

Centre County Trans Resource Guide

Version 0.4 — 21 April 2026

1. Introduction

This document is a collection of resources for trans residents of Centre County, Pennsylvania. It is the collaborative product of the Centre County Trans Resource Working Group (CCTR-WG), with input provided by numerous others. It was formed as an offshoot project of the Trans SC Area group chat on Signal.

1.1. Working Group Participation

Anyone can request to participate in the working group by asking to be added in the Trans SC Area group chat. Group communications happen through a separate group chat on Signal.

Draft versions of this document are produced in a collaborative process, currently on CryptPad. Stable versions of the document are released with a new version number in a finalized format (PDF), and distributed via Signal. Portions of the guide may be deemed public by the CCTR-WG, and shared more widely.

The CCTR-WG does not use generative AI tools to create content for this guide.

The CCTR-WG makes decisions by **consensus**. Realistic consensus is achieved when the feedback of all participants is genuinely sought throughout the process, and steps are taken to address concerns raised by any participant before permanent decisions are made. Having a consensus doesn't mean that there is unanimous agreement about an issue, but in general we expect there to be unanimous agreement that there is a consensus. The following guidelines apply:

- We treat each other respectfully at all times.
- We assume good faith in discussions with others and take their concerns seriously.
- We are willing to accept outcomes that reflect the rough consensus of the group when full agreement is not possible. This happens when all participants (including those who dislike the outcome) agree to move forward with the rough consensus in a spirit of continued collaboration.
- We understand that occasions may arise where some participants are unwilling to accept the consensus. In these cases, those willing to accept the consensus may choose to move forward anyway, and others are free to leave the working group if they wish.

1.2. Note about Terminology

This guide is intended to be inclusive of all transgender, non-binary, genderqueer, gender non-conforming, intersex, and allied detransitioning people. In some places, this guide will use “trans” as an umbrella term to discuss needs shared by many in this diverse community, such as access to community spaces or gender-affirming hormone therapy. We don't mean to imply that this term applies to everyone in the community, or that any particular person ought to identify as trans.

In general, resources discussed in this guide are expected to be available to anyone who is a member of the community as understood in the broadest sense. When this is not the case, we will do our best to highlight this within the guide.

1.3. Disclaimer

We have to make the following disclaimers for legal reasons, but that is not the only reason we include them. We are not licensed to practice medicine or law, and lack relevant training and expertise. If you use this guide to help make a medical or legal decision, this can have consequences that you become solely responsible for. We recognize that seeking professional help is not always an option, for financial reasons or otherwise. If this is your situation, please understand that what we say here represents our factual understanding and the amalgamated experiences of many local trans people, but nothing more than that. The sense of safety we sometimes get from doing things the way that other trans people have done them in the past can easily lead us astray. By acknowledging the limits of our knowledge as authors of this guide, we hope to help you make more informed decisions.

Information provided about medical issues (including hormone replacement therapy) is for educational purposes only. We cannot provide you with medical advice. Medical information may not be complete, exhaustive, or accurate, and may not apply to your own medical condition. Use of the information given here is at your own risk.

Information provided about legal issues (including name changes) is general information for educational purposes only. This information is not legal advice: it may be outdated, inaccurate, or not apply to your situation. If you need legal advice, you must consult a trained professional. If you use the information we provide about legal processes, you do so at your own risk.

2. Community

Centre County residents have several options for getting involved with the local community.

- *Centre LGBT+* is a large non-profit organization based in downtown State College. In addition to hosting State College Pride, they also host a number of other public events throughout the year and have a calendar on their website. Resources they offer include a clothing closet, support groups, social groups, and a space that people can use to study or hang out. Centre LGBT+ is also engaged in some advocacy work, such as pressuring local and statewide institutions to continue providing trans healthcare.
 - Website: <https://www.centrelgbtplus.org/>
 - Facebook: <https://www.facebook.com/centrelgbtqa>
 - Instagram: <https://www.instagram.com/centrelgbtplus/>
- *Central Pennsylvania Trans Alliance (CPTA)* is a trans-specific community group that hosts a variety of events, notably potlucks and HRT workshop events. It is a grassroots org that engages in a mix of community events and more political events. For example, they have hosted community events like movie nights, bowling night, pumpkin-carving, as well as protests. They have a Signal group chat as well as an Instagram. The group chat has an announcements chat tied to it for events promoted by CPTA.
 - Instagram with events: <https://www.instagram.com/centralpatransalliance/>
 - Linktree: <https://linktr.ee/centralpatransalliance>
 - CPTA's charter [describes its mission as](#) "upholding revolutionary anti-Capitalist lines." Some members of the organization participate in socialist organizing in the Centre County area, but trans people are welcome at CPTA events even if they don't share its political views.

- *Trans Chat SC Area* is a large Signal chat in the area exclusive to trans people, and is a good source for event announcements, political news, and community humor. Members may add local trans friends or acquaintances to the chat without seeking permission.
 - The chat is very active, but is tied to a much slower announcements chat (linked in its bio). Community members may participate in only one of the two chats if they prefer.
 - Some social events planned by members of the community are announced exclusively on these chats.
- The *Center for Sexual and Gender Diversity* (CSGD) at Penn State is a location and resource on Penn State Campus for the LGBT student community. It is located in the HUB's lower level across from the bookstore. See [their website](#) for more.
 - CSDG has board games and books, and there is very often a crowd there. It can be a good place to meet people. It is possible to get some free resources from the CSGD as well such as books, magazines, and transition related items like Trans-tape and binders.
 - They have a [free clothing exchange](#).

2.1. Getting Involved

In general, the best way to become part of a group and make friends is to show up for a public event. Because trans people face such wide-ranging threats, most groups don't have open sign-ups for things like email lists, group chats, and so on. Instead, if you get acquainted with a few people at an in-person event, and ask around, someone will likely be happy to invite you.

3. Hormone Replacement Therapy (HRT)

Your best means of accessing HRT in the Centre County area depends on several factors, including whether you have insurance or Medicare coverage, whether you are a legal adult, whether you can afford to pay for a prescription out of pocket (if necessary), and whether you are willing to DIY.

3.1. Local Providers (Insured or Medicaid)

Students and employees with access to UHS at Penn State should consider them as the first option for gender affirming care.

Otherwise, you may be able to get a referral through your primary care provider, or your insurance plan should be able to link you to a provider who is in network. Many local trans people have [Dr. Paul Damaske](#) or [Dr. Kristen Frank-Dixon](#) at Geisinger as a provider. If you know of other providers who should be added to this list, please reach out to a member of the CCTR-WG.

Providers that treat children are hard to find and frequently not local. One known option in-state is the [Children's Hospital of Philadelphia](#). If you know of other providers, please reach out to the CCTR-WG. Information can be kept confidential if necessary.

Medicaid is a federal program which is largely overseen by individual states that provides an insurer of last resort for millions of Americans. Recently, Republicans have tried to make significant changes to Medicaid, including (a) making it harder for poor people to qualify for it, and (b) prohibiting it from covering transition care. You may want to look into having other options, such as DIY, as a backup plan in case the availability of HRT through Medicaid changes.

If you are on Medicaid and have HRT prescribed to you by a local doctor, the working group would be interested in hearing about your experience.

3.2. Local Providers (uninsured)

The local organization [Centre Volunteers in Medicine](#) provides healthcare to uninsured people, so you may want to start by contacting them to see if they can help. You may also want to reach out to CentreLGBT+; in addition to their social projects, they have connections to other local nonprofits that can be useful to those dealing with financial hardship.

Note that if you are uninsured because you are unemployed and can't afford insurance, you should check to see if you qualify for Medicaid. Pennsylvanians on Medicaid can have gender affirming hormone therapy paid for at organizations like Planned Parenthood that accept Medicaid.

If you know of other local providers offering resources to the uninsured, or those otherwise unable to pay, please reach out to a member of the working group.

3.3. Concierge Web-Based Clinics

These services charge a flat fee per-month or per-year for membership, which includes access to a licensed psychiatrist. This person can write you a prescription for HRT medications on an informed consent basis, which basically means that you should not have to prove to the provider that you are trans.

The two largest are Plume and FOLX. Both serve Pennsylvania residents. At FOLX, a membership paid annually is \$300, blood tests are around \$50 each, annual or semi-annual clinician visits are \$80 each. Medications are paid separately; they will send your prescriptions to local pharmacies if you want and with a discount code (from GoodRX or similar) medications are likely to be less than \$200 per year if you are on injection monotherapy. Insurance can help cover some of the costs, but usually will not cover the price of the membership.

True U is a newer alternative that is also more expensive; they advertise a price of over \$1000 a year the first year before lab work (at \$100 per visit) and medications. However, they also say that they will treat trans youth in some states with parental consent. If that is your situation, you may want to call them to check on availability.

3.4. DIY

Some trans people choose to DIY, meaning that they purchase medication directly without a prescription and take or inject it themselves, and track their own levels by ordering blood tests (labs) regularly. You can order HRT medications from overseas pharmacies who will sell to individuals without a prescription, or alternatively order from "homebrew" vendors (usually trans people themselves) who compound medication they order in bulk. Many people consider the overseas pharmacy method safer, although this is disputed.

Most HRT medications (with the notable exception of testosterone) are not controlled substances, which means possessing them is not a *federal* crime. Possessing prescription-only medication without a valid prescription is still against the law in many states.

Generally, any DIY method will require you to purchase cryptocurrency (e.g. Bitcoin), because that's what most online vendors accept (though exceptions exist). How you go about this may depend on your technical proficiency as well as how anonymous you want to be. Most cryptocurrency vendors now

require disclosure of your personal information (such as a social security number) because of Know Your Customer laws in the United States that seek to prevent money laundering.

If you want to be maximally secure, you will need to make some attempt to anonymize your Internet traffic (e.g. a VPN with good privacy guarantees such as Mullvad, or TOR Browser), and use a tracing-resistant currency to purchase the medication such as Monero. You can also try to purchase cryptocurrency with cash rather than use a regulated exchange like Coinbase or Kraken. Remember, however, that even extreme precautions can't eliminate every risk (such as an e-pharmacy retaining records of your name and address). The priority is to make sure you get the medication you need reliably, not to become totally invulnerable.

3.4.1. Online Sources of Information about DIY

The [DIY HRT Directory 2.0](#) is considered a reliable source of information as of this writing, and has information for both transfeminine and transmasculine people. For transfemmes, the [estradiol pharmacokinetics playground](#) offers an interactive model of estradiol serum levels based on dosage and frequency for injectables. [Transfemscience](#) analyzes much of the available research on hormone regimens for transfeminine people.

Planned Parenthood has a [detailed injection guide](#) for both intramuscular and subcutaneous injections. They also have exceptionally clear videos for both [intramuscular](#) and [subcutaneous](#) injections.

Some people in the local community have additional information or resources, and are typically happy to share.

3.4.2. Ordering Labs in the State College Area while DIY-ing

Quest Diagnostics offers on demand testing through their Quest Health platform, and has a State College location. Unfortunately, while they offer a testosterone test (\$69), they don't appear to offer one for estradiol outside of panels (hormone blood panels for women are \$225 and include both testosterone and estradiol tests).

LabCorp has an Altoona location and offers on-demand testing of [estradiol](#) (\$79) and [testosterone](#) (\$69).

[Private MD Labs](#) can have a clinician approve blood tests for you and send them to Quest on your behalf. This is unfortunately cheaper than going through Quest directly, because it gives you access to specific tests at a negotiated rate. As of this writing, no one in contact with this working group has reported on whether getting labs this way worked for them. If you go this route, please let someone know.

- Panel for women (includes estradiol, testosterone, ALT, AST, FSH, LH, and more): https://www.privatendlabs.com/tests?q=Women%27s+Hormone+Light+Test&view=search_results
- Panel for men (includes all the same tests, but uses cheaper immunoassay methodology for testosterone levels, which can be inaccurate if your levels are below the male reference ranges): https://www.privatendlabs.com/tests?q=Men's+Hormone+Light+Test&view=search_results

Some providers also order tests for kidney function, such as creatinine and potassium levels, when you are taking medications like spironolactone. Those on bicalutamide are recommended to check liver function, because of rare potential side effects. Most of the tests common to liver function panels are included in the “comprehensive metabolic profile” included in the tests linked above.

4. Other Healthcare Needs

A number of services can provide you with PrEP, HIV resources, and STD testing.

- [AIDS Resource](#) is a non-profit organization offering sexual health services, including testing, along with free contraceptives, pregnancy tests, and menstrual products. They can provide transportation to those who need it.
- [AR Health](#) is at the same location and associated with AIDS Resource, and provides sexual health and primary care services, including PrEP. They are explicitly trans affirming.
- On campus, [UHS](#) provides STD testing and HIV resources for staff and students.
- The [Center for Sexual and Gender Diversity](#) (CSGD) on campus offers free condoms.

5. Legal Name Change in Centre County

Changing your legal name in Pennsylvania requires a court order. It involves filing a petition asking a judge to order that your name be changed. You must file the petition with the prothonotary's office, and show up for your court date — along with complying with several other legal requirements. You can read Pennsylvania's laws regarding name changes [here](#).

If you were born in a place other than Pennsylvania, you will have to comply with local laws to change the name on your birth certificate (if this is possible at all). State laws generally require having a court order, but some states may require this order to have specific features; for example, requiring that the court order state your date of birth, or requiring that the process involve a check for outstanding liens. You should familiarize yourself with your state's policies before beginning the legal name change process to avoid problems down the road.

If you need a lawyer to help you with this process, there are people locally who have expressed interest in helping trans people on a cost reduced or *pro bono* basis. Reach out to local support groups or group chats for recommendations.

Filing *pro se* (meaning on your own behalf without a lawyer) involves the following steps:

1. Complete and print three copies of a petition with cover sheets to take to the prothonotary's office. [Trans residents of Centre County can use an unofficial tool to generate an example petition.](#) Download a copy of the [cover sheet](#) and add your current legal name on the line for "Lead Plaintiff's Name". Print 3 copies of each document. Your paperwork *may* include a motion to exempt you from the publishing requirement which involves putting an announcement about your name change in two local newspapers. Centre County residents who have requested an exemption have generally received one.
2. You will need a signed applicant fingerprint card (FD-258) from a local service. As of this writing, [Identogo](#) has a State College office with a fingerprinting service, which charges \$20 for an FD-258 with duplicates. You can make an appointment in advance, or go without an appointment. The latter would allow you to avoid using your deadname in the waiting room, although the fingerprint card itself will be under your current legal name. Many Penn State students have reported being sent here by the Student Legal Services department.

If you ask the Centre County prothonotary for advice, or search online, you may be referred to the booking office of the Centre County Correctional Facility for fingerprinting. There are several

reasons why trans people might want to avoid this option: it's a prison, it's not in State College, and it charges a \$4 "convenience fee" for using a credit card. Having your fingerprints taken by CCC is *not* a requirement for a legal name change; you can go to Identogo or any reputable company offering FD-258 fingerprinting. At least one local trans person received an invalid (unsigned) FD-258 when they went to CCC to be fingerprinted and had to redo it.

3. Bring your documents, the fingerprint card, and (optionally) a blank personal check to the Centre County Courthouse in Bellefonte and visit the prothonotary's office there. Stand in line to get help. They will look over your paperwork, advise you if anything is incorrect, and tell you what you need to do next. You will be charged a filing fee of \$155 to file the petition; you can pay by credit card, but an additional 3% fee is added.
4. Follow the instructions given to you by the prothonotary's office. This generally means (a) waiting to be sent a court date (or dates) by mail, (b) showing up for your court date (or dates), (c) calling the prothonotary's office the day before your hearing to request a lien search for Centre County, (d) retrieving an official lien search from any other county you have lived in during the last five years (see note below), and (e) picking up the results of the search from the Centre County prothonotary on the day of your hearing to show to the judge.

In the past, you would have needed to go to the office of the Recorder of Deeds for an additional search of property records to be performed. However, Centre County's policies changed in 2024 and this is no longer required, as of this writing. Some online sources incorrectly list this as a necessary step. If you have been a Centre County resident for the last 5 years, you only need the lien search that the prothonotary's office performs.

If you filed a motion to waive the publication requirement, when the court mails you the date of your hearing they should also say whether the judge granted your motion. If your motion was granted, you don't have to publish your name change. (The judge may decide at their own discretion to hold a hearing to determine whether your motion should be granted. If this happens, you will receive a court date in the mail for this hearing. The judge may ask you questions about why you don't want to publish your name change.)

If you don't file the motion, or the judge does not grant the motion, you will have to publish an announcement of your name change in local newspapers. Typically, these are the Centre County Legal Journal and the Centre Daily Times. If you publish notice, you will need to bring proof to your hearing in the form of clipped copies of the physical newspaper. The papers themselves may offer to send you proof of publishing. Some local trans people have reported that they were required to purchase a one-year subscription to the newspaper before being allowed to publish an announcement.

5. On the day your name change petition is heard in court, don't forget to pick up proof of your judgment search from the prothonotary (and searches from any other counties). This costs \$7. Dress in interview appropriate clothing and arrive at your hearing 15-30 minutes in advance. If your courtroom is large or busy, you may need to check in with a bailiff, otherwise simply wait quietly in the public seating area.

Stand when the judge enters the room. When your case is called, follow the judge's instructions;

address them respectfully as “your honor,” and answer any questions they have for you truthfully.

Judges in Pennsylvania are not allowed to deny your name change on the basis of your gender identity; they can only do so if they find that you are attempting to change your name for an unlawful purpose or do not meet the legal requirements. If the judge grants your name change, they will sign an order changing your name and you can then request copies of the order from the prothonotary to be used in changing other forms of identification.

Folks who ask in one of the State College area group chats may be able to find a friend who’s willing to take them to Bellefonte to visit the prothonotary or attend hearings. This can be useful to anyone who lacks a car, or more generally as moral support.

5.1. Important Note: Performing a Lien Search in Other Counties

Depending on which counties you have lived in during the last five years, the requirement to have an official search performed for liens or judgments may prove the most difficult part of the name change process. Contacting your previous county’s prothonotary, clerk of court, or recorder of deeds as soon as you can to find out how to complete this process may be helpful.

- Example: one of the working group authors was a previous resident of Los Angeles county. In order to have a lien / judgment search performed, they had to contact the Los Angeles County Recorder for property deeds by phone. They were pointed to an online system by LexisNexis, which required specific information to be entered into a form. The necessary information wasn’t publicly available other than by calling. Receiving an official document with the results of the search took several weeks.

The Pennsylvania Trans Equity Project provides an alternative example [petition](#) to that linked in step 1 (above). They also have a [mentoring program](#) that may include having someone attend court with you.

Their example petition suffers from a number of defects, including typos and unreadable text from low quality screenshots. The guide is outdated and contains some steps that are no longer valid (as of this writing), and it also tells you to visit Centre County Correctional for fingerprinting, which (as discussed above) is not necessary.

5.2. Updating Your Name Elsewhere

After you receive a court order changing your name, you will want to change it on other official sources, such as your driver’s license.

1. The first step is getting a new social security card. This is needed because many businesses and government offices treat it as a form of identification. This includes the REAL ID program; if you have a REAL ID you will not be able to update your drivers license until you receive a new social security card in the mail. You can apply for a replacement social security card on the same day you receive your name change order, and this will help expedite the rest of the process. You can [begin an application online](#) and make an appointment, or simply fill out the [SS-5 form](#) yourself and visit the office (at 901 University Dr) with your documents.
2. Once you have a new social security card (or right away if you don’t have REAL ID), you can update your driver’s license (or photo ID card). You will need to fill out the [appropriate form](#) and bring it to a driver’s license center. If you have not already done so, you can fill out a [separate form](#) and bring it with you to effect a gender marker change.

3. A new social security card will also allow you to update a U.S. passport. As of this writing, it is not possible to reliably acquire a passport with an accurate gender marker. This may change pending subsequent litigation, but the Supreme Court has stayed a ruling that previously allowed trans people to receive accurate passports.
4. Depending on your state of birth, you may be able to get a revised birth certificate. In Pennsylvania, a name change court order from the same state is sufficient. (Changing the sex designation requires a physician letter.)
5. Once you have the above completed, the remaining changes are not as difficult. The post office in State College is notorious for rejecting correctly addressed mail, so you might want to visit them in person (especially if your last name has changed). Don't forget your [vehicle registration](#), insurance, credit cards, utilities, bank, and [voter registration](#).

5.3. Name Change for Penn State Students

Students who visit the [Student Legal Services](#) department, or fill out an intake form seeking assistance, can be walked through the process by an expert. Students who have changed their legal names this way have reported that the process is relatively straightforward, in that SLS will send you to be fingerprinted and file the petition for you (including paying the \$155 fee for a name change petition). You just have to show up for your hearing.

Penn State students can also easily change the preferred name and gender identity used within the University system without having to change their legal name. See the [transgender information page](#) from the Center for Sexual and Gender Diversity for more information.

6. Local Gender Affirming Services

6.1. Laser Hair Removal

Laser hair removal is a common procedure for transfeminine people, where lasers in specific wavelengths of light are used to target, overheat, and damage hair follicles in the skin. In most cases, this will result in the death of the hair follicle, but laser is not guaranteed to be able to kill all follicles, because some follicles (e.g. those with lighter hairs) don't respond to the laser as well.

Most of the effects of laser are permanent, but a series of treatments is usually required because follicles can only be targeted when they are active, and a single treatment may not sufficiently damage any given follicle. In ideal conditions for someone on HRT, 8-12 treatments are typically needed (with a lot of variance from person to person and clinic to clinic). For some, laser may be less effective and require more treatments or electrolysis.

Because follicles need to be active for the laser to target them, it is important to wait sufficient time between sessions for enough follicles to become active. You can tell when your follicles become active because your hair will start to regrow after a period of several weeks where you should be basically hair free (given adequate treatment). For most people, the ideal period is actually from 2-3 months, but many laser clinics will push you to schedule every 4-6 weeks, which will result in you paying for more sessions. More frequent sessions aren't ineffective, they're just less effective, meaning that you would need more of them.

Good clinics will be transparent about what lasers they use, enabling you to look up reviews. Common laser types include diode, YAG, and alexandrite; it is possible to get good results with any of these types

in the right conditions, though there is more variability in the quality of diode laser machines, and the frequency of alexandrite lasers targets lighter skin. Some clinics also offer IPL hair removal, which does *not* use a laser and does not reliably give permanent results. You can purchase IPL devices to use at home, and some people experience significant reduction in body hair with these devices.

- Milan (1653 N Atherton St)
 - Has Candela lasers (alexandrite + YAG)
 - Only offer unlimited packages for body areas, no single / bundle treatments. Packages are usable at any of their clinics nationwide – if you move, you can continue getting treatments.
 - Uses “limited time offers” and monthly financing to try to hook customers. Their usual “discount” is 50% – 70%.
 - Quoted prices vary from person to person for no apparent reason. Reports of \$4500 after discount for face + neck (Summer 2024).
 - Multiple trans people have reported being misgendered by staff at this location.
- [Vanish](#) (119 S. Burrowes St #703)
 - Has diode lasers
 - Reports of approximately \$150 per session for face and neck (2026).
- Transformation to a Flawless Me Med Spa (212 Kenlee Dr #1, Bellefonte)
 - 814-931-9441
 - Reports of approximately \$100 per session for face and neck (2025). One report of someone being misgendered by staff.
 - The types of lasers they offer are currently unknown. If you have information about this, please reach out to a member of the CCTR-WG.
- Mount Nittany Health system [offers laser hair removal](#) and a number of other cosmetic treatments. Geisinger [does as well](#). Reportedly expensive.
- [European Wax Center](#) (closest location near Pittsburgh)
 - Offers packages of 7; \$1200 for full face and (front) neck, which is about \$170 per session.
 - Uses Candela GentleMax Pro lasers
 - They have multiple locations, but packages are *not* transferable
- If you go to Philadelphia regularly, prices are extremely competitive, even for the best lasers (as cheap as \$50 per session for face). Consider [Philly Med Club](#), for example, which allows you to pay *per treatment* and uses the Candela GentleMax Pro.

6.2. Electrolysis

- [Ober Yahr](#) Electrolysis
 - Located in Pittsburgh, about 2 hours, 20 minutes from State College by car
 - Shows prices online – \$125 for a one hour session

- Has professional electrologists certified by the American Electrology Association
- Offers the blend method, which can reduce the risk of scarring in some cases

If you know of electrolysis clinics that are currently providing services in the central PA area, please reach out to someone on the CCTR-WG.

6.3. Voice Training / Speech Therapy

6.3.1. Local Therapists and Speech Pathologists

Penn State’s College of Health and Human Development has a [Speech, Language, and Hearing Clinic](#) that provides a therapy program for trans people. Services are provided by graduate students within the health program, under oversight by licensed professionals.

- Availability is limited and it’s best to get on the waiting list as soon as you can.
- Discounts are available for students and those who can prove financial hardship.

Amanda Silliker voice studio in Bellefonte, PA is trans affirming and has experience working with trans clients.

- \$55-65 per 45 minute session
- Contact amanda.silliker.mezzo@gmail.com for information

6.3.2. Free Online Resources

There is a wealth of free resources online for trans people and others who wish to modify their voices, including numerous YouTube channels dedicated entirely to the topic.

- *TransVoiceLessons* is probably the most popular and well-known YouTube channel, although it is mostly focused on transfemme voice training.

Transfeminine speakers who wish to get a comprehensive overview of the topic in (mostly) written form might refer to [Transfeminine Voice Training 101](#), which was written by a Working Group author.

7. Queer Friendly Local Businesses

Generally speaking, the Centre County area is sufficiently tolerant that businesses which are queer friendly will openly advertise this in some way, such as by including Pride flags in prominent locations, adding the “LGBTQ+ friendly” label to their profile on Google Maps, or displaying a sticker for the locally popular [100 percent](#) project in the store window.

Many trans people have favorite locations and stylists for hair, makeup, and related personal needs, and will be willing to provide you with suggestions if you ask in a group chat.

Chumley’s is a local gay bar. Webster’s is a bookstore and vegan cafe that is very queer friendly and a local hangout for many in the trans community. They also host occasional events and live music.

8. Safety and Non-discrimination

Residents of Pennsylvania are covered in a patchwork fashion by local and existing federal laws. Because of Supreme Court precedent, employment discrimination on the basis of gender identity or sexual orientation is prohibited nationwide, and thus regardless of local law you can pursue claims through the Equal Employment Opportunity Commission. Pennsylvania has laws prohibiting “sex”

discrimination in employment and housing, which the current state administration interprets to cover orientation and gender identity as well; for that reason, you can pursue claims through the [Pennsylvania Human Relations Commission](#) as well.

However, you may also have recourse on the basis of local laws. The State College Borough prohibits both [employment](#) and [housing](#) discrimination. Similarly, Ferguson township has an [ordinance](#) prohibiting discrimination, and violations can be reported to the municipal manager.

8.1. Physical Safety Considerations

In the past, Penn State's Center for Sexual and Gender Diversity has hosted de-escalation and self-defense trainings for students and trainings for faculty / staff.

The [Student Committee for Defense and Solidarity](#) has hosted self-defense trainings as well.

In general, State College is a safe place to live for queer people. While harassment does occur, this only rarely rises to the level of a threat to our physical safety. Generally speaking, sex-segregated spaces such as bathrooms within the State College borough and its immediate environs should be safe for trans people. Remain alert and exercise discretion in outlying areas, including Bellefonte and neighboring rural communities more generally.

9. Food Resources in the State College Area

- [State College Food Bank](#)
- [Lion's Pantry](#) – food pantry for Penn State students and faculty

Reach out to local community groups or Centre LGBT+ for additional resources.