

## Resources and Referrals

### LGBTQ+ Resources

- Garden State Equality: <http://www.gardenstateequality.org/>
- Jersey Pride: <http://jerseypride.org/>
- PFLAG of Bergen County: <http://www.bergenpflag.com/>
- Rainbow Café: <https://www.rainbowcafennj.org/>
- Buddies of NJ, Inc.: <http://www.njbuddies.org/>
- Rockland County Pride Center: <http://rocklandpridecenter.org/>
- LGBTQ College Scholarships: <https://www.affordablecollegesonline.org/college-resource-center/lgbtq-scholarships-financial-aid/>

### Resources for LGBTQ+ Health Care and more...

- Mazzoni Center, Philadelphia: <https://www.mazzonicenter.org/>
- Callen-Lorde Center in NYC: <http://callen-lorde.org/>
- How to Ask the Court to Change Your Name:  
[http://www.njcourts.gov/forms/10551\\_namechg\\_adult.pdf](http://www.njcourts.gov/forms/10551_namechg_adult.pdf)
- NJ Motor Vehicle: <http://www.state.nj.us/mvc/pdf/license/genderchange.pdf>
- Name & Gender Change Guide for NJ Residents:  
<https://slwordpress.rutgers.edu/socialjustice/wp-content/uploads/sites/51/2016/08/NJ-Name-Gender-Change-Guide-for-Residents-v1-1.pdf>

### LGBTQ+ Mental Health Resources

- **COPE Center:**
  - Dr. Catherin Roland, LPC: 973-943-1273 [51 Upper Montclair Plaza, Upper Montclair, NJ].  
\*Catherine Roland is also a professor at Montclair State;
  - Clinical Director, Rose Maire ([rmair@copecenter.net](mailto:rmair@copecenter.net)), MA, LCADC, CCS and Sue Seidenfeld, MS, LCADC, CCS;
  - Sue Seidenfeld ([sseidenfeld@copecenter.net](mailto:sseidenfeld@copecenter.net)), Executive Director of COPE Counseling Center at 104 Bloomfield Avenue, Montclair, NJ.
- **HMI Institute** (Henry Martin Institute – [www.hmi.org](http://www.hmi.org)) in Newark, NJ.
- **LifeWorks Counseling LLC** (<http://www.lifeworksnj.com/>) :
  - Gina Unger, LCSW (Nutley, NJ) takes insurance. Holistic and focus on spirituality if client desires.
- **Center for Identity Development (CID):**
  - Director: James Mahon, LCSW, 31 Trinity Place, Montclair, NJ, Phone:973-744-6386;
  - Dr. Rosemarie Kopacsi: 973-509-0574: 460 Bloomfield Ave., Suite 209, Montclair, NJ;
  - Debbie Frank, LCSW: 973-744-1600: 33 Plmouth St., Suite 208 Montclair, NJ.
- **West Bergen Mental Healthcare/ [Rainbow Resource Group](http://www.westbergen.org/rainbow-resource-group/) (**  
[www.westbergen.org/rainbow-resource-group/](http://www.westbergen.org/rainbow-resource-group/))