

RESOURCE S FOR TRANS- PEOPLE IN THE LAST FRONTIER

Compiled by Mister Gay Alaska 2011-2012; 2015-2016

*** Resources I have been to and utilized myself. All others come recommended from others who have utilized their services.**

**For your own personal copy or if you have any questions please email
danny_ashton2010@yahoo.com**

ONLINE REFERENCES/RESEARCH

www.endo-society.org

www.ftmi.org

www.thetransitionalmale.com

www.underworks.com

<http://www.gc2b.co/>

www.genderodyssey.org

www.glaad.org/transgender

<http://www.hrc.org/the-hrc-story>

www.thetransgendercenter.com

www.purpleroofs.com

www.tsroadmap.com

Issues

www.tsdating.com

<http://www.trans-health.com/>

<http://alaskan-transcendentalist.blogspot.com/>

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

<http://point5cc.com/about-us/>

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

FTM International
Info/Gear

FTM Binders

FTM Binders

Conferences

Human Rights Campaign

Surgery

Alaska Gay & Trans Travel Resources

Transsexual Road Map & Legal

Dating

Health Concerns/Articles

My personal blog

Educational Resources (also on facebook)

Stealth Trans Clothing & Accessories

Trans Student Educational Resources

EMERGENCY NUMBERS/SUICIDE PREVENTION

*24 hour Alaska Crisis Hotline

907-563-3200

AK Careline

1-877-266-HELP

or text "4help" to 839863 to text (text hours Tuesday – Saturday 3pm-11pm)

www.carelinealaska.com

Unsay Jan – CITC Suicide Prevention Program

<http://citci.org/recovery/unsah-jan-prevention/>

907-793-3224

National Suicide Prevention Lifeline

1-800-273-8255

www.suicidepreventionlifeline.org

Trans Lifeline Suicide Prevention

1-877-565-8860

*Trevor Project GLBT Youth Specific

1-866-488-7386

Crisis Intervention Team (CIT Officers)
907-786-8900 or 911

Alaska 211: Information & Referral Specialists
Phone #: 211
www.alaska211.org

ANCHORAGE AREA GLBT FRIENDLY RESOURCES/SERVICES

*Life Centered Therapy
Amy White
324 East 5th Ave.
Anchorage, Alaska
lifecenteredtherapy@gmail.com
907-727-4455

Michael Reed, MS, LPA
specializing in Clinical psychology and gender dysphoria
405 E. Fireweed Lane #202
Anchorage, Alaska 99503
michael.reedms@yahoo.com
907-227-7527
877-929-7673 Fax

Audra York, LPC
specializing in adults, trauma, child sexual abuse, gender dysphoria, play therapy ,
anxiety
3225 laurel Street #230 A
Anchorage, Alaska 99508
audrayorktherapy@gmail.com
907-952-8532

*Arctic Horizons Counseling
Alyssa Jones, LPC, CDCI
specializing in GLBTQ issues, trauma, addiction and couples
207 East Northern Lights # 212
Anchorage, Alaska
arctichorizonscounseling@gmail.com
907-290-4874

Christine Sam, MS, LPC
specializing in trauma
431 W. 7th Ave
Anchorage Alaska 99501
sam.chris51@gmail.com
907-886-3677

Ebony McClain- PhD, LPC
specializing in gender dysphoria, trauma, depression, anxiety
1130 W. 6th Ave suite 101
Anchorage, Alaska 99501
ebonycounseling@gmail.com
907-602-0305

*Arctic Owl Counseling, LLC
Roni J. Lanier, MS, LPC, CDCI
specializing in GLBTQ issues, alternative relationships including power exchanges, and
trauma
4400 Business Park Blvd, B11
Anchorage, Alaska, 99503
907 223-4374
907 279-0069 Fax

Shawna Ragan, MS, LPC
specializing in trauma, anxiety, depression, grief, and addiction
4400 Business Park Blvd. # B11
Anchorage, Alaska 99503
connectionsalaska@gmail.com
907 231-1243
907 562-0551

Gladys Robards, MA, LPA
specializing in trauma, GLBTQ issues, Childhood issues, questioning youth
4400 Business Park Blvd #B11
Anchorage, Alaska 99508
907-350-7646
907-243-0245 fax

Betty Robards, MS, LPA
specializing in gender dysphoria, questioning youth, parenting
4400 Business Park Blvd. # B11
Anchorage, Alaska 99503
msbetty.therapist@gmail.com
907 223-2179
907 243-0245

Paula Korn, Advanced Nurse Practitioner
4050 Lake Otis Ste. #108
Anchorage, AK 99508
(907) 277-2597

Dr. Loretta Lee, Internal Medicine
Alaska Family Care Associates

4001 Dale Street
Anchorage, AK 9950
(907) 929-5888

*Dr. Merkouris- OBGYN
907-336-6375
Alaska Regional Hospital

*Dr. Wendy Cruz- OBGYN
Women's Care of Alaska
Regional Hospital Ste C-205
Anchorage, AK 99508
907-279-2273

*Changing Tides Trauma Center
Dr. Tracey Wiese ANP (Mental Health & Hormones)
307 East Northern Lights, Anchorage, AK 99503
drtraceychangingtides@gmail.com
907-229-0069
907 222-0551 fax

*Kimberly D. Kubick CNM, FNP
Avante Medical Center LLC
Providence Health Park
3851 Piper St. Suite U-464
907-770-6700
www.avantemedicalcenter.com

*Providence Family Medicine Center
Peek Ehlinger, MD - Family Medicine Resident
Devery Mitchell, MD- Family Medicine Resident
Kaia Season, MD- Family Medicine Resident
1201 E 36th
Anchorage, Alaska 99508
907 562-9229

Dr. Jeffery Kim
Family Practice
211 E. Northern Lights
907-279-8486

*Dr. Konrad Kaltenborn
Endocrinologist & Diabetic Specialist
Anchorage Medical & Surgical Clinic
907-272-2571

Polar Pediatrics
411 W. Northern Lights
Anchorage, AK
907-522-5437

Medical Park Family Care
Dr. John Gillis
2211 E. Northern Lights
Anchorage, AK 99508
907-279-8486
<http://www.mpfcak.com/>

Sarah Leavitt, LPC
specializing in gender dysphoria, eating disorders, anxiety, depression,
110 W. 15th Ave Suite A
Anchorage, AK
sarah@counselinganchorage.com
907-227-8001

Dr. Lee Ann Gee
Therapist
Providence Hospital

*Chris Reynolds- Therapist
907-562-0001
<http://www.reynoldstherapy.com>

*The White Raven Center – Therapy & Retreats
www.whiteravencenter.org
907-333-4478

Dr. Silvia Condy - Therapist
907-333-5333

*University of Alaska Psychological Services
Social Sciences Bld
Providence Dr.
907-786-1795
(They cannot write letters for transition but do offer free therapy services)

*Gay & Lesbian Community Center/ Identity
336 East 5th Ave., downtown Anchorage
907-929-4528
Hours:
Weekdays from 3pm to 9pm
Weekends from noon to 6pm

Transgender Support Group Every Friday 6pm-8pm

Hospice Of Anchorage
specializing in Hospice services, bereavement support
2612 East Northern Lights
Anchorage, Alaska 99508
support@hosiceofanchorage.org
907-561-5322

*Alaska Center for Alternative Lifestyles (ACAL)
www.alaskakink.com
907-775-8419
Also on Facebook

Planned Parenthood
4001 Lake Otis Parkway Suite 101
Anchorage 99508
1-800-769-0045
<http://www.plannedparenthood.org/health-center/alaska/anchorage/99508/anchorage-health-center-3254-91810>

*Standing Together Against Rape (STAR)
1057 W. Fireweed, Suite 230
Anchorage, AK 99503
907-276-7273

*Alaskan AIDS Assistance Association (Four As)
1057 W. Fireweed, Suite 102
Anchorage, AK 99503
Phone: 907 263-2050

Lea McDermid
Attorney, immigration law
310 K St. Suite 200
907-264-6755

Michael J. Schneider
Personal Injury Law Firm
907-277-9306
www.aktriallaw.com

2B Bail Bonds
<http://www.2bbailbonds.com/>
3400 Spenard Rd. Suite 109
907-222-6789
(Will work in Anchorage, Mat-Su Valley, & Kenai Area)

*Castle Megastore
1851 East 5th Avenue Anchorage, AK 99501
907-272-1185
All your safe sex needs

Rainbow Earth
800 E Diamond Blvd # 236 Anchorage, AK 99515
(907) 274-1399

*Hands On Health & Wellness Massage
Mary Andrews
206 E. Fireweed Anchorage
907-317-5311

*Planet Fitness Gym – 3 Anchorage locations
907-444-4400
www.planetfitness.com

*Parliament Chiropractic
2008 E. Northern Lights Blvd
907-222-5100
<http://www.parliamentchiropractic.com/>

*Ireland Chiropractic
541 West 36th Avenue Anchorage, AK 99503
907-561-1222
www.irelandclinic.com

*Allison Hill
Hill Chiropractic Clinic
2600 Cordova St, Suite 208 Anchorage
907-563-6373

*Adventures in Eye Care
Brian Cin, OD
6901 Debarr Rd, Suite 1C
907-333-6040
<http://www.adventuresineyecare.com/#4>

Salon Ivy
238 E. 6th Ave
Anchorage, AK 99501
907-278-7895

*The Skin Bar (day spa)
907-720-7828
www.theskinbar.net

*Regis Hair Salon
Shawn Lyons- Hair Stylist
5th Avenue
907-279-7009

*Orion Limousine Service
www.orionlimousineservice.com
Anthony@orionlimousineservice.com
907-231-2695

*Body Piercing Unlimited & Tattoo
2408 C. St Anchorage
907-279-8287

*Dragon Rays Tattoo
3505 Mountain View Dr
Anchorage AK 99508-1111
907-272-8287
www.dragonrays.com

The Hole Look
Body Piercing, Tattoo, Custom Design
Suite 17, 570 East Benson Boulevard Anchorage, Alaska 99503
(907) 563-4653

*Optistaffing Employment Agency
907-677-9675

*PropagandaAK Photography
Mitch & Shalem Kitter
Love is Love Project
<http://www.propagandaak.com/>
245 W. 5th Avenue Suite 108
Anchorage, AK
907-868-2639
Also on Facebook

*Absolutely Kristin Productions
907-306-9255
Also on Facebook

*Britany Lynne White Photography

britanylynnewwhitephotography@gmail.com
Also on Facebook

*Midnight Sons Drag Kings
Check us out on Facebook for upcoming events & how to host a show

*Mad Myrna's Bar
530 E. 5th Ave., downtown Anchorage
907-276-9762
4pm-2am daily
Home of the Friday Night Diva Variety Show
<http://www.alaska.net/~madmyrna/>

*The Raven Bar
708 E. 4th Ave., downtown Anchorage
907-276-9672
1pm-2am daily
*Bernie's Bungalow Lounge
626 D. St., downtown Anchorage
907-276-8808

OutNorth Theatre
3800 DeBarr Road Anchorage, AK 99508
907-279-8099

*Bear Tooth Grill & Theatre
1230 W. 27th Ave
907-276-4200
<http://beartooththeatre.net>

*Moose's Tooth
3300 Old Seward HWY
907-258-2537
www.moosestooth.net

Alaskan Leopard Bed & Breakfast
907-868-1594
<http://www.alaskanleopard.com/>

Home Suite Home Bed & Breakfast
907-345-2880

City Garden Bed & Breakfast
907-276-8686

Earth Bed & Breakfast

1001 W. 12th Ave.
Anchorage, AK 99501
907-279-9862

*Frank Long Properties
Housing
longproperties@yahoo.com
907-242-6955

ANCHORAGE SPIRITUAL/RELIGIOUS COMMUNITY

*Spirit Guide Psychic Healing
<http://www.spiritguidepsychichealing.com>
907-441-8124

*St. Mary's Episcopal Church
2222 E. Tudor Rd. Anchorage
907-563-3341

Anchorage Unitarian Universalist Fellowship
2824 E. 18th Ave
Anchorage, AK
907-248-3737

Immanuel Presbyterian Church
2311 Pembroke St.
907-333-5253

Anchorage Unitarian Universalist Fellowship
3201 Turnagain St.
907-248-3737

St. John's United Methodist Church
1801 O'Malley Rd.
907-344-3025

Christ Our Savior Lutheran Church
1612 Oceanview Dr.
907-345-3858

Congregation Beth Shalom
7525 E. Northern Lights Blvd
907-338-1836

Alaska Center for Spiritual Living

929 E. 81st Ave. Suite 106
907-522-0940

White Lotus Center
(Shin Buddhism)
4105 Turnagain Blvd. East-suite G-2
907-334-9984

ANCHORAGE COMMUNITY PROGRAMS/POSSIBLE VOLUNTEER OPPORTUNITIES

*The Imperial Court of All Alaska

<http://www.impcourtak.org>

<https://www.facebook.com/pages/Imperial-Court-of-All-Alaska/102158066543604?fref=ts>

Watch for ICOAA College Scholarship Applications in springtime

*Identity Inc.

www.identityinc.org

*The Last Frontier Men's Club

Tlfmc.com

PFLAG (Parents & Friends of Lesbian & Gays)

www.identityinc.org/pflag/

*Alaska Center for Alternative Lifestyles (ACAL)

www.alaskakink.com

<https://www.facebook.com/TheAlaskaCenter?fref=ts>

*Alaskan AIDS Assistance Association (Four A's)

AMP- Four A's Young Men's Group

www.alaskan aids.org

907-263-2050

MAT-SU AREA GLBT FRIENDLY RESOURCES/SERVICES

Dr. Moll- Family Doctor

Wasilla

907-264-2000

Sirpa T. Gorman- Counselor

Eagle River

907-720-1878

www.alaskatherapy.com

Church of the Covenant

415 S. Bailey St.

Palmer, AK 99645

907-746-2907

*Body Piercing Unlimited & Tattoo
Wasilla/Palmer
907-746-7877

Spa Bella
3750 N. Caribou St.
Wasilla, AK 99645
907-521-5177

FAIRBANKS GLBT FRIENDLY RESOURCES/SERVICES

Dr. Ellie Hoaganson
907-456-8191
(only takes new patients if they are transgender so you must specify on the phone)

Dr. Thurston-Hicks Therapist
907-452-1739

Interior AIDS Association
710 3rd Ave
Fairbanks, AK 99701
907-452-4222

College Floral
Michael Bartels
3260 College Rd. Fairbanks, AK 99709
907-479-6926

All Seasons Inn
Fairbanks
Alaska Tickets & Tours
907-451-6649
alaskaticketsandtours.com

Body Piercing Unlimited
907-458-7464

*The Imperial Court of All Alaska
<http://www.impcourtak.org>
<https://www.facebook.com/pages/Imperial-Court-of-All-Alaska/102158066543604?fref=ts>

Watch for ICOAA College Scholarship Applications in springtime

FAIRBANKS RELIGIOUS COMMUNITY

Unitarian Universalist Fellowship of Fairbanks
4448 Pikes Landing Dr Fairbanks
907-451-8838

Fairbanks Lutheran church
1012 Cowles St
Fairbanks, AK 99701
907-452-3425

JUNEAU GLBT FRIENDLY RESOURCES/SERVICES

For doctor and therapist recommendations regarding transgender services please contact:
SEAGLA (Southeast Alaska GLBTQ Alliance)
PO Box 21542
Juneau, AK 99802
www.seagla.org
[facebook.com/seaglaLGBTQ](https://www.facebook.com/seaglaLGBTQ)

*Alaskan AIDS Assistance Association (Four A's)
174 S. Franklin Street, #207 (Physical)
P.O. Box 21481 (Mailing)
Juneau, AK 99802
Phone: 907 586-6089

Gigi Monroe Designs
missgigimonroe@gmail.com
www.gigimonroedesigns.com
For consultation on wigs and makeup application
*The Imperial Court of All Alaska
<http://www.impcourtak.org>
<https://www.facebook.com/pages/Imperial-Court-of-All-Alaska/102158066543604?fref=ts>
Watch for ICOAA Scholarship Applications in springtime

JUNEAU RELIGIOUS COMMUNITY

Juneau Unitarian Universalist Fellowship
5th & Main
907-789-9068

Church of the Holy Trinity
325 Gold St.
907-586-3532

Resurrection Lutheran Church
740 W. 10th St.
907-586-2380

CHANGE OF NAME PACKET

Below are instructions and the forms to fill out for your change of name. Also included is the fee waiver form if you need financial assistance in paying for court fees.

CHANGING YOUR NAME ON A SOCIAL SECURITY CARD

Make sure you have original documents proving

- U.S. citizenship
- Legal Name Change
- Identity

Fill out Social Security Card application once you arrive at Social Security

Office located at 222 W. 8th Ave, Anchorage, AK 99513 Room A11

Phone #: 907-271-4455

Hours: Monday-Friday 9am-3:30pm Except Federal Holidays

CHANGING YOUR NAME ON A DRIVER'S LICENSE OR ID CARD

You can only initiate this change in person. Visit any DMV location with proof of your name change and an updated Social Security Card displaying your new name.

The DMV will accept the following as valid proof:

- A Marriage Certificate
- A certificate of dissolution, divorce, or annulment. This must be issued by the court and specifically state your new name
- A certified copy of a court order changing your name

To obtain an updated license, you will also be required to pass a vision test and pay a \$15 license duplication fee.

GENDER MARKER CHANGE

Once you have your letter from your therapist stating you are transitioning and are undergoing permanent sex change, take it to the DMV. You will pay a \$15 fee for the license replacement.

CHANGING YOUR NAME ON A TITLE & REGISTRATION

You must do this in person at any DMV location. Be sure to have your title with you. The DMV will treat your name change like a vehicle sale and require you to:

- List your old name on the title as the seller
- Insert your new name on the title as the buyer

- Complete an Application for Title and Registration. An odometer reading is not required, but you will need to jot your name-change reason in the Affidavit section
- Pay a \$15 fee. You'll also need to pay an additional \$15 fee if there is a lien on the vehicle.
- If your title is jointly owned and the word "and" is shown between the two names, both you and the other person will need to sign off on the title

When you make changes on your title, the DMV will automatically make the same changes on your registration certificate. You'll receive the updated registration certificate with your new title.

CHANGING YOUR NAME ON YOUR BIRTH CERTIFICATE

Alaska is only able to process births that occurred in Alaska. If born out of the state you must contact the Bureau of Vital Statistics for that location.

Make sure you have your Original or Notarized Change of Name official document from the court and a valid piece of identification such as a Drivers License or Passport

Walk into one of the following locations and fill out a request form. You will be charged \$30 for the first copy of a certificate plus \$30 for the alterations (\$60 total). Any additional copies requested are \$25 a piece.

Anchorage
Bureau of Vital Statistics
3601 C St. Suite 128
Anchorage, AK 99503
907-269-0991
Mon-Fri 8am-5pm

Fairbanks
Bureau of Vital Statistics
615 23rd Ave. Suite 300
Fairbanks, AK 99701
907-452-4863
Mon-Fri 8am-4:30pm

Juneau
Bureau of Vital Statistics
5441 Commercial Blvd.
P.O. Box 11067
Juneau, AK 99801
907-465-3391
Mon-Fri 8am-5pm

NAME CHANGE FOR VOTER REGISTRATION

- You can go to this website to check the status of your voter registration and get all forms necessary to change any information like name, address, etc. To be eligible to vote in an election and to vote at your correct polling place location, you must register to vote or update your registration no later than 30 days before an election.
- You may register to vote 90 days before your 18th birthday. You may vote in an election upon turning 18 years of age.

<http://www.elections.alaska.gov/>

If you are not already registered to vote in Alaska and you are initially registering to vote by mail, fax or email, please submit a copy of one of the below types of identification with your voter registration application (included in this packet):

- current and valid photo identification;
- proof of name change paperwork from the court
- driver's license;
- passport;
- state identification card; or
- Birth certificate.

In person locations to register to vote in Anchorage, Alaska

State of Alaska, Division of Elections

RAM Building
2525 Gambell Street, Suite 100
Anchorage, Alaska
(907) 522-8683
Monday - Friday 8:00 am - 5:00 pm, except Holidays

Office of the Municipal Clerk

632 W. 6th Avenue, Suite 250
Anchorage, Alaska 99501
(907)343-4311
Monday - Friday 8:00 am - 5:00 pm, except Holidays

Transitioning is a big step- one that can bring a lot of relief and happiness as well as struggles. You need to give yourself time to adjust to the hormones and be honest with your doctor about what is or isn't happening and with how you are feeling. Changes also take time. I know you want it to be instant and quick but there is a sense of pride in watching the changes over time. Relax and enjoy your journey. I highly recommend documenting your journey through photos or video so you can look back and see your progress.

Unfortunately at this time there are no surgeons in Alaska who do transgender surgeries. There are many surgeons throughout the lower 48, Canada, and Thailand who do surgeries. I recommend doing research online and talking to other transgender individuals who have had the procedures for their recommendations. A FTM hysterectomy is the only surgery available in Alaska at this time.

It is normal to have questions prior to and throughout one's transition. Reach out to others and don't be afraid to ask questions. We want you to be happy and successful in your transition. It is also perfectly okay for you to transition however YOU feel you need to. No one is the same or wants the same results. You are free to choose your identity and your transition steps to be happy and feel comfortable in your own body. Best of luck!

With Love,
Danny Ashton Earll
Mister Gay Alaska 2011-2012; 2015-2016