

Transgender Resource Center

This document serves as the resource center for all the resources Harbor Health Clinic would like to share to the patients they serve. We also have an online version of the most up-to-date resources, the insurance guide, and clinic documents can be obtained by emailing **General@harborhealthclinic.org**.

While everything here has been vetted by trans community members, there is never a guarantee of positive outcomes. We depend on the community to let us know if various individuals and organizations are trans friendly or not. So, please contact us at the email above if you encounter any problem, have recommendations to add, or would like to see something not featured yet!

Community Resources

Faith Communities

A list of all faith affirming resources we have

Simple Trans Insurance Guide

This resource covers the major insurance companies in the Fargo/Moorhead area. It goes over in detail what they cover or don't. It'll also explain some basic terms involved with insurance documents and give the reader an idea of what the best insurance for their money will be. Sticking with a workplace provided insurance may not always be a person's cheapest plan.

Therapy Options in This Area

This resource talks about the best location options for getting therapy.

Essential Resources

This is a list of every essential resource a trans person may need to know about. It includes information about legal name change, suicide hotline, and support groups

General Resources

This is an expanded list of trans specific resources to this area. Things like good place to get hair cuts, have fun, or work out.

Clinic Specific Resources

Guideline to Establishing Care With Harbor Health Clinic

All the basic information people need to know to start care at Harbor Health Clinic

Setting up a Physical

A more formal guide on how to set up a physical and get appropriate lab work done

General Transgender Resources

Local Support Groups + Family Resources

<p>Tristate Transgender Demographic: Everyone learns towards trans women Website: https://www.facebook.com/TristateTrans/ Contact Information: rebelmarie701@gmail.com</p>	<p>Family Resources For Parents with Trans Children <ul style="list-style-type: none"> • http://www.imatyfa.org/parents.html For Trans Children: <ul style="list-style-type: none"> • http://www.imatyfa.org/youth.html Local LGBTQ+ Parent of LGBTQ+ Group: <ul style="list-style-type: none"> • https://www.facebook.com/ParentsLGBTQKidsFargoMoorhead/ Resources for parents, friends, and significant others: <ul style="list-style-type: none"> • https://wiki.tristatetrans.org/index.php/Family </p>
<p>Brotherhood Demographic: Trans men/Trans Masculine Website: https://www.facebook.com/Ftmfargomoorheadbrotherhood/ Contact Information: Radicaljay1254@gmail.com</p>	

Entertainment and Everyday Life Resources

<p>Gyms Planet Fitness - https://www.planetfitness.com “Planet Fitness is committed to creating a non-intimidating, welcoming environment for our members. Our gender identity non-discrimination policy states that members and guests may use all gym facilities based on their sincere self-reported gender identity.”</p>	
<p>Pride Center + Colleges The Pride Center and all the colleges around our area have trans affirming events going year long. Follow them on their respective facebook pages for more information Pride Center: https://www.facebook.com/FMpridecenter/ NDSU: https://www.facebook.com/groups/ndsupridealliance/ MSUM: https://www.facebook.com/RainbowDragonCenter/ Concordia: https://www.facebook.com/groups/ConcordiaSAGA/</p>	
<p>Hair Stylists that empower you</p>	
<p>Jenna Spicer Website: https://www.urbanedgesln.com/ Phone Number: (701) 356-5115 Location: 2600 52nd Ave S #103, Fargo, ND 58104</p>	<p>Kim Tore Website: http://www.riverzen.com/index2.php Phone Number: 701-293-2030 Location: 315 Main Ave Suite 101, Moorhead Minnesota</p>

Affirming Homeless Shelters

<p>Gladys Ray Shelter Demographic: Female and Male Adults Location: 1519 1st Ave. S. Fargo, ND 58103 Contact Information: jeliassen@cityoffargo.com Phone: 701-364-0116/ Fax: 701-232-1983 Website: http://www.cityoffargo.com/Residential/CityServices/Healthservices/GladysRayShelter/</p>	<p>The YWCA Cass Clay Demographic Group: Women and Children Emergency Shelter: 3000 S. University Dr. Fargo, ND 58102 Contact Information: info@ywcacassclay.org (For general questions only), please use the phone number for service: (701) 232-3449 Website: http://www.ywcacassclay.org/programs/shelter.html</p>
<p>Dorothy Day Demographic: Adult Men Location: 714 8th St. S. in Moorhead Contact Information: Phone: 218-233-5763 Website: http://www.fmddh.org/dorothy-day-house-shelter/ Important information: Individuals who are homeless can come to the shelter to utilize their shower and laundry services.</p>	<p>Churches United Demographic: Everyone Location 1901 1st Ave N, Moorhead, MN 56560 Contact Information: 218-236-0372 or info@churches-united.org Website: http://www.churches-united.org/contact-us/</p>

Legal and Medical Resources

<p>Birth Certificate Change North Dakota will amend the gender marker on a birth certificate upon receipt of a signed statement from a physician indicating that you have had appropriate clinical treatment for gender transition to a new gender. The statement must specify that the change is considered permanent and complete, and must list a date of completion. To apply for an amended birth certificate, the applicant should submit their written request form, the physician's statement to request an updated gender marker, a certified copy of their court ordered name change if applicable, and payment of the associated fees.</p> <p>Official regulation - http://www.legis.nd.gov/information/acdata/pdf/33-04-12.pdf</p>	<p>Gender Confirmation Surgeons Professional list: <ul style="list-style-type: none"> • http://www.transhealthcare.org/featured/ Community generated list: <ul style="list-style-type: none"> • http://www.tssurgeryguide.com/SRS-Surgeon-Ratings.html </p>
	<p>Hair Removal Laser: https://rejuvclinic.com/ Electrolysis: https://www.permanentchoice.com/</p>
	<p>Name Change North Dakota - <ul style="list-style-type: none"> • http://www.ndcourts.gov/ndlshc/NameChange/NameChange.aspx Minnesota <ul style="list-style-type: none"> • https://namechange.org/minnesota/legal/form/1?utm_source=FLF_general </p>

Trans Affirming Faith Options for Fargo/Moorhead

This is a working document to add to regarding faith options within the Fargo-Moorhead area. This includes all known faith options based on not just the pastor, but written into the doctrine of the institution itself. There may be other institutions in the area that may be fully accepting of trans individuals within the area, but are not yet added. For those that have corrections to the below data, please contact Faye Seidler or Vyla Grindberg on Facebook.

Christian

<p>People's United Church of Christ</p> <p>Mission statement: United in Spirit and inspired by God's grace, we welcome all, love all, and seek justice for all.</p> <p>Email: pastor@peoplesucc.com Website: http://peoplesucc.com/ Facebook</p> <p>Pastor: Grace Murray</p> <p>Location: The Stage, 333 4th Street South - Fargo, ND 58103</p> <p>Time: Sundays at 10:00 A.M.</p>	<p>St. Stephens Episcopal Church</p> <p>Mission statement: At St. Stephen's we are ALL ministers, serving God and seeking to be Christ to those in the world who need Christ. We are all striving together to love God and to love each with a radical and all-accepting love.</p> <p>Phone: (701) 232-2076 Website: http://ststephensfargo.org/ Facebook</p> <p>Priest: Jamie Parsley</p> <p>Location: 120 21st Avenue North - Fargo, ND 58102</p> <p>Time: Wednesday at 6:00 P.M. - Sundays at 11:00 A.M.</p>
<p>First Congregational UCC Moorhead</p> <p>Mission statement: Honoring Tradition, Seeking Justice and Embracing Diversity, we express Christ's Love through Worship, Word, and Deed</p> <p>Phone: (218) 236-1756 Email: uccmhdpastor@gmail.com</p> <p>Website: http://moorheaducc.weebly.com/ Facebook</p> <p>Pastor: Michelle Webber</p> <p>Location: 406 8th Street South - Moorhead, MN 56560</p> <p>Time: Sundays at 10:00 A.M.</p>	<p>St. Marks Lutheran Church</p> <p>Mission statement: St. Mark's is a "Reconciling in Christ congregation, welcoming all people, including LGBTQ individuals, to the grace and mercy of God. We wrote an "Affirmation of Welcome" in 1991 and were given the "RIC" designation at that time. All are truly welcome!</p> <p>Phone: (701) 235-5591 Email: pastorjoe@stmarkslutheranfargo.com Website: https://www.stmarkslutheranfargo.com/ Facebook</p> <p>Pastor: Joe Larson</p> <p>Location: 355 6th Avenue South - Fargo, ND 58103</p> <p>Time: Sundays at 10:00 A.M.</p>

Unitarian + Jewish

<p>Unitarian Universalist Church of Fargo-Moorhead</p> <p>Mission statement: The mission of the Unitarian Universalist Church of Fargo-Moorhead is to provide to its members, and to the community, an environment of religious tolerance, a loving fellowship of diversity, an open forum for the exchange of social, political, and moral ideas and values, and a religious home for spiritual growth without fear of reprisal.</p> <p>Phone: (701) 235-0394 Email: fmuu@fmuu.org</p> <p>Website: https://www.fmuus.org Facebook</p> <p>Location: 121 9th Street South - Fargo, ND 58103</p> <p>Time: Sundays at 11:00 A.M.</p>	<p>Temple Beth El</p> <p>Mission statement: Temple Beth El is a reform congregation and a member of the Union for Reform Judaism. Temple Beth El is a community committed to equal participation by all and welcomes all Jews, interfaith couples and families, LGBT individuals and couples.</p> <p>Phone: (701) 232-0441 Email: office@tbfargo.org</p> <p>Rabbi: Janeen Kobrinsky</p> <p>Location: 809 11th Avenue S - Fargo, ND 58103</p> <p>Time: Saturdays at 10:00 A.M.</p> <p>Website: http://tbfargo.org/ Facebook</p>
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Trans Affirming Therapy Options (Fargo/Moorhead)

All options we list here will be LGBTQ+ affirming therapists, who have experience with transgender clients, and write letters of referral. Sliding scale fees options will be denoted with the SSF prior to the organization name. If an organization is SSF that means they offer services at a reduced price for individuals with lower incomes. This can mean free service for people in the poverty line. Please email our clinic at General@Harborheathclinic.org if you'd like more options than located here.

SSF - The Village Family Service Center

Contact Information	1-800-627-8220 or info@thevillagefamily.org .	
Wait time: 2-4 weeks	Insurance: Accepts Most	Ages: 5+
Website	www.TheVillageFamily.org	
Location	Offices in 15 communities across North Dakota and Minnesota, including Fargo (1201 25 th St. S.), Moorhead (1401 8 th St. S.), and Grand Forks (Grand Cities Mall, 1726 S. Washington)	

New Story Counseling Services - Naomi Tabassum

Contact Information	701-526-4898 or by email at naomi.tabassum@newstoryfargo.com	
Wait time: 2-4 weeks	Insurance: Accepts BCBS + Sanford	Ages: Youth+
Website	https://www.newstorycounseling.net/	
Location	1321 23rd St S, Suite N, in Fargo	

Sanford Gender Clinic - Dan Sturgill

Intake Process:	Call 701-234-3100 and make a request for gender therapy	
Wait time: 1-2 months	Insurance: Accepts Most	Ages: Adults
Contact Information	701-234-3100 or http://www.sanfordhealth.org/find-a-doctor/danial-sturgill	
Location	1301 Eighth Street S, Moorhead, MN 56560	

Local Colleges

Each college has their own therapy service for students and to our knowledge this service is free at every college. As a general rule, these services are only open for students, they're free, and it's relatively quick to be able to see someone. None of these services however will write letters of referral.

ND Transgender Essential Resources

Emergency

Trans Lifeline: A suicide hotline run by transgender people for transgender people

<<http://www.translifeline.org/>> (877) 565-8860

Rape and Abuse Crisis Center: Inclusive of all who are affected by sexual assault and/or abuse

<<https://www.raccfm.com/>> 24/7 (701) 293-7273

Youth Services

Youth Essential Resource Guide: Covers youth orientated support groups and resources.

<<https://docs.google.com/document/d/1SFAxL9qiaKoFDIh8px0AwRrTyn92MXoMTCOibqLhH6E/edit?usp=sharing>>

Legal Resources (Contact Faye for ND Birth Certificate Information)

Name Change: Step by step guide for legally changing name

<<http://www.ndcourts.gov/ndlshc/NameChange/NameChange.aspx>>

Driver's License Change: requires physician note: "Gender role transition has been completed"

<[https://www.tristatetrans.org/index.php/Driver%27s License Change in North Dakota](https://www.tristatetrans.org/index.php/Driver%27s%20License%20Change%20in%20North%20Dakota)>

Support organizations (Each College has a LGBTQ group too!)

Tri State Transgender: All genders welcome at support group every third Saturday, Pride Center

<wiki.tristatetrans.org> <<https://www.facebook.com/TristateTrans>>

FTM Fargo Moorhead Brotherhood: a support group specifically for transgender men

<<https://www.facebook.com/Ftmfargomoorheadbrotherhood?fref=nf>>

Non Binary Support Group: Social and support for any non-binary individual

<<https://www.facebook.com/FM-NonbinaryFluidNonconforming-Support-and-Social-1213961848643273/?fref=ts>>

Therapy + Letter of Referral for Hormone Therapy

MSUM Voice Therapy: Sliding Scales, helps to safely and effectively improve voice

<<https://www.mnstate.edu/speechclinic/>> 218-477-2330

Therapy Options:

<http://hpr1.com/index.php/feature/culture/therapy-options-for-transgender-and-low-income-individuals/>

Dan Sturgill: Sanford Gender Psychologist.

<<http://www.sanfordhealth.org/find-a-doctor/danial-sturgill>> 701-234-3100

Hormone Therapy

Dr. David Newman: Sanford Fargo based, needs referral from Dan Sturgill

Dr. William Zacks: Altru Grand Forks based, needs letter of referral from any qualified therapist

Harbor Health Clinic: Sliding scale, informed consent hormone therapy

Email: scheduling@harborhealthclinic.org, Phone: 701-566-0593

General Information + Resources for Families

Gender Unicorn: Helps people understand the complexities of Gender

<<http://www.transstudent.org/gender>>

Trans Youth Family Allies: Comprehensive resources for both parents and children

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

Reporting Discrimination

Human Relations Commission: Listens to, records, and helps find solutions to discrimination.

Email: kgloe@fargond.gov | Phone: 701-476-4143

Contact Information

Transgender Liaison: For detailed information on any resource or community outreach and training

<Fayeseidler@gmail.com>