



Resource Guide

Fall 2018

Volume 3

(Note this guide was last updated in 2018  
and some resources may not be current)

# What is the Safe Spaces Coalition of the Chippewa Valley?

Begun in 2015, Safe Spaces Coalition of the Chippewa Valley is made up of community members, working in partnership with organizations, businesses, and other service-providers throughout Eau Claire, Chippewa, and Dunn counties. As a coalition, we aim to spark community conversations when improvements are needed, and to mobilize people to make these improvements.

## Our Mission

To improve the safety, visibility, health, and well-being of LGBTQ+ people of all ages in the Chippewa Valley.

## Our Vision

A Chippewa Valley where LGBTQ+ people are safe, supported, empowered, and celebrated.

## Our Values

- Representation of LGBTQ+ voices
- Inclusivity - Collaboration
- Passion - Equity - Justice
- Empowerment - Compassion
- Personal & Collective Growth

Safe Spaces Coalition currently focuses on three core areas which are supported by the following working pillars:

- Needs Assessment: ensures the coalition is focusing on the projects and initiatives that really matter to, and will have the most positive impact on, LGBTQ+ people in the Chippewa Valley.
- Education: looks at different ways to provide tools and technical assistance to Chippewa Valley groups, organizations and service providers who value our LGBTQ+ community.
- Resources: identifies and cultivates information about, and referrals to, services relevant to the Chippewa Valley's LGBTQ+ community. It also strives to make these resources are accessible to all who need them!

**For more information, visit us at <https://www.facebook.com/safespacescv>**

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## Disclaimer

Please note that inclusion in this guide does not mean endorsement by Safe Spaces Coalition. If you have a positive or a negative experience with anyone in the Resource Guide, please feel free to share your experience with the Safe Spaces Coalition at [safespacescv@gmail.com](mailto:safespacescv@gmail.com).

If a provider is not listed here, it does not mean that they are anti-LGBTQ. We may have missed them in our outreach efforts, or they may not have responded. Our goal is to keep the directory up-to-date, and we welcome the inclusion of additional providers. Please see our website ([www.safespacescv.org](http://www.safespacescv.org)) for the online version of our resource guide. Inclusion in this listing does not guarantee that the provider is completely knowledgeable or competent in all matters of LGBTQ-related services. You may wish to consult a general guide to approaching service providers such as the Human Rights Campaign's brochure "Do Ask, Do Tell: Talking to your health care provider about being LGBT," available at: [www.hrc.org/resources/coming-out-to-your-doctor](http://www.hrc.org/resources/coming-out-to-your-doctor)

We do not do background checks on the providers listed here and therefore can make no representation about their professional qualifications. Directory listings are only for personal use. They may not be used for soliciting, marketing, or canvassing purposes. No one has paid a fee to participate in our provider directory, and we do not receive any payment from practitioners who are listed.

## How Service Providers Were Selected for Inclusion

Safe Spaces Coalition asked LGBTQ+ people in the Chippewa Valley to recommend service providers for this guide. Recommended service providers were contacted to confirm their desire to be included in the Resource Guide and to obtain their take on what makes them an LGBTQ+ friendly provider. Questions to consider include information regarding office climate (e.g., gender inclusive/expansive/neutral intake forms; diversity of images if décor includes human images; etc.), experiences working with people who identify along LGBTQ+ spectrums, and experiences with LGBTQ+ inclusivity training related to their professional field.

We have also included community and school groups because they are an essential part of any resource compilation. We reached out to organizations and GSAs that the Coalition had had some sort of interaction with before, and also asked for referrals. We would love to expand on these sections!

**If you identify along the LGBTQ+ rainbow and would like to recommend a service provider not already included in our list, please email us at [safespacescv@gmail.com](mailto:safespacescv@gmail.com)**

# **ALTERNATIVE MEDICINE**

## **Rachel Hayden**

Tuning Tree Healing Services

515 South Barstow Street, Suite 117, Eau Claire, WI 54701

Phone: (715) 514-3700

Website: [tuningtree.com](http://tuningtree.com)

Payment options: cash, check, credit

Chris has been studying and practicing mind-body arts for about 20 years. He is a licensed Asian bodywork therapist (think acupuncture with massage), and a Certified Advanced Rolfer (think unwinding chronic restrictions). Self-acceptance and understanding play a big role in his philosophy of health, and he welcomes diversity in his practice. Recently, he has been involved with Queer Menomnie, and attended a panel discussion on transgender issues in healthcare.

## **Aimee Johnson, LMT Healing Bamboo Massage Therapy**

Banbury Place, 800 Wisconsin St., Bldg D2 Suite 415, Eau Claire, WI 54703

Phone: (715) 529-3489

Email: [AimeeJohnsonLMT@gmail.com](mailto:AimeeJohnsonLMT@gmail.com)

Website: [healingbamboo.massagetherapy.com](http://healingbamboo.massagetherapy.com)

Payment options: I accept cash, check, and credit cards

Aimee Johnson began her massage career in 2015 after completing a 2-year degree in Massage Therapy from Morrisville University, New York. Since then she has become proficient in many modalities, many of them rarely practiced in this area, such as Therapeutic Cupping, IASTM, Thai Yoga, Heated Bamboo, Shiatsu, and Fijian. She specializes in deep tissue therapies for pain relief and improved range of motion. Aimee warmly welcomes people from all walks of life with a professional atmosphere for every client she works with.

## **Christine Varnavas, M.S., E-RYT, TRE Provider**

Anandaworks Wellness Education Center

320 Putnam Street, Suite 123 Eau Claire, WI 54701

Phone: (715) 828-3378

Email: christinevarnavas@icloud.com

Website: [www.anandaworks.com](http://www.anandaworks.com)

Payment options: cash, check, IRIS approved provider, CCS Provider through DHS

Christine has 30 years of teaching in both education and wellness. She believes deeply that the body is the missing piece for some of us attempting to heal, work through challenges, or even understand our selves. The body needs to feel safe, protected, and strong for a positive shift to occur. She teaches TRE (tension stress and trauma release exercise), yoga and mindfulness practices and offers other wellness tools to help people feel comfortable in their skin. Her personal background with Childhood Sexual Trauma is what fuels her passion for healing movement, especially if coupled with music and laughter. She is also an advocate for empowering people through education on the effects of childhood trauma and how it shapes us as adults. Inclusion has been part of her work as she has taught Intercultural Communications, worked with Individuals with Disabilities for 20 years and has been a supporter of the LGBTQ community for years. She believes in social justice for all and that we all deserve to feel good.

# **LEGAL SERVICES**

## **Greg Banchy**

Banchy Law Center, LLC

4410 Golf Terrace, Suite 145 Eau Claire, WI 54701

Phone: (715) 839-7526

Payment options: cash, check, credit

Greg has been an attorney for more than 30 years, focusing for nearly half of that time exclusively in the areas of estate planning, elder-law and probate. The environment at Banchy Law Center is relaxed and friendly – most days Greg can be seen wearing jeans and tennis shoes. All estate planning services are provided on a flat fee basis so you will know right up front exactly how much your plan will cost. The initial consultation is always free of charge. Banchy Law Center provides a full range of estate planning services, including wills, trusts, powers of attorney (health care and finances), marital agreements, as well as legal documents, such as deeds, that are needed to properly and efficiently carry out the estate plan after it has been created. Greg is from Eau Claire and attended Regis High School and the University of Wisconsin at Eau Claire. The son of a social worker and a registered nurse, Greg was raised in an environment where being helpful to others was always stressed; services are always provided in a caring and compassionate manner that emphasizes respect for the individual.

## **Molly Bushman**

Wiley Law, S.C.

119 1/2 North Bridge Street Chippewa Falls, WI 54729

Phone: (715) 723-8591

Website: [www.wileylaw.com](http://www.wileylaw.com)

Payment options: Cash, check

Ms. Bushman has over 10 years of experience in civil litigation, including mediation, arbitration, trial work, and pre-trial settlement. Her -3- areas of concentration are contracts, torts, and real estate, with a general civil litigation practice. She serves the community as Treasurer of the Chippewa County Bar Association, Secretary of the Chippewa Valley Family YMCA, board member of Northern Wisconsin State Fair Association, Inc., active in Holy Ghost Parish, and others. She lives in Chippewa Falls with her family. Wiley Law, S.C. also provides services in business law, wills and estate planning, and real estate transactions.

# **MEDICAL SERVICES**

## **Jason Bennett**

Lakeview Medical Center--Marshfield Clinic

1700 W Stout Street Rice Lake, WI 54868

Phone: (715) 236-6433

Payment options: cash, check, credit, some insurance

Jason Bennett has been an SLP for 10 years and has worked with a variety of age groups and disorders. He currently works at Lakeview Medical Center in Rice Lake with patients of all ages. His areas of interest include phonological disorders, bilingual English-Spanish language development, and geriatric cognition.

## **Alexandra Hall, MD**

UW - Stout Student Health Services

103 1st Ave. West Menomonie, WI 54751

Phone: (715) 232-1314

Payment options: sliding scale, some insurance

Dr. Hall is a family physician who provides primary care services to UW-Stout students, including sexual health care for the LGBTQ community and hormone therapy for transgender individuals.

## **Joan Hamblin**

UW Health/ Prevea Eau Claire Family Medicine Clinic

617 W Clairemont Avenue Eau Claire WI 54701

Phone: (715) 839-5175

Payment options: sliding scale, cash, check, credit, some insurance

Dr. Joan Hamblin is a practicing family physician with special qualifications in Geriatrics. A Clinical Adjunct Professor at UW School of Medicine and Public Health and the Medical College of Wisconsin, she is the program director of the Eau Claire Family Medicine Residency. She sees her own panel of patients (ob-peds-adults-geriatrics) in the clinic, Sacred Heart Hospital and Mayo Clinic Health Systems Eau Claire as well as Nursing Homes and the patient's home. In addition, she trains family medicine physicians. She has cared for LGBTQ patients and their families from initial discovery of sexual identity and preference as a teenager and throughout the life cycle. In the last 3 years she has attended >10 hours of Continuing Medical Education on LGBTQ issues at the Society of Teachers of Family Medicine (which has a very active national group of experts), Family Medicine Midwest and the Family Centered Maternity Care (Ob Gyn issues) conferences.

## **David Hirsch, MD**

Marshfield Medical Center-Eau Claire

2116 Craig Rd, Eau Claire, WI 54701

Phone: (715) 858-4646

Website: [www.marshfieldclinic.org/Doctors/David-M-Hirsch-MD](http://www.marshfieldclinic.org/Doctors/David-M-Hirsch-MD)

Payment options: Insurance including Badger Care/ForwardHealth. Many other options and assistance available.

Dr. Hirsch is a Chippewa Valley obstetrician/gynecologist providing a full range of services including medical and surgical management of problem periods and undesired bleeding, sexual health care for LGBTQ people, gender-affirming hormones, minimally invasive cervical cancer screening (no speculum), and resources regarding pregnancy options for all types of families.

## **Melyssa Heintz, RN, FNP-BC**

Planned Parenthood of Wisconsin 967 W Clairemont Ave, Eau Claire, WI 54701  
(Shopko Plaza)

Phone: 715-833-2279

Website: <https://www.plannedparenthood.org/health-center/wisconsin/eau-claire/54701>

Payment options: PPWI Cares, Family Planning Only Services, some insurances (view website), Badgercare, cash, check, credit

I am a Nurse Practitioner with plenty of experience in Reproductive health. I have worked in a variety of roles, but have found the greatest enjoyment in working with patients in the realm of reproductive health. I offer reproductive health care, including contraception-hormonal and non-hormonal, STI testing and treatment, pregnancy testing, and cervical cancer-screening; all in a non-judgmental, safe and inclusive environment. We can help to provide resources for other needs. I am happy to just talk with you, answer questions and do my best to provide you with care that is respectful and feels safe.

## **Janel Hebert, RN, BSN, CLC**

Eau Claire City County Health Department Family Planning Clinic

720 2nd Ave., Eau Claire, WI 54703

Phone: (715) 839-6988

Website: [www.ci.eau-claire.wi.us/departments/family-planning-clinic-2](http://www.ci.eau-claire.wi.us/departments/family-planning-clinic-2)

Payment options: discount fee schedule, cash, check, credit, Family Planning Only Services, Badgercare

Janel Hebert is a reproductive health nurse working with patients of all ages, including patients under the age of 18 who can consent to their own confidential reproductive health care. The Family Planning Clinic offers a variety of reproductive health care services including STI testing and treatment, birth control methods, pregnancy testing, and cervical cancer screenings. Several staff at the clinic have received Safe Spaces training from the Safe Spaces Coalition of the Chippewa Valley. The clinic welcomes all patients. Janel also provides HIV Partner Services for 14 counties in Northwestern Wisconsin this includes; assisting persons with an HIV infection in assessing their need for medical services, linking persons to medical care or case management services, offering notification and free HIV testing to partners of a person that is HIV positive.

## **Abby Hinz, RN, BSN**

Eau Claire City County Health Department Family Planning Clinic

720 2nd Ave., Eau Claire, WI 54703

Phone: (715) 839-6988

Website: [www.ci.eau-claire.wi.us/departments/family-planning-clinic-2](http://www.ci.eau-claire.wi.us/departments/family-planning-clinic-2)

Payment options: discount fee schedule, cash, check, credit, Family Planning Only Services, Badgercare

Abby Hinz is a reproductive health nurse working with patients of all ages, including patients under the age of 18 who can consent to their own confidential reproductive health care. The Family Planning Clinic offers a variety of reproductive health care services including STI testing and treatment, birth control methods, pregnancy testing, cervical cancer screenings. Abby also provides HIV Partner Services for 14 counties in Northwestern Wisconsin, including assisting persons with an HIV infection in assessing their need for medical services, linking persons to medical care or case management services, offering notification and free HIV testing to partners of a person that is HIV positive.

## **Ann Hoepner**

Ann-Ser Electrolysis and Body Waxing Center

3214 Donna Court Eau Claire, WI 54703

Phone: (715) 456-2175

Website: [www.ann-ser.com](http://www.ann-ser.com)

Payment options: cash, check, credit

Ann is an LGBT+ friendly business owner with 10yrs experience. Office hours by appointment.

## **Erin Kaspar-Frett**

Earth Mother Midwife

815 East Main St, Menomonie, WI 54751

Phone: (612) 801-9967

Email: [Erin@earthmothermidwife.com](mailto:Erin@earthmothermidwife.com)

Website: [www.earthmothermidwife.com](http://www.earthmothermidwife.com)

Payment options: Credit card, sliding fee, payment plans and Medicaid.

Erin Kaspar-Frett is a queer licensed midwife working with families of all backgrounds. She uses she/her/hers pronouns and strives to meet each family wherever they are. The Earth Mother Midwife practice works tirelessly to serve the LGBTQIA+ community for pregnancy, birth, postpartum, newborn and well-person care. Call or email for a free consultation.

## **The Medicine Shoppe (Pharmacy)**

603 N Bridge St., Chippewa Falls WI 54729

Phone and extension: (715) 723-9192

Email: Jodie@lcrx-cf.com

Payment options: cash, check, credit, & most insurances

Locally owned and operated pharmacy. Also available are fittings for compression stockings, diabetic shoes, and mastectomy products.

## **Janki N. Patel, DO**

Mayo Clinic Health System-Infectious Disease

1400 Bellinger Street, PO Box 1510, Eau Claire, WI 54702-1510

Phone: (715) 838-6171

Website: [mayoclinichealthsystem.org](http://mayoclinichealthsystem.org)

## **Margaret Paulson, DO, FACP**

Mayo Clinic Health System- Red Cedar

2321 Stout Road Menomonie, WI 54751

Phone: (715) 235-5531

Website: [mayoclinichealthsystem.org/locations/menomonie](http://mayoclinichealthsystem.org/locations/menomonie)

Payment options: Cash, check, credit, some insurance

Dr. Paulson is an Internal Medicine physician who works at Red Cedar providing comprehensive care for those patients who require hospitalization. She strives to help make the healthcare experience as comforting and positive as possible while providing the most evidence-based care for patients. Dr. Paulson recognizes the challenges many in the LGBTQ+ community face and works with patients to develop a care plan that is best for them.

## **Amy Rantala, MD**

Mayo Clinic Health Systems

733 W. Clairemont Avenue, Eau Claire, WI 54702-1510

Phone: (715) 838-5025

Email: rantala.amy@mayo.edu

Website: [www.mchs.org](http://www.mchs.org)

Payment options: cash, check, credit, insurance.

Dr. Rantala is an outpatient family medicine physician.

## **Jodi Ritsch, MD**

The Joyful Doc Clinic

502 Wilson Avenue, Menomonie, WI 54751

1906 Brackett Avenue, Eau Claire, WI 54701

Phone: (715) 953-4451

Website: [www.joyfuldoc.com](http://www.joyfuldoc.com)

Fees: \$199 initial visit, \$100 for follow-up appointments

Payment options: cash, check, credit

Started seeing transgender students at UW Stout in 2014 as a part-time Student Health Physician. Have seen many transgender patients at our Direct-Pay clinic in Menomonie and Eau Claire. Patients pay directly for office visits and labs. \$100 office visits and low-cost labs. No surprises on costs. Family physician in Eau Claire area for 20 years. Love spending time with patients (appointments usually 1 hour) and finding joy. Currently limited ability to take new clients, call for more information.

## **Cara Syth**

Mayo Clinic Health System - Red Cedar

2321 Stout Road, Menomonie, WI 54751

Phone: (715) 233-7777

Website: <http://mayoclinichealthsystem.org/locations/menomonie>

Payment options: cash, check, credit, some insurance

Dr. Syth provides comprehensive obstetric and gynecologic services to all patients. She has experience working with the LGBTQ+ community, including pregnancy and delivery care and management of undesired bleeding.

## **Kyja Stygar**

Mayo Clinic Family Medicine Residency, Eau Claire

1400 Bellinger Street, Eau Claire, WI 54703

Phone: (715) 464-6300

Payment options: Cash, check, credit, some insurance

Dr. Stygar is a family physician who has worked with Mayo Clinic Health System for 16 years. She is now an instructor of Family Medicine at the Mayo Clinic Family Medicine Residency. Areas of interest includes women's health, behavioral health, maternity care, and child and adolescent health. She has taken many courses on LGBTQ+ and cultural competency.

# **MENTAL HEALTH**

## **Kami Ayres**

Kayres Counseling, LLC

N4762 State Rd 25, Menomonie, WI 54751

Phone: (715) 231-2010

Website: <https://www.kayrescounselingllc.com>

Payment options: sliding scale, cash, credit, some insurance

Kami Ayres, MSW, LCSW has 20 years of experience working with individuals, couples and families. Kami works with people of all ages focusing on what the individual needs support in, such as mental health concerns and life changes. Kami has had recent training in the area of LGBTQ and will continue learning and training in this area.

## **Jodi Bright**

Mosaic Counseling Group

3430 Oakwood Mall Drive, Suite 200 Eau Claire, WI 54701

Phone: (715) 514-0455

Website: [www.mosaicprofessionalcounseling.com](http://www.mosaicprofessionalcounseling.com)

Payment options: Cash, check, credit, most insurance

Jodi enjoys working with adolescents and adults within the context of individual, couples, family, and group therapy. Her goal is to personalize therapy to meet the individual and unique needs of each person with whom she works. Jodi has been trained in Dialectical Behavior Therapy (DBT), mindfulness-informed care, trauma-informed care, the Collaborative Assessment and Management of Suicide Risk (CAMS), and she is a level-one Gottman-trained therapist who enjoys working with couples on issues related to their relationship and parenting. Mosaic Counseling Group provides a confidential, safe place to examine and arrange the pieces of your life to find balance, growth, and understanding.

## **Mickey Crothers**

Mickey Crothers, Ph.D., LLC

4330 Golf Terrace, Suite 213-M Eau Claire, WI 54701

Phone: (715) 830-1400 (land line) (715) 828-1088 (cell)

Payment options: cash, check, credit, some insurance

Dr. Mickey Crothers, a licensed clinical psychologist, has practiced in Eau Claire since 2000. She earned her doctorate through Ohio University and a residency with the Oklahoma Health Consortium. She is a professor of psychology at UW-Eau Claire. After practicing professionally at Omne Clinic for 14 years, she established her own, independent practice in 2014. Hours of availability vary, depending on her teaching schedule. Over the years, Mickey has developed particular interest in treating trauma, grief, LGBTQ+ concerns, and anxiety. However, she enjoys practicing across a broad spectrum of client issues and ages. Her most recent LGBTQ-related was a workshop by Lore Dickey on transgender issues. Mickey's practice is grounded in her firm belief that every person already has within them, all the resources they will need to live a healthy, meaningful life. Her aim in psychotherapy is to help people discover and actualize their inherent potential for growth and healing.

## **Joseph Dhara, MS, LMFT, CAMS-II**

Kindred-Dhara Wellness Center and Serenity Cove Therapy, LLC.

Locations: 1738 Brackett Ave, Eau Claire, 54701

Phone: 612-418-4647 (Text or Call)

[joseph@serenitycovetherapy.com](mailto:joseph@serenitycovetherapy.com)

[www.serenitycovetherapy.com](http://www.serenitycovetherapy.com)

[www.Kindred-DharaWellnessCenter.com](http://www.Kindred-DharaWellnessCenter.com)

Payment options: Sliding scale, cash, check, credit, some insurance

Specialties include: Intimacy, spiritual concerns, and trauma.

Joseph welcomes those seeking help with feelings, communication, body challenges, sexual issues, or LGBTQIAP related needs. He is a Marriage and Family Therapist, and a Sex Therapist. He works with individuals as well as with couples and family systems. He can help clients facing issues with anxiety, neurodiversity, relationships, spiritual challenges, traumas, medical trauma, PTSD, disability, or many types of sexual, gender, and identity challenges. He has a history of working with a diverse variety of clients for 23 years, initially as a recreational therapist and mental health worker, and also as a massage therapist/bodyworker, and a health coach/spiritual counselor.

Joseph welcomes LGBTQIAP individuals and family systems of all ages, genders, and identities. Joseph is able to write letters of support for clients seeking help for transgender/gender-related needs using an informed consent model.

Joseph's training and background includes an M.S. in Marriage and Family Therapy, UW-Stout (2017). Completion of graduate certificate in Sex Therapy (2016), B.A. in Educational Philosophy, Experiential Ed/Wellness, Metro State (1992), and from 1987-present: training and experience in bodywork/massage, neurobiology, attachment, trauma, sexual trauma, spirituality, mindfulness, Reiki (Master, 2001), Somatic Experiencing Techniques, CAMS-II, and sex therapy for over 31 issues.

Pronouns: he/him/his.

## **Erik Feia**

Mosaic Counseling Group

3430 Oakwood Mall Drive, Suite 200 Eau Claire, WI 54701

Phone: (715) 514-0455

Website: [www.mosaicprofessionalcounseling.com](http://www.mosaicprofessionalcounseling.com)

Payment options: Cash, check, credit, some insurance

Erik enjoys working with children, adolescents, and adults through individual, family, and group counseling. Erik personalizes his approach to meet the individual needs of each person he works with. Erik has been trained in Cognitive Behavior Therapy (CBT), Dialectical Behavior Therapy (DBT), Collaborative Assessment and Management of Suicide Risk (CAMS), trauma-informed care, and mindfulness-informed care.

## **Tina Frank**

Positive Living, LLC

3701 E Clairemont Avenue Eau Claire, WI 54701

Phone: (715) 579-4700

Website: [www.positivelivingeauclaire.com](http://www.positivelivingeauclaire.com)

Payment options: sliding scale, cash, check, credit

Tina Frank is currently transitioning her scope of practice in which she will be seeing clients in the area of positive aging. She is no longer providing therapy; however she is willing to work with anyone who is wanting to learn tools in the area of positive aging. She is a psychiatric clinical nurse specialist and she owns and manages her own private practice called Positive Living, LLC.

## **Kristen Gustavson**

KWG Counseling

402 Graham Ave, Suite 205 Eau Claire, WI 54701

Phone: (715) 579-8465

Website: [www.kwgcounseling.com](http://www.kwgcounseling.com)

Payment options: sliding scale, cash, check, credit, some insurance

As a solution-focused therapist, Kristen's goal is to help people uncover their true potential and lead a life that is worth celebrating. She hopes to work together with people to better understand and resolve challenges in their lives. By applying complementary therapy approaches and techniques, Kristen works with patients to unearth long-standing behavior patterns or negative perceptions that may be holding them back from experiencing a more fulfilling and meaningful life. She has worked with many diverse populations throughout her career as a psychologist. Since 2010, she has had the opportunity to add training and work with transgender clients, and has greatly enjoyed this newer facet of her practice.

If you're looking for extra support and guidance through a challenging situation or you're just ready to move in a new direction in your life, she looks forward to working with you to achieve your goals.

## **Tammy Kelser**

Quality Counseling and Consultation, LLC

1119 Regis Court, Suite 120 Eau Claire, WI 54701

Phone: 715-239-5228

Website: <http://www.tammybednartherapy.com/>

Payment options: sliding scale, cash, check, credit, some insurance

Tammy has been working with LGBTQ+ clients for 15 years. She is typically the first contact in the process of transition for trans individuals seeking to pursue hormones surgery or therapy. She has completed all the required education for sex therapy certification as well as worked extensively with sexuality issues on an individual and relational basis. She is an adjunct faculty at UWEC and teach human development. She has presented educational conferences/trainings numerous times regarding sexuality and gender development. She is dual licensed as a addictions counselor and marriage and family therapist so she is able to treat common symptoms associated with the process of identity and sexual development. She offers day, evening and weekend hours. Her ultimate goal is to help people discover and uncover the beauty of who they are, to live a life that he or she deserves.

## **Debra S Klund, M.S. MFT, CSW**

Mayo Clinic Health System-Eau Claire

1400 Bellinger Street, Eau Claire, WI 54702-1510

Phone: (715) 838-5369

Email: Klund.debra@mayo.edu

Services: therapy for individuals, couples, families; children and adults; 20 years' experience with a wide diversity of individuals both inside and out of the LGBTQ+ communities.

## **Rae Schilling**

Eau Claire Psychologists

131 S Barstow St, Suite 615, Eau Claire, WI 54701

Phone: (715) 225-1259

Website: [www.eauclairepsychologists.com](http://www.eauclairepsychologists.com)

Payment options: Cash, check, some insurance

Over 40 years' experience across multiple settings (UWEC Counseling Services; UW Health Family Medicine Clinic, former Omne Clinic). See website for brief video on how I work. Semi-retired: available daytime hours on Tuesdays, Wednesdays, Thursdays.

**Kim Schmidt - Psychiatric-Mental Health Nurse  
Practitioner (Board Certified)**

Willow Creek Clinic

130 South Barstow Street, Suite 1B, Eau Claire, 54701

Phone: (715) 832-9292

Email: [info@willowcreekclinic.com](mailto:info@willowcreekclinic.com)

Website: [willowcreekclinic.com](http://willowcreekclinic.com)

Payment options: insurance, cash, check, credit

Psychiatric Medication Management, Mental Health Diagnosing & Prescribing

## **Cory Tischman**

Vantage Point Clinic & Assessment Center

2005 Highland Avenue Eau Claire, WI 54701

Phone: 715-832-5454

Website: <http://www.vantagepointclinic.com/>

Payment: cash, check, credit, some insurance

Cory is a licensed Marriage and Family Therapist that strives to promote a safe and collaborative space for his clients. Cory works with a wide range of clients of various ages and backgrounds. Cory provides individual, couples, and family counseling. Areas of interest include the following: Attention-deficit/hyperactivity disorder (ADHD), anxiety, depression, trauma, grief and loss, life transitions, and LGBTQ+ and diversity. Cory is available Monday through Friday with appointment times in the morning and evening.

## **Jennifer Wickham, MS, LPC, Psychotherapist**

Mayo Clinic Health System –Eau Claire

1400 Bellinger St., Eau Claire, WI 54701

Phone: (715) 838-5476

Payment: insurance

I am a trained Psychotherapist working with individuals and families. I specialize in children and young adults.

## **Brennan Young, Ph.D., Clinical Child and Adolescent Psychologist**

Marshfield Clinic Lake Hallie Center, with outreach to Menomonie, Ladysmith, Rice Lake, and Hayward Centers

Phone: 1-866-520-2510

Website: [marshfieldclinic.org/Specialties/psychiatry-and-psychology](http://marshfieldclinic.org/Specialties/psychiatry-and-psychology)

Payment options: many insurance plans are accepted. In addition, patients may contact Marshfield Clinic's Patient Assistance Center at 715-389-4475 to discuss other payment options.

Brennan Young provides comprehensive diagnostic and treatment services for children, adolescents, and families. Typical concerns include children's behavior problems, emotional issues (e.g., anxiety and depression) and concerns related to family functioning. Dr. Young's services are provided via telehealth.

# **SOCIAL SERVICES**

## **Blythe**

Family Support Center

403 High Street Chippewa Falls, WI 54729

Phone: 715-723-1138

Website: <http://www.familysupportcentercf.com/>

Payment options: Not applicable

Blythe is the Sexual Assault Victim Services Coordinator at the Family Support Center in Chippewa Falls. The Family Support Center is LGBTQ+ inclusive, and all are welcome to receive free and confidential services related to Sexual Assault, Domestic Violence, Child Abuse and neglect. FSC also has a 24 hour crisis line that may be reached at 715-723-1138 or 1-800- 400-7020

## **The Bridge to Hope**

Angie - Sexual Assault Victim Advocate

Ashlee - Shelter Coordinator/Domestic Violence Victim Advocate

Nancy - Legal Advocate

Jamie - Outreach Advocate

Ashley R. - Youth and Family Advocate

2110 4th Avenue NE, Menomonie, WI 54751

Phone: (715) 235-9074

Email: [manager@thebridgetohope.org](mailto:manager@thebridgetohope.org)

Website: [www.thebridgetohope.org](http://www.thebridgetohope.org)

Payment options: Free and Confidential

The Bridge to Hope provides a safe and confidential space for all individuals who have been sexually, physically, psychologically, or emotionally abused. All services are free and confidential. The Bridge of Hope has a 24-hour crisis hotline that can be reached at 1-800-924-9918. They also have a text line that can be reached at 715-505-3640. Please also feel free to reach us on our website or on our Facebook page as well.

## **Dani Claesges**

Eau Claire Area School District - Family Services Department

500 Main Street, Eau Claire, WI 54701

Phone: (715) 852-3000

Website: [www.ecasd.us/familyservices](http://www.ecasd.us/familyservices)

Payment options: Not applicable

The ECASD Family Services department encompasses advocates for families experiencing homelessness and economic hardship, special education services for students, and Hmong and American Indian community members with school-aged children. Our staff have many years of experience in their respective fields and approach each family and individual with kindness and an interest to help meet their needs. Please call (715) 852-3000 to contact one of our Family Services staff members.

## **Erica**

Family Support Center

403 High Street, Chippewa Falls, WI 54729

Phone: (715) 723-1138

Website: [www.familysupportcentercf.com](http://www.familysupportcentercf.com)

Payment options: services are always free!

Erica is one of Family Support Center's Domestic Violence Advocates. FSC offers free and confidential services such as (but not limited to) 1:1 advocacy-based counseling, legal advocacy, information and referrals, support groups, and 24-hour crisis response to people of all ages and genders who have been affected by domestic violence, sexual assault, child abuse, and other forms of interpersonal violence. Erica works specifically with adults and teens who have experienced domestic/intimate partner violence, and facilitates outreach activities such as presentations, trainings, and tabling events with FSC and Safe Spaces. The Family Support Center welcomes and affirms LGBTQ+ individuals, families, and communities.

## **Kevin Fox**

AIDS Resource Center of Wisconsin-Eau Claire

505 South Dewey Street, Suite 107 Eau Claire, WI 54701

Phone: (715) 836-7710

Website: [www.arcw.org](http://www.arcw.org)

Payment options: Not applicable

Kevin Fox, Community Medical Case Manager for ARCW. 25 years of working in the social service field with individuals and families in a range of needed services through medical, community, county, and state referrals.

## **LGBTQ+ Advocate**

Bolton Refuge House, Inc

807 South Farwell Street PO Box 482 Eau Claire, WI 54702

Phone: (715) 834-9578

Website: [www.boltonrefugehouse.org](http://www.boltonrefugehouse.org)

Payment options: Not applicable

Bolton Refuge House Inc. creates safe space through programs and services for all persons impacted by domestic violence and sexual assault, and advocates for social change. BRH envisions a world in which all persons have the right to safety, dignity, respect, and self-determination.

## **Amanda Schumacher**

Family Support Center - Eau Claire Sexual Assault Outreach Office

21 South Barstow Street Second Floor, Suite 2, Eau Claire, WI 54701

Phone: 715.830.0188

1.888.407.7811 (24-hour crisis line)

Website: <http://www.familysupportcentercf.com/>

Payment options: Not applicable

The Eau Claire Outreach Office offers free and confidential services, including advocacy-based counseling, information and referrals, and 24-hour crisis response, to people of all ages and genders who have been affected by sexual violence: whether recently or at any time in the past. The Family Support Center welcomes and affirms LGBTQ+ individuals, families, and communities. Our Outreach Office works at the local, regional, and state level to ensure programs are culturally relevant for and accessible to LGBTQ+ survivors

## **Prevention Specialist**

AIDS Resource Center of Wisconsin

505 South Dewey Street, Suite 107, Eau Claire, WI 54701

Phone: (715) 836-7710 ext. 3208

Payment options: Free!

The ARCW Prevention Program works to prevent the occurrence of HIV, Hepatitis C, and STIs through a variety of initiatives, including: condom distribution, education and outreach, HIV, Hepatitis C, and Syphilis testing and prevention, and the clean needle exchange program. These services are completely free and are provided at our office, at community events (upon request), schools and other agencies, businesses, and bars. As a part of our harm reduction effort at ARCW, we offer a brief training in overdose prevention and reversal. We encourage people who inject drugs, as well as their partners, parents, friends or siblings, agency professionals who work with people who inject drugs, and members of law enforcement, to be trained with and obtain naloxone (Narcan).

# **SCHOOL BASED** **RESOURCES**

## **Altoona High School**

711 7th St. W., Altoona, WI 54720

High School Counselor Grades 10-12: Jay Mielke

Phone: 715-838-4378

Email: [jmielke@altoona.k12.wi.us](mailto:jmielke@altoona.k12.wi.us)

## **Chippewa Falls Middle School- True Colors**

Chippewa Falls Middle School

750 Tropicana Blvd., Chippewa Falls, WI 54729

Advisor: Briana Reese

Phone: 715-726-2400

Email: reesebe@chipfalls.org

Grades Served: 6-8

True colors is for youth that identify as lesbian, gay, bi-sexual, transgender, questioning (LGBTQ) or identify with the queer community. This is a safe and supportive environment where students can discuss issues related to sexual orientation and gender identity and expression. True Colors is part of the Student Connection Groups and meets once a week during the week.

## **Chippewa Falls Senior High School GSA**

Chippewa Falls High School

735 Terrill St., Chippewa Falls, WI 54729

Advisor: Laura Jensen

Phone: 715-726-2406 Ext.1145

Email: [jensenle@chipfalls.org](mailto:jensenle@chipfalls.org)

Age Groups Served: 14-18

The GSA at Chippewa Falls Senior High School welcomes LGBTQ youth and their allies.

## **Eau Claire Memorial High School GSA**

Memorial High School

2225 Keith Street, Eau Claire, WI 54701

Advisor: Amber Dernbach

Phone: 715-852-6389

Email: [adernbach@ecasd.us](mailto:adernbach@ecasd.us)

Website/Social Media [www.facebook.com/memorialhighschoolgsa](http://www.facebook.com/memorialhighschoolgsa)

Age Groups served: 14-18

The Memorial GSA is an after school club for any high-school student interested in learning more about LGBTQ issues and culture. It's a gathering place for students to speak their minds and connect with others. The GSA holds events at school and takes part in community events whenever possible.

## **Eau Claire North High School GSA**

North High School

1801 Piedmont Rd., Eau Claire, WI 54703

Phone: 715-852-6733

Email: northhsgsa@gmail.com

Social media: NHS GSA (Gender-Sexuality Alliance) Facebook Page

Grades Served: 9-12

Our goals are advocacy, education, and activism within North High School. We try to make the North High community a more welcome and inclusive place to be.

## **Elk Mound High School**

495 University St., Elk Mound, WI 54739

High School Counseling Office: Hugh Goodrich

Phone: 715-879-5521 ext. 452

Email: [hgoodrich@elkmound.k12.wi.us](mailto:hgoodrich@elkmound.k12.wi.us)

Website: [www.elkmound.k12.wi.us](http://www.elkmound.k12.wi.us)

Grades served: 9-12

The Elk Mound School District Comprehensive School Counseling Program is an integral part of the primary educational mission of the district. This program supports, facilitates, and encourages classroom instruction and student achievement. Our school counseling program is proactive and preventative in its focus. It assists students in acquiring and using life-long learning skills. More specifically, our school counseling program employs strategies to enhance academics, encourage self-awareness, foster interpersonal communication skills, provide career awareness, develop employment readiness, and impart life skills for all students.

## **Fall Creek Middle/High School**

336 E. Hoover Ave., Fall Creek, WI 54742

School Counselor Grades 7-12: Laura Volbrecht

Phone: 715-877-1108

Email: [lauravolbrecht@fallcreek.k12.wi.us](mailto:lauravolbrecht@fallcreek.k12.wi.us)

# **Menomonie Middle & High School School Sexuality and Gender Alliance (SAGA)**

## **Menomonie Middle School**

920 21st St SE, Menomonie, WI 54751

Advisor: Jason Collins

Phone: (715) 232-1673 Ext. 30825

Email: [jason\\_collins@msd.k12.wi.us](mailto:jason_collins@msd.k12.wi.us)

Grades Served: 6-8

## **Menomonie High School**

1715 5th St. W., Menomonie, WI 54751

Advisor: Terri Westerlund

Phone: 715-232-2609 ext. 40264

Email: [terri\\_westerlund@msd.k12.wi.us](mailto:terri_westerlund@msd.k12.wi.us)

Grades served: 9-12

Our mission is to empower the youth of today by promoting awareness of LGBTQ+ issues with peace, understanding and respect in a secure environment.

# **McKinley Charter School**

1266 McKinley Rd., Eau Claire, WI 54703

Staci Bowe

Phone: 715-852-6900

## **Stanley-Boyd High School**

507 E. 1st Ave., Stanley, WI 54768

School Counselor: Jamie Ceranski

Phone: 715-644-5534 ext. 194

Email: [jceranski@s-bschools.org](mailto:jceranski@s-bschools.org)

Website: [www.stanleyboyd.k12.wi.us](http://www.stanleyboyd.k12.wi.us)

## **WI GSA Directory:**

<http://www.gsafewi.org/resources/wisconsin-gsa-directory/>

There are many people that a student or family could connect with at a school. A school counselor, GSA advisor, Director of Students or Pupil services may be a good place to start.

# **STATE & NATIONAL** **RESOURCES**

## **Diverse & Resilient**

(414) 390-0444

[www.diverseandresilient.org](http://www.diverseandresilient.org)

At Diverse & Resilient, we see a future in which lesbian, gay, bisexual, transgender, and Queer people in Wisconsin thrive, living healthy, satisfying lives in safe, supportive communities.

## **Family Acceptance Project**

<https://familyproject.sfsu.edu>

The Family Acceptance Project is a research, intervention, education and policy initiative that works to prevent health and mental health risks for lesbian, gay, bisexual and transgender (LGBT) children and youth, including suicide, homelessness and HIV – in the context of their families, cultures and faith communities.

# **Gender Spectrum**

(510) 788-4412

[www.genderspectrum.org](http://www.genderspectrum.org)

Gender Spectrum helps to create gender sensitive and inclusive environments for all children and teens.

## **GSAFE**

(608) 661-4141

[www.gsafewi.org](http://www.gsafewi.org)

GSAFE increases the capacity of LGBTQ+ students, educators, and families to create schools in Wisconsin where all youth thrive.

## **Hmong American Women's Association: Breaking Barriers, Building Bridges (B4)**

Southeast Asian LGBTQ Advocate, Pada Lo Email: [pada@hawamke.org](mailto:pada@hawamke.org)

Phone: (414) 930-9352

Breaking Barriers, Building Bridges (B4) offers advocacy and education to SEA queer folk and allies, through social justice community organizing. B4 focuses on creating voices and developing leaders, by providing tools for self-empowerment, while securing a safe space for SEA queer and allies to gather and discuss current events and concerns relating to injustices in the queer community.

## **Midwest Solidarity Movement (Minneapolis/St. Paul, MN)**

Email: [linda@mwsmovement.com](mailto:linda@mwsmovement.com) Phone: (320) 523-6976

MWSMovment is a collective of Asian American lesbian, gay, bisexual, transgender, and queer (LGBTQ) community organizers building power through reclaiming our narratives and redeeming our identities, and organizing for cultural change and racial justice.

## **PFLAG**

(202) 467-8180

[www.pflag.org](http://www.pflag.org)

Our 400+ chapter network provides confidential peer support, education and advocacy in communities in nearly all 50 states, the District of Columbia, and Puerto Rico. PFLAG has been saving lives, strengthening families, changing hearts, and laws since 1972.

## **SAGE**

(212) 741-2247

[www.sageusa.org](http://www.sageusa.org)

A national advocacy and service organization that's been looking out for LGBT elders since 1978. We build welcoming communities and keep our issues in the national conversation to ensure a fulfilling future for all LGBT people.

## **Trans Lifeline**

877-565-8860

<https://www.translifeline.org/>

Trans Lifeline is a national trans-led organization dedicated to improving the quality of trans lives by responding to the critical needs of our community with direct service, material support, advocacy, and education. Our vision is to fight the epidemic of trans suicide and improve overall life-outcomes of trans people by facilitating justice-oriented, collective community aid.

## **Trevor Project**

1-866-488-7386

[www.thetrevorproject.org](http://www.thetrevorproject.org)

Founded in 1998 by the creators of the Academy Award®-winning short film TREVOR, the Trevor Project is the leading national organization providing crisis intervention and suicide prevention services to lesbian, gay, bisexual, transgender, queer & questioning (LGBTQ) young people under 25.

# **ADDITIONAL RESOURCES**

## **Joey Emerson**

Fully Loaded Looks by Joey

Chroma Beauty, 2197 Eastridge Center, Eau Claire, WI 54701

Phone: (715) 579-4265

Email: [JoeyEmerson@ymail.com](mailto:JoeyEmerson@ymail.com)

Facebook: Fully Loaded Looks by Joey

Payments Accepted: Cash, check, credit card

# Frequently Asked Questions

## **1. How can I change my legal name in Wisconsin?**

To obtain a legal name change in Wisconsin, an applicant must submit a petition to the court. The applicant must publish a Class 3 notice of the hearing's time and place in a newspaper at least three times. The publication requirement can be waived for the applicant's safety. (Wis. Stat. Ann. § 786.37 & Wis. Stat. Ann. § 985.07)

**Wisconsin Step-By-Step Name Change Guide:** [www.wicourts.gov/formdisplay/CV-490\\_instructions.pdf?formNumber=CV-490&formType=Instructions&formatId=2&language=en](http://www.wicourts.gov/formdisplay/CV-490_instructions.pdf?formNumber=CV-490&formType=Instructions&formatId=2&language=en)

**Changing Name and Gender with Social Security Administration:** [faq.ssa.gov/en-us/Topic/article/KA-01453](http://faq.ssa.gov/en-us/Topic/article/KA-01453)

See also: [transequality.org/know-your-rights/social-security](http://transequality.org/know-your-rights/social-security)

## **2. How can I change the gender marker on my Wisconsin ID?**

To update name and/or gender on a Wisconsin ID, the applicant must first change name with the Social Security Administration, then submit (1) a passport or court order demonstrating the name change (if applicable) and/or (2a) an affidavit or statement from a licensed physician certifying the gender change or (2b) a court order for gender change.

**Interactive Guide for License Information:** [wisconsin.gov/Pages/dmv/license-drivers/how-to-apply/get-lic-or-id.aspx](http://wisconsin.gov/Pages/dmv/license-drivers/how-to-apply/get-lic-or-id.aspx)

### **Wisconsin Birth Certificate Laws:**

Wisconsin will issue an amended birth certificate upon receipt of a court order "to change the name and sex of the registrant on the certificate due to a surgical sex-change procedure." The certificate will be marked as amended unless "...the court orders the state registrar to prepare a new certificate" S.A. §§ 69.15 (4). The applicant should submit a birth certificate request form ([www.dhs.wisconsin.gov/forms/f0/f05291.pdf](http://www.dhs.wisconsin.gov/forms/f0/f05291.pdf)), the certified copy of the court ordered name and/or gender change, a notarized letter from the doctor that performed SRS, and payment of any applicable fees. The Wisconsin Office of Vital Records has, upon request, a form to request a gender change court order and the updated certificate.

**Page on Wisconsin Office of Vital Records site regarding amending sex on a birth certificate:** [www.dhs.wisconsin.gov/vitalrecords/amendments.htm](http://www.dhs.wisconsin.gov/vitalrecords/amendments.htm)

## Acknowledgements

First of all, Safe Spaces Coalition of the Chippewa Valley would like to thank the members of the LGBTQ+ community who provide us with their recommendations for local service providers, and we thank the providers for the qualities of their care that merited these recommendations. Our whole purpose in this project is to connect these two groups of people with each other.

For this issue, we would especially like to thank the Sisters of Perpetual Indulgence ([www.thesisters.org](http://www.thesisters.org)), who provided us with a generous grant in order to print 1,000 copies of Volume 3 of the Resource Guide. We would also like to thank Jamie and b eresa for writing the grant, and b eresa and Alison for updating and preparing the Guide for printing.

The members of the “Resource Pillar” for Safe Spaces Coalition of the Chippewa Valley were charged with creating the first edition of the Resource Guide in 2016. We would like to thank the original members of the Resource Pillar who provided us with the foundation in the initial volume (2017). We would also like to thank Karen Havholm and the Office for Research and Sponsored Programs (ORSP) at the University of Wisconsin-Eau Claire for their continued support of Coalition-related community-based projects. Blugold Commitment Differential Tuition funds through the University of Wisconsin-Eau Claire Summer Research Experiences for Undergraduates program has provided enabled a number of young activists to work on this project over the years.

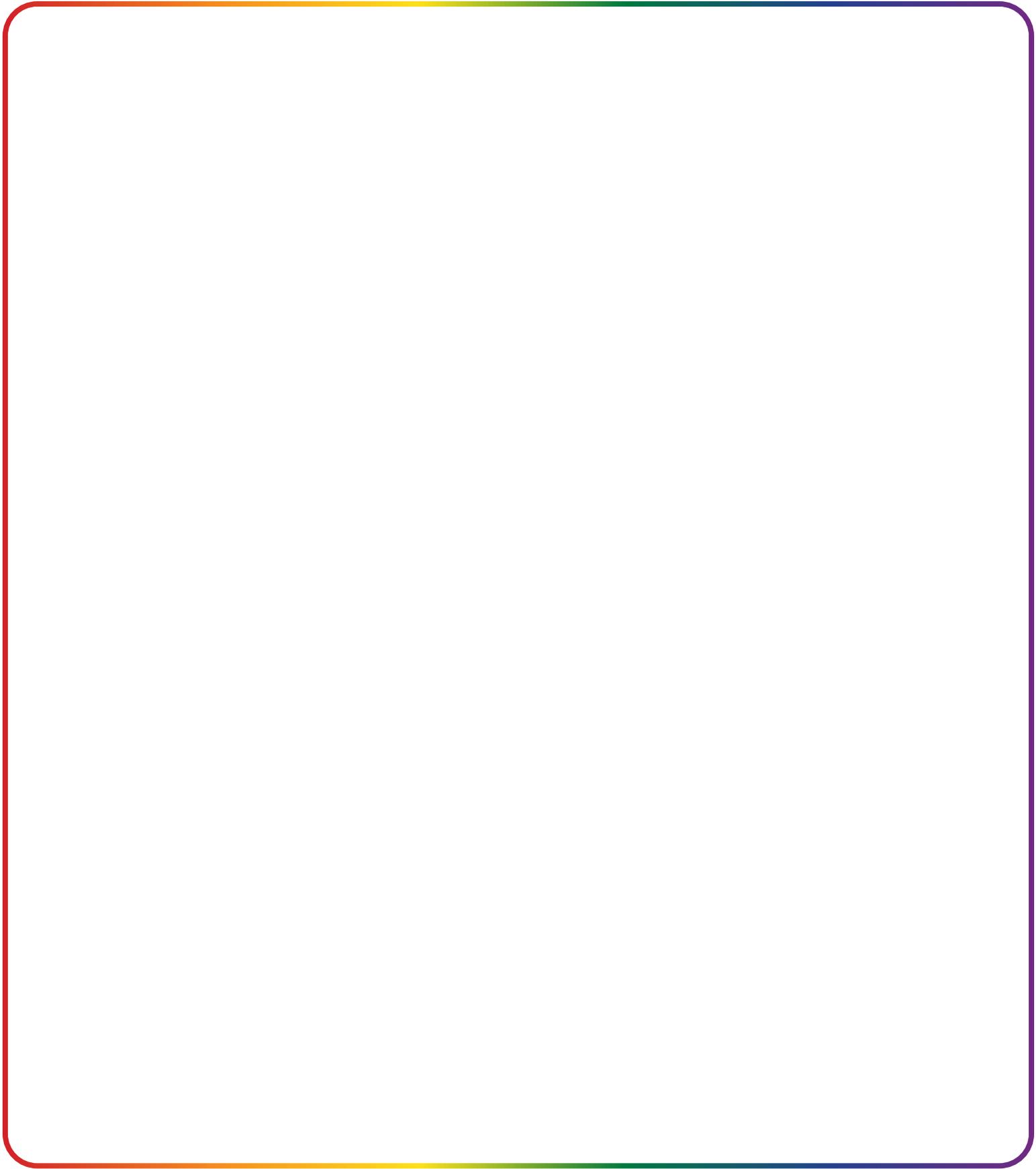
If you identify along the LGBTQ+ rainbow and would like to recommend a service provider not already included in our list, please email us at [safespacescv@gmail.com](mailto:safespacescv@gmail.com)

If you would like to help with the continued development of this project by joining the Coalition’s Resource Pillar, please contact Safe Spaces Coalition of the Chippewa Valley at [safespacescv@gmail.com](mailto:safespacescv@gmail.com)

For more information about Safe Spaces Coalition of the Chippewa Valley (including how to get involved with one of the working groups (Resource Pillar, Education Pillar, Needs Assessment Pillar), please visit our website at [www.safespacescv.org](http://www.safespacescv.org) and ask to join our mailing list.

You can also ‘like’ us on Facebook at [www.facebook.com/safespacescv](http://www.facebook.com/safespacescv)

# Notes



Working to improve the safety, visibility, health and well-being of LGBTQ+ people in the Chippewa Valley since 2015.

[www.safespacescv.org](http://www.safespacescv.org)

