

Community Guide

Please use this guide to access LGBTQIA friendly and affirming resources in the community. This guide is to help provide information regarding services frequently needed by the LGBTQIA community.

The intent of this guide is to provide these resources as an informational brochure for schools, community centers and public locations where those seeking services may ask for assistance.

Please note that this is not a comprehensive guide of all services available and is intended to be a quick resource. For additional resources please contact the Spokane Human Rights Commission.

Resource List Provided By:

SHRC/Spokane Trans People



Crisis Resources

Suicide Prevention Lifeline
1-800-237-8255

The Trevor Project
1-866-488-7386

Trans* Lifeline
1-877-565-8860

Crisis Text Line
741741

City of Spokane Human Rights Commission

Ashley Torres
Vice Chair/ LGBTQIA Subcommittee Chair
Email:
Ashley.torres@spokanehumanrightscommission.org

LGBTQIA++

Resource Guide



Spokane Human Rights Commission

General Support

Spokane Trans People Support

Support group for individuals who identify anywhere under the transgender umbrella. Source of gender support, events, activism, networking and support in any form specific to trans* people and their allies.

<https://www.facebook.com/SpokaneTransPeople/>
<https://www.facebook.com/groups/spokanetranspeoplesupport/>

Odyssey Youth Movement

Organization and resource center for LGBTQ+ youth.

1121 S Perry St, Spokane, WA 99202
509-325-3637
<https://www.facebook.com/odysseyyouth>

Spokane TALL

A project to bring together trans people to connect, learn, share and advocate! This project is owned by those who participate.

<https://www.facebook.com/spokanetail/>

Spokane PFLAG

A national support, education and advocacy organization for all gender and sexually diverse people, their families, friends, and allies.
509-593-0191

<http://www.spokanepflag.org>

<https://www.facebook.com/SpokanePFLAG/>

Email: support@spokanepflag.org

Counseling

Marybeth Markham

509-795-6437
<http://www.marybethmarkham.com>

Zita Nickeson

509-868-3387
<http://www.nwsexualcounseling.com>

Wendy Biondi

509-590-6339
<http://www.wendybiondi.com>

Casidhe Agrella

509-778-4135 x116
<https://www.imaginecounselingspokane.com>

Kimberly Kelly

509-309-8070
<http://www.familyessentialscounseling.com>

Audrey Ann Sines

509) 774-3492
<http://www.audreysines.com>

Jaeden Roberts

504-383-7984
<http://www.edenspire.com>

Rita Zorrozua

(509) 455-8819 ext 16 (Office)

Allison Morgan, MA

Phone: (509) 774-2838
<https://www.allisonmorgancounseling.com>

Megan Carter

(509) 638-2958
Centerforchildren@live.com
"Marriage and family counselor"

Sandra Gorman Brown

certified pediatric trauma specialist
The group sees all ages, ped to adult
<http://www.grassrootstherapy.com>
Accepts a lot of State Insurance
Family focused

Hormones/Endocrinology

Dr. Kaushik Chatterjee, MD

Providence Endocrinology
509-353-0901

Dr. Rachael Witham

Providence Family Medicine
509-559-6003

Dr. Jamie Bowman

Providence Family Medicine Residency Clinic
509-626-9900

Dr. H. Kennedy Cathcart

Northside Internal Medicine Associates
509-489-7483

Dr. James Pittman

Country Homes Medical Center
509-467-6060

Dr. Debra Gore

Providence Family Practice
509-324-6464

Michaela Cosma Endocrinologist

Rockwood Main Clinic
400 East Fifth Avenue
Spokane, WA 99202
TEL: (509) 838-2531

Gender-Confirming Surgery/Procedures

Dr. Marci Bowers

MTF & FTM Surgery, Gynecology
Burlingame, CA
650-570-2270
<http://marcibowers.com/>

Dr. Geoffrey Stiller

Cosmetic, Top Surgery, Other Surgery
Moscow, ID
208-262-3409

<http://lineacosmeticsurgery.com>

Trans Veterans Services

Alaina Taylor
LGBT Veteran Care Coordinator
Mann-Grandstaff VA Medical Center, Spokane, WA
509-434-7710

Start Team – Behavioral Health Services

Mann-Grandstaff VA Medical Center, Spokane, WA
Individual Therapy / Group Support for trans*
Veterans 509-434-7791
<http://www.spokane.va.gov/>