

Frequently Asked Questions

Q: How do I get help changing my legal name and gender?

A: At this time we do not have any upcoming events or resources for the name and gender change process. We recommend reviewing this step-by-step guide maintained by Advocates for Trans Equality regarding California documents:

<https://transequality.org/documents/california-identity-documents>

and this resource for passports:

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

Q: How do I get a free WPATH letter approving me for Gender Affirming Care?

A: Send an e-mail to April Taylor-Salery, LMFT (she/her) at april@affirmingfamilycounseling.com

Please note: She is very busy, so if you don't hear from her right away, please email her again in a few days.

Q: Who do I contact if I want an update on, or have questions about, the Rental Relief, Rental Deposit, or Community Care Grant Programs?

A: Send an e-mail to April Taylor-Salery (she/her) at april@transemotion.com

Please note: She is very busy, so if you don't hear from her right away, please email her again in a few days.

Q: Who do I contact if I want an update on, or have questions about, the Gender Affirming Garments Programs?

A: Send an e-mail to Arien (Ari) Reed (he/him) at arien@transemotion.com or text him at (833) 622-0209.

Please note: he is very busy, so if you don't hear from him right away, please contact him again in a few days.

Q: Which medical practitioners in the Central Valley are LGBTQ-friendly?

A: Please review this list curated and maintained by Drew Harbaugh (he/him):
<https://tinyurl.com/affirmingproviders>

Q: I need Gender Affirming Surgery and I can't travel outside of the Central Valley. What are my local options?

A: Dr. Julie Nicole (she/her) of the Central Valley OBGYN Medical Group (CVOMG) provides hysterectomies and HRT/TRT. Contact her office here:
<http://www.centralvalleyobgyn.com/ContactUs.html>

Dr. Hardiman (she/her) at Fresno's Kaiser Permanente office provides top surgery for both transmasculine and transfeminine people. To see her, establish care with a Primary Care Physician (PCP) at any Kaiser Medical Office, and ask your PCP to submit a referral for top surgery services from Dr. Hardiman in Fresno. This referral may result in you receiving a phone call, telehealth appointment, or in-person appointment from a Kaiser counselor or nurse practitioner outside the valley, and these staff members—though it is their job to pair you with a competent specialist—are sometimes unaware that there are gender affirmation options in Fresno, so you may need to be the one to tell them about Dr. Hardiman and request to be assigned to her.

Please also see this list of surgeons: <https://www.pflagfresno.org/affirming-specialists>

At this time, we are not aware of other gender affirming surgeons in the Central Valley. If you know of someone who is not on this list, please let us know by sending an email to transemotion@gmail.com

Q: I need Gender Affirming Hormones (HRT or TRT) and I can't travel outside of the Central Valley. What are my local options?

Most Planned Parenthood offices prescribe HRT/TRT and PrEP. Contact your local Planned Parenthood to find out if they accept your insurance or private payment.

Fresno State's Student Health and Counseling Center now offers HRT/TRT. Call 559-278-2734 or visit the clinic anytime between 8am and 4:45pm to schedule your appointment.

If you have insurance with Kaiser Permanente, send your Primary Care Physician an email requesting a referral to see one of the endocrinologists at the Fresno location for the purpose of receiving HRT/TRT for gender affirmation.

For providers who accept Medi-Cal, Blue Cross, and other insurances, and who are willing to prescribe HRT, please see this list: <https://tinyurl.com/affirmingproviders>

Q: I need Mental Health Counseling from an LGBTQ+ Affirming therapist. Is there someone you would recommend?

A: We recommend checking out this list curated and maintained by transgender nurse, Drew Harbaugh (he/him): <https://tinyurl.com/affirmingtherapists>

Q: I'm looking for LGBTQ+ support groups for myself or for a loved one.

A: We are not able to provide support groups at this time, however, there are other organizations in the Central Valley that do!

Fresno EOC LGBTQ+ Resource Center provides a variety of support groups! Learn more at: <https://fresnoeoc.org/lgbtq/#meetings>

PFLAG Fresno provides in-person support groups for people who are LGBTQ+ at their monthly meetings: <https://www.pflagfresno.org/monthly-meeting-info>

Q: I'm looking for LGBTQ+ social groups.

A: We recommend checking out the list of LGBTQ+ social groups maintained by PFLAG Fresno on their website here: <https://www.pflagfresno.org/resources-4>

Q: What local businesses are safe and affirming to LGBTQ people?

A: There is an entire list of LGBTQ-owned and allied businesses maintained at <https://www.lgbtqfresno.com/directory/>

Q: What churches are safe and affirming to LGBTQ people?

A: There is an entire list of LGBTQ-affirming churches maintained at <https://www.pflagfresno.org/resources-3>

Q: Where can I learn about local LGBTQ+ news and events?

A: There are some groups on Facebook. We also recommend checking <https://www.lgbtqfresno.com> and signing up for their email newsletter. We also recommend following us and PFLAG Fresno on Instagram or Facebook and signing up for our email newsletters.

Q: Do you help with immigration?

A: At this time we do not have any upcoming events or resources for immigration issues, but Oasis Legal Services was founded specifically to help LGBTQ immigrant human beings. You can call them at (559) 777-6786 or email them at centralvalley@oasislegalservices.org

Q: I'm an LGBTQ-friendly medical/mental health provider. How do I get added to your directory?

A: Please contact Drew Harbaugh (he/him) at TEMproviders@transemotion.com

Q: Are you willing to be interviewed by, or provide a comment to, a news reporter or journalist?

A: As of 2025, we only speak with media or press organizations with inclusive hiring practices. Please have your organization's transgender, non-binary, Two-Spirit, or

gender-nonconforming reporter/journalist contact us and clarify up front how they are a member of the gender-diverse community. Even so, it may still be unlikely that we will respond to reporters/journalists due to our board members' overwhelmingly negative experiences with the press, the large number of interview requests we receive, the very limited time our two part-time staff members have for non-program related activities that do not increase our funding, and the large amount of hate mail we receive electronically every month from reporters/journalists specifically. Please note: hate messages, or threatening or bullying our board members into providing comments or interviews, will result in your contact info being permanently blocked.