, along with CPCCO and JCC	Website	(503) 954-2188	At Bridge City Counseling
Multnomah	Mental Health	Michelle Hagan	Unknown	LCSW	letters for medical intervention and the specialized in working with adults with trauma.	Unknown	Yes, along with CPCCO and JCC	Website	(503) 954-2188	
Multnomah	Mental Health	Collective			Varies			Website		
Multnomah	Mental Health	Anna Culpot	she/her	LPC	intimacy, and ability to work with others, Sexuality/sexual orientation, Gender/gender identity, Grief and loss-including	No, white	Yes as an "exceptional needs provider"	Website	(503) 566-1499	"I am a radically-minded queer, cis, white woman with chronic illness."
Multnomah	Health/Assessment	Collette Gordon	they/them	LPC	medical care (18+ only). I am especially drawn to therapeutic work that is focused on trauma and harm, family of	No, white	Health Share / CareOregon (OHP plan)	Website	(503) 780-4169	
Multnomah	Mental Health	Kirk Shepard	Unknown	LPC, CDWF	Individual and couples counseling. Teenagers & Emerging Adults, older adults.	No, white	Unknown	Website	(503) 498-8102	
Multnomah	Mental Health	Nicci Ramsey	she/they	LPC	attitude and strength based perspective, through a trauma informed lens with cultural sensitivity, and social justice	Yes	Unknown	Website	(503) 730-8474	
Multnomah	Mental Health	Everett McCown	unknown	LPC	Grief, Anxiety and panic, Lesbian/Gay/Bisexual/Transgender Issues , Self-esteem and body image, PTSD, Relationship	No, white	United Healthcare. I am able to bill out	Website	(503) 928-8527	
Multnomah	Mental Health	Cayla Penitz	she/her	LPC	struggling with anxiety and depression, those coping with grief and loss, those who are navigating identity challenges	No, white	Aetna, and Kaiser	Website	(503) 512-9507	
Multnomah	Mental Health	Misha Drikova	Unknown	LCSW	self-esteem	No, white	No insurance, self pay only	Website	(503) 498-8061	queer identified, non-binary person, and an immigrant
Multnomah	Mental Health	K Hixon	Unknown	LPC	queer/trans/gnc clients. Among many other modalities and tools, I use Narrative Exposure Therapy for trauma	No, white	No insurance, self pay only	Website	(503) 314-6027	
Multnomah	Mental Health	Megan Wyckoff	she/her	LCSW	Social Worker who works with general issues and also specializes in working with teens and families as well as issues	No, white	No, self pay only.	Website	(971) 208-5701	
Multnomah	Mental Health	Khrystal Johnson	she/her	LPC	therapy targeting BIPOC, Native populations, Anxiety, Cultural and systemic oppression, historical trauma,	Yes, Black and Native	Single case agreement and open card	Website	(717) 292-3874	Indian Reservation here in Oregon."
Multnomah	Mental Health	Hayley Jones	they/them	LPC intern, CBTP	neurodivergent individuals, EMDR, HATES, Somatic	No, white	case agreements through OHP Care	Website	(503) 422-3531	trans therapist
Multnomah	Mental Health	Phillipe Reinberg	he/him	LPC	learning disabilities, ADHD, Autism	No, white	No but will submit audit	Website	(503) 267-8040	Doesn't specialize in trans health, but has been trans affirming historically.
Multnomah	Mental Health	Kat Canada	they/them	LCSW	family therapy, individual talk psychotherapy, and play therapy to children, adolescents, and emerging adults	No, white	Yes	Website	(971) 200-5254	
Multnomah	Mental Health	River Fagan	Unknown	LPC intern	lifepath shifts, trauma, grief, gender (including non-binary identities and expressions), spirituality, and creative	No, white	Sliding scale - may take OHP	Website	(503) 917-4768	
Multnomah	Mental Health	Monica Melgar-Shaman	she/they	LCSW	depression, LGBTQ2S+ identity development, marginalization/oppression, and chronic	White latinx	Yes	Website	(971) 910-8918	
Multnomah	Medication Management	Casey Granbois	they/them	MSN, PMHNP	emergency medicine and mental health.	member	Yes	Website	(503) 622-8964	binary practitioner.
Multnomah	Medication Management	Jake Bailley	he/him	MSN, PMHNP	sexual and gender minorities, polyamory and kink/BDSM communities, neurodivergence, POC	Unknown	Yes	Website	(503) 622-8964	transmasculine practitioner.
Multnomah	Medication Management	Lisa Rodriguez	she/her	PMHNP-BC	doctoral project centered on culturally responsive mental health care, which I strive to make a cornerstone of my	Unknown, white passing	Yes	Lisa Rodriguez, DNP, PMHN	(503) 622-8964	
Multnomah	Medication Management	Rebecca Berman	she/her	PMHNP-BC, MN, MSW	disorders, PTSD, sleep problems, and adjustment disorders resulting from significant stress.	Unknown	Yes	Rebecca Berman, PMHNP-8	(503) 622-8964	
Multnomah	Medication Management	TJ Lander	he/him	MSN, PMHNP-BC, FNP-C	am a member of the LGBTQ+ community and have firsthand experience of being part of a marginalized group and the	Unknown, white passing	Yes	TJ Lander, MSN, FNP-C, PM	(503) 622-8964	
Multnomah	Medication Management	Trevor Rachtio	he/him	PMHNP	treatment to clients across their lifespan who may be experiencing mental health difficulties.	No, white	Yes	Website	(503) 460-0405	At Bridge City Family Medical Clinic
Multnomah	Medication Management	Eva Cicilian	she/her	PMHNP		No, white	Yes	Website	(503) 460-0405	At Bridge City Family Medical Clinic
Multnomah	Medication Management	Kyle Anderson	he/him	PMHNP		No, white	Yes	Website	(503) 460-0405	At Bridge City Family Medical Clinic
Multnomah	Medication Management	Dawonna Wilson	she/her	ARNP, PMHNP	Attachment, Behavioral Issues, Depression, Divorce, Domestic Violence, Eating Disorders, Family Issues, Family	Yes, Black	Medicare	Dawonna Wilson, PMHNP-	(971) 352-6971	At Mindful Therapy Group
Multnomah	Mental Health	Nat Bagley	they/them	LPC	families in crisis and conflict, couples, and individual adult men and women.	No, white	Yes	Website	(503) 954-2188	With Bridge City Counseling
Multnomah	Behavioral Health	Rebel Heart Therapy	varies	varies	specialize in working with clients who identify as LGBTQ, poly, sex workers, burners, gamers, geeks, artists, weirdos,	or BIPOC clinicians	No. No insurance accepted	Website	com/contact	
Multnomah	Behavioral Health	Brave Acom Counseling	varies	varies	trauma.	Varies	No, see more here .	Website	(503) 709-5137	
Multnomah	Mental Health	Rebekah Lubeck	unknown	LCSW	experiencing burnout, compassion fatigue, and vicarious trauma as social workers, medical professionals, and other	Unknown, white passing	Yes	Website	(503) 260-8612	With Pulse Wellness Counseling
Multnomah	Mental Health	Rosanne Mammor	unknown	LCSW	homelessness, LGBTQ+ identity, community and relationships, Coming out, Trans/nonbinary/genderqueer issues,	Unknown, white passing	Yes	Website	(503) 936-1924	With Pulse Wellness Counseling
Multnomah	Mental Health	Lola Ryan	she/her	LCSW	conditions since 2017	Unknown	Yes	Website	(971) 266-4291	With Pulse Wellness Counseling
Multnomah	Mental Health	Matthew Lucas	he/him	CSWA	depression; Living with trauma; Experiencing loss. Some of the approaches that I use in my practice are: Socratic	Yes, Black	OHP	Matthew Lucas, MSW, CSW	(503) 567-9317	identities, I have firsthand knowledge of the roles race, culture and gender
Multnomah	Mental Health	David	he/him	Unknown	practices, I work collaboratively with clients in making connections of their experiences and attachments of the past	Yes, Black	Yes	Website	Online contact form	With Sakura Counseling
Multnomah	Mental Health	Katie	unknown	LPC Associate	generations and cultures which led me to a desire in helping others through counseling.	No, white	Yes	Website	Online contact form	With Sakura Counseling
Multnomah	Mental Health	Taryn	she/her	LPC	trauma, relational-cultural perspective, neuropsychological testing and diagnostics background	Yes	Yes	Website	Online contact form	With Sakura Counseling
Multnomah	Mental Health	Summer	unknown	Unknown	mindfulness	Yes	Yes	Website	Online contact form	With Sakura Counseling
Multnomah	Mental Health	Nancy	unknown	LCSW	Family Systems, Person Centered, Acceptance and Commitment Therapy, Solution Focused Brief Therapy and Gestalt	Yes	Yes	Website	Online contact form	With Sakura Counseling
Multnomah	Mental Health	Grace	unknown	Unknown	conflict, addiction and dependence, Somatic theory, and genopsychology.	Yes, Black & Latine	Yes	Website	Online contact form	With Sakura Counseling
Multnomah	Mental Health	Kelsey	unknown	Unknown	based perspective. suicidal ideation, trauma	No, white	Yes	Website	Online contact form	With Sakura Counseling
Multnomah	Mental Health	Myra	she/her	LPC	Couples, EMFR, Mindfulness, trauma, Suicidal ideation, grief and loss, multi-cultural	Yes, Latine	Yes	Website	Online contact form	With Sakura Counseling
Umatilla	Medication Management	Stephanie Evans	she/her	PsyD	depression, relational challenges, and trauma. She is comfortable working with clients from a variety of cultural	No, white	Unknown	Meet Our Staff Psycholog	(541) 278-2222	
Virtual/Statewide	Medication Management	Pivot Behavioral Health	Varies	PMHNP	FMLA, short term leave, ESA letters, gender affirming care letters, and much more.	Varies	Yes	Pivot Behavioral Health, Ps	(541) 293-1325	
Virtual/Statewide - OR & WA	Medication Management	April Urquidez	she/her	PMHNP	BIPOC communities. At The Villa Health	Yes, Latine	Yes	Ardi Urquidez The Villa H	(360) 200-4449	Established patients and patients enrolled in therapy only
Virtual/Statewide - OR & WA	Mental Health	The Villa Health	Varies	Varies	Therapy & Medication Management	Yes	Yes	Team (All) The Villa Healt	(360) 200-4449	experience with this office. Website has a "weight loss/aesthetics" page
Virtual/Statewide	Peer Support	Jules Matragrano	All	BA, PSS	Peer support specialist at The Pursuit of Wellness	Unknown	Yes	MEET THE THERAPISTS - Th	(971) 238-9599	
Virtual/Statewide - OR & WA	Support/Assessment	Jen Shelton	she/her	LPC, LMHC	Specialties: DID, OSDD, complex trauma	Unknown	Yes	MEET THE THERAPISTS - Th	(503) 567-8682	
Virtual/Statewide	Mental Health	Jeanne-Marie Ritter	she/they	LPC Associate	diverse backgrounds, and more	Unknown	Yes	MEET THE THERAPISTS - Th	(971) 205-2640	
Virtual/Statewide	Mental Health	Sarah Schneider	she/her	LPC Associate	more	Unknown	Yes	MEET THE THERAPISTS - Th	(503) 468-5964	
Virtual/Statewide	Mental Health	Raysa Travis	she/her	LPC Associate	Works with all ages, individuals, and couples/partners	Unknown	Yes	MEET THE THERAPISTS - Th	(458) 239-7560	
Virtual/Statewide	Mental Health	Nadine Luehman	they/them	LPC	Trauma and eating disorder therapist for Washington and Oregon	No, white	Yes	Website	(360) 980-8562	goldencrancounseling@hush.com
Virtual/Statewide	Mental Health	Kelsey Miller	unknown	MFT Associate	Adults + Adolescents + Couples + Families + Polyclus	No, white	No. No insurance accepted	Website	Online contact form	trans, queer, white person.
Virtual/Statewide	Mental Health	Arielle Ross	she/they	LPC	I incorporate mindfulness, creative interventions and personal writing into my practice, and draw heavily from emotion focused, attachment-based and internal family systems theories. I'm trained in EMDR and in Narrative Exposure Therapy, as well as DBT. I love to use stories, data and art to help my clients heal their trauma and cope with anxiety, ADHD and life changes. I am committed to anti-racist and anti-colonial work, and draw from a feminist, queer-affirming & trauma-informed lens. As a queer therapist, I am strongly LGBTQ+ affirming, and love working with my trans and nonbinary clients as they navigate other issues while being informed by those identities.	No, white	Yes through SCA	Wandering & Belonging Th	Email only	Email: arielle@wanderingbelongingtherapy.com. I am a white, Jewish, queer/bisexual, non-binary femme person. I come from an interfaith family. I have educational and class privilege. I grew up outside the US and moved here for college when I was 18 and identify as an Adult Third Culture Kid (ATCK). I have ADHD, which wasn't diagnosed until I was 29, and I've experienced PTSD and clinically significant anxiety.
Washington	Mental Health	Xander Hayden	he/him	LPC	medical transition. Xander enjoys working with all ages, the LGBT+ population, and is especially experienced in	Unknown, white passing	No	Our Team - Urban Counsell	(503) 610-2044	online scheduling available
Washington	Behavioral Health	Jan Markovics	they/them	LPC-RA	symptoms of ADD/ADHD. Additionally, we also help clients alleviate symptoms of anxiety, depression, memory	No, white	neurofeedback is available to	Roxa City Therapeutics Ps	(971) 224-4089	
Washington	Behavioral Health	Linden Andrews	they/them	Unknown	symptoms of ADD/ADHD. Additionally, we also help clients alleviate symptoms of anxiety, depression, memory	No, white	neurofeedback is available to	Roxa City Therapeutics Ps	(971) 224-4089	
Washington	Mental Health	Laura Edwards-Leeper	she/her	PhD	Clinical Psychologist who specializes in working with gender diverse and transgender children, adolescents, and adults.	Unknown	Unknown	Website	(503) 713-5323	email contact preferred: dr. laura.edwardsleeper@gmail.com
Washington	Mental Health	Jessie Kaleileau	she/her	LPC Associate	folks, and families who experienced generational trauma, anxiety, depression, and life adjustments. I also have	Yes, Indigenous	Willing to do single case agreements	Website	(971) 238-7710	With Tualatin Hills Counseling
Washington	Mental Health	Jaime Larson	unknown	PsyD	LGBTQ+, Gender Identity, Body Image, Depression, Anxiety, and phase of life - adults only	No, white	No - sliding scale available	Psychology today	(503) 755-5366	
Washington	Behavioral Health	Jaxon Shaffer	they/them	LMFT Associate	Relationship Issues, Self Esteem, Transgender, substance use, dual diagnosis, LGBTQ+	Unknown, white passing	No - sliding scale available	Psychology Today	(503) 660-3639	non-binary & queer provider
Washington	Mental Health	Kara Radecki	unknown	LCSW	complex trauma, sexuality and gender, SMI, assessment letters, EMDR	Unknown	standalone assessment, \$100/hr if	Website	(971) 238-4408	With Ancora Therapy
Washington	Mental Health	Amy Beene	unknown	LPC	therapy (video/phone therapy) I am certified in Yoga Calm, mindfulness centered therapy, foster care and adoption As a practitioner, I have a Strengths-Based, Solution-Focused approach. I use a holistic approach to therapy with a combination of cognitive-behavioral theories (CBT, DBT, REBT), Visualization, Coaching, Psychodynamic and Humanistic approaches. I am bi-lingual in Spanish and English. I have a passion for working with individuals navigating chronic illness, grief/bereavement, addictions, gender dysphoria/transgender care and major life changes across the lifespan.	No, white		Website	(503) 444-8230	With Northwest Counseling Associates
Washington & Clackamas	Mental Health	Regina Vander	she/her	LCSW	My experience includes treating adults struggling with depression, anxiety, post-traumatic stress disorder, adult attention deficit disorder, bipolar disorder, adjustment disorder, and relationship issues. I have experience in supporting transgender and gender queer clients complete the WPATH process to access medical care and facilitate their action plans.	Unknown, white passing	Yes	CLINICIANS healing2 ahse	(503) 303-0304	Practices at A Healing Intention LLC. Bilingual Spanish/English
Washington & Clackamas	Mental Health	Jenna Urban	she/her	LPC	I am passionate about care that serves the whole individual and am especially interested in skills-based work. I utilize the following models most often in the mental health services that I provide: Cognitive Behavioral Therapy, Dialectical Behavioral Therapy, and Rational Emotive Behavior Therapy. I focus on supporting the eight dimensions of wellness and ensuring that individuals create lives that make them excited to wake up everyday.	No, white	Yes	CLINICIANS healing2 ahse	(503) 303-0304	Practices at A Healing Intention LLC
Washington & Clackamas	Mental Health	Sara Amundson	she/her	CSWA, HWC		No, white	Yes	CLINICIANS healing2 ahse	(503) 303-0304	I am a proud queer millennial who has a strong investment in supporting the mental health of all people, but especially queer youth. Practices at A Healing Intention LLC

[illegible]

	Provider/Clinic Name	Phone(s)	Credentials	Specializations	BPOC*	In Network†- CO	Website	Phone number	Notes
Cuckman	Graham Gentry	(608) 791-1100	FNP	sports medicine, diabetes, heart failure, reconstructive surgery, and transgender health.	No, white	No - Kaiser	https://healthy.kaiserpermanente.org/organo...	(800) 813-2000	At Kaiser Mount Scott
Cuckman	Sarah Schulz	(608) 791-1100	ID	HIV testing, Sports Medicine, Transgender Health	No, white	Lepore/Pacificsource	https://www.leporehealth.com/providers/lepor...	(608) 609-0200	Legacy Medical Group-Fremont
Cuckman	Pamela Parnsworth Milwaukee-City Grove Health C	Varies	Varies	Absoluton, Birth Control, HIV Services, Men's Health Care, Morning After Pill/Emergency Contraception, Pregnancy Testing & Services, STD Testing, Treatment & Vaccines, Transgender Hormone Therapy, Women's Health Care	Varies	Yes	Birth Control, STD Testing & Abortion - Milwaukee	(888) 875-7920	
Clark(Washington)	Priya Venuganathan	(202) 462-2778	MD	Internal medicine, LGBTQ+ care, adolescents	Yes, AAPI	No - see here	Venuganathan Priya	(202) 862-2778	
	Lavender Spectrum Health (Natalia Paul, FNP-C)	(202) 462-2778	FNP-C	LGBTQ+ health, nonbinary gender-affirming health care, and gender affirming/hormone therapy	No, white	No - see here	Lavender Spectrum Health	(202) 725-6970	
Duchucha	Alicia Richardson	(703) 338-4875	Nurse Practitioner	Women's and pediatric care, opioid use disorder, and HIV care, transgender medication and hatching	Unknown	CPCCO	https://www.columbia-memorial.com/provider/a...	(703) 338-4875	Within Columbia Memorial Health CHSU
Edwards	Pamela Parnsworth Bend Health Center	Varies	Varies	Absoluton, Birth Control, HIV Services, Men's Health Care, Morning After Pill/Emergency Contraception, Pregnancy Testing & Services, STD Testing, Treatment & Vaccines, Transgender Hormone Therapy, Women's Health Care	Varies	Yes	Birth Control, STD Testing & Abortion - Bend, OR	(888) 875-7920	
Jackson	Nell Fordfield	(415) 618-1300	FNP	Family medicine, LGBTQ+ care, SUB, palliative care, hormone therapy	No, white	JCC	https://chclivesthrough.org/providers/nell-fordfi...	(415) 618-1300	Within La Clinica Health Bend Grove Health Center
Jackson	Kathy Church	(415) 618-1300	FNP	Gender-affirming care, GHRT	Unknown, while passing	JCC	Kathy Church, NP La Clinica Health/Bend OR	(415) 618-1300	
Jackson	Vince Paul Garcia	(415) 618-1300	FNP	Gender-affirming care, GHRT	No, Latino	JCC	V. Paul Garcia, NP La Clinica Health/Bend OR	(415) 618-1300	
Jackson	Pamela Parnsworth Medford Health Center	Varies	Varies	Absoluton, Birth Control, HIV Services, Men's Health Care, Morning After Pill/Emergency Contraception, Pregnancy Testing & Services, STD Testing, Treatment & Vaccines, Transgender Hormone Therapy, Women's Health Care	Varies	Yes	Birth Control, STD Testing & Abortion - Medford	(415) 344-6411	Number expired on 6/15/2023 that this clinic does not provide GHRT(H)
Joséphine	Pamela Parnsworth Grants Pass Health Center	Varies	Varies	Absoluton, Birth Control, HIV Services, Men's Health Care, Morning After Pill/Emergency Contraception, Pregnancy Testing & Services, STD Testing, Treatment & Vaccines, Transgender Hormone Therapy, Women's Health Care	Varies	Yes	Birth Control, STD Testing & Abortion - Grants Pa	(415) 344-6411	
Joséphine	Huehler Kate	(541) 264-2127	MD	HST	No, white	Unknown	Huehler Kate	(541) 264-2127	Prison Medicine
Joséphine	Tasha Westlandt	(415) 479-6664	FNP-C	Listed on Southern OTC Affairs Website Provider List- see more under Resource Lists tab	No, white	No	Tasha Westlandt, FNP-C Oregon Pain Clinic	(415) 479-6664	
Joséphine	Woman's Health Center	(415) 479-6664	Varies	Miscellaneous information "OTC Affairs Website" regarding a number of OTCOH services	Varies	Unknown	Oregon Woman's Health Center of Southern Ore	(415) 479-6664	
Joséphine	Teri Emerson	(415) 474-8511	FNP, NP	Primary Care, Wellness to Women, LGBTQ+ Health, Diet and Alcohol Treatment	No, white	Some DPCO, some HMO	Teri Emerson, NP La Clinica Health/Bend OR	(415) 474-8511	
Lane	Pamela Parnsworth West Eugene Health Center	Varies	Varies	Absoluton, Birth Control, HIV Services, Men's Health Care, Morning After Pill/Emergency Contraception, Pregnancy Testing & Services, STD Testing, Treatment & Vaccines, Transgender Hormone Therapy, Women's Health Care	Varies	Yes	Birth Control, STD Testing & Abortion - Eugene	(415) 344-6411	
Lane	Pamela Parnsworth Eastern-SalemHealth Health Care	Varies	Varies	Absoluton, Birth Control, HIV Services, Men's Health Care, Morning After Pill/Emergency Contraception, Pregnancy Testing & Services, STD Testing, Treatment & Vaccines, Transgender Hormone Therapy, Women's Health Care	Varies	Yes	Birth Control, STD Testing & Abortion - Eugene	(415) 344-6411	
Mahar	Pamela Parnsworth Ontario Health Center	Varies	Varies	Absoluton, Birth Control, HIV Services, Men's Health Care, Morning After Pill/Emergency Contraception, Pregnancy Testing & Services, STD Testing, Treatment & Vaccines, Transgender Hormone Therapy, Women's Health Care	Varies	Yes	Birth Control, STD Testing & Abortion - Ontario	(888) 875-7920	
Marion	Fabriz Delmar	(503) 576-4040	MD	Family medicine, general care	No, white	Unknown	Fabriz Delmar, MD Legacy Family Health Ce	(503) 576-4040	
Marion	Pamela Parnsworth Salem Health Center	Varies	Varies	Absoluton, Birth Control, HIV Services, Men's Health Care, Morning After Pill/Emergency Contraception, Pregnancy Testing & Services, STD Testing, Treatment & Vaccines, Transgender Hormone Therapy, Women's Health Care	Varies	Yes	Birth Control, STD Testing & Abortion - Salem, O	(888) 875-7920	
Murdoch & Clark (Washington)	Dr. V. Matagal	(202) 650-8216	MD	"Public Health that not primary care" My main focus of practice is integrative mental health Naturopathic Medicine, Integrative Mental Health, LEND Neurofeedback, Gender-Affirming Healthcare, Holistic-Raised Diseases. Do you have some simple health needs and need streamlined access to the care you need? Pink Health provides medical evaluations and prescriptions with referrals based on the appropriate follow-up care. HIV, Drug-PED, ID, nutrition, wellness and hypermanagement. FNP-HIV care, Hep C, Herpes, UT treatments, and Emergency contraception pills passionate about working with medically underserved communities and highly value advocacy and partnership as a healthcare provider. My approach to patients includes a longitudinal, trauma informed, body-positive, sex-positive, and certified in harm reduction and peer engagement. I do not believe my role is to tell patients what to do but to give them the tools and information they may need to live their healthiest life. My areas of focus include gender-affirming care, STWY screening and management, FNP, birth control, mental healthcare, vision medicine, chronic disease management, and preventative health, among other things.	No, Latine	Yes	Dr. Vanessa Matagal / Naturopathic Doctor / T	(202) 650-8216	They identify as question-binary
Murdoch	Pink Wellness	(415) 344-6411	Varies	"Public Health that not primary care" My main focus of practice is integrative mental health Naturopathic Medicine, Integrative Mental Health, LEND Neurofeedback, Gender-Affirming Healthcare, Holistic-Raised Diseases. Do you have some simple health needs and need streamlined access to the care you need? Pink Health provides medical evaluations and prescriptions with referrals based on the appropriate follow-up care. HIV, Drug-PED, ID, nutrition, wellness and hypermanagement. FNP-HIV care, Hep C, Herpes, UT treatments, and Emergency contraception pills passionate about working with medically underserved communities and highly value advocacy and partnership as a healthcare provider. My approach to patients includes a longitudinal, trauma informed, body-positive, sex-positive, and certified in harm reduction and peer engagement. I do not believe my role is to tell patients what to do but to give them the tools and information they may need to live their healthiest life. My areas of focus include gender-affirming care, STWY screening and management, FNP, birth control, mental healthcare, vision medicine, chronic disease management, and preventative health, among other things.	Unknown	Yes	Pinkwellness - Pink Wellness, LLC (campbellandco...)		
Murdoch	Snyder & Gibson	(608) 723-6990	FNP-C	Etiology Centers Specialty & Hyperallergic Spectrum Disorder, Pruritic Ocularitis, Takayashina Syndrome, Psoriasis, Atopic Dermatitis, Eczema, Allergies, Chronic Fatigue, Gastrointestinal conditions, Nutritional deficiencies, Nonverbal/Autism care, LGBTQ+ Healthcare. Cannot be listed as a PCP or NCP We offer primary care through the licensure and practice of western medicines, naturopathy, and osteopathy. We offer many wellness exams, prescription management, acupuncture management, and urgent care appointments to support you with all your healthcare needs. Our providers have a range of specific interests including gynecology, gender affirming care, gastrointestinal disorders, counseling and coaching, holistic public care, thyroid disorders and adrenal dysfunction, specialty lab testing, and botanical medicine.	Unknown, while passing	Kaiser	Snyder & Gibson, FNP-C - Family Medicine Kai	(608) 723-6990	Nonbinary provider
Murdoch	Tasha Santos	(503) 217-4167	MD	Etiology Centers Specialty & Hyperallergic Spectrum Disorder, Pruritic Ocularitis, Takayashina Syndrome, Psoriasis, Atopic Dermatitis, Eczema, Allergies, Chronic Fatigue, Gastrointestinal conditions, Nutritional deficiencies, Nonverbal/Autism care, LGBTQ+ Healthcare. Cannot be listed as a PCP or NCP We offer primary care through the licensure and practice of western medicines, naturopathy, and osteopathy. We offer many wellness exams, prescription management, acupuncture management, and urgent care appointments to support you with all your healthcare needs. Our providers have a range of specific interests including gynecology, gender affirming care, gastrointestinal disorders, counseling and coaching, holistic public care, thyroid disorders and adrenal dysfunction, specialty lab testing, and botanical medicine.	Unknown	Yes	Tasha Santos, MD - West Holistic Health	(503) 217-4167	Quack, Autistic, ADHD with Hypermobile Ehlers Danlos Syndrome + some other commonly co-occurring conditions.
Murdoch	Healthy Living Community	(971) 436-6112	NPs	Yes - HMO, United Health Care, CIGNA, BCBS, some insurance and care	Unknown	Yes	Healthy Living Community	(971) 436-6112	
Murdoch	Ruth Christian	(503) 484-0992	P.A.C.	Family medicine, general care, long therapy	No, white	Yes	Ruth Christian P.A.C. Health care provider 	(503) 484-0992	prison practice @Gallatin Park through Aug 31st 2023
Murdoch	Dr. Jackson changed name to Jon Montenegro	(503) 616-3300	MD, LMT, CPT	Gender-affirming care, LGBTQ+ and trans health, women's health	No, white	Yes	Wald Smart Natural Medicine	(503) 616-3300	
Murdoch	Michelle Williams	(503) 882-0752	MD	Naturopathic Medicine, Women's Health, Fertility, FNP and Regenerative Medicine	Unknown	Not actively working as becoming in network	Michelle Williams (mynameiswilliams.com)	(503) 882-0752	dwilliams@prisonmail.com
Murdoch	Emily Rose Jackson	(503) 418-5900	FNP-C	Transgender care, family medicine	No, white	Yes	Emily Rose Jackson P.A.C. Health care provider 	(503) 418-5900	Legacy Medical Group-Bend
Murdoch	Daphne Knapp	(503) 413-3429	MD	Primary care, hormone therapy initiation and maintenance, gyp, and vesban issues	No, white	Yes	https://www.pink-wellness.org/providers/daphne...">https://www.pink-wellness.org/providers/daphne...	(503) 413-3429	Legacy Medical at Oregon State Prison
Murdoch	Helenio Muller	(503) 413-3074	MD	AIDS and HIV, Gay and Lesbian Issues, Preventative Care, Complete Women's Health, Transgender Health	No, white	Legacy/PacificSource	https://www.legacyhealth.com/providers/helenio...	(503) 413-3074	Legacy Medical Group-Good Samaritan
Murdoch	Jane Ware	(503) 525-7569	MD	Primary care, hormone therapy maintenance	No, white	Legacy/PacificSource	https://www.legacyhealth.com/providers/jane/wa...	(503) 525-7569	Legacy Medical Group-Broadway
Murdoch	Daniel R. Norfield	(503) 525-4060	MD	Internal medicine, HIVSTI diagnosis and treatment, Men's Health/Primary Care	Yes, AAPI	Providence	https://www.providence.org/locations/oregon/...	(503) 525-4060	Listed on the Legacy Medical Group-Broadway
Murdoch	Douglas A. Vaisio	(503) 402-0151	MD	Internal medicine, HIVSTI diagnosis and treatment, Men's Health/Primary Care	Unknown	Providence	https://www.providence.org/locations/oregon/...	(503) 402-0151	Listed on the Legacy Medical Group-Broadway
Murdoch	Thom Wilson	(503) 222-1100	MD	HIV and Every Day (HED) framework and is body-positive and sex-positive. I am familiar and comfortable working with patients who participate in group therapy, kink, swinging, and/or sex work Hormone management, STI screening, surgery referrals, basic HIV medication management and bridging, preventative care.	Unknown, while passing	Yes	https://www.willsonmed.com/	(503) 222-1100	non-binary, transgender, doula/physician At Central City Clinics, I am a queer identified provider who was originally a social worker, turned nurse, turned nurse practitioner specifically so that I can provide gender affirming care. I have been providing hormone care since 2016 and supporting LGBTQ+ trans professionally since 2009. My goal is to work with patients to help them meet their individual goals. My heart belongs there is when a care provider makes assumptions about tranny gals as they very hard to avoid doing this to other people.
Murdoch	Margot Preddy Pat Buckley	(971) 361-7700	NP	addiction medicine, gender affirming hormone care, primary care, reproductive care and procedures (Unknown gender reported to be on this list and did not provide additional information)	No, white	Yes	N/A	(971) 361-7700	
Murdoch	Richard Bruno	(971) 271-6104	MD, MPH, FAAP, FACHM, AAFP	HIV certified HIV specialist, gender affirming care, addiction medicine	No, white	Yes	N/A	(971) 271-6104	At Central City Clinics, I am a queer identified provider who was originally a social worker, turned nurse, turned nurse practitioner specifically so that I can provide gender affirming care. I have been providing hormone care since 2016 and supporting LGBTQ+ trans professionally since 2009. My goal is to work with patients to help them meet their individual goals. My heart belongs there is when a care provider makes assumptions about tranny gals as they very hard to avoid doing this to other people.
Murdoch	Wendy Vannoy	(971) 258-0901	MD	addiction medicine, gender affirming hormone care, primary care, reproductive care and procedures (Unknown gender reported to be on this list and did not provide additional information)	No, white	Yes	N/A	(971) 258-0901	
Murdoch	Sean Peter Horan	(971) 258-0901	MD	addiction medicine, gender affirming hormone care, primary care, reproductive care and procedures (Unknown gender reported to be on this list and did not provide additional information)	No, white	Yes	N/A	(971) 258-0901	
Murdoch	Dr. Hilano	(971) 258-0901	MD	addiction medicine, gender affirming hormone care, primary care, reproductive care and procedures (Unknown gender reported to be on this list and did not provide additional information)	No, white	Yes	N/A	(971) 258-0901	
Murdoch	Angela Carter	(971) 258-0901	MD	addiction medicine, gender affirming hormone care, primary care, reproductive care and procedures (Unknown gender reported to be on this list and did not provide additional information)	No, white	Yes	N/A	(971) 258-0901	
Murdoch	Billy J.	(971) 258-0901	MD	addiction medicine, gender affirming hormone care, primary care, reproductive care and procedures (Unknown gender reported to be on this list and did not provide additional information)	No, white	Yes	N/A	(971) 258-0901	
Murdoch	Connie Stuemann	(971) 258-0901	MD	addiction medicine, gender affirming hormone care, primary care, reproductive care and procedures (Unknown gender reported to be on this list and did not provide additional information)	No, white	Yes	N/A	(971) 258-0901	
Murdoch	Bon Scottell	(971) 258-0901	MD	addiction medicine, gender affirming hormone care, primary care, reproductive care and procedures (Unknown gender reported to be on this list and did not provide additional information)	No, white	Yes	N/A	(971) 258-0901	
Murdoch	Ron Johnson	(971) 258-0901	MD	addiction medicine, gender affirming hormone care, primary care, reproductive care and procedures (Unknown gender reported to be on this list and did not provide additional information)	No, white	Yes	N/A	(971) 258-0901	
Murdoch	Amy Wiser	(971) 258-0901	MD	addiction medicine, gender affirming hormone care, primary care, reproductive care and procedures (Unknown gender reported to be on this list and did not provide additional information)	No, white	Yes	N/A	(971) 258-0901	
Murdoch	Helen McCarty	(971) 258-0901	MD	addiction medicine, gender affirming hormone care, primary care, reproductive care and procedures (Unknown gender reported to be on this list and did not provide additional information)	No, white	Yes	N/A	(971) 258-0901	
Murdoch	Elizabeth Yu	(971) 258-0901	MD	addiction medicine, gender affirming hormone care, primary care, reproductive care and procedures (Unknown gender reported to be on this list and did not provide additional information)	No, white	Yes	N/A	(971) 258-0901	
Murdoch	Rachel Jackson	(971) 258-0901	MD	addiction medicine, gender affirming hormone care, primary care, reproductive care and procedures (Unknown gender reported to be on this list and did not provide additional information)	No, white	Yes	N/A	(971) 258-0901	
Murdoch	Diana Hill	(971) 258-0901	MD	addiction medicine, gender affirming hormone care, primary care, reproductive care and procedures (Unknown gender reported to be on this list and did not provide additional information)	No, white	Yes	N/A	(971) 258-0901	
Murdoch	Emmy Wetherill	(971) 258-0901	MD	addiction medicine, gender affirming hormone care, primary care, reproductive care and procedures (Unknown gender reported to be on this list and did not provide additional information)	No, white	Yes	N/A	(971) 258-0901	
Murdoch	Isabella Thompson	(971) 258-0901	MD	addiction medicine, gender affirming hormone care, primary care, reproductive care and procedures (Unknown gender reported to be on this list and did not provide additional information)	No, white	Yes	N/A	(971) 258-0901	
Murdoch	Kathleen Lewis	(971) 258-0901	MD	addiction medicine, gender affirming hormone care, primary care, reproductive care and procedures (Unknown gender reported to be on this list and did not provide additional information)	No, white	Yes	N/A	(971) 258-0901	
Murdoch	John Smith	(971) 258-0901	MD	addiction medicine, gender affirming hormone care, primary care, reproductive care and procedures (Unknown gender reported to be on this list and did not provide additional information)	No, white	Yes	N/A	(971) 258-0901	
Murdoch	Mark Rischer change to Nigam Rischer-Phag	(971) 258-0901	MD	addiction medicine, gender affirming hormone care, primary care, reproductive care and procedures (Unknown gender reported to be on this list and did not provide additional information)	No, white	Yes	N/A	(971) 258-0901	
Murdoch	Nigam Rischer	(971) 258-0901	MD	addiction medicine, gender affirming hormone care, primary care, reproductive care and procedures (Unknown gender reported to be on this list and did not provide additional information)	No, white	Yes	N/A	(971) 258-0901	
Murdoch	Hegai Michail	(971) 258-0901	MD	addiction medicine, gender affirming hormone care, primary care, reproductive care and procedures (Unknown gender reported to be on this list and did not provide additional information)	No, white	Yes	N/A	(971) 258-0901	
Murdoch	Ken Wilson	(971) 258-0901	MD	addiction medicine, gender affirming hormone care, primary care, reproductive care and procedures (Unknown gender reported to be on this list and did not provide additional information)	No, white	Yes	N/A	(971) 258-0901	
Murdoch	John Smith	(971) 258-0901	MD	addiction medicine, gender affirming hormone care, primary care, reproductive care and procedures (Unknown gender reported to be on this list and did not provide additional information)	No, white	Yes	N/A	(971) 258-0901	
Murdoch	John Smith	(971) 258-0901	MD	addiction medicine, gender affirming hormone care, primary care, reproductive care and procedures (Unknown gender reported to be on this list and did not provide additional information)	No, white	Yes	N/A	(971) 258-0901	
Murdoch	John Smith	(971) 258-0901	MD	addiction medicine, gender affirming hormone care, primary care, reproductive care and procedures (Unknown gender reported to be on this list and did not provide additional information)	No, white	Yes	N/A	(971) 258-0901	
Murdoch	John Smith	(971) 258-0901	MD	addiction medicine, gender affirming hormone care, primary care, reproductive care and procedures (Unknown gender reported to be on this list and did not provide additional information)	No, white	Yes	N/A	(971) 258-0901	
Murdoch	John Smith	(971) 258-0901	MD	addiction medicine, gender affirming hormone care, primary care, reproductive care and procedures (Unknown gender reported to be on this list and did not provide additional information)	No, white	Yes	N/A	(971) 258-0901	
Murdoch	John Smith	(971) 258-0901	MD	addiction medicine, gender affirming hormone care, primary care, reproductive care and procedures (Unknown gender reported to be on this list and did not provide additional information)	No, white	Yes	N/A	(971) 258-0901	
Murdoch	John Smith	(971) 258-0901	MD	addiction medicine, gender affirming hormone care, primary care, reproductive care and procedures (Unknown gender reported to be on this list and did not provide additional information)	No, white	Yes	N/A	(971) 258-0901	
Murdoch	John Smith	(971) 258-0901	MD	addiction medicine, gender affirming hormone care, primary care, reproductive care and procedures (Unknown gender reported to be on this list and did not provide additional information)	No, white	Yes	N/A	(971) 258-0901	
Murdoch	John Smith	(971) 258-0901	MD	addiction medicine, gender affirming hormone care, primary care, reproductive care and procedures (Unknown gender reported to be on this list and did not provide additional information)	No, white	Yes	N/A	(971) 258-0901	
Murdoch	John Smith	(971) 258-0901	MD	addiction medicine, gender affirming hormone care, primary care, reproductive care and procedures (Unknown gender reported to be on this list and did not provide additional information)	No, white	Yes	N/A	(971) 258-0901	
Murdoch	John Smith	(971) 258-0901	MD	addiction medicine, gender affirming hormone care, primary care, reproductive care and procedures (Unknown gender reported to be on this list and did not provide additional information)	No, white	Yes	N/A	(971) 258-0901	
Murdoch	John Smith	(971) 258-0901	MD	addiction medicine, gender affirming hormone care, primary care, reproductive care and procedures (Unknown gender reported to be on this list and did not provide additional information)	No, white	Yes	N/A	(971) 258-0901	
Murdoch	John Smith	(971) 258-0901	MD	addiction medicine, gender affirming hormone care, primary care, reproductive care and procedures (Unknown gender reported to be on this list and did not provide additional information)	No, white	Yes	N/A	(971) 258-0901	
Murdoch	John Smith	(971) 258-0901	MD	addiction medicine, gender affirming hormone care, primary care, reproductive care and procedures (Unknown gender reported to be on this list and did not provide additional information)	No, white	Yes	N/A	(971) 258-0901	
Murdoch	John Smith	(971) 258-0901	MD	addiction medicine, gender affirming hormone care, primary care, reproductive care and procedures (Unknown gender reported to be on this list and did not provide additional information)	No, white	Yes	N/A	(971) 258-0901	
Murdoch	John Smith	(971) 258-0901	MD	addiction medicine, gender affirming hormone care, primary care, reproductive care and procedures (Unknown gender reported to be on this list and did not provide additional information)	No, white	Yes	N/A	(971) 258-0901	
Murdoch	John Smith	(971) 258-0901	MD	addiction medicine, gender affirming hormone care, primary care, reproductive care and procedures (Unknown gender reported to be on this list and did not provide additional information)	No, white	Yes	N/A	(971) 258-0901	
Murdoch	John Smith	(971) 258-0901	MD	addiction medicine, gender affirming hormone care, primary care, reproductive care and procedures (Unknown gender reported to be on this list and did not provide additional information)	No, white	Yes	N/A	(971) 258-0901	
Murdoch	John Smith	(971) 258-0901	MD	addiction medicine, gender affirming hormone care, primary care, reproductive care and procedures (Unknown gender reported to be on this list and did not provide additional information)	No, white	Yes	N/A	(971) 258-0901	
Murdoch	John Smith	(971) 258-0901	MD	addiction medicine, gender affirming hormone care, primary care, reproductive care and procedures (Unknown gender reported to be on this list and did not provide additional information)	No, white	Yes	N/A	(971) 258-0901	
Murdoch	John Smith	(971) 258-0901	MD	addiction medicine, gender affirming hormone care, primary care, reproductive care and procedures (Unknown gender reported to be on this list and did not provide additional information)	No, white	Yes	N/A	(971) 258-0901	
Murdoch	John Smith	(971) 258-0901	MD	addiction medicine, gender affirming hormone care, primary care, reproductive care and procedures (Unknown gender reported to be on this list and did not provide additional information)	No, white	Yes	N/A	(971) 258-0901	
Murdoch	John Smith	(971) 258-0901	MD	addiction medicine, gender affirming hormone care, primary care, reproductive care and procedures (Unknown gender reported to be on this list and did not provide additional information)	No, white	Yes	N/A	(971) 258-0901	
Murdoch	John Smith	(971) 258-0901	MD	addiction medicine, gender affirming hormone care, primary care, reproductive care and procedures (Unknown gender reported to be on this list and did not provide additional information)	No, white	Yes	N/A	(971) 258-0901	
Murdoch	John Smith	(971) 258-0901	MD	addiction medicine, gender affirming hormone care, primary care, reproductive care and procedures (Unknown gender reported to be on this list and did not provide additional information)	No, white	Yes	N/A	(971) 258-0901	
Murdoch	John Smith	(971) 258-0901	MD	addiction medicine, gender affirming hormone care, primary care, reproductive care and procedures (Unknown gender reported to be on this list and did not provide additional information)	No, white	Yes	N/A	(971) 258-0901	
Murdoch	John Smith	(971) 258-0901	MD	addiction medicine, gender affirming hormone care, primary care, reproductive care and procedures (Unknown gender reported to be on this list and did not provide additional information)	No, white	Yes	N/A	(971) 258-0901	
Murdoch	John Smith	(971) 258-0901	MD	addiction medicine, gender affirming hormone care, primary care, reproductive care and procedures (Unknown gender reported to be on this list and did not provide additional information)	No, white	Yes	N/A	(971) 258-0901	
Murdoch	John Smith	(971) 258-0901	MD	addiction medicine, gender affirming hormone care, primary care, reproductive care and procedures (Unknown gender reported to be on this list and did not provide additional information)	No, white	Yes	N/A	(971) 258-0901	
Murdoch	John Smith	(

Healthcare Provider	Provider Type	Location	Address	Phone	Website	Hours	Services	Insurance	Notes
Mulholland	Stephen Levy, MD	NP	4401 N. 10th St., Suite 100	(202) 833-8116	www.stephenlevy.com	Mon-Fri 9am-5pm, Sat 9am-12pm	Internal Medicine, Geriatrics, Palliative Care, Hospice, End-of-Life Care	Medicaid, Medicare, Private Insurance	Dr. Levy's practice focuses on Family Medicine and Primary Care. While his sub-specialties include Palliative and Men's Health, Dr. Levy enjoys working with Veterans for their healthcare needs. He treats patients who are struggling with a wide variety of diseases. Unknown if he provides HIV/HAART. Report helpful for chronic pain and three diagnoses/healthcare not as needed
Mulholland	Annae Gamme	NP	4401 N. 10th St., Suite 100	(202) 833-8116	www.stephenlevy.com	Mon-Fri 9am-5pm, Sat 9am-12pm	Internal Medicine, Geriatrics, Palliative Care, Hospice, End-of-Life Care	Medicaid, Medicare, Private Insurance	Dr. Gamme has special interest and experience in pain, mental, behavioral, and transgender health care as well as hormone therapy, including hormone pellet therapy.
Mulholland	Test Banker	MD	4401 N. 10th St., Suite 100	(202) 833-8116	www.stephenlevy.com	Mon-Fri 9am-5pm, Sat 9am-12pm	Internal Medicine, Geriatrics, Palliative Care, Hospice, End-of-Life Care	Medicaid, Medicare, Private Insurance	Dr. Banker has special interest and experience in pain, mental, behavioral, and transgender health care as well as hormone therapy, including hormone pellet therapy.
Mulholland	Brittany Kofsky	NP	4401 N. 10th St., Suite 100	(202) 833-8116	www.stephenlevy.com	Mon-Fri 9am-5pm, Sat 9am-12pm	Internal Medicine, Geriatrics, Palliative Care, Hospice, End-of-Life Care	Medicaid, Medicare, Private Insurance	Dr. Kofsky has special interest and experience in pain, mental, behavioral, and transgender health care as well as hormone therapy, including hormone pellet therapy.
Mulholland	Andria Oyama	NP	4401 N. 10th St., Suite 100	(202) 833-8116	www.stephenlevy.com	Mon-Fri 9am-5pm, Sat 9am-12pm	Internal Medicine, Geriatrics, Palliative Care, Hospice, End-of-Life Care	Medicaid, Medicare, Private Insurance	Dr. Oyama has special interest and experience in pain, mental, behavioral, and transgender health care as well as hormone therapy, including hormone pellet therapy.
Mulholland	Melanie M. Kofsky	NP	4401 N. 10th St., Suite 100	(202) 833-8116	www.stephenlevy.com	Mon-Fri 9am-5pm, Sat 9am-12pm	Internal Medicine, Geriatrics, Palliative Care, Hospice, End-of-Life Care	Medicaid, Medicare, Private Insurance	Dr. Kofsky has special interest and experience in pain, mental, behavioral, and transgender health care as well as hormone therapy, including hormone pellet therapy.
Mulholland	John L. Peterson	NP	4401 N. 10th St., Suite 100	(202) 833-8116	www.stephenlevy.com	Mon-Fri 9am-5pm, Sat 9am-12pm	Internal Medicine, Geriatrics, Palliative Care, Hospice, End-of-Life Care	Medicaid, Medicare, Private Insurance	Dr. Peterson has special interest and experience in pain, mental, behavioral, and transgender health care as well as hormone therapy, including hormone pellet therapy.
Mulholland	Planned Parenthood Portland Health Center	NP	4401 N. 10th St., Suite 100	(202) 833-8116	www.stephenlevy.com	Mon-Fri 9am-5pm, Sat 9am-12pm	Internal Medicine, Geriatrics, Palliative Care, Hospice, End-of-Life Care	Medicaid, Medicare, Private Insurance	Dr. Peterson has special interest and experience in pain, mental, behavioral, and transgender health care as well as hormone therapy, including hormone pellet therapy.
Mulholland	Planned Parenthood East Portland Center	NP	4401 N. 10th St., Suite 100	(202) 833-8116	www.stephenlevy.com	Mon-Fri 9am-5pm, Sat 9am-12pm	Internal Medicine, Geriatrics, Palliative Care, Hospice, End-of-Life Care	Medicaid, Medicare, Private Insurance	Dr. Peterson has special interest and experience in pain, mental, behavioral, and transgender health care as well as hormone therapy, including hormone pellet therapy.
Tekoa Health only	Ortho Westinghouse	NP	4401 N. 10th St., Suite 100	(202) 833-8116	www.stephenlevy.com	Mon-Fri 9am-5pm, Sat 9am-12pm	Internal Medicine, Geriatrics, Palliative Care, Hospice, End-of-Life Care	Medicaid, Medicare, Private Insurance	Dr. Peterson has special interest and experience in pain, mental, behavioral, and transgender health care as well as hormone therapy, including hormone pellet therapy.
Tekoa Health only	PPHS Westinghouse Services	NP	4401 N. 10th St., Suite 100	(202) 833-8116	www.stephenlevy.com	Mon-Fri 9am-5pm, Sat 9am-12pm	Internal Medicine, Geriatrics, Palliative Care, Hospice, End-of-Life Care	Medicaid, Medicare, Private Insurance	Dr. Peterson has special interest and experience in pain, mental, behavioral, and transgender health care as well as hormone therapy, including hormone pellet therapy.
Washington	Summit-Bell	NP	4401 N. 10th St., Suite 100	(202) 833-8116	www.stephenlevy.com	Mon-Fri 9am-5pm, Sat 9am-12pm	Internal Medicine, Geriatrics, Palliative Care, Hospice, End-of-Life Care	Medicaid, Medicare, Private Insurance	Dr. Peterson has special interest and experience in pain, mental, behavioral, and transgender health care as well as hormone therapy, including hormone pellet therapy.
Washington	Wegman Kofsky	NP	4401 N. 10th St., Suite 100	(202) 833-8116	www.stephenlevy.com	Mon-Fri 9am-5pm, Sat 9am-12pm	Internal Medicine, Geriatrics, Palliative Care, Hospice, End-of-Life Care	Medicaid, Medicare, Private Insurance	Dr. Peterson has special interest and experience in pain, mental, behavioral, and transgender health care as well as hormone therapy, including hormone pellet therapy.
Washington	Lisa Kofsky	NP	4401 N. 10th St., Suite 100	(202) 833-8116	www.stephenlevy.com	Mon-Fri 9am-5pm, Sat 9am-12pm	Internal Medicine, Geriatrics, Palliative Care, Hospice, End-of-Life Care	Medicaid, Medicare, Private Insurance	Dr. Peterson has special interest and experience in pain, mental, behavioral, and transgender health care as well as hormone therapy, including hormone pellet therapy.
Washington	Test Banker	NP	4401 N. 10th St., Suite 100	(202) 833-8116	www.stephenlevy.com	Mon-Fri 9am-5pm, Sat 9am-12pm	Internal Medicine, Geriatrics, Palliative Care, Hospice, End-of-Life Care	Medicaid, Medicare, Private Insurance	Dr. Peterson has special interest and experience in pain, mental, behavioral, and transgender health care as well as hormone therapy, including hormone pellet therapy.
Washington	Elisa Kofsky	NP	4401 N. 10th St., Suite 100	(202) 833-8116	www.stephenlevy.com	Mon-Fri 9am-5pm, Sat 9am-12pm	Internal Medicine, Geriatrics, Palliative Care, Hospice, End-of-Life Care	Medicaid, Medicare, Private Insurance	Dr. Peterson has special interest and experience in pain, mental, behavioral, and transgender health care as well as hormone therapy, including hormone pellet therapy.
Washington	Planned Parenthood Burien Health Center	NP	4401 N. 10th St., Suite 100	(202) 833-8116	www.stephenlevy.com	Mon-Fri 9am-5pm, Sat 9am-12pm	Internal Medicine, Geriatrics, Palliative Care, Hospice, End-of-Life Care	Medicaid, Medicare, Private Insurance	Dr. Peterson has special interest and experience in pain, mental, behavioral, and transgender health care as well as hormone therapy, including hormone pellet therapy.
Alaska, WA, HI	Sally Kofsky	NP	4401 N. 10th St., Suite 100	(202) 833-8116	www.stephenlevy.com	Mon-Fri 9am-5pm, Sat 9am-12pm	Internal Medicine, Geriatrics, Palliative Care, Hospice, End-of-Life Care	Medicaid, Medicare, Private Insurance	Dr. Peterson has special interest and experience in pain, mental, behavioral, and transgender health care as well as hormone therapy, including hormone pellet therapy.
Out of State (VA)	Scholar Health - Dr. Patricia Schuler	NP	4401 N. 10th St., Suite 100	(202) 833-8116	www.stephenlevy.com	Mon-Fri 9am-5pm, Sat 9am-12pm	Internal Medicine, Geriatrics, Palliative Care, Hospice, End-of-Life Care	Medicaid, Medicare, Private Insurance	Dr. Peterson has special interest and experience in pain, mental, behavioral, and transgender health care as well as hormone therapy, including hormone pellet therapy.

County	Provider Name	Credentials	Preferences	Specializations	BIPOC?	BIW/Weight limit? (As reported by community members, please clarify under contact/information)	In Network with CuroQuest?	Website	Phone number	Notes
Clackamas	Tita Anqi	MD	she/her	breast augmentation and top surgery masculinization Orchiectomy, Vaginoplasty, Uterine prolapse, Clitoroplasty, Labiaplasty, Breast Augmentation (Breast Implants), Body Contouring, Tucked Shave, Facial Feminization, Voice Surgery, Top surgery, chest masculinization, metoidioplasty, testicular implants	Yes, AAPI	limit is 50	Non-pat	https://thoson.com/transgender-breast-augmentation/transgender-chest-masculinization-top-surgery/	(503) 450-6622	Fast turnaround time
Clackamas	Tuan A. Nguyen	MD, FACS, DGS	he/him	Top surgery masculinization	Yes, AAPI		No	http://www.kabovogynestheticsurgery.com/genetal.html	(503) 435-3365	
Clackamas	Bitta Anand	MD	she/her	this is a minimally invasive surgeon trained in hysterectomy, laparoscopy and robotic surgery. Dr. Quinn is also a fibroid specialist knowledgeable about the entire spectrum of treatment, from medical options to non-invasive procedures, minimally invasive fibroid removal and hysterectomy.	Unknown	Unknown	Yes	Bitta Anand, MD (hyagynhealth.org)		
Clackamas & Washington	Michelle T. Quinn	MD	she/her	Top surgery masculinization	Yes, AAPI	Unknown	No, Kaiser	https://thoson.com/transgender-breast-augmentation/transgender-chest-masculinization-top-surgery/	(503) 457-5871	Website is very women-centric, refers to "pregnant and birthing woman"
Clackamas & Washington	Rahul Kasakurti	MD	he/him	Top surgery masculinization	Yes, AAPI		No, Kaiser	https://www.kabovogynestheticsurgery.com/genetal.html		Kaiser
Clackamas & Washington	Alexander J. Gougeon	MD	he/him	Top surgery masculinization	No, white		No, Kaiser	https://thoson.com/transgender-breast-augmentation/transgender-chest-masculinization-top-surgery/		Kaiser
Clackamas & Washington	Hao-Jun L. Chung	MD	he/him	Top surgery masculinization	Yes, AAPI	No specific limit	No, Kaiser	https://thoson.com/transgender-breast-augmentation/transgender-chest-masculinization-top-surgery/		Kaiser
Clackamas & Washington	Patricia H. Sandheim	MD	she/her	Top surgery masculinization and breast augmentation	Yes, AAPI		No, Kaiser	https://thoson.com/transgender-breast-augmentation/transgender-chest-masculinization-top-surgery/		Kaiser
Clackamas & Washington	Jennifer A. Murphy	MD	she/her	Top surgery masculinization	No, white		No, Kaiser	https://thoson.com/transgender-breast-augmentation/transgender-chest-masculinization-top-surgery/		Kaiser
Clark (Washington)	Jane Namikawa	MD	she/her	Top surgery masculinization	Yes, AAPI		No, in Washington	https://www.kabovogynestheticsurgery.com/genetal.html	(360) 423-0860	Surgey center on site. Unknown if they accept insurance
Douglas	Jordan Carley	MD	she/her	Top surgery, facial surgery	Unknown	Unknown	No, has DMAP	https://www.kabovogynestheticsurgery.com/genetal.html	(541) 762-0262	
Jackson	Cody Tuschik	DO	unknown	Dr. Mills is a leader in minimally invasive and robotic gynecologic surgery. From hysteroscopic procedures that preserve the uterus to advanced robotic surgery and everything in between, Dr. Mills is committed to guiding patients toward the appropriate therapy that meets their goals and gets them back to life as quickly as possible. Hysterectomy Dr. Bryant treats a variety of conditions, including prolapse and kidney cancer, urinary stone disease, sexual dysfunction and BPH. She has a special interest in robotic and minimally invasive surgery in the treatment of diseases of the kidney, prostate or bladder.	Unknown	unknown	Yes	https://www.kabovogynestheticsurgery.com/genetal.html	(541) 866-8990	Women-centric practice - "Medford Women's Clinic"
Jackson	Nicholas Mills	MD, FACCQ	he/him	Dr. Bryant treats a variety of conditions, including prolapse and kidney cancer, urinary stone disease, sexual dysfunction and BPH. She has a special interest in robotic and minimally invasive surgery in the treatment of diseases of the kidney, prostate or bladder.	Unknown, white passing	Unknown	Yes - JCC	https://www.kabovogynestheticsurgery.com/genetal.html	(541) 200-2646	Women-centric practice/website. Practice is "Rogue Women's Health"
Jackson	Kadi Ann B. Bryan	MD	she/her	Dr. Bryant treats a variety of conditions, including prolapse and kidney cancer, urinary stone disease, sexual dysfunction and BPH. She has a special interest in robotic and minimally invasive surgery in the treatment of diseases of the kidney, prostate or bladder.	Yes, Black	Unknown	Yes - JCC	https://www.kabovogynestheticsurgery.com/genetal.html	(541) 774-5888	Unknown on how gender inclusive practice is. PA claims advanced, may provide gender-affirming electrolysis
Metro	Shilang Chang	MD	she/her	Top surgery	Yes, AAPI		Unknown	https://thoson.com/transgender-breast-augmentation/transgender-chest-masculinization-top-surgery/		Kaiser
Metro	Sara Spertill	MD	she/her	Her special interests include both female and male voiding dysfunction, kidney stones, urologic cancers and erectile dysfunction. Orchiectomy, scrotoplasty	No, white		Yes	https://thoson.com/transgender-breast-augmentation/transgender-chest-masculinization-top-surgery/	(503) 287-1878	
Metro	Sasha Druskin	MD	he/him	Orchiectomy	Unknown		Yes	https://thoson.com/transgender-breast-augmentation/transgender-chest-masculinization-top-surgery/	(503) 223-6223	OHSA
Netro & Clark (WA)	Leslie Patricia Helgeson	MD	she/her	Dr. Patricia Helgeson is a board-certified gynecologist fellowship-trained in minimally invasive surgery. Her clinical scope of practice involves all aspects of gynecology, including non-surgical and surgical management of abnormal uterine bleeding, chronic pelvic pain, fibroids, endometriosis, interstitial cystitis and reproductive and sexual health.	No	Unknown	Yes	https://thoson.com/transgender-breast-augmentation/transgender-chest-masculinization-top-surgery/		
Multnomah	Christine L. PA-C	PA-C	she/her	Full Spectrum Obstetrics, Family Planning & Contraception, Gender Affirming Care, Adolescent Gynecology, Abnormal Uterine Bleeding, In-office procedures including colposcopy, biopsy, I&D, and long acting reversible contraception placement	Unknown		Yes	https://thoson.com/transgender-breast-augmentation/transgender-chest-masculinization-top-surgery/	(503) 413-5915	
Multnomah	Rashida Merchant	MD	she/her	Dr. Patricia Helgeson is a board-certified gynecologist fellowship-trained in minimally invasive surgery. Her clinical scope of practice involves all aspects of gynecology, including non-surgical and surgical management of abnormal uterine bleeding, chronic pelvic pain, fibroids, endometriosis, interstitial cystitis and reproductive and sexual health.	Yes, AAPI	Unknown, white passing	Yes	https://thoson.com/transgender-breast-augmentation/transgender-chest-masculinization-top-surgery/		
Multnomah	Emily Edwards	MD	she/her	Obstetrics and Gynecology - hysterectomy	Unknown, white passing		Yes	https://thoson.com/transgender-breast-augmentation/transgender-chest-masculinization-top-surgery/		
Multnomah	Lisa Johnson	MD	she/her	Obstetrics and Gynecology. Her professional interests include obstetrics, pediatric and adolescent gynecology, minor disorders and gynecologic surgery.	No, white	Unknown	Yes	https://thoson.com/transgender-breast-augmentation/transgender-chest-masculinization-top-surgery/		NOTE: Located in facility labeled "Women's Healthcare Associates" - not known informed/declines to trans-masc tabs
Multnomah	Matthew Lewis	MD	he/him	Top surgeries	No, white	Unknown	No	https://thoson.com/transgender-breast-augmentation/transgender-chest-masculinization-top-surgery/	(503) 741-4871	
Multnomah	Jennifer Franz	MD, FACCQ	she/her	Hysterectomy, Full Spectrum Obstetrics, including VMA, High Risk & Twin, robotic Robotic Procedures/Minimally Invasive Surgery, Infertility, Operative Hysterectomy, General Gynecology	Unknown	Unknown	Yes	https://thoson.com/transgender-breast-augmentation/transgender-chest-masculinization-top-surgery/		
Multnomah	Lishana Shaffer	MD	she/her	Director of Gynecology for the OHSU Transgender Health Program	Unknown	Unknown	Yes	https://thoson.com/transgender-breast-augmentation/transgender-chest-masculinization-top-surgery/	(503) 455-4500	OHSA
Multnomah	Krista Jensen	DO	she/her	OB/GYN - hysterectomy	No, white	Unknown	Yes	https://thoson.com/transgender-breast-augmentation/transgender-chest-masculinization-top-surgery/	(503) 413-7503	Legacy
Multnomah	Scott Hoffman	MD	he/him	OB/GYN - hysterectomy	No, white	Unknown	Yes	https://thoson.com/transgender-breast-augmentation/transgender-chest-masculinization-top-surgery/	(503) 413-7503	Legacy
Multnomah	Joshua Schindler	MD	he/him	Dr. Schindler's current clinical interests include voice disorders in both professional and non-professional voice users, swallowing disorders, treating and upper airway disorders, and cancer of the upper aerodigestive tract. His research interests include molecular diagnosis and management of early vocal fold cancer, treatment of spasmodic dysphonia and other neurologic voice disorders, and hoarseness in association with laryngopharyngeal reflux. Vocal chord surgery and adam's apple reduction/tracheal shave surgery	No, white	Unknown	Yes	https://thoson.com/transgender-breast-augmentation/transgender-chest-masculinization-top-surgery/	(503) 464-5347	OHSA
Multnomah	James Phillip Thomas	MD	he/him	Dr. Thomas' special area of interest is voice disorders. Dr. Thomas' qualifications for the surgical or voice subspecialty of ear, nose, and throat surgery (otolaryngology), include a postgraduate interest in voice disorders, as well as extensive study including and beyond a one year residency training program in otolaryngology. Vocal chord surgery and adam's apple reduction/tracheal shave.	Unknown	Unknown	Yes	https://thoson.com/transgender-breast-augmentation/transgender-chest-masculinization-top-surgery/	(503) 479-1345	
Multnomah	Jens Berli	MD	he/him	gender affirming surgery and offers a full range of facial, chest and phalloplasty procedures for transgender individuals	No, white		Yes	https://thoson.com/transgender-breast-augmentation/transgender-chest-masculinization-top-surgery/	(503) 454-6687	
Multnomah	Daniel Dugl	MD, FACS	he/him	Urology, Transgender care, vaginoplasty, metoidioplasty	No, white		Yes	https://thoson.com/transgender-breast-augmentation/transgender-chest-masculinization-top-surgery/	(503) 346-1500	
Multnomah	Blair Peters	MD	they/he	Top surgeries (breast aug & mastectomy), Body contouring, Facial surgery, Vaginoplasty, Vaser liposuction, Phalloplasty & erectile implants	No, white		Yes	https://thoson.com/transgender-breast-augmentation/transgender-chest-masculinization-top-surgery/		
Multnomah	Erica Maggity	MD	she/her	Dr. Maggity has received extensive training in minimally invasive gynecologic surgery, including laparoscopic hysterectomy and myomectomy, with and without the robotic-assisted Da Vinci surgical system.	Unknown	Unknown	Yes	https://thoson.com/transgender-breast-augmentation/transgender-chest-masculinization-top-surgery/	(503) 935-8000	
Multnomah	Erica Coppeerman	DO	she/her	Dr. Coppeerman is trained to provide minimally invasive gynecologic surgery, including using the robotic-assisted da Vinci Surgical System. Additionally, her training in minimally invasive medicine provides a unique background in holistic medicine and subsequent techniques.	Unknown, white passing	Unknown	Yes	https://thoson.com/transgender-breast-augmentation/transgender-chest-masculinization-top-surgery/	(503) 284-5220	requires referral from PCP/OB/GYN - consults scheduling out around 2 months as of 1/19/2023
Multnomah	Megan Bird	MD	she/her	Hormone therapy initiation & maintenance, gender affirming gynecologic, hysterectomy, oophorectomy	No, white		Yes	https://thoson.com/transgender-breast-augmentation/transgender-chest-masculinization-top-surgery/	(503) 423-5200	
Multnomah	Oscar Piro	MD, FACCQ	he/him	Hysterectomy, oophorectomy	Unknown	Unknown	Yes	https://thoson.com/transgender-breast-augmentation/transgender-chest-masculinization-top-surgery/	(503) 229-6800	
Multnomah	Sara Yang	MD	she/her	Facial/Gender Confirmation Surgery	Yes, AAPI	Unknown	Yes	https://thoson.com/transgender-breast-augmentation/transgender-chest-masculinization-top-surgery/		
Multnomah	Hema Thakur	MD, FACS	she/her	Top surgery - ***beginning practice of vaginoplasty - assisting Dr. Dugl at OHSU as of 5/23*** Body Contouring (June 2024)	Yes, AAPI	some have reported no limit, others reported limit is 50	Yes	https://thoson.com/transgender-breast-augmentation/transgender-chest-masculinization-top-surgery/		Legacy/PerfSource
Multnomah	Jyoti Chouhan	DO, PharmD	she/her	urology, orchiectomy	Yes, AAPI		Yes	https://thoson.com/transgender-breast-augmentation/transgender-chest-masculinization-top-surgery/	503-346-1500	
Out of State - AZ	Toby Matzar	MD	he/him	Radial Forearm Flap (RFF) Phalloplasty, Predicted Groin Flap Phalloplasty, Groin/RF Composite Phalloplasty, Body Scapling, Breast Augmentation, Buttock Augmentation, Clitoroplasty, Facial Feminization, Facial Masculinization, Glandoplasty, Labiaplasty, Metoidioplasty, Orchiectomy, Penile Implant, Scrotoplasty, Top Surgery, Tracheal Shave, Uterine prolapse, Vaginoplasty	No, white		No	https://thoson.com/transgender-breast-augmentation/transgender-chest-masculinization-top-surgery/	(480) 681-7098	Previously operated out of Legacy, no longer practicing in Oregon, only AZ.
Multnomah	Sean Heagerty	MD	he/him	Top surgery, breast augmentation, body contouring	Yes		Yes	https://thoson.com/transgender-breast-augmentation/transgender-chest-masculinization-top-surgery/	(503) 488-2346	Providence
Multnomah	Judith E. Hansen	MD, FACS	she/her	Top surgery masculinization, breast augmentation	No, white	no limit	Yes	https://thoson.com/transgender-breast-augmentation/transgender-chest-masculinization-top-surgery/	(503) 454-6687	OHSA
Multnomah	Kyle Baltusich	MD	he/him	Top surgery masculinization, breast augmentation	No, white		Yes	https://thoson.com/transgender-breast-augmentation/transgender-chest-masculinization-top-surgery/	(503) 292-8200	Will not do a single case agreement out of network. No wait list as of 2/28/2023
Out of state - CA	Ella Sara Lay	MD	she/her	Body Scapling, Breast Augmentation, Buttock Augmentation, Clitoroplasty, Facial Feminization, Facial Masculinization, Glandoplasty, Labiaplasty, Metoidioplasty, Orchiectomy, Penile Implant, Scrotoplasty, Top Surgery, Tracheal Shave, Uterine prolapse, Vaginoplasty	Yes, Latine		No	https://thoson.com/transgender-breast-augmentation/transgender-chest-masculinization-top-surgery/	(415) 780-1535	Transferred to the Gender Confirmation Center with Dr. Scott Moser in California. No longer in OHP network
Multnomah	Nick Enomoto	MD	he/him	Body Scapling, Breast Augmentation, Buttock Augmentation, Clitoroplasty, Facial Feminization, Facial Masculinization, Glandoplasty, Labiaplasty, Metoidioplasty, Orchiectomy, Penile Implant, Phalloplasty, Scrotoplasty, Top Surgery, Tracheal Shave, Uterine prolapse, Vaginoplasty, Body Contouring (June 2024)	No, white		Yes	https://thoson.com/transgender-breast-augmentation/transgender-chest-masculinization-top-surgery/	(503) 413-5915	Newly practicing - wait times estimated to be about 6 months for surgeries as of 6/1/2023. Not accepting new patients for top surgery masculinization and phalloplasty
Out of state - CA	Scott Mosser	MD	she/her	Surgery, Urology, Special focus on Gender Affirming Surgery, Metoidioplasty	Yes, AAPI		Yes	https://thoson.com/transgender-breast-augmentation/transgender-chest-masculinization-top-surgery/	(903) 346-1500	
Washington	Hetal Fichadia	MD, FACS	she/her	Top surgery masculinization	Yes, AAPI	No limit, highest BPH thus far has been 65	No, in California	https://thoson.com/transgender-breast-augmentation/transgender-chest-masculinization-top-surgery/	(415) 780-1535	Out of state at the Gender Confirmation Center in San Francisco, CA
Washington	Gary Bergman	MD	he/him	Hysterectomy	Yes, AAPI	limit is 40	Yes	https://thoson.com/transgender-breast-augmentation/transgender-chest-masculinization-top-surgery/	(503) 488-2346	
Washington	Monica Liabo-Farulla	MD	she/her	Top surgery masculinization (may provide other care - newly added as of 9/15/23)	Unknown		Yes	https://thoson.com/transgender-breast-augmentation/transgender-chest-masculinization-top-surgery/	(503) 481-1270	Advanced Gender Surgery Fellowship with OHSA as of 2023
Washington	Michael Schmitt	MD	he/him	Top surgery masculinization, breast augmentation	No, white		Yes	https://thoson.com/transgender-breast-augmentation/transgender-chest-masculinization-top-surgery/	(503) 488-2346	Newly added (10/2022) - wait time is short, approximately 1-2 months from consult to surgery

Surgeon	Surgical Procedure	Estimated Wait Time: Referral to Consult	Estimated Wait Time: Consult to Surgery	Notes	Last Updated
Tina Jenq					
Tuan A. Nguyen					
Alexander J. Gougoutas					
Rahul Kasukurthi	Top surgeries	Generally no longer than 6 months from referral to surgery		Kaiser	November 2023
Hao-Jun J. Chong	Top surgeries	Generally no longer than 6 months from referral to surgery		Kaiser	November 2023
Patricia H. Sandholm	Top surgeries	Generally no longer than 6 months from referral to surgery		Kaiser	November 2023
Jennifer A. Murphy	Top surgeries	Generally no longer than 6 months from referral to surgery		Kaiser	November 2023
Sean J. Clark	Orchiectomy	Generally no longer than 6 months from referral to surgery		Kaiser	November 2023
Gene De Haan	Hysterectomy	Generally no longer than 6 months from referral to surgery		Kaiser	November 2023
Shauna Hicks	Hysterectomy	Generally no longer than 6 months from referral to surgery		Kaiser	November 2023
Casey Homemeyer	Hysterectomy	Generally no longer than 6 months from referral to surgery		Kaiser	November 2023
Dawn Stanek	Hysterectomy	Generally no longer than 6 months from referral to surgery		Kaiser	November 2023
Claire Learmonth	Hysterectomy	Generally no longer than 6 months from referral to surgery		Kaiser	November 2023
Carol Chiu	Hysterectomy	Generally no longer than 6 months from referral to surgery		Kaiser	November 2023
Alison Uyemura	Hysterectomy	Generally no longer than 6 months from referral to surgery		Kaiser	November 2023
Jane Namkung					
Shiliang Chang					
Sara Spettel					
Sasha Druskin					
Christopher Razavi					
Jennifer Franz					
Krista Jensen					
Scott Hoffman					
OHSU	Genitoplasty (Nullification)	12 months	12 months	OHSU	January 2025
Geolani Dy	Vaginoplasty	12 months	2-3 years		January 2025
	Vulvoplasty	12 months	1-2 years		January 2025
	Orchiectomy	6 months	3 months		January 2025
		6 months for social worker intake, then 7-8 months from intake to consult with surgeon	"Based on patient readiness"	OHSU	January 2025
	Erectile Implants				December 2023
Jens Berli	Metoidioplasty	12 months	18 months		January 2025
	Top surgeries (breast aug & mastectomy)	2 years	3-6 months		January 2025
	Tracheal Shave	2 months	4-6 weeks		January 2025
		10 months for social worker intake		OHSU	January 2025
	Facial surgery	8 months for consult (after your intake)	12 months		January 2025
Blair Peters		6 months for social worker intake			January 2025
	Phalloplasty & erectile implants	8 months for consult (after your intake)	"Based on patient readiness"		January 2025
	Top surgeries (breast aug & mastectomy)	2 years	3-6 months		January 2025
	Body contouring	2 months	3-6 months		January 2025
		10 months for social worker intake		OHSU	January 2025
Daniel Dugi	Facial surgery	8 months for consult (after your intake)	12 months		January 2025
	Vaginoplasty	No data - unknown if Dr. Peters is still doing this	No data - unknown if Dr. Peters is still doing this		January 2025
	Vulvoplasty	No data - unknown if Dr. Peters is still doing this	No data - unknown if Dr. Peters is still doing this		January 2025
		6 months for social worker intake			January 2025
	Phalloplasty & erectile implants	8 months for consult (after your intake)	"Based on patient readiness"		January 2025
Joshua S. Schindler	Vaginoplasty	2 years	2-3 years		January 2025
	Vulvoplasty	10 months	1-2 years		January 2025
	Metoidioplasty	12 months	18 months	OHSU	January 2025
	Orchiectomy	6 months	3 months		January 2025
	Tracheal Shave	2 months	4-6 weeks		January 2025
Juliana E. Hansen	Vocal surgery			OHSU	January 2025
	Top surgeries (breast aug & mastectomy)	2 years	3-6 months	OHSU	January 2025
Jyoti Chouhan	Orchiectomy	6 months	3 months		January 2025
	Vulvoplasty	5 months	1-2 years	OHSU	January 2025
Lishiana Shaffer				Referral not required - call 503-418-2814 to schedule a consult	
	hysterectomy & oophorectomy	12 months	12 months	OHSU	January 2025

[illegible]

County	Care	Provider Name	Pronouns	Credentials	Specializations	BIPOC?	In Network with CO?	Phone number	Website	Notes
Multnomah	Acupuncture	Rowan Everard	unknown	LAc	Acupuncture, herbal medicine	Unknown	Yes	(630) 297-3705	HOMF Inner Sanctuary Wellness Portland Oregon (inner sanctuarywellnessody.com)	
Multnomah	Acupuncture	Lic Bourgeois	she/her	LAc	Acupuncture, cupping, tuina, athlete performance enhancement, injury recovery, and prevention. They aim to offer care based on guiding principles of body-autonomy, collaboration, & weight-inclusivity. They practice the diversified method for Chiropractic and are trained in Activator Method as well	No, white	No	Contact Us Inner Gate Heal	Elizabth Bourgeois, L.Ac. - ly	Two locations in Portland - see Contact page for each location's number
Multnomah	Chiropractic	B Hagan	they/them	DC	They are passionate about creating a safe, inclusive, trauma-informed environment for all folks with a focus on queer and transgender healthcare.	Unknown	Unknown	(503) 217-4457	Our Providers - Be Well Holis	neurodiverse Trans provider
Multnomah	Chiropractic	Sami Ebner	they/them	DC	She sees patients for a broad range of conditions and specializes in skin cancer screening, acne, unusual growths and rashes, and basic surgical excisions/closures.	Unknown	Unknown	(503) 217-4457	Our Providers - Be Well Holis	queer, trans masculine, non-binary, board-certified chiropractor
Clackamas	Dermatology	Kim B. Sanders	she/her	MPAS, PA-C	Cosmetic and Laser Surgery, Dermatologic Surgery, General Dermatology	No, white	Yes	(503) 346-0500	Kim B. Sanders M.P.A.S., P.A.-C. Health care provider OHSU	
Multnomah	Dermatology	Heather Onoday	she/her	RN, FNP, MN	She enjoys treating all conditions of the hair, skin, and nails, and has a particular interest in treating hair loss disorders, acute and chronic rashes, and conducting skin cancer screenings for early detection of skin cancer.	No, white	yes	(503) 418-3376	https://www.ohsu.edu/providers/heather-onoday-rn-mn-fnp	
Multnomah & Washington	Dermatology	Melissa Adair	she/her	BSN, DNP	Gangrenous, Skin Cancers	No, white	Yes	(503) 418-3376	Melissa Adair B.S.N., D.N.P. Health care provider OHSU	
Multnomah & Washington	Dermatology	Alex Ortega Loayza	he/him	MD, MCR	Complex Medical Dermatology, General Dermatology, Psoriasis, Pyoderma	Yes	Yes	(503) 418-3376	Alex Ortega Loayza M.D., M.C.R. Health care provider OHSU	
Virtual	Dietician/Nutritionist	Mary Bailey	she/her	RDN, MS	Health At Every Size (HAES)	No, white	No	(503) 956-9396	https://heartspringhealth.com/team/mary-bailey-rdn/	
Benton	Hair removal	Linda D Easter	she/her	LE	Electrologist	No, white	No	(541) 231-2959	https://www.electrology.com/member.html?uid=3401&which=1	
Clackamas	Hair removal	Danielle Faught - Eastside Electrolysis	she/her	LE	Electrolysis - including genital area for surgery	No, white	No	(971) 666-7795	Eastside Electrolysis (eastsid	Eastside Electrolysis will be offering training under the new Oregon licensing requirements in 2023. Training will cover theory, health, safety, business and practical (hands-on), to best prepare you for your board exams and your new career!
Clackamas	Hair removal	Maia Pace - Eastside Electrolysis	she/her		Electrolysis - including genital area for surgery	No, white	No	(971) 666-7795	Eastside Electrolysis (eastsid	
Clackamas	Hair removal	Santana - PNW Electrology	she/her	LE	Santana is a licensed Oregon Electrologist specializing in all electrolysis projects, including helping the transgender community by performing gender-affirming electrolysis treatments.	Unknown	No	(541) 441-3582	PNW Electrology - Meet the Team — PNW Electrology	
Clackamas	Hair removal	Val - PNW Electrology	she/her	LE	specializes in face, body and bikini/genital work	Unknown	No	(541) 441-3582	PNW Electrology - Meet the Team — PNW Electrology	
Clackamas & Clark (WA)	Hair removal	PNW Electrology - (Audrey Jones owner) 9 electrologists between both locations providing gender affirming treatment	she/her	LE	During this journey of building my Electrolysis practice, I sought to add additional beauty services for my clients, so I became a licensed Esthetician. Pacific Northwest Electrology now offers Advanced Electrolysis treatments for broken capillaries (face, neck and chest only) as well as skin tags (full body) at our Vancouver WA location.	Unknown	Yes	(541) 441-3582	PNW Electrology - Meet the Team — PNW Electrology	
Clark (WA)	Hair removal	Jaime - PNW Electrology	she/her		Jaime specializes in Pre-Op genital hair removal for gender confirmation surgeries.	unknown	Yes	(971) 381-8031	PNW Electrology - Meet the Team — PNW Electrology	
Clark (WA State)	Hair removal	Leah at Real You Electrolysis	she/her	LE	Electrolysis and waxing for the trans community	No, white	Single case agreements with OHP	(360) 217-4205	https://realyouelectrolysis.c	LGBTQ practitioners. From 9/14/22: " While we aren't in network with OHP just yet, we are accepting some insurance: PacificSource WA, and we can bill some Cigna plans as an out of network provider. We are also working on contracts with Kaiser NW and WA Medicaid. We won't be able to contract with OHP until we hire someone with an OR electrolysis license, but we have plans to send multiple people to school to get that license starting in January. So, hopefully we can be set up to take OHP in Julyish of next year,
Clark (WA State)	Hair removal	Nathan at Real You Electrolysis	unknown	LE	Electrologist	Unknown	SCA with OHP	(360) 217-4205	Electrolysis Near Me - Real You Electrolysis	though we wish it could be faster!"
Clark (WA State)	Hair removal	Maya's Gentle Touch Electrology - Maya Mensal	she/her	LE	Electrologist	No, white	No	(503) 702-0178	https://mayasgentletouch.co	3416 SE 122nd Ave Ste A6 (inside the "Executive Suites")
Clatsop	Hair removal	Sunset Electrology	she/her	LE	Electrologist	No, white	No	(503) 440-4635	http://www.sunsetelectrology	Vancouver, WA 98683 2935 Marine Dr. Astoria, OR
Columbia	Hair removal	Meribeth Malone	she/her	LE, FT	Electrologist	Unknown	No insurance	(971) 420-6804	https://square.site/book/16i	Scappoose Electrology and Skin Care 52490 SE 2nd St #107 Scappoose, OR 97056
Deschutes	Hair removal	Traci Rogers - Trace Electrolysis	she/her	LE	Electrologist	Unknown, white passing	In process to getting DMAP - should have by June 2024. Deschutes is outside of CareOregon area	(541) 728-3736	HOMF (traceelectrolysis.com)	
Deschutes	Hair removal	The Lounge	Varies	Varies	Laser hair removal	Unknown	No	(541) 236-2282	Gender-Affirming Care — Bend Med Spa - Botox, Filler and Gender-Affirming Care The Lounge (theloungebend.com)	
Jackson	Hair removal	Molly Ballow	she/her	LE	Electrologist	Unknown	Yes, JCC	(541) 488-3262	https://www.ashlandelectroly	3416 SE 122nd Ave Ste A6 (inside the "Executive Suites")
Jackson	Hair removal	Joseph Gatti	he/him	MPAS, PA-C, MBA	medical, surgical, and aesthetic dermatology; Electrolysis	No, white	Yes, JCC	(541) 422-3798	Joe Gatti, MPAS, PA-C The J	May need coaching on how to bill insurance - PAs have not been approved, documentation missing
Jackson	Hair removal	Sophia Brechert	LE		electrologist	No, white	Not yet	(541) 226-1800	Best Life Electrology	
King (WA)	Hair removal	Trevino Beauty Collaborative	Varies	LEs	Electrologists - They have offered free electrolysis to the trans community, provided by their electrologists who are in training to become licensed.	Unknown	No insurance	(206) 751-6922	Seattle Skincare, Electrolysis	We are well versed in electrolysis prep for bottom surgery for both Trans Women and Trans Men. We offer free consultations and we can provide invoices for insurance reimbursement if you have insurance that will cover this service.
Lane	Hair removal	Grady Bunce - Gradient Electrolysis	unknown	LE	Electrologist	unknown	DMAP ID	(541) 393-7901	Contact — Gradient Electrolysis	
Lane	Hair removal	Lacey Keeney	she/her	LE	Electrologist	No, white	Non-par. Accepts Legacy PacificSource. Will do SCA for CareOregon.	(541) 221-5175	https://business.google.com	At Willamette Valley Esthetics & Electrolysis. Lacey is a transgender woman.
Lane	Hair removal	Tami Kanning	she/her	LE	Electrologist	No, white	non-par provider w/DMAP - I will do SCAs - has worked with Trillium and PacificSource - updated 4/8/2024	(541) 514-4857 (text preferred)	http://www.electrolysisbyta	3575 Donald St Ste 620
Multnomah	Hair removal	Shay Witten - Wildwood Electrolysis	they/them	LE	Electrologist	Unknown	Not yet - working on it (March 2025)	(503) 251-5902	Wildwood Electrolysis	833 SE Main St, Unit 106 Portland OR 97214
Multnomah	Hair removal	Meredith McClain - Transitions Electrolysis	she/her	LE	Electrologist	Unknown, white passing	No	None listed	Transitions Electrolysis	hello@transitionspxd.com
Multnomah	Hair removal	Christine Alexander - Queen of Swords Electrolysis	she/her	LE, CAA, LA	Electrologist, Licensed Aesthetician, Certified Advanced Aesthetician	No, white	Applying for DMAP - 11/14/2024	(971) 801-1211	Queen Of Swords Electrolysis	
Multnomah	Hair removal	Braylin Mitchell - Glimmer Electrolysis	she/her	LE, MA	Electrologist	Yes, Black	No insurance yet	(971) 322-5909	Glimmer Electrolysis	
Multnomah	Hair removal	Robin Rosman - Bird In Hand	she/her	LE	Electrologist	No, white	YES! NEW FEB 2025	(971) 666-1817	https://bihelectrology.com/	Business partners - shared practice space at 2031 SE Belmont St Portland, OR 97214
Multnomah	Hair removal	Bee Noll - Maiden Hair	she/her	LE	Electrologist	No, white	YES! NEW FEB 2025	(503) 884-6163	https://www.maidenhaires	
Multnomah	Hair removal	Lin Krasa - Rose's Thorn Electrology	she/they	LE	electrologist	No, white	Yes	(503) 660-8468	Rose's Thorn Electrology (og	Trans-owned and operated
Multnomah	Hair removal	Eos Skin and Laser Clinic	unknown	Estheticians	Laser hair removal	Unknown	No	(503) 297-0782	Laser Hair Removal — EOS Skin and Laser Clinic	
Multnomah	Hair removal	Chenerology Electrology - Chenery Whittier	she/her	LE	Electrologist	Unknown	No, has DMAP - will request SCAs	(503) 320-5380	Professional Electrolysis Bot	Fairview, OR
Multnomah	Hair removal	StarVolta Electrolysis - Piney	she/her	LE	Electrologist, gender affirming surgery prep	Unknown, white passing	No, does not bill insurance directly	(503) 849-2127	StarVolta Electrolysis	Sliding scale and multi hour sessions available for surgery site prep. 2340 SE Gladstone St Unit 12 Portland, OR 97202 1430 Water Avenue #206 Portland, OR 97214
Multnomah	Hair removal	Claire Russell	she/her	LE	Electrologist. I specialise in facial hair removal for trans women and pre-surgical hair removal for all forms of gender affirming surgery.	No, white	In process to getting DMAP - cannot bill insurance at this time	(619) 922-9033	Welcome 🍷 (auntieclaires)	auntieclairespxd@gmail.com
Multnomah	Hair removal	Bethesda Spencer-Canton DBA Bare Electrolysis	unknown	LE	Trans-owned and Operated: Bare Electrolysis is committed to achieving your goals for eliminating dysphoric hair. I strive to make your experience as comfortable as possible. Electrologist	Unknown	No, working on acquiring DMAP to bill as an out of network provider	(801) 558-5242	About Bare Electrolysis (bareportlandelectrolysis.com)	
Multnomah	Hair removal	Karen Kent - Ally Electrolysis	she/her	LE	Gender Confirming and Trans Care, PCOS. Electrolysis	Unknown	No, will provide invoice/documentation for commercial insurance	(971)-319-0234	Contact and Consultations —	text preferred
Multnomah	Hair removal	Tangee M. Holub - Eastside Electrology	unknown	LE	Electrologist	Unknown	Unknown	(503) 539-9953	Contact — Permanent Hair Removal Electrolysis Portland OR (eastsideelectrology.com)	
Multnomah	Hair removal	Shyanne M. Holub - Eastside Electrology	unknown	LE	Electrologist	Unknown	Unknown	(503) 539-9953	Contact — Permanent Hair Removal Electrolysis Portland OR (eastsideelectrology.com)	

								OHP Kaiser only - has DMAP. Working on learning how to submit PAS and bill.			610 SW Alder St, Ste 920
Multnomah	Hair removal	Shelia Aheam	she/her	LE, CPE	Electrologist	unknown	unknown	OHP as a non-par provider	(503) 227-6050	https://electrolysiscliniccdx.com/	Portland, OR 97205
Multnomah	Hair removal	Irina McGaughey	she/her	LE	Electrologist	unknown	unknown	No insurance	(503) 227-6050	https://electrolysiscliniccdx.com/contact-us.html	
Multnomah	Hair removal	Erin at Laurelhurst Electrology	she/her	LE	Electrologist - "I do not offer genital electrolysis (anything inside the underwear line), although I do offer bikini line"	No, white	No insurance	(503) 459-6438 call or text	https://www.laurelhurstelectrology.com/	Recommended by trans men and trans masculine folks seeking phalloplasty	
Multnomah	Hair removal	Jaimee T Bloom	she/her	CPE, LE	Electrologist	No, white	No insurance	(503) 224-3300	https://pdselectrolysis.com/	1017 SW Morrison St, Ste 400. Does not take any insurance and no new clients until February 2023 (as of 9/22)	
Multnomah	Hair removal	Laine Celedon	she/her	LE	Electrologist	No, white	No insurance. Will provide superbill	(503) 734-9236	https://reledonelectrolysis.com/	Trans/feminine practitioner. Contact at cepdx@gmail.com.	
Multnomah	Hair removal	Kathryn Trosen	she/her	LE	Electrologist	No, white	unknown - ER called on 9/9/22 awaiting CB	(503) 410-1751	Trosen@oregonassociates.com	2340 SE Gladstone St, Portland, OR 97202	
Multnomah	Hair removal	Michelle Cappadona	she/her	LE	Electrologist	Unknown	yes - no new pts	(503) 494-6687	https://www.ohsu.edu/proc	Within OHSU's Plastic and Reconstructive Surgery Clinic, South Waterfront - Not accepting new clients as of 9/13/22	
Washington	Hair removal	Brenda Cox	she/her	LE	Electrologist - does not do genital electrolysis	unknown	No but interested	(503) 574-3136	http://www.coxelectrology.com	Beaverton OR 97008	
Washington	Hair removal	Alice Berry	unknown	LE	Electrologist	Unknown	unknown	(503) 701-4900	http://www.transformationsbeaverton.com	1975 NW 167th Place, Suite 100	
Washington	Hair removal	Jodi Wynn Turner	she/her	LE	Electrologist	No, white	Not yet, working on DMAP/application	(871) 303-9360	Electro Glow Electrology	10445 Southwest Canyon Road, Suite 114, Beaverton, OR 97005	
Multnomah	Massage & Craniosacral Therapy	Killeen Dolan	they/them	LMT	Massage therapist - Myofascial Release and Craniosacral Therapy	unknown	My practice is centered around working with other queer and trans folks, people with PTSD, chronic pain, people with medical trauma, fat people, and people who are looking for a bodywork experience that blends many techniques. My bodywork includes full body massage, craniosacral therapy, silicone cupping, and astrology & tarot led energy work, to create a bodywork session that is supportive of the physical, emotional, and spiritual self.	pay what is sustainable for you model	(503) 893-2275	Be Abundant Bodywork Killeen Dolan (they/them) LMT Portland, OR	
Multnomah	Massage & Craniosacral Therapy	Kirah Knee	they/them	LMT	I like to base each session on the individual's needs and love to incorporate deep tissue, fire or suction cupping, movements, and energy work.	unknown	pay what is sustainable for you model	(503) 893-2275	Be Abundant Bodywork Kirah Knee (they/them) LMT Portland, OR		
Multnomah	Massage	Kody Burton	they/he	LMT	I offer a gentle form of myofascial release work, which does not use oil or lotion. For many it feels like a slow unwinding or subtle stretch through many layers of the body. I incorporate some craniosacral elements when it feels appropriate. I also offer integrative massage using oil or lotion if that is what your body craves. My style is flowy and slow, deep but not painful, sometimes incorporating silicone cupping.	Unknown, white passing	pay what is sustainable for you model	(503) 893-2275	Be Abundant Bodywork Kody Burton (they/he) LMT Portland, OR		
Multnomah	Massage & Craniosacral Therapy	Meesh Fry	they/them	LMT	Certified Aquatic Integration Provider and Craniosacral Therapist. They are passionate about introducing safe touch to the trans community and holding space for fat, disabled, BIPOC, queer, and neurodivergent persons. They offer integrative massage tailored to the individual's needs, including deep tissue work that ranges from gentle and soothing to very firm pressure.	No, white	pay what is sustainable for you model	(503) 893-2275	Be Abundant Bodywork Meesh Fry (they/them) LMT Portland, OR		
Multnomah	Massage & Craniosacral Therapy	Shannon Lord	she/her	LMT	Certified Aquatic Integration Provider and Craniosacral Therapist. They are passionate about introducing safe touch to the trans community and holding space for fat, disabled, BIPOC, queer, and neurodivergent persons. They offer integrative massage tailored to the individual's needs, including deep tissue work that ranges from gentle and soothing to very firm pressure.	No, white	pay what is sustainable for you model	(503) 893-2275	Be Abundant Bodywork Shannon Lord (she/her) LMT Portland, OR		
Multnomah	Massage	Ethan Lively	they/them	LMT	They are currently available for care after Motor Vehicle Accidents and out-of-pocket cash rates. They are also pursuing their Chiropractic Assistant license, which will allow access to their care for Oregon Health Plan and private insurance members in the future.	No, white	pay what is sustainable for you model	(503) 217-4457	Ethan Lively Bio - Be Well Ho		
Deschutes	Medical Tattooing	Adored Tattoo Boutique			Areola medical tattooing	Unknown	No	(541) 640-0026	Adored Oregon's Premier Cosmetic Tattoo Boutique		
Multnomah	Medical Tattooing	Medusa Slays - Gina Carlson	she/her		Areola medical tattooing	Unknown	No	(971) 414-4344	Acicola Restoration		
Multnomah	Medical Tattooing	Euvium Studios - Kaysie Anderson	she/her		medical tattooing, gender-affirming PMU	Unknown	No	(856) 470-6301	PDX Cosmetic Tattoo Specialists: Euvium Body Art & Beauty Studios		
Multnomah	Medical Tattooing	Chaz Vitale	they/he		Medical tattooing	Unknown	No - not possible at the moment due to OHA restrictions. Follow-up again in June 2025	(503) 803-9640	Home Vital Ink Tattoo Portland vitalinktattoo@pdx.com		
Multnomah	Medical Tattooing	Hema Thakar	she/her	MD	Medical tattooing (closed referrals)	Yes, AAPI	Yes	(503) 413-5915	Hema Thakar, MD, MD, FACS		
Multnomah	Medical Tattooing	Daela Cosmetic Tattoo	Varies		Certified Permanent Cosmetic Professional and esthetician (phalloplasty and areola tattoos)	Varies	No	(971) 357-1649	Portland Permanent Makeup Services DAELA Cosmetic Tattoo	1720 W 18th Avenue, Eugene, OR 97402	
Lane	Medical Tattooing	Michelle Varga	she/her	CPCP	Scar cover up, 3D nipple and areola tattoos, phalloplasty tattoos	Unknown	No	(541) 344-7789	Home - Esthetics NW Service		
Out of state	Medical Tattooing	Shane Wallin	he/him			No, white	No	(619) 942-9737	FTM Tattoo: Transformative	In San Diego, California. Offers semi-annual giveaways for medical tattooing	
Washington	Medical Tattooing	Bella Luna Permanent Cosmetics and Paramedical Tattoo - Kumi Nakamura	she/her	Licensed Tattoo artist & esthetician	Medical tattooing	Yes, AAPI	No	(971) 678-5567	Microblading Portland Bella Luna Permanent Cosmetics Portland Beaverton		
Multnomah	Nutritionist	Gabriella Gonzalez	she/they	CHN	Her philosophy of nutrition work is grounded in self compassion and a health at every size approach. She offers Food Access + Education sessions to help cultivate a nourishing relationship to self. These sessions provide individualized, food & lifestyle focused support.	Unknown	No, sliding scale	(503) 217-4457	Gabriella Gonzalez Bio - Be Well Holistic Health (Bewellandheal.com)		
Jackson	OBGYN	Cody Tschik	unknown	DO	Obstetrics	unknown	Yes	(541) 864-8900	Cody Tschik, DO - Obstetrics & Gynecology - Asante		
Multnomah	OBGYN	Megan Bird	she/her	MD	Hormone therapy initiation & maintenance; gender affirming gynecology; hysterectomy, oophorectomy	No, white	Yes	(503) 612-5260	https://www.legacyhealth.org/providers/megan-bird		
Multnomah	OBGYN	Rashida Merchant	she/her	MD	Full Spectrum Obstetrics, Family Planning & Contraception, Gender Affirming Care, Adolescent Gynecology, Abnormal Uterine Bleeding, In-office procedures including colposcopy, biopsy, I&D, and long acting reversible contraception placement	Yes, AAPI	Yes	(503) 239-6800	Dr. Rashida Merchant The Oregon Clinic OBGYN		
Multnomah	OBGYN	Carter Scott	he/they	MD	LGBTQ Care, Transgender Care. Can refer to surgery, Testosterone management, menstrual suppression, routine GYN care and OB Care	Unknown, white passing	Unknown	(503) 418-4500	Carter Scott M.D. Health.ca	Trans provider at OHSU. Operating out of OHSU's Center for Women's Health which is open to trans masculine people despite the name.	
Multnomah, Clackamas & Washington	OBGYN	Gene De Haan	they/them	MD	My primary interest is LGBTQ health, with a focus in trans care. I am a transmasculine, nonbinary queer person, and I look forward to serving my community in the Portland area. I am also committed to partnering with community members to dismantle racism, classism, ableism, homophobia, transphobia, misogyny, fatphobia, and other systems of oppression that exclude people from accessing care. She provides a full range of birth control and menstrual management options, including long-acting reversible contraceptives such as IUD, IUCs, and the arm implant. In addition to contraceptives, Shoshana specializes in sexually transmitted disease (STD) and sexually transmitted infection (STI) testing and treatment, along with strategies for prevention and harm reduction, including PrEP.	Unknown, white passing	No, Kaiser	1-800-813-2000	Gene De Haan, MD - Obstetrics And Gynecology Kaiser Permanente		
Washington	WHNP, Repro & Sexual Health Care	Shoshana Farber	she/her	WHNP	She is also happy to help with Pap testing, urinary tract infection (UTI) and vaginitis care, gender-affirming care, pregnancy testing, options counseling, and pain with sex or 'vestibulodynia' management.	Unknown	Yes	(503) 620-5556	Shoshana Farber, WHNP: Women's Health Nurse Practitioner Tigard, OR (swfamilyphysicians.com)		
Washington	Orthopedist	Daniel Trimberger	he/him	MD	Sports medicine physician, non-surgical	No, white	Yes	(503) 693-8700	Daniel Trimberger, II, MD, Sp	Two offices, one in Tigard, one in Wilsonville	
Washington	Pediatric Endocrinologist	Marcie Drury Brown		MD	Pubertal suppression, hormone therapy, referrals for primary and specialty care	No, white	Yes	(503) 216-6050	https://www.providence.org/doctors/pediatrics/or/oregon-city/marcie-drury-brown-1609822119		
Washington	Pediatric Endocrinologist	Charlene Lai		MD	Pediatric Endocrinology, Special focus on Diabetes	Yes, AAPI		(503) 346-0640	https://www.ohsu.edu/proc	At OHSU Doernbecher Child Development and Rehabilitation Center, Eugene. Listed on THP website	
Metro	Pediatric Endocrinologist	Maya Hunter	she/her	MD	pediatric endocrinology, puberty suppression, hormone therapy, referrals for primary and specialty care	Yes, AAPI	Yes	(503) 413-1600	https://www.legacyhealth.org	Practices at Legacy Medical Group-Cornell and Randall Children's Hospital at Legacy Emanuel	
Metro	Pediatric Endocrinologist	Karin Selva	she/her	MD	pediatric endocrinology, puberty suppression, hormone therapy, referrals for primary and specialty care	No, white	Yes	(503) 413-1600	https://www.legacyhealth.org	Practices at Legacy Medical Group-Cornell and Randall Children's Hospital at Legacy Emanuel	
Multnomah	Pediatric Endocrinologist	Kara Connelly	she/her	MD	Pediatric endocrinology, transgender health, pubertal suppression, hormone therapy	Unknown, white passing		(503) 346-0640	https://www.ohsu.edu/proc	At OHSU Doernbecher Children's Hospital, Marquam Hill. Doernbecher Gender Clinic director	
Multnomah	Pediatric Endocrinologist	Hayley Balnes	she/her	MD	Pediatric endocrinology, transgender health, pubertal suppression, hormone therapy	No, white		(503) 346-0640	https://www.ohsu.edu/proc	At OHSU Doernbecher Children's Hospital, Marquam Hill	
Multnomah	Pediatric Endocrinologist	Stephanie Tartow	she/her	P.A.-C, C.D.C.E.S.	Diabetes, Pediatric Endocrinology, transgender health, pubertal suppression, hormone	No, white		(503) 346-0640	https://www.ohsu.edu/proc	At OHSU Doernbecher Children's Hospital, Marquam Hill	

Multnomah	Pediatric Endocrinologist	Radhika Purushothaman	she/her	MD	Pediatric Endocrinology, Diabetes	Yes, AAPI	Yes	(503) 413-1600	https://www.legacyhealth.org	At Randall Children's Hospital at Legacy Emanuel
Multnomah	Pediatric Endocrinologist	David Snyder	he/him	MD	Pediatric Endocrinology	No, white	Yes	(503) 413-1600	https://www.legacyhealth.org	At Randall Children's Hospital at Legacy Emanuel
Multnomah	Pediatric Endocrinologist	Sevket Yigit	he/him	MD	Diabetes, Obesity Medicine, Osteoporosis, Pediatric Bone Disorders	No, white	Yes	(503) 413-1600	https://www.legacyhealth.org	Practices at Legacy Medical Group-Cornell and Randall Children's Hospital at Legacy Emanuel
Multnomah	Rheumatologist	Laura Davies	she/her	MD	Internal medicine, rheumatology	No, white	no	(503) 215-6819	https://www.oregonlive.com	At Providence Portland Medical Center
Clatsop	Voice therapy	Karen Schaffert	she/her	CCC-SLP	working with non-binary who have had treatment for head and neck cancer. Karen is	Unknown	Yes	(503) 448-0345	https://www.legacyhealth.org	At Legacy Emanuel
	Voice therapy	Your Lessons Now			voice, group sessions available	Varies		(888) 318-7267	https://www.yourlessonsnow.com	60-minute group lesson. Elite instructors are \$60 for 30 minutes, \$100 for an hour
Clark	Voice therapy	Trans Vocal Therapy - Anna	she/her		Vocal and singing coaching for all trans and non-binary	No, white	No	schedule online	https://transvocaltraining.co	Transgender provider
Deschutes	Voice therapy	Lisa Wilcox	she/her	CCC-SLP	communicative deficits following concussion. She also has been honored to provide	Unknown	No	(541) 604-8255	Lisa Wilcox Sonos Neurology	At Bend Speech Therapy/Sonos Neurotherapies
Deschutes	Voice therapy	St. Charles	Varies	Varies	Voice therapy	Unknown	No	(541) 382-4321	Rehabilitation St. Charles 	No specific providers known, however, they have submitted PAs to PacificSource for voice dysphoria
Jackson	Voice therapy	Therapy - Outpatient Hospital	Varies	Varies	Voice therapy	Unknown	Yes - JCC	(541) 732-6619	Providence Outpatient Ortho	No specific providers known, however, they have submitted PAs to JCC for voice dysphoria
Lane	Voice therapy	Sierra Corbin	she/her	CCC-SLP	affirming voice therapy. Sierra works with dysphagia, aphasia, AAC, cognition, voice,	Unknown	Yes	(971) 346-0355	Team Bios breatheworks.org	At Breatheworks
Lane	Voice therapy	Dianna Michna	she/her	CCC-SLP	aphasia treatment, cognitive rehabilitation, and fluency. She completed the Lee	Unknown, white passing	Health Plans, Providence	(541) 371-2782	Speech, language, & literacy	At Birdsong Speech Therapy
Marion	Voice therapy	Shelly Mendoza	Unknown	Unknown	Voice coaching	Unknown	Comp, auto, several self-provider in database	(503) 371-0779	Physical Therapy in Salem Northwest Rehabilitation Associates (therapypartnergroup.com)	
Multnomah	Voice therapy	Barbie Scott	she/her	MA, CCC	voice coaching, vocal image consulting, and voice improvement	No, white		None	When Your Voice Means Business (voicemeansbiz.com)	
Multnomah	Voice therapy	Gender Communication Lab	Varies	Varies	space for adult learners/participants to explore and practice gender-affirming voice	Unknown	Free resource	website	Gender Communication Lab 	The focus of the Gender Communication Lab is on exploring, practicing and incorporating voice and communication styles and
Multnomah	Voice therapy	Joshua Schindler	he/him	MD	and non-professional voice users, swallowing disorders, breathing and upper airway	No, white	Yes	(503) 494-5947	Joshua S. Schindler M.D. Health care provider OHSU	
Multnomah	Voice therapy	Paul Flint	he/him	MD			Yes	(503) 494-5947	Paul W. Flint M.D. Health care provider OHSU	
Multnomah	Voice therapy	Swallowing LLC	Varies	CCC-SLPs	In which an SLP supports the development of voice and communication to align and	Unknown	No	(503) 946-6907	Testimonials - Voice, Speech https://wellnessgroupslp.com/bjornthiway/	
Multnomah	Voice therapy	and Swallowing	she/her	CCC-SLP	muscle tension dysphonia, paradoxical vocal fold motion, gender affirming voice	Unknown, white passing	Yes	(503) 494-5947	Joshua Schindler M.D. Health care provider OHSU	
Out of state	Voice therapy	Prismatic Speech Services	Varies	CCC-SLP	of all ages across North Carolina via telepractice (using telecommunications	Varies	No		Home - Prismatic Speech Services	
Virtual	Voice therapy	Undead Voice - Nicole Gress	she/they	MS, CCC-SLP	questioning humans to transition their voice to match	No, white	No - HRSF		https://www.undeadvoice.com/	

County	Clinic/Organization/Program Name/Advocacy Group	Services Offered	Website	Contact	Notes
Clackamas	Monte Nido - West Linn	Monte Nido Portland offers state-of-the-art, evidenced-based residential programming for eating disorders and co-occurring presentations. Located in West Linn, OR, Monte Nido Portland provides programming for adults of all genders. The Living Room supports and celebrates LGBTQIA2s+ youth, ages 14-20, in Clackamas County. Our programming is youth led and our services are rooted in youth-adult partnerships. We offer accessible programming and resources that encourage the personal growth, sense of belonging, and development of leadership skills among LGBTQIA2s+ youth and their allies.	https://www.montenido.com/portland-or/		Referral form available on website
Clackamas	The Living Room		https://www.thelivingroomyouth.org/	(503) 825-2535	Email: info@thelivingroomyouth.org
Cowlitz (Washington)	RAINS (Rainbow Advocacy Inclusion & Networking Services)	RAINS seeks to empower, educate, and advocate for the RAINBOW (LGBTQ+) community and its allies in Cowlitz County and surrounding areas. A pay-what-you-can program created for transgender and gender diverse people who are otherwise unable to pay for their affirming care. We understand that transition-related care is cost prohibitive for many but also lifesaving. Because of this, we are honored to offer these services to you on a pay-what-you-can basis. Through this program, we are able to contour your external facial features to align with your internal identity. We can create more full lips, a slimmer or more broad appearing jawline, enhance your cheekbones, reduce deep lines and remove body hair. Together, we will develop a plan to achieve your individual aesthetic goals. As You Like It is a sex and body-positive, eco-conscious, gender-inclusive sex toy shop and educational center that honors the diverse desires and needs of the community. They offer gender-affirming products for the trans community.	https://rains.wa.org/	(360) 200-3790	Support Groups listed at https://rains.wa.org/services/support-groups/ - gender clinic and other services in development as of July 2023.
Deschutes	The Lounge - True You Program		The True You Program – Bend Med Spa	(541) 236-2282	
Jackson	As You Like It - Love Revolution	We run intersectional campaigns focused on building people power for local and state affordable housing solutions, expanding affordable transit options, Mutual Aid for Phoenix and Talent communities most impacted by the Alameda Fires, working for inclusive policies and counter-organizing against white supremacy in Southern Oregon, and working to support and advance LGBTQ+ led initiatives that meet the needs of the diverse LGBTQ+ communities in our region. Through these campaigns we are developing new community leadership and capacity through trainings, internships, and hands-on campaigns. We mobilize to support racial justice and immigrant justice following the lead of people of color in our community.	As You Like It	(541) 201-2060	
Jackson	Rogue Action Center		https://www.rogueactioncenter.org/	(541) 292-1741	Email: info@rogueactioncenter.org
Jackson	La Clínica	Our health centers provide primary care, behavioral health support, and dental care for lesbian, gay, bisexual, transgender, queer, questioning, non-binary, and intersex patients. Gender-affirming care at La Clínica starts with making sure our team uses every patient's preferred name and pronouns. As part of our comprehensive primary care, we offer behavioral health support, gender-affirming hormone therapy for adults and adolescents, and referrals for other gender-affirming care when needed. La Clínica has both nurse practitioners and family physicians who can prescribe gender-affirming hormone therapy for adults. Some of these providers also serve youth in coordination with pediatric endocrinologists at Oregon Health & Science University. Options for Southern Oregon serves people of all ages in our community who have mental health and addiction treatment needs. Our holistic approach addresses housing, advocacy, community integration, crisis intervention, therapy, co-occurring issues, education, work, and economic well-being. We foster the development of mental and emotional health in children, adults, and families, and support our clients' participation as respected members of the community.	https://laclinicahhealth.org/services/primary-care/igbtq-care/	541-035-6239	
Jackson & Josephine	Options for Southern Oregon		http://www.optionsonline.org/	(541) 476-2373	
Jackson & Josephine	Options for Southern Oregon - Adult Transgender, Non-Binary, and Gender Expansive Group	The group will provide an opportunity for participants to meaningfully connect with others who identify as transgender/non-binary/gender-expansive, gain different perspectives and insight, clarify personal values, goals, and strengths, and build knowledge, resources, and skills to navigate common issues. Wednesdays, 2:30pm-4:45pm, starting September 21, 2022. Zoom Meeting ID:959 8596 6656 Passcode:119228	https://www.optionsonline.org/	(541) 476-2373	This online (Zoom) group cycles through 7 topics (1 per week), with 6 group discussion and 1 presentation. You can drop in for any topic that interest you! 1.) Gender expression and identity building 2.) Coming out 3.) Dealing with external prejudice and unintentional (implicit) bias 4.) Substance use 5.) Relationships 6.) Self-care 7.) Sexual and Reproductive Health (presentation with time for questions)
Jackson & Josephine	Options for Southern Oregon - Adult LGBTQ+ Group	For folks in Southern Oregon who identify as LGBTQ+ to build community, challenge dominant cultural assumptions, gain different perspectives and insight, and build strengths to navigate everyday issues. Tuesdays 3pm-4:30pm Starting December 13th 2022 Zoom Meeting ID: 943 0001 3082 Passcode: 430046 For more information, please call (541) 476-2373	http://www.optionsonline.org/	(541) 476-2373	Topics might include: <ul style="list-style-type: none">• Identity development• Coming out• Relationships (all kinds)• External and internalized homophobia/transphobia• Substance use and addictive escapes• Self-forgiveness/understanding/learning through mistakes• Grief• Self-care and mental/physical health• Joy, creativity, and strength
Jackson	Rogue Action Center LGBTQ+ Groups & Pental Projects	OTBPOC Liberation Space - 3rd Wednesdays, 6-8pm (Email: rina@rogueactioncenter.org for Zoom link). Illness Valley LGBTQ+ Youth Virtual Hangout - 1st and 3rd Fridays, 4-5pm (Email: eliot@rogueactioncenter.org for Zoom and Discord server links). White LGBTQ+ Organizer Accountability Space - 1st Monday of the month, 6-8pm (Email: eliot@rogueactioncenter.org for Zoom link). Ongoing: Southern Oregon QuailMail: https://tneurl.com/quailmail	https://www.rogueactioncenter.org/upcoming-events	(541) 292-1741	Email: info@rogueactioncenter.org
Jackson	Gender and Sexuality Justice - Social Justice and Equity Center - Southern Oregon University	Gender and Sexuality Justice is a resource area of the Social Justice and Equity Center created in support of queer, trans, femme folk, women, and survivors at Southern Oregon University. We offer direct resources, confidential advocacy, various identity-specific community spaces, education, programming, counseling and support on campus and in collaboration with our community.	https://socialjustice.sou.edu/gsj/	(541) 552-6221	
Lane	TransPonder	TransPonder is a transgender-founded and led nonprofit based in Eugene, Oregon providing support, resources, and education for the transgender and gender-diverse community and our allies. We offer/provide regular support meetings, socials, and special events for trans & gender-diverse folks (and allies) to connect, support, and be with one another, a dynamic and community-yet Resource Directory for local/regional trans-inclusive care providers—because everyone should know where our trans+gender-inclusive, educated, and experienced care providers are, inclusivity trainings and consultation services to organizations and businesses through our Transgender Education and Awareness Services program.	TransPonder	(541) 321-0872	Email: info@transpondercommunity
Lincoln	Project Bravery - Olathe Center	Project Bravery is a safe, welcoming resource and support for members of the LGBTQIA2S+ community in Lincoln County. Bravery offers support groups, affirming mental health services, social connection, youth leadership opportunities, as well as other resources.	https://www.olathacenter.org/	(541) 336-2254	
Metro	Rahab's Sisters	A resilience-building community where women and gender-diverse individuals are valued, nourished, have a sense of belonging, and are safe from the impacts of gender-based marginalization. They offer community gatherings, mental health support, and street outreach	https://rahabs-sisters.org/	(971) 208-3176	community@rahabs-sisters.org They offer an all-fellowship meeting (AA, NA, MA, SLAA, OA, etc) for the gender-diverse and transgender community on Thursdays at 9pm. They offer other group meetings M-F and Sundays and community events. Contact them using the website for more information.
Metro	True Colors Recovery	True Colors envisions a future where LGBTQIA2S+ individuals with substance use issues have access to affirming recovery support services and communities that ensure they can find and sustain their recovery while staying their true selves.	https://www.truecolorsrecovery.org/	N/A	
Metro	Mental Health & Addiction Association of Oregon	MHAAD is a peer-run, 501(c)(3) nonprofit organization that promotes self-directed recovery and wellness for all by offering recovery peer services, training, and technical assistance. Peer services for those experiencing mental health and/or addiction challenges are provided at no cost within the greater Portland, OR metropolitan area (Clackamas, Multnomah, and Washington counties) through our EVOLVE and Pathway Home programs.	https://www.mhaaforogon.org/	(503) 923-2377	
Metro	POB Trans Housing Coalition	Building community and networks of solidarity and survival with trans and queer people who are unhoused.	www.facebook.com/pobtranshousing		email contact: pobtranshousing@gmail.com Referrals can be made at 503-619-0007. We encourage the person wanting services to make the call if possible and to provide their name, contact information, and brief description of what they are wanting support with. It is always helpful (though not required) to get clinical documents/ a recent assessment which can be emailed to STRIDE@newekans.org or texted to (503) 380-6718 after STRIDE.
Metro	STRIDE (LifeWorks NW)	STRIDE is a program designed to provide outreach and engagement to individuals ages 14-24 regardless of insurance or income. STRIDE can help with education, employment, housing, health care access, living skills, coping skills, strengthening relationships, and building community. There is no insurance or medical necessity criteria for STRIDE. Any 14-24 year old, residing in Multnomah, Washington, or Clackamas county, and interested and engaged in the referral process is eligible for referral and service.	https://www.lifeatworknw.org/prevention-services/	(503) 619-9007	
Metro	Dornbecher Gender Clinic (Pediatric) - OHSU	Dornbecher Gender Clinic locations offer a full range of services for transgender and gender-nonconforming children and teens. You'll find: Puberty specialists who treat hundreds of patients a year. Comprehensive care that includes experts in primary care, hormone therapy and mental health. Family support from a psychologist, psychiatrist and social worker. Adolescent medicine doctors who specialize in the needs of teens. A safe, welcoming and gender-affirming environment.	https://www.ohsu.edu/dornbecher-doerbecher-gender-services	(503) 494-7970	Referrals need to be made by PCP
Metro	Legacy's T-Clinic (Pediatric)	Randall Children's Gender Care Center - A supportive, caring environment for children and their loved ones	https://www.legacyhealth.org/Childrens-health-services/transgender	(503) 413-1600	Referrals from doctors or self-referrals are accepted

Metro & Clark	Northwest Gender Alliance	Peer support, regular fun activities, and education. Public education offerings, increased advocacy, and community building. TYCC is a trans-led collective of therapists, social workers, and educators who began organizing together in the spring of 2024 to expand services to meet the needs of trans youth in our community. We envision a community where trans adolescents build friendships with one another that last for years, where parents and caregivers can have space to process their unique challenges, and where the mental health of trans youth is supported by skilled providers working closely together to forge the community we all need. Support Groups offered for youth 12-14 and parents/caregivers.	https://www.nwgenderalliance.org/	Email: info@nwgenderalliance.org
Multnomah	Trans Youth Care Collective		Trans Youth Care Collective	Contact Us — Trans Youth Care Collective
Multnomah	Portland Mental Health & Wellness - The Affirm 25TNB Program	The Affirm 25TNB Program was created in response to the demonstrated need for greater collaborative and equitable support of Two Spirit, transgender, and nonbinary (25TNB) communities across Oregon. The Affirm 25TNB Program will provide innovative wrap-around care to transform how 25TNB individuals are welcomed into and supported by their communities. The Affirming 25TNB Program is dedicated to supporting 25TNB individuals both in clinical practice and patient care. As such, the Affirm 25TNB Program believes in fostering inclusive and affirming spaces for 25TNB mental health professionals, staff, and patients alike. Additionally, the Affirm 25TNB Program seeks to bring 25TNB-affirming providers across disciplines out of their silos and create interdisciplinary partnerships that concretely demonstrate our collective commitment to 25TNB communities. Introducing a virtual psychotherapy group specifically designed for transgender adults who are struggling to cope with the uncertain political climate. If you are feeling overwhelmed, anxious, or depressed due to the political climate, you are not alone. Our group provides a safe and supportive space for transgender individuals to explore their feelings and experiences in a group setting. Led by an experienced therapist who specializes in working with transgender individuals, this group will provide you with the tools and strategies to cope with the political uncertainty and find ways to take care of yourself during this challenging time. In this group, you will have the opportunity to connect with others who understand what you are going through and share your experiences in a supportive environment. You will learn techniques for managing stress and anxiety, build resilience, and work through the unique challenges that come with being transgender in today's political climate.	Affirm 25TNB Program - Portland Mental	(503) 482-8223
Multnomah	Spectrum Counseling - A Spectrum of Strength Group Therapy		Services — Spectrum Counseling spectru	N/A Time: Every other Tuesday, 5-15 to 6:45 pm Cost: Free Commitment: You will be asked to commit to attend at least 6 sessions. Availability: This group is currently open to new clients. Registration form here: https://docs.google.com/forms/d/1yJ13aGQScapGQq4d0IFGCAcu/The33vKCL-/1YOM8ANQ1k3mD2uK/viewform Topics: The focus of the Gender Communication Lab is on exploring, practicing and incorporating voice and communication styles and techniques to achieve a comfortable and congruent connection between gender identity and presentation in a SAFE(R) SPACE. Goals may focus on: Voice (pitch, resonance and breath support) Intonation/inflection Language usage Pronunciation Word choice Communication & Discourse styles Non-verbal communication Time Commitment: The Gender Communication Lab operates Winter and Spring terms on Thursdays. We ask that participants commit to attending all 8 sessions for the term. Sessions will be meeting at Portland State University and/or via Zoom. Winter (January - March) or Spring (April - June)
Multnomah	Gender Communication Lab	This experience is a FREE, active, hands-on, safe, guided and supported experiential space for adult learners/participants to explore and practice gender-affirming voice and communication techniques. Weekly topics will be introduced and practiced under the guidance of Dr. Jeff Com (a licensed and ASHA-certified Speech-Language Pathologist and Associate Clinical Professor). Speech-Language Pathology graduate student clinicians will also work with participants during this process. Prison Health is dedicated to providing appropriate, specialized and affirming care to members of the LGBTIQ+ community. From primary care to mental health counseling and our integrated pharmacy, we are a health center by and for LGBTIQ+ individuals.	Gender Communication Lab google.com	Intake form on website
Multnomah	Prison Health	Help arranging health care services; links to expert OHSU providers for any health care need — such as primary care, mental health care and gender-affirming services; free classes and events on topics such as gender-affirming surgery, and fertility and reproduction options; information and support from welcoming professionals and peers; access to family-centered services for children and teens. Community health workers to assist in navigating affirming healthcare, mental health, housing, food resources, and rental assistance. A community health nurse to perform case management, advocacy, wound care, and triage. Peer groups. Community events with weaponized resources. No primary care (at this time, as of 3/29/22). Most information available on Facebook and Instagram. Day Center to come in 2024.	https://prisonhealth.org/	(503) 445-7699
Multnomah	Transgender Health Program - OHSU		https://www.ohsu.edu/transgender-health	(503) 404-7970 email contact: transhealth@ohsu.edu
Multnomah	The Equi Institute (previously Sacred Vessel)	This is a hybrid weekly Queer and Trans-specific all recovery meeting. Masks are required. We will be reading The Drunk Punk Workbook: A Step Working Guide to Getting Sober Without Gods or Masters together with time for reflection and sharing as a community. The material is a step working guide amended from 12 Step Traditions recovery, though possibly a better fit for those who find the religious undertones of traditional 12 Step norms uncomfortable. Workbooks are provided to read and take home. This is a safe space to connect with our queer peers in recovery who can relate to our unique struggles and experiences. Any and all in our queer community with a substance abuse disorder, alcohol or other drugs are welcome, including those practicing harm reduction. Please let us know if you have any accessibility needs and we will do our best to support you. The Gender Pathways Clinic at Kaiser Permanente Northwest provides culturally competent care to transgender and gender-expansive patients. Gender Pathways is a unique place for Kaiser Permanente members to receive integrated care in a comfortable, supportive setting. Hormone therapy, Sexual and reproductive health care, Counseling for gender-affirming medical care, Hair removal (coverage varies depending on insurance plan), Pubertal suppressants, Surgical evaluations and procedures, Speech therapy/gender-affirming communication therapy.	https://www.equi-institute.org/	LGBTIQ+ led organization with CHW's who have Trans, Latine, Neurodivergent, Disabled, and BIPOC identities. Focus on those experiencing homelessness, but services are available to all. NEW TIME AND DAY (STARTING WEEK OF 11/6/2023) THURSDAY, 6:00-7:00 PM THE Q CENTER LIBRARY
Multnomah & Online	Drunk Punks Meeting (The Equi Institute)		Recovery Meetings The Equi Institute Portland, OR equi-institute.org	
Multnomah	Northwest Gender Pathways Clinic - Kaiser		https://www.genderpathways.org/	(503) 249-6748 Referral form available on website
Multnomah	Utopia PDX	To provide sacred spaces to strengthen the minds and bodies of QTPIs - Queer and Trans Pacific Islanders in the Portland and Vancouver areas - through community organizing, political engagement, and cultural leadership, social group for LGBTIQ+ Native American/Alaska Natives and their families to come together and share, connect, reclaim and restore culture, community and the traditional roles of Two Spirit people	https://www.utopiaportland.org/ https://www.facebook.com/portlandutopia/	Contact form: https://www.utopiaportland.org/contact-utopiaportland
Multnomah	Portland Two Spirit Society	The TransActive Gender Project at Lewis & Clark provides a holistic range of services and expertise to empower transgender and gender-expansive children, youth, and their families in living healthy lives that are free of discrimination.	https://graduate.clark.edu/programs/continuing_education/transactive/	(503) 768-6024 Email: transactive@clark.edu
Multnomah	TransActive Gender Center	Here at SHYHC, we provide a safe, harassment-free space for queer and trans youth ages 13-23, where you can create art, play music, and join in on our open mic nights, drag shows, and support groups. You can access services like counseling, school support, and much more. Whatever you are looking for, we are here to honor, empower, and support you. As the largest LGBTIQ+ community center in the Pacific Northwest, Q Center proudly serves the LGBTIQ2SBA+ communities of Portland Metro and Southwest Washington. Aging With Pride is Q Center's drop-in program for LGBTIQ seniors. Q Center's Affinity Groups program supports more than 30 peer-led groups meeting weekly and monthly in our community space. Activities include peer-based support for coming out, recovery, resource sharing, social connection, & organizing for social change. We offer email, phone, and drop-in referrals. Q Center is a fiscal sponsor and community incubator for smaller nonprofits whose aims complement our mission, vision, and values.	https://www.shyhc.org/ https://www.familyinaction.org/mpe-cuido-te-cuido-training/ https://www.blackbewingshinyourcellphone.org/	(503) 231-9865 (503) 201-9865 (717) 258-1713
Multnomah	Sexual & Gender Minority Youth Resource Center (SMYRC) - New Avenues for Youth		https://www.newavenues.org/smyrc/	(503) 872-9664 Two locations: one downtown PDX and the other in East PDX. Email at smyrcinfo@newavenues.org .
Multnomah	The Q Center		https://www.qcenter.org/	(503) 234-7837
Multnomah	Me Cuido, Te Cuido Trainings - Familias en Accion		https://www.familiasinaccion.org/mpe-cuido-te-cuido-training/	(503) 201-9865
Multnomah	Black and Beyond the Binary Collective		https://www.blackbewingshinyourcellphone.org/	(717) 258-1713 Email: info@bbcollective.org
Multnomah	The Queer Resource Center - Portland State University	The Queer Resource Center supports queer and trans students at Portland State University to achieve their educational goals through advocacy, community, and celebration. The Queer Resource Center prioritizes a racial justice framework to improve campus climate through education, policy change, and campus-wide organizing. Primary health care, syringe exchange, access to basic needs, latrine removal, case management, recreational activities, meals, LGBTQA+ programs, housing, substance use treatment, behavioral health, education, job training.	https://www.pdx.edu/queer-resource-center/	
Multnomah	Outside In	Our three primary service communities are low-income, people living with HIV, and LGBTQIA2S+ WISH (Wellness, Integrity and Sustainable Health) is an integrated medical and behavioral health program designed to treat chronic pain through the use of non-opioid interventions. Finding and Sustaining Recovery (FSR) is an integrated behavioral health treatment program designed to help people build sober and healthy lifestyles. Individual therapy, group therapy, Linking meditation, Mindful Link, HIV services.	https://outsidein.org/	(503) 535-3860 Email: info@outsidein.org
Multnomah	Quest Center for Integrative Health	The Alexis Project employs a multi-tiered, comprehensive approach, which includes network, individual and structural components to identify, recruit, test, link, treat and retain transwomen of color into HIV care. The Alexis Project incorporates three proven models: Social Network Recruitment (network), Peer Health Navigation (individual) and Contingency Management (structural), into one multi-levelled project to optimize HIV health outcomes for transwomen of color. Through Social Network Recruitment, local transwomen recruit transwomen of color from their social, sexual and/or drug using networks into the project for either testing (HIV unknown status) or (for those who are aware of their HIV infection but not in care) to the combined Peer Health Navigation and Contingency Management intervention. Participants may also be referred to the project through collaborating agencies or through street- and venue-based outreach. A Peer Health Navigator works with each participant to link and retain her in HIV care services and to identify other needed services. In addition, Contingency Management provides increasing valuable incentives (in the form of gift cards) for attending HIV medical visits and reaching and sustaining HIV medical milestones. The Alexis Project was named after Alexis Rivera who died on March 28, 2012, at the age of 34, from complications related to HIV. Alexis was a proud Latina transwoman, a community activist, a peer advocate and a gatekeeper.	https://quest-center.org/	(503) 238-5203 Client interest form available online: https://quest-center.org/request
Out of State (CA)	The Alexis Project		Alexis Project — Friends Community Cent	7014 323-793-4640 or 323-512-7014

Out of State (CA)	El Conley - Music Classes for Queer & Trans Folks	El Conley is an indie folk singer-songwriter, teaching artist, and activist based in Sacramento, California. He makes music for queer and trans folks, justice seekers, and anyone who doesn't fit easily in a box. El's voice is tender and heartfelt, with melodies and that can leave you feeling bony-eyed yet hopeful. As a queer transgender man from the South, his songs tell stories that aren't always reflected in roots music. He offers group lessons, workshops, and voice lessons.	El Conley - El Conley, Singer-Songwriter - Contact - El Conley	
Out of State (CA Central Valley)	Trans E-Motion	Transgender resource, support, and advocacy. We are a trans-led, trans-serving community-based 501(c)(3) non-profit organization serving the California Central Valley. We offer two grant funds, five gender-affirming garments resource programs coordinated by a trans person, two gender-affirming service giveaways, free WPATH letters of support for medical transition, annual celebration and advocacy events (Trans Day of Visibility and Trans Day of Remembrance), and the Communities of Care Network (trans healthcare capacity building). Our Trans Peer Support coordinator will soon also coordinate informational and peer support workshops led by trans people who have medically transitioned. Sign up for our newsletter to receive updates by email.	Home E-mail: transemotion@gmail.com	
Out of State (CA)	Trans Latin@ Coalition	The TransLatin@ Coalition (TLC) was founded in 2009 by a group of Transgender and Gender nonconforming and Intersex (TGI) immigrant women in Los Angeles, California, as a grassroots response to address the specific needs of TGI Latin@ immigrants who live in the United States.	The Voice of TransLatin@s in the USA — hola@translatinacoalition.org	
PNW	Beyond These Walls	Support for incarcerated LGBTQ folks. Case management, Reentry program, advocacy and activism, peer pals, Oregon prisoner coalition, and leadership groups.	http://www.beyondthesewallslight.org/ N/A	Trans led organization with an exclusively LGBTQ staff and advisory committee.
Virtual, Oregon & Washington	The Villa Health	Our dedicated team, comprising Gina Spencer, MSN, April Uquidez, MSN, and Dr. Daniel Rios, DNP, is well-versed in providing comprehensive mental health support to individuals of all ages, particularly within the LGBTQIA+ communities. Trans communities, POC, and individuals with specific needs such as Eating Disorders, Substance Use Disorders, addiction, and veterans. We offer a wide range of services, including psychiatric evaluations, medication management, and collaborative care coordination as well as mental health therapy and acupuncture. We take pride in our ability to write WPATH (World Professional Association for Transgender Health) mental health letters of support. This crucial service is available for both youth and adults, ensuring timely and respectful support for those requiring pubertal suppression or gender-affirming hormone therapy. Our commitment to accessibility is reflected in the provision of this service through both Telehealth and in-person appointments, catering to the diverse needs of our clients. GLMF	The Villa Health Mental health Medical (360) 209-4449	Our practice operates without a current waiting list, and we can usually accommodate patients within one week of initial contact. Patients can conveniently book appointments online at www.health.villa.com.
Statewide	TransPonder Legal ID Change Program	Need help with legal name and gender changes? TransPonder offers trans and gender-diverse Oregonians of all ages financial assistance for legal ID changes and helps folks with paperwork. This includes help with both certificates, driver's licenses, Real IDs, passports, and DMV identifications. We can't offer legal advice, but we can share legal resources.	Legal ID Change Program – TransPonder (541) 321-0872	Office in Eugene
Statewide	Haymarket Pole Collective (HMPCC)	<u>We share a common vision of our labor liberated from all oppressive structures. We are a grassroots organization based in Portland, Oregon. We focus on advocating for safe and equitable home- and workplace, for Black, Brown, Indigenous, and/or LGBTQIA2+ sex workers. They provide direct, dox, have an outreach program, and healing justice. They have a gender-affirming care microgrant available here (application open from August to December 2023).</u> <u>https://www.haymarketpolecollective.com/</u>	<u>hmpcc • Haymarket Pole Collective</u> N/A	
Statewide	AFFIRM	AFFIRM is a nine-week social emotional support group for LGBTQ+ youth and young adults based on a cognitive behavioral model. An evidence-based practice, the AFFIRM curriculum addresses key challenges experienced by sexual and gender minority youth, reducing depression, and managing stress. The activities and curriculum components were chosen through careful research, selecting those that demonstrated long term positive outcomes with LGBTQ+ youth and young adults. Options can bill the Oregon Health Plan and many commercial insurances. Grants are available for youth who are uninsured or underinsured. New groups for youth ages 11-13, 14-17 and 18-21 will begin in Winter 2023. Interested parties are encouraged to check out the AFFIRM program website: (https://www.projectyouthaffirm.org/) or to connect with an Options facilitator by completing an interest form at www.options.org .	AFFIRM Groups - Options Counseling	
Statewide	Planned Parenthood Southwestern Oregon	Planned Parenthood of Southwestern Oregon offers quality reproductive health services in a confidential, non-judgmental, and culturally sensitive environment. For over 50 years, we have been committed to providing positive, comprehensive sex education for both youth and adults, as well as training for those who work with and care about young people.	https://www.plannedparenthood.org/plannedparenthood-southwestern-oregon (541) 344-9411	PPSO has clinics in Eugene, Grants Pass, Medford, and Ashland
Statewide & Clatsop Co, WA	Planned Parenthood Columbia Willamette	PPCW provides expert, LGBTQIA+ inclusive sexual and reproductive healthcare for people of all ages and genders. PPCW offers gender affirming hormone care for patients age 18 and up, using an informed consent model. PPCW can bill both private and public insurance, and there are programs to cover the costs of care for people who are uninsured or can't use their insurance - including folks who are not Oregon residents or U.S. citizens. Basic Rights Oregon will ensure that all lesbian, gay, bisexual, transgender and queer Oregonians experience equity by building a broad and inclusive politically powerful movement, shifting public opinion, and achieving policy victories.	http://www.ppcw.org 1-888-576-7526	PPCW has clinics in Beaverton, Bend, East Portland, Milwaukie-Oak Grove, Northeast Portland, Salem and Vancouver, WA.
Statewide	Basic Rights Oregon		https://www.basicrights.org/ (503) 222-6151	Based in FDX
Statewide	Out Dance Project - Boom and Bust	OUT Dance Project is aimed at connecting rural queers across regions in Oregon through story and dance. The Autistic Self Advocacy Network seeks to advance the principles of the disability rights movement with regard to autism. ASAN believes that the goal of autism advocacy should be a world in which autistic people enjoy equal access, rights, and opportunities. We work to empower autistic people across the world to take control of our own lives and the future of our common community, and seek to organize the autistic community to ensure our voices are heard in the national conversation about us. Nothing About Us, Without Us!	https://www.beyondboomandbust.com/about-out-dance-project.html	
National	Autistic Self Advocacy Network	The mission of Autistic Women & Nonbinary Network (AWN) is to provide community support, and resources for Autistic women, girls, transmen and transmasculine nonbinary people, trans people of all genders, Two Spirit people, and all people of marginalized genders or of no gender. AWN is committed to recognizing and celebrating diversity and the many intersectional experiences in our community.	https://autisticadvocacy.org/ N/A	Based in DC
National	Autistic Women & Nonbinary Network	Project HEAL's goal is to change that system and, in the meantime, to provide life-saving support to people with eating disorders who the system fails. Project HEAL provides free, unbiased, culturally-competent, and compassionate 1 hour phone assessments for anyone interested. The assessment is followed by a comprehensive 10+ page document with diagnosis, clinical recommendation, and referrals. Project HEAL's Insurance Navigation Program Manager and resource guides help individuals understand their often confusing insurance benefits and advocate on their behalf to get their treatment covered. Project HEAL offers our beneficiaries free and sliding scale treatment through our HEALers Circle. We offer one-time cash assistance to individuals who are able to demonstrate financial need so that they can unlock their benefits and access treatment through their insurance.	https://www.theprojectheal.org/	
National	Project HEAL	communities are social justice issues. Our mission is to make visible, interrupt, and undermine the	https://www.theprojectheal.org/	
National	FEDUP Collective	Together, we have a broad history of direct campaigning experience to suit your needs. As trans people who are all	https://www.fightingeatingdisordersinlives.com/ N/A	Contact: mtcangving@gmail.com
National	T&T Caringly	Founded in 2017 as a means to mitigate suicide risks and depression by implementing continuous support. Our	https://www.tandtcaringly.org/ N/A	Book online
National	TransTech Social	LGBTQ+ community through accessible education programs, inclusive events, and equitable employment	https://www.dembois.org/ N/A	Contact Us TransTech Soci: Free to join
National	Dem Boi Inc.	person(s) of color who identify as female to male, FTM transgender, and/or trans-masculine to obtain chest	https://www.dembois.org/ N/A	
National	Transgender American Veterans Association (TAVA)	governmental agencies, other advocacy groups, media and the public in order to ensure our members receive full	https://www.dembois.org/ N/A	
National	Trans Justice Funding Project (TJFP)	trans justice in the US and US territories and honor and amplify the ways our communities organize, create and	https://www.dembois.org/ N/A	
(NYC)	QueerCare	Area.	https://www.dembois.org/ N/A	
Out of State (DC)	Rainbow Doula DC	Washington, DC-based service providing queer doulas for postpartum care and birth support.	https://www.dembois.org/ N/A	Contact form on website

Resource	Description
2SLGBTQIA+ Terminology List	Working 2SLGBTQIA+ Terminology List that is constantly updated and revised over time.
American Trans Resource Hub	The American Trans Resource Hub provides transgender individuals the comfort and stability they seek during their social, medical and/or legal transition by providing helpful resources and by offering direct assistance with other issues that may arise: housing instability, loss of employment, and lack of health insurance.
API Rainbow Parents Resources for Chinese Parents	Written, video, organizational, and other LGBTQ+ resources for Chinese Parents and families provided in multiple languages
Asian Trans Youth Resource for Parents - Simplified Chinese	Asian Trans Youth Resource for Parents in Simplified Chinese
Before You Go: Know Your Rights & What to Expect at the Doctor and in the Hospital	Tips and advice (life hacks!) for autistic trans people about finding and going to doctors
Black & Beyond the Binary Collective	Black & Beyond the Binary Collective builds the leadership, healing, and safety of Black-African transgender, queer, nonbinary, and intersex (TQNI+) Oregonians.
BlackLine	BlackLine is a BIPOC LGBTQ+ support line, run by BIPOC folks, for BIPOC folks. This resource does not involve law enforcement or state agencies. You can call or text 1 (800) 604-5841 to chat with a peer.
BMI Surgeons List	Community-updated list with information on BMI restrictions, if available.
Brave Acorn Counseling Resource List	"We all have intersecting identities (race, gender, age, ability, sexuality, religion, size, and socio-economic status just to name a few). An important part of healing and growth might be connecting with (or receiving services from) others who share an understanding of those identities. Here is a far from complete list to get you started."
Brave Space Resource List	**OLD LIST AS OF 9/14/2023. NEW LIST UNDER "OREGON GENDER-AFFIRMING RESOURCE GUIDE" AND NOW UPDATED BY FULL SPECTRUM THERAPY** This is list of gender-affirming service providers and organizations in and around Oregon. Most resources have been recommended to Brave Space, LLC by folks within the trans & nonbinary community. Resources are organized into the categories.
CareOregon Gender Affirming Care FAQ Document	Similar to the FAQ Document created by Basic Rights Oregon that mentions some procedures covered and the prior authorization process for current and prospective OHP members. Was originally created to support staff and Care Coordinators with CareOregon be better informed and support trans members.
CareOregon Gender Affirming Care HRSF FAQ Document	CareOregon wants to make sure your unique health needs are addressed, so you are as healthy as possible. That's why your benefits include access to a fund for what the Oregon Health Plan (OHP) calls "health-related services." This fund covers items or services that will help keep you healthy, and that you might not expect would be paid for by your health plan. This document covers some FAQ and provides examples of gender affirming items/services that may fall under the HRSF criteria. Intended for care coordinators with CareOregon.
DSM-5-TR Updates to Gender Dysphoria diagnosis	The terminology in the gender dysphoria Specifiers has been updated in the Diagnostic and Statistical Manual of Mental Disorders, fifth edition, text revision (DSM-5-TR).
Eastside Electrolysis Academy	Eastside Electrolysis will be offering training under the new Oregon licensing requirements in 2023. Training will cover theory, health, safety, business and practical (hands-on), to best prepare you for your board exams and your new career!
Fenway Health Institute's Tucking Guide	A resource guide on how to tuck safely, where to find affirming products, and answers to frequently asked questions
Financial Support for Surgery	In cases where insurance copays and deductibles are prohibitive or the individual cannot obtain health insurance, there are a number of small transgender surgery grant programs available as compiled by Trans Health Consulting.
Financing & Support for Gender Confirmation Surgery	An overview to medical transition care options and average costs, financial options and support, and navigating insurance.
FindHelp	Find free or reduced-cost resources like food, housing, financial assistance, health care, and more.
Flow Chart: Disproportionate Deportation by SRLP	This diagram illustrates how discrimination in immigration practices and overpolicing by law enforcement intersect and lead to greater detainment for trans immigrants, who suffer additional gender-related harms while in ICE custody.
Flow Chart: Disproportionate Incarceration by SRLP	Diagram illustrating how overpolicing and profiling of low-income people and of trans and gender non-conforming people intersect, producing a far higher risk than average of imprisonment, police harassment, and violence for low income trans people.
Flow Chart: Disproportionate Poverty by SRLP	Transgender and gender non-conforming people are much more likely to be poor or homeless than the average person. This diagram shows how various factors combine into an interlocking system that keeps many trans and gender non-conforming people in situations that are vulnerable and unequal.
Free Clothing Resources for Trans Folks - Point of Pride	If you are trans and in need of free or low-cost clothing, these resources may be able to help.
FTMSurgery.net	FTM Surgery refers to "female to male" surgery, a collection of gender-affirming surgery procedures for trans masculine people. Top Surgery, or Chest Masculinization, is the most common FTM Surgery procedure and for many, it's the only surgical step taken in gender transition. Other surgeries include Hysterectomy, as well as the genital reconstructive or "bottom surgery" procedures, Metoidioplasty and Phalloplasty. With FTMSurgery.net, you can learn all about FTM Surgery, find resources and connect with the amazing surgeons dedicated to trans surgical care
GAC Rogue Valley Resources	
Gender Bands	Genderbands helps transgender and gender non-conforming people pay for their transition-related needs.
Gender Health and Community Network Resource Guide	Living document - Affirming and knowledgeable providers serving the transgender and gender expansive community in and around Linn, Benton, and Lincoln counties.
Gender Health Training Institute	Collaborating With Clinicians To Master The Art Of Helping Transgender/Non Binary People And Their Families Live With Authenticity
Glosario de términos LGBT para equipos de atención a la salud	En este glosario encontrarás algunos de los términos más relevantes para el cuidado de la salud de las personas LGBT. In this glossary, you will find some of the terms most relevant to the health care of LGBT people translated into Spanish.
Go Girl Ride	On track to be the first rideservice to provide inclusive, safe, curated rides, Go Girl Ride has a roadmap to create a worry-free ride for marginalized communities typically uneasy in regular taxi or rideshare services. [Not operational yet as of 4/2022]
HealthyTrans	A trans healthcare resource, including insurance information, surgery consultation questions, and more. Run by Gaines Blasdel, who is available for workshops and consulting.
Here's a Free, Helpful Resource for Trans and Queer Oregonians Facing Insurance Denials — Basic Rights Oregon	Your insurer has denied you coverage for gender-affirming medical care. You believe this denial is wrong or a mistake, but you're not sure what your rights are or who can help. What's your next step?

ID Documents Policies in Oregon	Find out how to update your name and gender on state and federal IDs and records using National Center for Transgender Equality
Inclusive Therapists (Directory)	Inclusive Therapists are social justice-oriented professionals that strive to dismantle discrimination, stigma, racism, classism, ableism, sanism, and white cishetero-patriarchy in the mental health field.
I'm Having Top Surgery: An Illustrated Guide for You and Me Joyful Transitions	Written, designed, and illustrated by Rimona Eskayo, the 96 pages of “I’m Having Top Surgery: An Illustrated Guide for Me and You” interrupt the sterile, dehumanizing realm of the operating room to offer a meditation on the political dimensions of medical gatekeeping and trans liberation. Part-essay, part-handbook, and full-on love poem to their community, this project draws upon Rimona’s experiences alongside the knowledge of trans scholars, healthcare experts, and friends. Filled with practical insights like the difference between periareolar and keyhole procedures, how to get a therapist’s letter of approval, and what to expect from recovery, the work also delves into the personal — guiding conversations for talking about top surgery with loved ones and offering first-hand narratives from a handful of Portland-based artists, educators, and activists.
LGBTQ2SIA+ Resources by the Q Center	To provide gender transition materials and necessities for free to those in need in the PDX metro area.
Liberated Transitions	Resources for LGBTQ2SIA+ community members in Portland Metro, SW Washington, and Oregon.
Medicaid Regulations and Guidance	liberated transitions exists to provide holistic support and doula services for people entering a time of transition. The three-phase model used—preparation, ritual, and reflection—complements the work of mental health providers and other healing practitioners.
Medical Organization Statements	TLDEF compiled information on all aspects of transgender-related coverage under Medicaid. In addition to their research, they have built on the work of NCTE, the Movement Advancement Project, and the Williams Institute.
Mental Health Therapist Referrals list by Hayley Jones metoidioplasty.net	Leading medical groups recognize the medical necessity of treatments for gender dysphoria and endorse such treatments. Most of these groups have also explicitly rejected insurance exclusions for transgender-related care.
MyTransHealth	Counselors & Coaches with openings in Oregon (Most are out of pocket, offer sliding scale prices*, and do not take insurance)
MTFSurgery.net	Metoidioplasty surgery resource and information website
National Black Trans Advocacy Coalition	MyTransHealth is a free online directory that connects trans and gender non-conforming people with qualified, culturally competent healthcare providers. A location-based search tool offers resources for medical and mental health services.
National Queer Asian Pacific Islander Alliance	MTF Surgery provides comprehensive patient education for trans women and non-binary individuals seeking "Male-to-Female" Surgery procedures, including Vaginoplasty, Orchiectomy and Facial Feminization. Learn all about MTF Surgery, find resources and connect with the amazing surgeons dedicated to trans surgical care. Use our free resources to find the procedure and Surgeon that are right for you.
NorthWest Gender Alliance Resource List	The National Black Trans Advocacy Coalition is the only social justice organization led by black trans people to collectively address the inequities faced in the black transgender human experience.
OAR 410-172-0745: Exception Criteria for Facial Gender Confirmation Surgery (FGCS) for OHA	The National Queer Asian Pacific Islander Alliance empowers LGBTQ+ Asians and Pacific Islanders through community capacity building, policy advocacy, and resource development. They have multiple written and video resources available in multiple languages on their resource page.
Oregon Gender-Affirming Resource Guide	Services, providers, trans-friendly businesses and educational resources for and about trans & gender-variant folk
Oregon Name & Gender Marker Change Guidance Packet	Facial gender confirmation surgery is covered only by exception in the OHP benefit. OHP has established exception processes; however, this OAR is needed to add clarity to the general exception processes for considering facial gender confirmation surgery services. The criteria in the OAR will enable the CCOs and the state to make exception determinations in a timely and efficient manner. While each case will still be considered in its own right, the OAR will lend to greater consistency in the determinations being made across the state. OHA is adopting this coverage by a specific administrative rule, rather than through usual HERC procedures in order to enhance compliance with civil rights laws.
Oregon Top Surgery Document	We are thrilled to provide you with a comprehensive compilation of resources that cater to transgender individuals' unique healthcare needs. As of August 2023, we have diligently reviewed all listings to ensure the most up-to-date information. Adapted and updated from the Brave Space resource list.
Organization for Autism Research's Sex Ed for Self-Advocates Guide	Here is a step-by-step guide on how to go about the process of changing your name in the state of Oregon. At the end is a list of resources that may be helpful.
Out2Enroll	List of resources and surgeons providing top surgery in Oregon.
Policy	This guide is a sexuality and sex education resource written specifically for autistic people age 15 and up. Autistic people sometimes don't have the chance to learn about sexuality and sex in ways that work for them, so OAR created this guide as a starting point to change that.
Paths (Re)Membered Project	Out2Enroll is a national initiative launched in September 2013 to connect our communities—LGBTQ people and our families, friends, and allies—with the new health insurance coverage options available under the Affordable Care Act.
PDX Trans Housing Coalition	engagement, research, and advocacy, we work toward a liberated 2SLGBTQ+ future, which includes the memories of Two Spirit ancestors, the wisdom of our elders, and the creativity of our Building community and networks of solidarity and survival with trans and queer people who are unhoused.
Phallo.net	Phalloplasty surgery resource and information website
Phoria	clothing brands focused on sustainability, ethics, and inclusion.
Podcast made by Chinese trans and nonbinary folks, in Mandarin	Concepts related to gender identity, expression, and intersectionality are explored in Mandarin in this episode
Point of Pride Binders	Point of Pride provides free chest binders (specially-designed chest compression garments) to any trans person who needs one and cannot afford or safely obtain one.
Point of Pride Electrolysis Support Fund	otherwise afford them. Applicants must be transgender and feminine of center (AMAB trans people), seeking hair removal on face, neck, or body in preparation for surgery, and financial need.
Primary Care Resource List by The Equi Institute	List of primary care providers/clinics recommended for LGBTQ+ folks.
Project Heal	breaking down systemic, healthcare, and financial barriers to eating disorder healing. Through our Clinical Assessment, Insurance Navigation, Treatment Placement, and Cash Assistance
Procedures Policy	
PSU Mental Health Provider Database	Created by PSU folks, that lists BIPOC mental health providers, Queer and trans BIPOC MH providers, Queer and trans MH providers, and Fat MH providers in the Portland Metro area.

Pulse Wellness Resource List	few local and general web sites that allow you to refine your search.
Rood Family Pavilion (OHSU)	Ronald McDonald House Charities of Oregon & SW Washington. You can make a reservation to stay up to three months. Longer stays are considered, depending on availability. Our nightly
Rosehip Medic Collective Resource List	Resource Guide (produced by Street Roots Newspaper). This is such a good resource that, rather than attempt recreating it, we've just highlighted and annotated a few items—and added our
Safer Tucking Resource by Callen-Lorde	Guide on safer tucking practices produced by Callen-Lorde
2021 Southern Oregon LGBTQ Resources	social services, doctors, churches, dance parties, etc. to help our community connect, thrive, navigate services, and support each other.
Southern OR Trans Healthcare Provider List	Southern Oregon Trans healthcare providers
Southern Oregon & Statewide LGBTQ+ Organizations	Resources for LGBTQ2SIA+ community members in Southern Oregon and throughout the state, compiled by Rogue Action Center LGBTQ+ Listening Project.
State Health Insurance Laws and Guidance	health care are prohibited in these jurisdictions. These protections will not apply to all health plans in a given state
STIRY - Supporting Trans Immigrant & Refugee Youth	for trans and gender diverse immigrant and refugee communities.
Strands for Trans	Online directory of trans-friendly hair service providers
People	Tips for Supporting Incarcerated Trans and Gender Non-Conforming People (for attorneys and advocates)
Surgeon BMI Limits by Area by The FEDUP Collective	List of surgeons throughout the country providing gender affirming surgeries with higher or no BMI limits
The Gender Affirming Letter Access Project (GALAP)	We resist the harmful practices of gatekeeping and believe in an informed consent model where clients can affirm their gender identity without the steep cost of sessions with mental health
The Housing Safety Fund (Black and Beyond the Binary Collective)	experiencing housing-related hardship. Eligible participants in the B3C Housing Safety Fund are (but are not limited to): adults aged 18+, currently experiencing houselessness, housing
The Jim Collins Foundation	Provides financial assistance to transgender people for gender-affirming surgeries.
The Pencil Test	LGBTQIA+ friendly and we create a comfortable and welcoming atmosphere for anyone who wants to wear our products." Note that this is a branded as a bra-fitting store, however,
The Transgender Training Institute	also offer webinars and classes for individuals.
THRIVE Lifeline	for people that are at risk of harming themselves without their consent.
TLDEF List of Gender Centers	transgender-related medicine is appropriate treatment for gender dysphoria.
TLDEF List of Trans Health Care Providers	These are some resources to find trans-competent health care providers.
TLDEF Tools for challenging denials, exclusions, and discrimination	Tools for challenging insurance denials and exclusions or provider discrimination
Trans Athlete	information in one central location, and breaks down information into easy-to-reference areas to help you find what you need.
TransBucket	Surgery information website. Account required (free)
Transfeminine Science	hormone therapy (FHT), gender-affirming hormone therapy (GAHT) for transfeminine people, and—more in the past—male-to-female (MtF) hormone replacement therapy (HRT). It involves
Trans Health Consulting Financial Resource List	A list of financial resources including scholarships, grants, and microgrants for trans people. Some specific to the Bay Area.
Trans Health Insurance Tutorial	Learn how health insurance works and how to get the trans health care coverage to which you are entitled.
Trans Lifeline	community.
Trans Lifeline Resource List	The following resources are largely national. We source trans verified, trans led, and BIPOC led or centered resources where possible
Trans Murder Monitoring Project	A systematic collection, monitoring and analysis of reported killings of gender-diverse/trans people worldwide.
Trans Santa	need to thrive.
Collective)	perspectives in research on genital gender affirming surgery (GGAS), also called bottom or lower surgery.
TransBMI.com	surgeons willing to perform surgery. This list is intended to help these individuals access care by connecting them with affirming and competent providers.
Transgender Law Center	Transgender Law Center changes law, policy, and attitudes so that all people can live safely, authentically, and free from discrimination regardless of their gender identity or expression.
Transgender Resources compiled by the City of Portland	A list of Transgender Resources compiled by the City of Portland of local and national organizations
TransPonder Resource Directory	Centers, and other resources.
TransTorah	TransTorah helps people of all genders to fully access and transform Jewish tradition, and helps Jewish communities to be welcoming sanctuaries for people of all genders.
Transvisible: Transgender Latina Immigrants in US Society Report	The study seeks to make visible the social and legal barriers that negatively impact the lives of many Trans Latina Immigrants.
Ubuntu Healing Project	mental and physical health. The Project is a collaboration between Black and Beyond the Binary Collective and Radical Rest. The Ubuntu Healing Project works with providers who identify as
US Trans Survey	The 2015 U.S. Transgender Survey was the largest survey ever devoted to the lives and experiences of transgender people, with 27,715 respondents across the United States.
Voice Feminization Surgery	More information on voice feminization surgery

County	Clinic/Program/Health Care Plan Name	Care Coordinator/Navigator Name	Pronouns	Email	Phone number	Notes
Metro	CareOregon	Everett Redente, LCSW, CADC I	he/they	redentee@careoregon.org	(971) 803-1450	
Metro	Transgender Health Program - OHSU	Ka'el Tarog	he/him	transhealth@ohsu.edu	(503) 494-7970	
Metro	Prism					
Metro	Gender Pathways - Kaiser Permanente	Izzy Gensel/GPC Inquires	she/they	Izzy.X.Gensel@kp.org	(503) 460-5704	
Metro	Providence	N/A - no designated team/coordinator for transgender specific needs		caremanagement@providence.org genderdiverseteam@pacificsource.co		
Metro	Pacific Source	TBD		m		
Metro	Legacy	Kodey Park Bambino	they/them	transhealth@lhs.org	(503) 413-5600	Website
Metro	The Equi Institute	Vesper Stein	she/her	vstein@equi-institute.org	(971) 901-6348	Text preferred, specialty in Transgender Health Navigation
Metro	The Equi Institute	Arbor Russell, RN BSN	They/Them	arusell@equi-institute.org	(971) 363-9439	Also available at www.equi-institute.org/connect
Metro	Outside In	Luca Vuagniaux, MPH, CCMA	they/Them	lucav@outsidein.org	(503) 265-9541	
Metro	Planned Parenthood	Laini Robert	she/her	Laini.Robert@ppcw.org		
Multnomah	Healing Tides Counseling	Kaleena Kaili - Care Coordinator	she/her		(971) 910-8918	Kaleena Kaili (she/her) – Healing Tides Counseling
Jackson	La Clinica	Danielle Mancuso	they/she	dmancuso@lacinicahealth.org		