

Hello!

Welcome to this resource packet. We know that people come from all different perspectives and walks of life, so we created this packet to be a foundation for accessing resources and information. While it is not comprehensive, we hope you find it valuable and supportive.

Within the LGBTQ+ community, there are a few main concepts that are important to know while navigating this packet. Here we outline the differences between sex assigned at birth, gender, gender identity, gender expression, pronouns, and sexual orientation. We hope that this brief outline helps prime you for the rest of the packet.

Sex assigned at birth is defined by a complex set of characteristics, including reproductive organs, hormonal makeup, secondary sex characteristics, chromosomes, etc. While sex is often seen as a binary between male and female, it is actually a spectrum. Intersex people are those whose sexual characteristics expand beyond what is commonly known as male or female. In the trans community, the terms AMAB (assigned male at birth) and AFAB (assigned female at birth) emphasize that sex is a social construct.

Like sex, **gender** is a social construct that exists on a spectrum. Gender has been created by humans over many years and can vary significantly across cultures. Gender is made up of ideas about how groups of people behave and should be treated. While gender is cultural, **gender identity** is how an individual sees themselves fit into these ideals. **Gender expression** is how someone chooses to communicate their identity through fashion, hair, and other visual cues. Everyone has a gender, gender identity, gender expression, and the pronouns they choose to use. There are a wide array of pronoun choices including they/them/theirs, she/her/hers, he/him/his, ze/zir/zim, and many more! Pronouns are how you refer to someone without using their name.

Transgender individuals are those who don't identify with the gender they were assigned at birth. Folks who identify with their gender assigned at birth are **cisgender**. Folks who are unsure of their gender are considered questioning.

Sexual orientation is the way someone experiences attraction to others. This can include romantic interest, sexual attraction, and individuals who don't experience these attractions (such as asexual and/or aromantic). For some people attraction is related to gender and for others it is not!

This packet is designed to support you while navigating this information. It contains a wide array of resources and is geared toward all audiences.

Because the LGBTQ+ community is always growing and evolving, we hope this packet is the beginning of a life long learning process. We hope you will seek out these voices and honor the contributions of Queer and Trans community members of the past, present, and future.

Download the complete guide with links to many resources here:

www.bolingbrookpride.org/resource-guide



GLOSSARY OF TERMS

Ally | A person who is not LGBTQ but shows support for LGBTQ people and promotes equality in a variety of ways.

Agender | Describes a person who identifies as having no gender.

Androgynous | Identifying and/or presenting as neither distinguishably masculine nor feminine.

Asexual | The lack of a sexual attraction or desire for other people.

Biphobia | Prejudice, fear or hatred directed toward bisexual people.

Bisexual | A person emotionally, romantically or sexually attracted to more than one sex, gender or gender identity though not necessarily simultaneously, in the same way or to the same degree.

Cisgender | A term used to describe a person whose gender identity aligns with those typically associated with the sex assigned to them at birth.

Closeted | Describes an LGBTQ person who has not disclosed their sexual orientation or gender identity.

Coming Out | The process in which a person first acknowledges, accepts and appreciates their sexual orientation or gender identity and begins to share that with others.

Congruence | Gender congruence is the feeling of harmony in our gender

Gay | A person who is emotionally, romantically or sexually attracted to members of the same gender.

Gender Binary | A system that constructs gender according to two discrete and opposite categories: boy/man and girl/woman. It is important to recognize that both cisgender and Transgender people can have a gender identity that is binary.

Gender Dysphoria | Clinically significant distress caused when a person's assigned birth gender is not the same as the one with which they identify. According to the DSM, the term - which replaces Gender Identity Disorder - "is intended to better characterize the experiences of affected children, adolescents, and adults."

Gender-Expansive | Conveys a wider, more flexible range of gender identity and/or expression than typically associated with the binary gender system.

Gender Expression | External appearance of one's gender identity, usually expressed through behavior, clothing, haircut or voice, and which may or may not conform to socially defined behaviors and characteristics typically associated with being either masculine or feminine.

Gender-Fluid | According to the Oxford English Dictionary, a person who does not identify with a single fixed gender; of or relating to a person having or expressing a fluid or unfixed gender identity.

Gender Identity | One's innermost concept of self as male, female, a blend of both or neither - how individuals perceive themselves and what they call themselves. One's gender identity can be the same or different from their sex assigned at birth.

Gender Non-Conforming | A broad term referring to people who do not behave in a way that conforms to the traditional expectations of their gender, or whose gender expression does not fit neatly into a category.

Genderqueer | Genderqueer people typically reject notions of static categories of gender and embrace a fluidity of gender identity and often, though not always, sexual orientation. People who identify as "genderqueer" may see themselves as being both male and female, neither male nor female or as falling completely outside these categories.



Gender Transition | The process by which some people strive to more closely align their internal knowledge of gender with its outward appearance. Some people socially transition, whereby they might begin dressing, using names and pronouns and/or be socially recognized as another gender. Others undergo physical transitions in which they modify their bodies through medical interventions.

Homophobia | The fear and hatred of or discomfort with people who are attracted to members of the same sex.

Intersex | An umbrella term used to describe a wide range of natural bodily variations. In some cases, these traits are visible at birth, and in others, they are not apparent until puberty. Some chromosomal variations of this type may not be physically apparent at all.

Lesbian | A woman who is emotionally, romantically or sexually attracted to other women.

LGBTQ | An acronym for “lesbian, gay, bisexual, transgender and queer.”

Living Openly | A state in which LGBTQ people are comfortably out about their sexual orientation or gender identity – where and when it feels appropriate to them.

Non-Binary | An adjective describing a person who does not identify exclusively as a man or a woman. Non-binary people may identify as being both a man and a woman, somewhere in between, or as falling completely outside these categories. While many also identify as transgender, not all non-binary people do. Both cisgender and Transgender people can have a gender identity that is non-binary.

Outing | Exposing someone’s lesbian, gay, bisexual or transgender identity to others without their permission. Outing someone can have serious repercussions on employment, economic stability, personal safety or religious or family situations.

Pansexual | Describes someone who has the potential for emotional, romantic or sexual attraction to people of any gender though not necessarily simultaneously, in the same way or to the same degree.

Queer | A term people often use to express fluid identities and orientations. Often used interchangeably with “LGBTQ.”

Questioning | A term used to describe people who are in the process of exploring their sexual orientation or gender identity.

Sex Assigned at Birth | The sex (male or female) given to a child at birth, most often based on the child’s external anatomy. This is also referred to as “assigned sex at birth.”

Sexual Orientation | An inherent or immutable enduring emotional, romantic or sexual attraction to other people.

Transfeminine | Describes a person who was assigned male sex at birth, but who identifies with femininity to a greater extent than with masculinity.

Transmasculine | Describes a person who was assigned female sex at birth, but who identifies with masculinity to a greater extent than with femininity.

Transgender | An umbrella term for people whose gender identity and/or expression is different from cultural expectations based on the sex they were assigned at birth. Being transgender does not imply any specific sexual orientation. Therefore, transgender people may identify as straight, gay, lesbian, bisexual, etc.

Transphobia | The fear and hatred of, or discomfort with, transgender people.

Two-Spirit | Describes a person who embodies both a masculine and a feminine spirit. This is a culture-specific term used among Native American and American Indian people.



DO'S & DON'TS FOR THE TRANSGENDER ALLY

When interacting with transgender/gender non-conforming/gender queer people in any setting, the most important thing to remember is to respect each person and their identity and experience. The important thing is how they feel inside - not how they look outside - just as we all hope that people will treat us according to who we are and not how we appear.

ASKING QUESTIONS

- Transgender people understand that gender can be complicated and confusing and that most people do not know very much about these issues. The important thing is that people be respectful, and it is generally appreciated when people want to learn. There are ways to ask questions that are respectful and other ways that are not.
- The first question to ask yourself about someone else's gender is: "Do I really need to know?"

In most situations, it is not necessary (or appropriate to ask) what a person's gender status or situation is. For example, if someone walks into your workplace and their gender is unclear, there is almost certainly no reason to ask or comment in any way. The person is there to work and to be among community. They can be welcomed without knowing what their gender identity is.
- There may be times when you decide that you need to know or understand something about someone else's gender. Most people are welcoming of respectful and appropriate questions. This is often better than making assumptions that may not be true. If the person doesn't want to answer, then they will choose not to.
- What is a respectful question? The most important guideline is this: If you would not wish to be asked a given question, it is probably not respectful to ask it of someone else.
- Instead of asking, "What are you?" or "Are you a man or a woman?" try: "What is the respectful pronoun to use for you?" or "I'm interested in hearing about your gender identity if you are comfortable telling me" or "Is there anything I/we/the community can do to make this a more comfortable place?"
- Remember that not all transgender people are the same. Like everyone else, different transgender people have different identities, experiences, needs, and interests.
- Act as an ally with others in the community. If you notice non-inclusive language, suggest to the appropriate person that it be corrected. If you know that someone prefers a particular pronoun, it is appropriate to gently inform or remind someone else who is not using that correct pronoun.
- Remember that you may be interacting with a transgender person and not know.
- Seek out information on your own. Transgender community members will be very appreciative of your efforts to learn about the experience of transgender people.



LANGUAGE

Language is very important. People pick up on small cues. The following changes may seem minor, but they are among the most essential ways to indicate that a community is making an effort to be trans-friendly. It often makes the difference in whether a transgender person will approach a community and whether they will choose to stay.

- On flyers, in newsletters, event announcements, etc.: Instead of writing “men and women welcome” or “for both men and women,” try “all genders welcome” or “for all genders.”
- In articles, e-mails, essays, etc.: Rather than “both genders” or “men and women,” refer to “all genders” or “people of any gender.”
- If events, groups, or programs (event, social group, etc.) are advertised or indicated as “gay and lesbian,” consider whether it is truly only for gay and lesbian people or whether a transgender (or bisexual person, for that matter) would be welcomed. If the latter is true, change the language.

FACILITIES

- **If possible, it is imperative to have a non-gender-specific restroom.** Again, this may seem like a minor matter, but for many people who have a “non-traditional” gender presentation, using public restrooms can be a particularly frightening and unpleasant experience. They are often much more inclined to go to places that have a non-gender-specific facility. (Often these are single-person restrooms.)
- **Consider whether all of your facility’s restrooms must be gender-specific or whether one could be made available to everyone.** This need not be complicated; covering the “men” or “women” sign with “all-gender restroom” is sufficient. Remember to do this for temporary, shared, or rental facilities also.

POLITICAL AND SOCIAL ACTION

- Include transgender and gender diversity issues as part of your workplace and community’s social action network. There are many transgender community services and advocacy organizations that are in great need of our support!



OTHER DOS AND DON'TS

DON'T:

- **Ask about anyone's body, genitals, medical procedures, or medical history.** If they want to share that information, they will. If you are concerned about someone's health, it is fine to ask, "How is your health?" as you would for any other community member.
- **Unnecessarily refer to a person's previous gender status or a previous name.** If this information is not known publicly, revealing it could put the person at risk of harm. Regardless of how open a person is about being transgender, referring to their previous status usually makes that person uncomfortable. Some may choose to refer to their previous gender identity, but others do not wish to bring it up.
- **Insist that someone must be either a man or a woman.** Some people identify themselves as neither gender, as both genders, or as a third gender. This may seem confusing, but this is a legitimate choice. Some people are in the process of discovering their identity or deciding how they wish to live. People may be in various stages of a gender transition. If you need clarification on which pronoun to use, ask.
- **Say things like: "But you look like a woman!" or "But I've always known you as a man" or "But you made such a good/attractive woman."** Comments like these are disrespectful and make people feel bad.
- **Be afraid to say, "I don't understand, but I want to be respectful of you."** Being a good ally to transgender people does not mean that you never get confused or make mistakes. It means that you are doing everything in your power to learn and act respectfully, always -- even when you don't understand.

DO:

- **Take other people's identities seriously, even though it may not conform to your own ideas about gender or sex.**
- **Remember to treat other people's identities and choices with the respect that you would want for yourself.**
- **Respect a person's choice of name/gender/pronoun.** If a person expresses that they prefer a specific name or pronoun, take care to use only the name/gender/pronoun that they prefer, and strongly encourage others in the community to do the same. This can take time to get used to, and most people do make mistakes -- don't worry. The person is almost certainly used to errors. The important thing is that the person knows that you respect their preference and are trying.
- **Assume there could be LGBTQ people in every space you're in.** Assuming that everyone around you is straight makes things harder for LGBTQ people.
- **Speak up.** If you notice bullying or oppressive language, say something. Anti-LGBTQ comments and jokes are hurtful. Call out your friends, family, or co-workers and let them know that you find them offensive. If you are young and see another young person being hurt or bullied because of their gender identity or sexual orientation, let an adult know. And speak up when you see anti-LGBTQ comments online.
- **Use your pronouns in your email signature and when you introduce yourself.** "Hi, I'm Julie. I use she/her pronouns. How about you?"



ONLINE RESOURCES

ALLY RESOURCES AND EDUCATIONAL INFORMATION

- [An Ally's Guide to Terminology: Talking About LGBT People & Equality](#)

Designed for new allies who want to support LGBT Americans but often face an array of confusing terminology and language, this short guide offers an overview of essential vocabulary, terms to avoid, and a few key messages for talking about various issues.

- [Equal Restroom Access Fact Sheet](#)

- [Fact Sheet: Transgender Health and Medical-Legal Partnerships](#)

This fact sheet describes common social and legal needs that affect the health of transgender individuals, and ways integrated legal services can help meet those needs.

- [Frequently Asked Questions about Transgender People](#)

- [Inclusive Curriculum Law FAQ](#)

- [Interface Project](#)

Communicating the lived experiences of intersex people

- [Intersex FAQ](#)

- [LGBTQIA+ Glossary of Terms for Health Care Teams](#)

This publication contains a comprehensive list of terminology and definitions relevant to the health care and identities of LGBTQIA+ people.

- [Our Trans Loved Ones](#)

This guide focuses on providing support for families and friends of transgender and gender-expansive children, adolescents, and adults.

- [Outwards Journey](#)

Monthly Storytelling Events educate and entertain while increasing a feeling of community.

- [Supporting the Transgender People in Your Life: A Guide to Being a Good AllyTips for Allies of Transgender People](#)

- [Understanding Non-Binary People: How to Be Respectful and Supportive](#)

GENERAL EDUCATIONAL RESOURCES

- [Gender Spectrum YouTube Channel](#)

- [HRC Transgender Resources and Articles](#)

- [Intersex Information](#)

comprehensive list of intersex conditions, related resources and support groups

- [Intersex Resource Topics](#)

- [Library of Transgender Resources](#)

Oak Park Public Library's curated collection of Transgender books and media. Accessible by most Illinois library cardholders

- [National Center for Transgender Equality](#)

- [Planned Parenthood - Sex and Gender Identity](#)

- [Planned Parenthood - Transgender Identities](#)

- [Transgender Reading List for Adults](#)

- [Transgender Reading List for Young Adults](#)

- [Transgender Reading List for Children](#)

COMING OUT

- [HRC - Coming Out to your Doctor](#)

- [What is Coming Out?](#)

Education, how-to, and support resources.

- [Story.lgbt - Coming Out Stories](#)

- [Trevor Project Coming Out Handbook for LGBTQ Youth](#)



HEALTH AND SERVICE PROVIDER EDUCATIONAL RESOURCES

- [**Affirmative Services for Transgender and Gender Diverse People – Best Practices for Frontline Health Care Staff**](#)

This publication provides best practices and guidance for frontline healthcare staff on how to best serve transgender and gender diverse patients.

- [**Creating a Transgender Health Program at Your Health Center**](#)

This guide provides a framework for building a health program for transgender and gender diverse patients at your health center.

- [**Illinois Safe Schools Alliance - 5 Part Workshop Series Information**](#)

Illinois LGBTQ Students: Know Your Rights! materials

- [**Providing Affirmative Care for Patients with Non-binary Gender Identities**](#)

This document includes important terms and definitions, data, three case scenarios, and expert-informed practices, all of which offer suggestions for how any staff member within any health care organization can implement simple changes to improve the experiences of patients with non-binary gender identities. Also useful for allies seeking info on affirmative non-binary interaction

- [**Learning to Address Implicit Bias Towards LGBTQ Patients: Case Scenarios**](#)

Case scenario exercises that can be used for self-learning, or can be used to teach health center staff how to identify and address implicit bias related to LGBTQ patients

- [**Recognizing and Addressing Intimate Partner Violence in Relationships of LGBTQ People: A Primer for Health Centers**](#)

This publication discusses how to identify and discuss intimate partner violence (IPV) in sexual and gender minority communities. It provides guidance on how to talk with patients who may be experiencing IPV, and offer resources for helping sexual and gender minorities in unsafe relationships.

- [**Supportive Housing and Health Services for LGBTQIA+ Youth Experiencing Homelessness: Promising Practices**](#)

This publication addresses health disparities that LGBTQIA+ youth experiencing homelessness face and focuses on ways to increase engagement of LGBTQIA+ youth into health and housing programs.

FOR PARENTS

- [**Comprehensive List of Parenting Resources, Gender Spectrum**](#)

Extensive, well-curated list of links for parents of gender non-conforming and gender expansive children. Includes general resources, info on working with schools, and support links.

- [**Illinois Safe Schools Alliance**](#)

Promotes safety, support, and healthy development for LGBTQ youth in Illinois schools and communities through advocacy, education, youth organizing, and research.

- [**Talking to your Child about Identity A Resource for Parents**](#)

Learn how to discuss sexual orientations and gender identities with your kid, and how to support them if they're LGBTQ.

- [**Transplaining**](#)

Safe Space training for graduate schools, medical schools, hospital, clinics, private practices, K-12 schools, and businesses.

- [**Resources for Parents of Intersex / DSD Children**](#)

information and support for parents of children and teens. We offer resources, guides, information, and websites, as well as providing ways to connect.

- [**Youth Outlook - Parents**](#)

Parent support group, Thrive, is for parents* of LGBTQ+ teens. This adult only group provides a confidential space for parents to share their stories, find commonalities, and get some of their questions answered.



FOR YOUTH

- [360 Youth Services - Housing or Homeless Youth](#)

Cornerstone Group Home and Transitional and Rapid Rehousing Programs serves young people ages 13-24 and work side by side with young people to ultimately transition to independence.

- [Coming Out to your Doctor Brochure](#)

Your health is important. Being open with your health care provider about your life is important for staying healthy. This includes letting your provider know if you are LGBTQ, or have questions about your sexual orientation or gender identity.

- [GLSEN](#)

Our mission is to ensure that every member of every school community is valued and respected regardless of sexual orientation, gender identity or gender expression.

- [My Story Out Loud](#)

digital storytelling project dedicated to uplifting the narratives of LGBTQ+ youth of color and young people living with HIV across the nation by capturing our stories and experiences.

- [Q Chat Space - An Online Community for LGBTQ+ Teens](#)

Q Chat Space is a digital online community where LGBTQ+ teens ages 13 to 19 can chat with like-minded peers going through similar experiences in real time.

- [Trans Teens Online Talk Group](#)

The Trans Teens Online Talk Group is a weekly moderated group for trans and gender expansive youth 19 and younger, to talk in a safe space and to be able to fully express themselves without fear of being made to feel uncomfortable or unwelcome.

Thursdays and Fridays from 6-9 pm CST

- [Trevor Project - General LGBTQ Youth Support by Topic](#)

find answers to frequently asked questions, and explore resources related to sexual orientation, gender identity and more

- [Trevor Project - Trans and Gender Identity Answers for Young People](#)

Gender identity information and FAQ

- [Trevor Space](#)

TrevorSpace is an affirming international online community for LGBTQ young people ages 13-24.

- [Youth outlook](#)

The first social service agency in Illinois dedicated solely to supporting LGBTQ+ youth.

Transcend group drop in in naperville geared toward trans and non-binary youth Wednesdays, 6:30-9pm - Suggested for 12-20 year olds

MEDICAL INFORMATION AND ASSISTANCE

- [Finding Insurance for Transgender-Related Healthcare](#)

- [Jim Collins Foundation - Grants for Gender Affirming Surgery](#)

Provides financial assistance to transgender people for gender-affirming surgeries through grants.

- [Medicaid Gender-affirming Services Requirements \(Effective January 1, 2020\)](#)

- [Ten Things Transgender Persons Should Discuss with Their Healthcare Provider](#)



SUPPORT GROUPS, HOTLINES, AND SUICIDE PREVENTION

- **[Center On Halsted - Anti Violence Project](#)**

The Anti-Violence Project (AVP) at the Center on Halsted empowers LGBTQ and HIV-affected communities and allies to end all forms of violence through organizing and education, and supports survivors through counseling and advocacy.

773.871.2273 or avp@centeronhalsted.org to report violence, get advice, help, and counseling.

- **[Chi Chapter](#)**

Social and support groups for cross-dressers and transgender women in Chicagoland. Virtual meetings due to covid, but will have outings again when safe.

- **[Chicago Gender Society](#)**

The goal of CGS is to provide social and educational activities for its members, the transgender community and its supporters and the general public.

- **[Gender Explorers](#)**

Gender Explorers is a adult (over 18 years of age) peer-run support group for transgender / gender variant individuals. We meet at the Universalist Unitarian Church of Joliet on the 2nd Thursday of each month from 7 - 8:30PM. No commitment is necessary. Just attend when you can.

- **[Gender Spectrum Online Discussions for Adults & Youth](#)**

Free online groups for pre-teens, teens, parents, caregivers, and other family members and adults to connect with others, share experiences, and feel the comfort of a supportive community.

- **[Intersex Support Groups](#)**

AID-DSD provides forum groups for adults, an established email circle and Facebook page for families and parents, and a forum for youth to chat with others who are experiencing similar journeys. Must request and be approved.

- **[Outwards Journey](#)**

Monthly Storytelling Events educate and entertain while increasing a feeling of community.

- **[PFLAG Bolingbrook](#)**

Resuming soon. Follow the facebook page for notification.

- **[PFLAG Homer Glen/Lockport](#)**

815-922-9717
pflag.hgl@gmail.com

- **[Outspoken Illinois Virtual Support Group](#)**

OUTspoken Leaders will be hosting a weekly support/ discussion group. You can find us exploring all kinds of topics. Please see the calendar at outspokenil.org/weekly-discussion-group to find out about the discussion topic for the week.

- **[Suicide Prevention LifeLine](#)**

The Lifeline provides 24/7, free and confidential support for people in distress, prevention and crisis resources for you or your loved ones, and best practices for professionals.

800-273-8255

[chat](#)

en español: 888-628-9454

- **[Trans LifeLine](#)**

Trans Lifeline's Hotline is a peer support service run by trans people, for trans and questioning callers.

877-565-8860

- **[Trans Teens Online Talk Group](#)**

The Trans Teens Online Talk Group is a weekly moderated group for trans and gender expansive youth 19 and younger, to talk in a safe space and to be able to fully express themselves without fear of being made to feel uncomfortable or unwelcome.

Thursdays and Fridays from 6-9 pm CST

- **[Trevor Project - Crises Support](#)**

Crises intervention and suicide prevention phone service - 24/7/365: 866-488-7386

[Chat on computer](#) - 24/7 online confidential instant messaging

TrevorText - text START to 678-678



LOCAL CENTERS AND SERVICE PROVIDERS

CENTERS

- **[Brave Space Alliance](#)**

Brave Space Alliance is the first Black-led, trans-led LGBTQ Center located on the South Side of Chicago, and designed to create and provide affirming and culturally competent services for the entire LGBTQ community of Chicago.

- **[Center on Halsted](#)**

Center on Halsted is the Midwest's most comprehensive community center dedicated to advancing community and securing the health and well-being of the Lesbian, Gay, Bisexual, Transgender and Queer (LGBTQ) people of Chicagoland. More than 1,000 community members visit the Center every day, located in the heart of Chicago's Lakeview Neighborhood.

- **[Partners in Pride Wellness Center](#)**

Partners in Pride (formerly Transmogrify Counseling Services LLC) is focused on providing services and support to the LGBTQIA community with an emphasis on Transgender/ Non-Binary/Gender Non-Conforming teens and young adults. Partners in Pride offers outpatient mental health counseling, free support groups, peer events and access to the LGBT (Let's Give Back Together) Clothing Closet for those in transition. A growing company that continues to expand its services, Partners in Pride hopes to incorporate medical and psychiatric services in the very near future.

- **[Youth Outlook](#)**

The first social service agency in Illinois dedicated solely to supporting LGBTQ+ youth.

Transcend group drop in in naperville geared toward trans and non-binary youth Wednesdays, 6:30-9pm - Suggested for 12-20 year olds

AFFIRMING SERVICE PROVIDERS

- **[GLMA Medical Provider Search](#)**

Search for primary care providers, specialists, therapists, dentists, and other health professionals in your area. The service is free and you do not need to register.

- **[Howard Brown Health](#)**

Hormone therapy and other primary care in an affirming environment

- **[Kelly, Inc Transgender Electrolysis](#)**

715 Lake St., Suite 300
Oak Park, Illinois
kellyinczapper@gmail.com
708.386.4663

- **[Sally Ann Corset Shop](#)**

Located in the Beverly area of Chicago and have been in business for over 60 years. Sally Ann Corset Shop is a fitting room shop and will find the right size for your figure. We also feature large and tall sizes. They are Crossdresser and Transgender Friendly.

- **[Planned Parenthood Aurora](#)**

This location offers Gender Affirming Hormone Therapy

- **[The Voice Lab](#)**

Vocal transition lessons in Chicago or online

- **[Transformations by Rori](#)**

Clothing, wigs, shoes, and makeovers by appointment in Arlington Heights
847-454-0600

- **[The Zukowski Center](#)**

The Zukowski Center for Cosmetic Plastic Surgery is located in Wilmette, Illinois on The North Shore of Chicago. They offer patients the highest quality, and latest technology for Feminization Techniques of the face breast and body, large volume electrolysis of the face, body, and genitals, and micrograft hair grafting. They are an International Center Of Gender Excellence.



SOUTHWEST SUBURBAN LGBTQ-FRIENDLY COUNSELORS

- **Carmi Frankovich, LCSW**

Cell: 815-603-2869
CarmiFrankovich@LITOCounseling.com

Carmi Frankovich has been working with people who identify as LGBTQI+ since 1994 when she was employed at her first of several HIV/AIDS clinics. Carmi identifies as a cisgender woman whose sexual orientation is best described as heteroflexible and uses she/her/hers pronouns. Carmi has been a LGBTQI+ ally and activist participating on numerous committees, panels, trainings, protests, etc in both the U.S. and Mexico where she lived for approximately 1.5 years. Carmi offers traditional talk therapy and also teaches clients who are interested in using EFT tapping to manage symptoms of depression, anxiety, anger, resentment, pain, body dysmorphia and gender dysphoria.

- **Deborah Wilke**

Compassionate Counseling
1228 Wildflower Circle
Shorewood, IL 60404
630-914-6286

The predominant specialty of my practice is treating those with gender identity concerns or sexual orientation issues. I am proud to have founded the first-ever professionally facilitated support group for transgender individuals in Illinois.

- **Evolution Counseling**

1555 Naperville/Wheaton Road, Suite 101
Naperville, IL 60563
630-276-7922

- **Jeni Lucas, MA, LPC, NCC**

Turning Point Counseling,
19250 Everett Lane, Suite 103
Mokena, IL 60448
708-498-3636

I specialize in providing LGBTQ+ affirmative therapy in the south suburbs of Chicago. I assist trans* clients with letters and casemanagement aspects of transitioning. My strengths include being calm, transparent, nonjudgmental, and easy to develop rapport with quickly.

- **Jameson Pagano**

708-846-0864 (text only)

Jameson (Jamie) Pagano is a Licensed Clinical Professional Counselor and is the owner of Transmogrify Counseling Services LLC and Partners in Pride Wellness Center in Bolingbrook, IL. Jameson holds a Bachelors Degree in Biblical Literature and Psychology. He earned his Master of Arts in Forensic Psychology from The Chicago School of Professional Psychology. He has been working in the field of mental health services for 23 years, and has been a therapist for the last 14 years. Jameson specializes in working with LGBTQIA+ adolescents, young adults, and adults. His primary focus is working those who identify as trans (or are questioning their gender identity) and their families. As someone who openly identifies as transgender, Jameson values the importance of transparency. He makes an effort to be visible whenever possible, for those who are unable to be.

- **Melanie Jones, MA, LPC**

Trance Successful
New Lenox, IL 60451
779-939-0054

I have worked successfully with a myriad of individuals and couples who have any form of gender identity issues for over 15 years. For the past few years, in addition to adults, I have helped children and teens who are confused about their gender preference. I use clinical hypnotherapy for anyone with anxiety or stress with amazing positive results in a relatively short period of time. Another group that has had tremendous improvement in realizing their goals are individuals with weight issues who are ready for clinical hypnotherapy rather than diets, pills or surgery.

- **Jessica Parks, LCSW**

Rooted Counseling, LLC
Phone: (331) 465-9588
13246 S Rt 59, Ste 102G
Plainfield, IL 60805

We are committed to providing quality counseling services to all races, sexual identities, faith backgrounds, and relationship statuses. We are an LGBTQ+ affirming, kink and body positive therapy practice.

