

Linked Up

These businesses are submitted by the community and are owned and/or affirm the identities of under-presented people in and around the Winston-Salem area. If there are businesses you'd like to see included on this list, email us at diversity@wfu.edu.

Alternative and Holistic Health Services

Company	Description	Contact
Astrology for Growth	Astrology for Growth offers supportive, interactive astrological consultations to help people reconnect & recharge with their core energies and purpose, and explore the deeper meanings of life challenges.	701 Cascade Ave. Winston-Salem, NC 27127 (631) 680-1496
Certified Healing Touch Practitioner, Amy McGinnis	Healing Touch is a relaxing, nurturing energy therapy that uses gentle touch to assist in balancing physical, mental, emotional and physical well being. Healing Touch works with your energy field to support your natural ability to heal is safe for all ages and works in harmony with standard or allopathic care.	4235 Greenbrier Farm Rd. Winston-Salem, NC 27106 (336) 287-2846
Instinct Healing With Betsy Hauser	Dedicated to helping others heal emotional and physical pain, trauma, anxiety and depression stored in the body.	823 W 5th St. Winston-Salem, NC 27101 (336) 406-7882
Sterling Hart, ND	Naturopath, Transformational Nutrition Coach, Trauma-Informed Yoga teacher and Ayurvedic Yoga Therapist	632 Holly Ave. Winston-Salem NC 27101 (336) 655-8971
Sandy Phocas	Offering shamanic healing and soul work in individual sessions, as well as group classes.	823 W 5th St. Winston-Salem, NC 27101 (336) 287-0061
Birds, Bees, and Barbies	A full spectrum doula in the triad supporting all through transitions between life and death. Works with adult and pediatric populations. Has experience with: Transgender-specific healthcare needs, Hormone replacement therapy (HRT), Gender transition-related process & referrals, HIV treatments/ PrEP, Same-sex sexual health & prophylactics, Contraceptives across the gender spectrum, Family planning for LGBTQ folks (in vitro fertilization, fertility preservation pre-transition)	(336) 529-8954

Art & Entertainment

Title	Description	Contact
A/perture Cinema	Non-profit 4 screen art house cinema in downtown Winston-Salem.	311 West 4th St. Winston-Salem, NC 27101 (336) 722-8148
Dancing Grass Studios	Dancing Grass Studios evolved from an idea of true creative freedom. If you're looking for professional Creative Services, to help your company grow, or looking to decorate or document your life's special moments, you've come to the right place! Whatever the vision you have in mind, we're committed to bringing it to life with superior quality and design. With a goal to provide boundless creative solutions, we are a one stop shop for everyday creative needs as well as those needed to start or improve a small business. Services include, but are not limited to; Photography, Video Production, Logo Design + Branding, Web Design, Video Editing, Content Creation, Graphic Design, Floral Design, Event Production, Visual art, and Custom Art.	P.O. Box 26411 Winston-Salem, NC 27114

Diggs Gallery	<p>The gallery is the major cultural center at Winston-Salem State University and offers one of the largest exhibition spaces dedicated to the arts of Africa and the African Diaspora in North Carolina. Exhibitions, publications and programs address a broad range of artistic expression, with special concentration on African-American and regional art.</p> <p>The gallery serves as an educational resource for the Winston-Salem State University family and many in the southeast region.</p>	<p>601 S. Martin Luther King Jr Dr. Winston-Salem, NC 27110 (336) 750-2000</p>
Muddy Creek Music Hall (Music Venue)		<p>5455 Bethania Rd. Winston-Salem, NC 27106 (336) 923-8623</p>
National Black Repertory Company	<p>North Carolina Black Repertory Company (NC Black Rep) is the first professional Black theatre company in North Carolina. NCBRC is committed to exposing diverse audiences to Black classics, the development and production of new works, improving artistic quality, and sustaining Black theatre internationally. This continues to be the benchmark by which all projects are measured.</p> <p>Further, NCBRC was founded as a vehicle from which theatre professionals can earn a living through their craft.</p> <p>The Company is universally recognized for its artistic and administrative achievements and its international outreach program, the National Black Theatre Festival © (NBTF).</p>	<p>419 N. Spruce St. Winston-Salem, NC 27101 (336) 723-2266</p>
Old Salem Museums and Gardens		<p>900 Old Salem Rd. Winston-Salem, NC 27101 (336) 721-7350</p>
Reynolda House Museum of American Art		<p>2250 Reynolda Rd. Winston-Salem, NC 27106</p>
Sawtooth School for Visual Arts		<p>251 N. Spruce St. Winston-Salem, NC</p>
SECCA		<p>750 Marguerite Dr. Winston-Salem, NC 27106</p>
The Downtown Winston Salem Partnership	<p>One organization is featured each week for a discount and coffee sleeves can be printed to advertise for your event (for Summer on Trade and Friday Night Jazz).</p>	
The Lawrence Joel Veterans Memorial Coliseum		<p>2825 University Pkwy Winston-Salem, NC 27105</p>
The Olio (glass blowing studio)		<p>918 Bridge St NW Winston-Salem, NC 27113 (336) 817-2846</p>
The Opin Media Agency	<p>Marketing Agency and Podcast Studio</p>	<p>301 N. Main St. Suite 2437 Winston-Salem, NC 27101 IG: @opinmedia.agency FB: Opin Media Agency</p>
The Reynolda House		<p>2250 Reynolda Rd. Winston-Salem, NC 27106</p>
Theatre Alliance	<p>The Theatre Alliance is Winston-Salem's community theater company since 1983, with a mission to inspire, transform and unite the people of the Triad through a broad range of unique, diverse, and unconventional theatrical experiences.</p>	<p>1047 W. Northwest Blvd. Winston-Salem, NC 27101 (336) 723-7777</p>
Twin City Stage		<p>610 Coliseum Dr. NW Winston-Salem, NC 27106 (336) 725-4001</p>
WFU Anthropology Museum		<p>(336) 758-5282</p>
Winston-Salem Downtown Arts District		

Beauty

Company	Description	Contact
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4th Street Brow Studio+ The Parlor	4th St. Brow Studio + The Parlor is located in Winston-Salem's Historical Downtown West End. An evolving beauty boutique, we are dedicated to providing the most innovative, high quality services to our guests in a warm and inviting environment. Holly Stack is the owner, specializes in brow shaping & tinting, microblading, makeup and lash services. We house three licensed Estheticians with certifications in Novalash Extensions and Yumi Keratin Lash Lifts. In addition, we offer a variety of results driven facial treatments, threading, and wax hair removal services. Our Makeup Counter is located on the first level and our Makeup Artists are available to assist you via walk in or appointment with your product needs. We proudly carry Image Skincare, Revitalash, The Brow Gal & Glo Skin Beauty Cosmetics.	860 W 4th St. Winston-Salem, NC 27101
Corey Paul's Hair Studio	Full service hair salon for men and women. Appointments can be made through their website. All stylist information is listed on website and social media pages.	636 Hanes Mall Blvd. Winston-Salem, NC 27104 (336) 765-9007
Ana's Salon	For Women of Color Ana Redfearn, Owner and Stylist	405 Ricks Dr. Winston-Salem, NC (336) 682-2447
Braids By Sarafina		101 N Broad St. Winston-Salem, NC 27101 (336) 407-4870
Fourth Street Brow Bar and the Parlor (URM Owned)	An evolving beauty boutique dedicated to providing the most innovative, high-quality services to our guests in a warm and inviting environment. Services include facials, brows, microblading, and makeup.	860 W 4th St. Winston-Salem, NC 27101 (336) 814-6350
Kinks Coils & Locs	Hair styling for natural hair. Makeda R. Rice, Owner and Stylist	615 St. George Square C #250 Suite 26 Winston-Salem, NC 27103 (336) 705-1862
Claws by Sandy	Nail studio for all your designer nail needs.	205 Stratford Ct. # E Winston-Salem, NC 27103 (336) 725-9595
New Generation Barbershop	Owner: Robert Rousseau	2723 Farmall St. Winston-Salem, NC 27105 (336) 722-8982
Ria Peach Hair Salon	Hair salon for all of your hair care needs. Braids, press, extensions, color, or cuts. Make appointments via StyleSeat.	1409 Plaza West Rd Suite A Winston-Salem, NC
Washington Park Barber Shop	Washington Park Barber Shop has 8 full-time barbers offering precise cuts and detailed grooming with warm lather and hot towels used on every adult cut.	2104 S. Broad St. Winston-Salem, NC 27127 (336) 978-7827

Business & Professional Services

Name	Description	Contact
A Great Idea	A GREAT IDEA is a powerfully small, globally experienced, empathy-led content and creative partner in graphic design, development, and strategy, build the brands of organizations and companies locally and nationally as an LGBT-certified business.	5011 E Lee St. Greensboro, NC 27406 (336) 365-9840
Ashley White - Allen Tate Real Estate		110 Oakwood Dr. Suite 110 Winston-Salem, NC 27103
Brooks Pierce McLendon Humphrey and Leonard, Sarah Saint	Sarah Saint assists trans and gender non-conforming North Carolinians change their names and correct their gender markers on government identification documents, negotiates and litigates discrimination matters involving gender identity and sexual orientation discrimination, and advises LGBTQ+ individuals in a wide variety of situations.	230 N Elm St. Greensboro, NC 27401 (336) 271-3197
Brent Bownes Law, PLLC	Brent Bownes Law helps small business owners and creatives start, grow, and protect their brand through business law, contracts, and intellectual property. The three pillars of our firm are commitment, integrity, and advocacy. We are committed to providing exceptional quality of personal legal services through honorable work. Brent Bownes Law legal representation is sharp, efficient, and dedicated to quickly achieving our clients objectives.	301 North Main St 24th Floor Suite 2400 Winston-Salem, NC 27101
The Law Office of Richard J. Rutledge Jr. PLLC	Richard J. Rutledge works mostly with estate planning, probate, small businesses, elder law, and minor litigation. For LGBT clients, Rutledge can provide a gender marker or name change, simple divorce, stepchild adoption, and discrimination cases.	301 N Main St. Suite 2402 Winston-Salem, NC 27101-3835 (336) 283-0284
Forrest Firm, P.C. Rachel Blunk	Rachel Blunk works mostly with business formation, contract drafting, employment law, business litigation, and name/gender marker changes.	301 S Greene St. #300 Greensboro, NC 27401 (336) 663-1052

C Distinctive Eyewear	Optical boutique specializing in the finest eyewear and eye care in Winston Salem.	302 S. Stratford Rd. Suite B Winston-Salem, NC 27103 (336) 722-5346
Charlie Watkins Real Estate	Real Estate Agent out of Winston Salem, North Carolina.	201 S. Stratford Rd. Suite 200 Winston-Salem, NC 27103 (336) 909-3230
Dancing Lenur Photography	A photography service offering wedding photography, headshots, and portrait services.	703 Coliseum Plaza Ct. Winston-Salem, NC 27106 (336) 749-1711
Dirty Pour Creations	Pour artist out of Raleigh, North Carolina.	(919) 632-5752 Instagram
Edward Jones- Ausrey B. Grimball	Informing all people how to navigate the financial challenges and stages of life, through personal strategies tailored to your goals.	4670 Yadkinville Rd. Suite A Winston-Salem, NC 27040 (919) 741-7103 (336) 924-8930
Edward Jones- Jeff Davis	Jeff Davis provides financial services to all in order to understand what is most important to his clients.	526 S. Stratford Rd. Winston-Salem, NC 27103 (336) 748-1271
Family Service of the Piedmont	Family Service of the Piedmont focuses on building safe and healthy families in the Piedmont Triad. We serve clients of all identities and backgrounds addressing issues of domestic violence, child abuse, mental health and financial stability.	902 Bonner Dr. Jamestown, NC 27282 (336) 821-3329
Girl Scouts Carolinas Peaks to Piedmont	At Girl Scouts, the next opportunity to stand up, speak up, and take the lead is never far away especially when you are discovering the G.I.R.L. (Go-getter, Innovator, Risk-Taker, Leader)™ in you, and watching girls shine, again and again. Girl Scouts has a strong commitment to inclusion and diversity, and we embrace girls of all abilities and backgrounds into our wonderful sisterhood. Inclusion is at the core of who we are; it's about being a sister to every Girl Scout and celebrating our unique strengths. Part of the important work you do includes modeling friendship and kindness for your girls and showing them what it means to practice empathy. Here's how you can nurture an inclusive troop environment.	8818 W. Market St. Coffax, NC 27235 (800) 672-2148
Hicks Security Consulting	A Security Consulting service providing background checks, risk management assessments, special event preparedness, crowd control policies, and pre employment screening.	177 Park Cir SW Winston-Salem, NC 27101 (336) 505-9468
Honeybee Grocery Delivery	Grocery shopping can be time consuming. Hire a grocery pro to carefully select your items while decreasing exposure to germs!	Download the app from their website for service
Jill of Many Trades	Jill Of Many Trades- Non-smoking, child and pet friendly woman carpenter. Are you moving into a new (to you) house? Fixing up the one you have? Need help organizing space, or beautifying it? Michelle can help you make it happen! Here is a small list of the things she can help with: Doors hung, decks, stairways, railings repaired or built; storage space created; towel bars, curtain rods, blinds installed; miscellaneous repairs, patching, painting; chair rail, wainscotting; art hanging, random cool stuff hanging; Pinterest inspired decorating; furniture assembly, and more. Meticulous and affordable. 30+ yrs experience.	
The Karma Crew	A mobile boutique that travels throughout North Carolina to spread kindness and positivity, create community connections, and give back to those in need.	181 E 6th St. Winston-Salem, NC 27101
M Creative	M Creative is a values-driven strategic communications firm providing marketing and design services to visionary organizations so they can do more good for more people.	541-A North Trade Street Winston-Salem, NC 27101 (336) 631-9666
Married Wedding Shows	The Triad's Premiere Multi-Cultural & Inclusive Wedding Show	265 Eastchester Dr. Suite 133 #156 High Point, NC 27262 (336) 701-3181
On Time Lawn Care LLC	We are a women empowered, family operated and eco-friendly lawn care company that focuses on building relationships!	
Ray Coach	RayCoach, founded by gay Latino executive coach Ray Pifferrer, provides leadership coaching and training for underrepresented leaders around the world.	(510) 277-3365
Remarkable Properties- Keller Williams Elite	Rebecca Jacobs is a realtor and would love to help you buy or sell a property.	704 Mitch Dr. Winston-Salem, NC 27104 (336) 918-9818
Reverend Jayne	Professional Wedding Officiant, Personalized Ceremonies, and inclusive to all.	341 Saddlebrook Circle Lewisville, NC 27023 (336) 409-4519

Stonewall Sports	Stonewall Sports – Greensboro is an LGBTQ & Ally not-for-profit sports league in Greensboro, NC and one of 14 Stonewall Sports leagues in the eastern United States.	1205 W Bessemer Ave. #226 Greensboro, NC 27408
Stratford Landscape Supply	Stratford Landscape Supply is a plant nursery and landscape supply store that also designs and installs landscaping.	2366 S Stratford Rd. Winston-Salem NC 27103 (336) 817-8163
Susan Brittain Consulting	Susan Brittain Consulting is an NGLCC certified business specializing in nonprofit management; grant research, writing, and management; and, entrepreneurial start-ups.	5484 Moravian Heights Ln. Clemmons, NC 27012 (336) 406-5342
Talon Tattoo inc.	Talon Tattoo is a tattoo studio in downtown Winston-Salem, accepting both appointments and walk-ins.	843 Reynolda Rd. Winston-Salem, NC 27104 (336) 893-6065
Tina Weddings by Tina	Don't settle for a cold & impersonal courthouse wedding! Celebrate your special day at Tina's private residence overlooking 2 pristine acres, breathtaking Cypress Trees, a magnificent pond and so much more! Choose from three locations to create the wedding of your dreams. Exchange vows in front of Tina's magnificent pond, beside her wedding arbor or "inside" by her enchanting fireplace.	Raleigh, NC (919) 243-8503
YES! Weekly	The Triad's Largest Circulated Weekly Newspaper providing news and politics, arts and entertainment, reviews, and much more.	5500 Adams Farm Ln. Suite 204 Greensboro, NC 27404 (336) 316-1231
West End Collars	West End Collars has been serving the Winston-Salem area with dedication and passion, offering a range of high-quality pet care services. Being a 100% Latina-owned enterprise, we are deeply rooted in values of diversity and inclusivity. Services include: Dog walks, pet drop-in visits, and overnight pet sitting, with customizable times and additional services like plant watering, litterbox turnover service, and administering medication(s).	(336) 837-4775 hello@westendcollars
Blue Door Group at Wilkinson ERA	Real Estate Professional assisting in Buying and Listing of residential resale (house,townhouse, condominium), new construction and vacant land in the Triad.	751 W 4th St. Suite 110 Winston-Salem NC 27101 (336) 830-1435

Computers & Technology

Name	Description	Contact
Geek in Heels	Computer Repair Service in Winston-Salem, North Carolina	3320 Silas Creek Pkwy Winston-Salem, NC 27103
Computer and Technology Solutions Inc.	Computer And Technology Solutions, Inc. designs, installs, and supports Local And Wide Area Network (LAN and WAN) infrastructures for small and medium businesses.	P.O. Box 30292 Winston-Salem, NC 27130 (336) 499-1915

Education

Name	Description	Contact
Church Childcare Plus	Church Childcare began its journey of serving the children of the Piedmont more than 20 years ago. We started out small but mighty! We had a vision to be a safe haven for local children, a place they could go to receive a quality education, personal care, all while providing parents the comfort of knowing their little ones are in the hands of amazing and caring staff.	4421 Poindexter Rd. Walkertown, NC 27051 (336) 595-1001
Nurturing Generations	I find the ability to grow and nourish a baby absolutely fascinating. I am dedicated to helping women and their partners understand the changes that occur, anticipate the decisions that have to be made, and adjust during this very special time of welcoming a newborn.	For more information about services, send them an email .

Health & Wellbeing

Type	Description	Contact
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<p>Cognitive Behavioral Therapy: Katherina Carrier, LPC, PC</p>	<p>Katherine Carrier wishes to operate from an inclusive based position with a goal of promoting strength, hope and change. She provides Cognitive Behavioral Therapy for grief, LGBT issues, Postpartum Depression, and Post Traumatic Stress Disorder with adults and families.</p> <p>Works with adult populations.</p> <p>Has experience with patients who identify as: Gay/Lesbian, Bisexual/Pansexual, Trans Men, Trans Women, Nonbinary/Genderqueer/ Agender.</p>	<p>200 West Parkway Avenue High Point, N.C. 27262 (336) 848-4192</p>
<p>Chiropractic Services: Dr. William Moody at Dynamic Motion Chiropractic</p>		<p>2909 Reynolda Rd. Winston-Salem, NC 27106 (336) 777-8450</p>
<p>Dentist: Angela Cassar, DDS (URM) at Clemmons Comprehensive Dental</p>		<p>6824 River Center Drive Clemmons, NC 27012 (336) 293-6623</p>
<p>Family Medicine: Eboni Ellis, MD (Maplewood Family Practice)</p>	<p>Affiliated with Novant Health</p>	<p>100 RobinHood Medical Plaza Winston-Salem, NC 27106 (336) 718-0800</p>
<p>Family Medicine: Miller Street Family Medicine</p>	<p>Family Medicine: primary care for all ages.</p> <p>Works with adult and pediatric populations.</p> <p>Has experience with: Transgender-specific healthcare needs, Hormone replacement therapy (HRT), Same-sex sexual health & prophylactics, Contraceptives across the gender spectrum</p>	<p>50 Miller Street Suite G Winston-Salem, NC 27104 (336) 718-7660</p>
<p>Family Medicine: Wake Forest/ United Health Centers</p>	<p>Claudia Tussey, MD: Family Medicine Physician with Experience in Hormone Care, PreP and more</p> <p>Works with adult and pediatric populations.</p> <p>Has experience with: Transgender-specific healthcare needs, Hormone replacement therapy (HRT), Gender transition-related process & referrals, HIV treatments/ PrEP, Same-sex sexual health & prophylactics, Contraceptives across the gender spectrum</p>	<p>2101 Peters Creek Parkway Winston-Salem, NC 27127 (336) 955-1379</p>
<p>Counseling: Three Birds Counseling</p>	<p>Three Birds Counseling offers specialized treatment for disordered eating and body image concerns and help people seek a gentler, easier, and more connected way to have a relationship with their body. They also provide treatment of anxiety, trauma, depression, and infertility/pregnancy loss concerns.</p> <p>Works with adult and pediatric populations.</p> <p>Has experience with patients who identify as: Gay/Lesbian, Bisexual/Pansexual, Binary Transgender, Gender Non-binary/Genderqueer/ Agender, Intersex</p>	<p>1175 Revolution Mill Drive Lower Studio 29-3 Greensboro, NC 27405 (336) 430-6694</p>
<p>Counseling: Tree of Life Counseling, PLLC</p>	<p>Located in Greensboro, North Carolina, Tree of Life Counseling is committed to providing quality therapy for individuals and couples. Their therapists believe working collaboratively ensures clients receive the best healthcare in the Triad area. Offers specialized affirmative counseling to all LGBTQ clients.</p> <p>Works with adult and pediatric populations.</p> <p>Has experience with patients who identify as: Gay/Lesbian, Bisexual/Pansexual, Trans Men, Trans Women, Nonbinary/Genderqueer/ Agender, Intersex, Polyamorous/Non-monogamous</p>	<p>1821 Lendew Street Greensboro, NC 27408 (336) 288-9190</p>
<p>Counselor- Salem Counseling and Consulting, PLLC</p>	<p>Salem Counseling & Consulting is an inclusive and affirming counseling business with specialties in mood disorders, anxiety, OCD, phobias, insomnia, and substance use.</p> <p>Works with adult populations.</p> <p>Has experience with patients who identify as: Gay/Lesbian, Bisexual/Pansexual, Trans Men, Trans Women, Nonbinary/Genderqueer/ Agender, Intersex.</p>	<p>1348 Westgate Center Drive Suite 203 Winston-Salem, NC, 27103 (704) 266-3049</p>

Counseling: Pathways Counseling	<p>Pathways Counseling & Development, LLC is dedicated to providing professional individual, adolescent, and family counseling. All clients have the right to be treated in a courteous, considerate, and dignified manner. Your therapist, Michael N. Hayes (MA Ed., Counseling) is a National Certified Counselor (#10122) and a North Carolina Licensed Professional Counselor (#344) Supervisor.</p> <p>Works with children & families.</p> <p>Has experience with patients who identify as: Gay/Lesbian, Bisexual/Pansexual, Trans Men, Trans Women, Nonbinary/Genderqueer/ Agender.</p>	<p>4142 Robinhood Rd. Winston-Salem, NC 27106 (336) 924-3801</p>
Mental Health: Audrey Jensen, LCMHC-A, LCAS-A, MA	<p>Licensed Clinical Mental Health Counselor Associate and Licensed Clinical Addictions Specialist Associate who has over 4 years of therapeutic experience with mental health and substance use working with children, teens, and adults with: depression, anxiety, relationship issues, difficult life transitions, PTSD, grief and loss, substance use addiction, LGBTQ issues, sexuality and gender, spirituality and faith, high-functioning autism, and career direction.</p> <p>Works with adult and pediatric patients</p> <p>Has experience with patients who identify as: Gay / Lesbian, Bisexual / Pansexual etc., Binary Transgender, Gender Nonbinary / Genderqueer / Agender, Polyamorous / Non Monogamous</p>	<p>648 Almondridge Dr. Rural Hall, NC 27045 (336) 283-3830, ext. 19</p>
Mental Health: Celine Bongaerts	<p>Licensed clinical mental health therapist that offers HRT and gender confirming surgery evaluations/letters. Has experience working with anxiety, depression, chronic illness/pain, and mood disorders.</p> <p>Works with adult and pediatric populations.</p> <p>Has experience working with patients who identify as: Gay / Lesbian, Bisexual / Pansexual etc., Binary Transgender, Gender Non Binary / Genderqueer / Agender, Intersex</p>	<p>Virtual address, serving all residents of NC. (336) 486-7306</p>
Mental Health: Karen Arthur	<p>An inclusive mental health counseling office focused on healing by creative, dynamic means for everyone. Karen specializes in Expressive Arts Therapy, Anxiety, Chronic Pain, Chronic Health Conditions, and Intimate Partner Violence (Survivors).</p> <p>Works with adult populations.</p> <p>Has experience with patients who identify as: Gay / Lesbian, Bisexual / Pansexual etc., Binary Transgender, Gender Non Binary / Genderqueer / Agender, Intersex, Polyamorous / Non Monogamous</p>	<p>2910 Briarcliffe Rd. Winston Salem, NC, 27106 (336) 660-4900</p>
Mental Health- Monarch Behavioral Health	<p>The caring professionals at Monarch work diligently to provide a safe and nurturing environment for each person. Staff provide individualized services for people with intellectual and developmental disabilities and mental illnesses as well as support and counseling for those with substance use challenges.</p> <p>Mental health assessment, Cognitive Behavioral Therapy</p> <p>Works with adult and pediatric populations.</p> <p>Has experience with patients who identify as: Gay/Lesbian, Bisexual/Pansexual, Trans Men, Trans Women, Nonbinary/Genderqueer/ Agender, Intersex, Polyamorous/Non-monogamous.</p>	<p>4140 N. Cherry St. Winston-Salem, NC 27105 (336) 306-9620</p>
OBGYN- Jaleema Speeks, MD	<p>(Novant Womancare, Winston-Salem and Kernersville, NC) Medical school Wake Forest University (2008) Residency Obstetrics & Gynecology — Wake Forest University Baptist Medical Center (2012) Healthcare Education Wake Forest University (2008)</p>	<p>114 Charlois Blvd. Winston-Salem, NC 27103 (336) 765-5470 1730 Kernersville Medical Parkway Suite 104 Kernersville, NC 27284 (336) 765-5470</p>
Oral & Maxillofacial Surgery: Drs. Bailey, Peoples and Oghalai. P.A.		<p>1405 Westgate Center Drive Winston-Salem, NC 27103 (336) 765-5374</p>

<p>Psychotherapy: Bathory International PLLC</p>	<p>A private practice offering psychotherapy, psychological and neuropsychological testing and assessment services. Practitioners have specializations in areas such as Gender, Psychological Trauma, and Neurocognitive and Chronic Medical Disorders and work with children, adolescents, and adults; but we see people for a variety of issues from depression and anxiety to personality disorders. Bathory International also conducts research and provides consulting and educational services. Bathory International PLLC specializes in providing psychological services to GLBTQI+ adults and children. We offer individual, group and family therapy as well as evaluation/letters for HRT and surgery for sex affirming surgeries (following WPATH guidelines).</p> <p>Works with adult and pediatric populations.</p> <p>Has experience with patients who identify as: Gay/Lesbian, Bisexual/Pansexual, Trans Men, Trans Women, Nonbinary/Genderqueer/ Agender, Intersex, Polyamorous/Non-monogamous.</p>	<p>2575 Woodberry Dr. Winston-Salem, NC 27106 (908) 444-1524</p>
<p>Psychotherapy: Elissa Schroeder</p>	<p>Individual psychotherapy and consultation, trauma-informed, EMDR and DNMS-certified; help accessing resources for religious/spiritual resources, especially for people wounded in this context. She also does work around PTSD, trauma survivors, adoption and attachment issues.</p> <p>Works with adult populations.</p> <p>Has experience working with patients who identify as: Gay / Lesbian, Bisexual / Pansexual etc., Binary Transgender, Polyamorous / Non Monogamous</p>	<p>2910 Briarcliffe Rd. Winston-Salem, NC 27106 (336) 722-0040</p>
<p>Speech Services- Prismatic Speech Services</p>	<p>Specializing in long-distance transgender vocal training and run by a non-binary speech-language pathologist, Prismatic Speech Services sees clients in their Greensboro office as well as online throughout VA, NC, SC, & GA, with free consultations readily available.</p> <p>Works with adult and pediatric populations.</p> <p>Has experience with: Transgender-specific healthcare needs</p>	<p>600 Summit Ave. Greensboro, NC, 27405 (336) 609-6258</p>
<p>Speech Services: Andrew Smiler</p>	<p>Talk therapy services for adolescents & young adults who are male or male-identified. Specialization in depression, anxiety, ADD/ADHD, identity issues (gender, sexuality), and sexual performance issues among male(-identified) clients, especially teens and young adults (ages 13-30).</p> <p>Has experience with patients who identify as: Gay / Lesbian, Bisexual / Pansexual etc., Binary Transgender, Gender Non Binary / Genderqueer / Agender, Intersex, Polyamorous / Non Monogamous</p>	<p>2910 Briarcliffe Rd. Winston-Salem, NC (336) 245-8161</p>
<p>Sports Medicine: Cone Health Primary Care and Sports Medicine at Med Center Kernersville</p>	<p>Family and sports medicine clinic offering primary care and orthopedics to patients of all ages.</p> <p>Works with adult and pediatric populations.</p> <p>Has experience with: Transgender-specific healthcare needs, Hormone replacement therapy (HRT), HIV treatments/ PrEP, Same-sex sexual health & prophylactics, Contraceptives across the gender spectrum</p>	<p>1635 NC Highway 66 Ste 210 Kernersville, NC 27284 (336) 992-1770</p>
<p>Pediatric: Ford, Simpson, Lively, and Rice, Pediatrics Wake Forest Baptist Health</p>	<p>Pediatric: Ford, Simpson, Lively, and Rice, Pediatrics Wake Forest Baptist Health</p>	<p>2933 Maplewood Ave. Winston-Salem, NC 27104 (336) 794-3380</p>
<p>Physical Therapy: Rainbow Embrace</p>	<p>Physical therapy specialists for inclusive and informed care across the gender spectrum.</p> <p>Works with adult and pediatric populations.</p> <p>Has experience with: Transgender-specific healthcare needs</p>	<p>(984) 999-0503</p>
<p>Primary Care: Davidson Medical Ministries / Davidson Health Services</p>	<p>Primary care clinic, we accept uninsured and all insurance. PrEP available</p> <p>Works with adult populations.</p> <p>Has experience with: HIV treatments/ PrEP, Same-sex sexual health & prophylactics, Contraceptives across the gender spectrum</p>	<p>611 Randolph St. Thomasville, NC 27360 (336) 474-4585</p>
<p>Therapist: Shawn Ricks, PhD (URM)</p>	<p>Alternative & Holistic Health Service Holistic Mental Health and Wellness</p>	<p>163 Stratford Court Suite 201 Winston-Salem, NC (743) 333-2544</p>

Body in Mind Nutrition and Yoga	<p>Registered and Licensed Dietitian/Nutritionist: nutrition therapy and yoga for the prevention and treatment of disordered eating.</p> <p>Works with adult and pediatric populations.</p>	<p>2422 Reynolda Rd. Winston-Salem, NC 27106 (336) 773-1443</p>
Psychotherapy: Rhonda Davis LCSW PLLC	<p>Rhonda Davis has experience working with clients about major life-transitions, grief and loss, anxiety, depression, mood disorders, health issues, chronic pain, fertility issues, physical impairment, relationship issues, gender identity, and sexual orientation. She also assists clients who are interested in exploring spiritual struggles or ways their spirituality may impact their healing process as they learn to cope with various life-challenges.</p> <p>Works with adult and pediatric populations.</p> <p>Has experience with patients who identify as: Gay/Lesbian, Bisexual/Pansexual, Trans Men, Trans Women, Nonbinary/Genderqueer/ Agender, Intersex, Polyamorous/Non-monogamous.</p>	<p>3447 Robinhood Rd. Winston-Salem, NC 27106 (336) 406-0017</p>
Psychologist: Wynns Family Psychology	<p>A psychologist offering individual (10 and up), couples, and family therapy with a treatment focus on LGBT issues (particularly gender expansive folx), substance abuse, and trauma as well as culturally-competent psychological testing.</p> <p>Works with adult and pediatric populations.</p> <p>Has experience with patients who identify as: Gay/Lesbian, Bisexual/Pansexual, Trans Men, Trans Women, Gender Non-binary/Genderqueer/ Agender, Polyamorous/Non-monogamous.</p>	<p>130 Preston Executive Drive Suite 202 Cary, NC 27513</p> <p>9207 Baileywick Rd. Suite 203 Raleigh, NC 27615 (919) 467-7777</p>
Therapy: Jenna Stack	<p>We are an LGBTQ inclusive therapy practice with clinicians who specialize in a wide range of mental health and addiction treatment services. These include: Addiction, eating disorders, depression, anxiety, bipolar disorder, and life transitions.</p> <p>Works with adult and pediatric populations.</p> <p>Has experience with patients who identify as: Gay / Lesbian, Bisexual / Pansexual etc., Binary Transgender, Gender Non Binary / Genderqueer / Agender, Intersex, Polyamorous / Non Monogamous</p>	<p>Moonbow Mental Health, PLLC (336) 223-6700 www.moonbowmentalhealth.com</p>
Therapist- Kunikoo Madden, LCSW	<p>Niko is an experienced therapist offering LGBTQ+ affirming telepsych for issues such as BPD, psychotic disorders, mood disorders, and trauma.</p> <p>Works with adult populations</p> <p>Has experience working with patients who identify as: Gay / Lesbian, Bisexual / Pansexual etc., Binary Transgender, Polyamorous / Non Monogamous</p>	<p>(919) 275-0133</p>
Therapist- Lauren Adams, LCSW, PC	<p>Lauren Adams, LCSW, PC, is a solo provider who specializes in treating those who are experiencing anxiety, mood difficulties, the effects of trauma, and relationship issues. She is trained in dialectical behavioral therapy, EMDR, emotion-focused therapy, and cognitive behavioral therapy. As a member of the LGBT community, she feels it is important to be a resource and support to those in the community who need help.</p> <p>Works with adult and pediatric populations</p> <p>Has experience with patients who identify as: Gay / Lesbian, Bisexual / Pansexual etc., Binary Transgender, Gender Non Binary / Genderqueer / Agender, Intersex, Polyamorous / Non Monogamous</p>	<p>3410 Healy Dr. Suite 201G Winston-Salem, NC 27103 (336) 276-9470</p>
Therapist- Michelle Darby-O'Bar, LCSW, MSW, BC-TMH	<p>Offers individual therapy online. Provides support around LGBTQ+, anxiety, depression, trauma, and life stressors.</p> <p>Works with adult populations.</p> <p>Has experiences with patients who identify as: Gay / Lesbian, Bisexual / Pansexual etc., Binary Transgender, Gender Non Binary / Genderqueer / Agender, Intersex, Polyamorous / Non Monogamous</p>	<p>P.O. Box 30051 Winston-Salem, NC 27103 (336) 528-4370</p>
Therapist- Loving Reconnections	<p>Loving Reconnections Behavioral Health PA, is a locally owned and operated behavioral and mental health practice, providing therapy and counseling services for families, individuals, couples, and groups.</p>	<p>110 Hepler Street Suite B Kernersville, NC (336) 497-5701</p>

Therapist- Jen Whitehead	<p>Licensed therapist and yoga teacher specializing in trauma recovery.</p> <p>Works with adult and pediatric populations.</p> <p>Has experience with patients who identify as: Gay / Lesbian, Bisexual / Pansexual etc., Binary Transgender, Gender Non Binary / Genderqueer / Agender</p>	<p>138 Cherry St. S Suite 400 Winston-Salem, NC 27101 (336) 355-8084</p>
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Health & Wellness

Name	Description	Contact
Blue Lotus Massage & Bodywork	<p>Blue Lotus offers massage therapy and intuitive bodywork catered to creative, open-minded, and inquisitive individuals, who seek to cultivate wellness habits in their lives that support overall health, create greater balance, and allow them to live life fully and authentically.</p>	<p>823 W 5th St Winston-Salem, NC 27101 (336) 660-4455</p>
Buddha's Belly Massage	<p>An inclusive massage therapy practice.</p>	<p>1066 West 4th St. Winston Salem NC 27101 (336) 287-0310</p>
Brittian Chiropractic Center	<p>The team at Brittian Chiropractic Center are committed to providing chiropractic solutions to address your unique needs, whether you are experiencing back pain, neck pain, headaches, or even muscular tightness and tension. Even if you're looking to improve your overall health, our chiropractors can help you attain your everyday wellness goals!</p>	<p>205 S Stratford Rd Suite M Winston-Salem, NC 27103 (336) 995-8548</p>
Bodywork Therapist, Jenny Pruitt	<p>Advanced bodywork practitioner with over 15 years of experience in chronic pain relief. Treating folks from all walks of life- from elite athletes to clients dealing with daily stress. Graduate of UNC-CH with degree in Exercise & Sport Science.</p>	<p>Hawthorne Rd Winston-Salem, NC 2710 (336) 408-8970</p>
Glass Door Salon & Spa	<p>Glass Door Salon & Spa is a hip downtown salon and spa located in the heart of Winston-Salem. They offer a wide variety services for your hair, nails, makeup and body.</p>	<p>460 N Cherry St. Suite 100, Winston Salem, 27101</p>
Koru Touch	<p>Experience a soulful spa within an intimate setting where you alone are the focus.</p>	<p>2540 Greenwich Rd, Winston Salem, NC, 27104 (336) 682-9956</p>
OhMyGoodness Wellness Bar	<p>Offers various message and wellbeing based services. Also offers organic hygiene products</p>	<p>2724 Henning Dr, Winston-Salem, NC 27106 (434) 429-9951</p>
Positive Wellness Alliance	<p>An agency grateful for the opportunity to support people living with AIDS/HIV in Davidson, Davie, Forsyth, Iredell, Rowan, Stokes, Surry and Yadkin counties in the state of North Carolina</p>	<p>704 Brookstown Avenue, Winston-Salem, NC 27101 (336) 722-0976</p>
Innovative Aesthetics M.Dv	<p>IAMD is a boutique medical aesthetics practice with specialized training in masculinization and feminization injectables, including botox and dermal fillers.</p>	<p>607 St. George Square Ct. #46, Winston-Salem, NC 27103 (336) 817-5385</p>
The Well Nest	<p>Therapeutic Massage, Bodywork, and Massage Therapy.</p>	<p>935 A East Mountain St, Kernersville, NC 27284 (336) 908-8044</p>
Arbor Vitae Massage + Bodywork	<p>Therapeutic Massage and Oncology Massage</p>	<p>823 W 5th St, Office C, Winston Salem, NC 27101 (336) 948-0755</p>

Home Maintenance

Company	Description	Contact
Gifted Hand Remodeling	Rick Beistel	5340 Kingswell Drive Winston-Salem, NC 27106 (336) 577-8904
Jason Wilcox Construction	Renovations, several clients in Sherwood Forest, Buena Vista neighborhoods	jkwilcox@bellsouth.net (336) 650-3578
KathleeneGreen Cleaning Co.	Eco-friendly cleaning for your home or business that is the current biggest value for your buck. Serves the Triad and Surrounding Areas	(304) 763-8428
On Time Lawn Care LLC	On Time Lawn Care can take care of all of your landscaping needs including maintenance mowing, aeration/overseeding, & tree removal! And they can't wait for you to become part of the On Time Family!	4182 Clemmons Rd #169 Clemmons, NC 27012 (336) 416-9380

Fitness & Sports

Name	Description	Contact
Burn Boot Camp Winston Salem	Offers daily bootcamp classes, student and educator discounts.	5077 Country Club Rd. Clemmons, NC 27012
Camel City Yoga	Camel City Yoga teaches Bikram Method Hot Yoga and Inferno Hot Pilates.	127 Fayette St. Winston-Salem, NC 27101 (336) 893-7809
Flex With Fancy	FANCY Wellness, LLC (standing for Financially and Nutritionally Consulting Your Wellness) and Flex With Fancy, a health and wellness movement to get people fit to fly into success by healing thy-self inside and out through self-awareness, mindfulness, fitness inspiration and challenges, nutrition education, accountability, and empowerment. Her passion to educate the community and change lives stems from her family's health history as well as her personal health journey of chronic digestive issues which were resolved through self-discovery after years of medical tests and procedures of which resulted in no answers.	
Fit-4-Life Personal Training	Fit-4-Life Personal Training is based on 4 core values: Accountability, Consistency, Dedication, and Commitment is what it takes to be Fit-4-Life. Our mission is for you to make taking care of your health a lifestyle, something that is apart of your daily routine.	111 Chestnut St. Winston-Salem, NC 27101 (336) 575-9505
K10Yoga	A Community Yoga Studio. It's how we come together in shared practice and collective action for our community.	469 W. End Blvd. Winston-Salem, NC 27101 (252) 723-8752
The Breathing Room (Yoga)	Offers various meditation and healing courses as well	918 Bridge St. NW Winston-Salem, NC 27101

Organizations in Winston-Salem

Title	Description	Contact
Bookmarks	Bookmarks is a literary arts organization that fosters a love of reading and writing in the community. Our programming connects readers and authors and includes: an annual Festival of Books, and Authors in Schools program, and year-round events in our community gathering space and nonprofit independent bookstore.	634 W. 4th St. #110 Winston-Salem, NC 27101 (336) 747-1471
Out at the Movies	OUT at the Movies is Winston-Salem and North Carolina's LGBT Film Series, including regular showings throughout the year and the October Film Fest.	(336) 918-0902
Pride Winston- Salem	Pride Winston-Salem hosts the annual Pride festivities and much more. Their mission is to celebrate our culture, honor diversity, inspire engagement, promote inclusion, provide community outreach, and educate our friends, allies, and supporters on equal rights for all.	3000 Pinecrest Dr. Winston-Salem, NC 27127 (336) 486-1464
PFLAG Winston- Salem	PFLAG Winston-Salem serves the LGBT community and their families and friends through various offerings and activities, including a monthly chapter meeting, social events, special-interest programs, educational workshops and awards banquets to recognize those who have promoted acceptance in our community.	P.O. Box 24334 Winston Salem, NC 27114
QNotes	Qnotes is the LGBT arts, entertainment and news publication based in Charlotte, N.C., a trusted source of news, politics, opinion, entertainment, art, lifestyle, community events and more for LGBT North Carolinians and South Carolinians.	P.O. Box 221841 Charlotte, NC 28222 920 Central Ave Charlotte, NC 28204 (704) 531-9988
Fearless Winston-Salem	Service provided: Fearless is a collaborative collective social community for women located in Winston Salem, NC. We offer coworking by day, events, workshops and speakers by night.	Format for connecting: Active facebook group, in person meeting space for events, co-working space for members.
North Star LGBTQ Community Center	Service Provided: North Star is Winston-Salem's LGBTQ Community Center. North Star seeks to empower and enrich the lives of LGBTQ people in the Triad area. We offer various social, support, and educational opportunities for adults & youth.	Format for connecting: In person meeting space

Pets

Company	Description	Contact
ArdVista Animal Hospital. Dr. Paula Patton	Veterinarian	527 S Stratford Rd. Winston-Salem, NC 27103 (336) 765-3070
Awesome Pawsabilities	Certified Professional Dog Training and Animal Behavior Consultations.	(336) 937-0446
Cash Lovell Stables	Cash Lovell Stables brings horse and horse lover together. Their services include a riding academy, horse boarding facilities, party and wedding venue, and more.	2210 Darwick Rd. Winston Salem, NC 27127 (336) 784-6385
Fur Pet Salon	Animal Grooming	370 N Broad St. Winston-Salem, NC 27110 (336) 448-0767
Shear Pawsitivity	Animal Grooming	2518-D Lewisville-Clemmons Rd. Clemmons, NC 27012 (336) 422-7879

Restaurants, Food & Beverage: Grocery Stores

Company	Contact
Compare Food	951 Silas Creek Pkwy Winston-Salem, NC 27127
Forsyth Seafood Market & Cafe	108 N Martin Luther King Jr Dr. Winston-Salem, NC 27101 (336) 748-0793
Mother's Fines Family Urban Farms	https://www.facebook.com/mothersfinestfamilyfarm
OM Indian Groceries	1575 Hanes Mall Blvd. Winston-Salem, NC (336) 794-8000

Restaurants, Food & Beverage: Restaurants

Company	Contact
Camino Bakery	310 B West Fourth Street Winston-Salem, NC 27101 300 S Marshall Street Winston-Salem, NC 27101 1 Medical Center Boulevard South Tower Winston-Salem, NC 27157
Twin City Hive Coffee Lounge	301 Brookstown Avenue Suite 300 Winston-Salem, NC 27101 (336) 745-7051
Acadia Foods	228 W Acadia Ave. Winston-Salem, NC 27127 (336) 580-1663 https://www.facebook.com/acadiafoodsws/
Leanback Soul Food (Catering Service)	(336) 497-1844 leanbacksoulfood@gmail.com
Delicious by Shereen (Catering Service)	2005 Rossmore Road Clemmons, NC (336) 740-0044
Mozelle's Fresh Southern Bistro	878 W. Fourth St. Winston-Salem, NC 27101
Sweet Potatoes Restaurant	607 North Trade St. Winston-Salem, NC (336) 727-4844
Miss Ora's Kitchen	605 N. Trade Street Winston-Salem, NC (336) 725-6257

Ichiban (Thruway Shopping Center)	270 S. Stratford Rd. Winston-Salem, NC 27103
La Botana	1547 Hanes Mall Blvd. Winston-Salem, NC 27103
Mi Pueblo	644 S Stratford Rd. Winston-Salem, NC 27103
Mooney's Mediterranean Grill	101 4th St E Winston-Salem, NC 27101
Thai Sawatdee (Thai/Vietnamese)	3064 Healy Dr. Winston-Salem, NC 27103 2281 Cloverdale AVE NW Winston-Salem, NC 27103 2840 Reynolda Rd. Winston-Salem, NC 27106
The Porch	840 Mill Works St. Winston-Salem, NC 27101
Yamas Mediterranean Street Food	624 W 4th St. Winston-Salem, NC 27101
New Sichuan	2125 Silas Creek Pkwy Winston-Salem, NC 27103
Mojito Latin Soul Food	723 N Trade St. Winston-Salem, NC 27101
Wutyasay Food Truck	Check website for location
WS Wings-N-Fins Truck	Check website for location https://www.facebook.com/WS-Wings-N-Fins-1090699797683532/
Senor Bravo	241 Marshall St. SW Winston-Salem, NC 27101 (336) 725-1888
Kasturi Indian Cuisine	612 Hanes Mall Blvd. Winston-Salem, NC 27103

Restaurants, Food & Beverage: Desserts

Company	Contact
3Layer Cakery	521 N Liberty St. Winston-Salem, NC 27101
Dream Creams Artisanal Creamery	
Djs Cheesecakes	
Humble Bee Shoppe	001 Marshall Street Southwest Winston-Salem, NC 27101
Ta'Nisha Monique Cupcakes	1318 North Liberty St. Winston-Salem, NC
Tart Sweets	848 W Fifth St. Winston-Salem, NC 27101
Mayberry Ice Cream (4th St)	216 W 4th Street Winston-Salem, NC (336) 842-3752

Shopping & Retail

Name	Description	Contact
The Closet Thrift Store	Thrift & Consignment Store in Winston-Salem, North Carolina.	3784 Bethania Station Rd. Winston-Salem, NC 27106 (336) 922-5956
Appalachian Bittersweet	Appalachian Bittersweet is fueled by their desire to create outdoor apparel for folk of all sizes, ages, experience levels, and backgrounds, while utilizing slow fashion processes to minimize waste and impact to the environment.	Virtual Business (336) 397-3060

Bella Jay's Arrangements	We started Bella Jay's because we knew that this was Gods plan for our family. In May of 2020 I started to develop a new love of making beautiful arrangements for people. In May of 2021 I decided to focus on Bella Jay's full time. Now we are turning that dream into a reality and giving people a bit of joy while we do it! We thrive on creative challenges and enjoy building strong relationships along the way.	Contact Page
Buck Ties	Handcrafted Bow Ties for everyone.	Facebook
Mellie and Emilia	Mellie & Emilia is a fun and unique addition to the Winston-Salem boutique scene! My name is Courtney Myers and I'm excited to bring well known and new to the area contemporary women's lines for the women of Winston and surrounding areas. I strive to create a unique shopping experience with personalized service to provide my clients with the latest and most fashionable looks. While my focus is upscale lines, the variety of clothing and accessories allows a wide range of price points. Mellie & Emilia has got you covered from everyday denim and tees to date night attire. Can't wait to meet you and help you find the perfect style!	365 Peters Creek Parkway Winston-Salem, NC 27101
White Rabbit	White Rabbit is the #1 shopping destination for the LGBT community in Charlotte. We have an array of Cards, Books, Movies, Stickers, Jewelry, Magazines, Gift Items, Designer Underwear, Swimsuits Pridewear & more.	P.O. Box 221841 Charlotte, NC 28222 920 Central Ave. Charlotte, NC 28204 (704) 377-4067
Remedy Apothecary	Remedy Apothecary is a woman owned Botanical Apothecary artfully handcrafting pure & simple bath, body and skin care products as well as natural remedies from scratch. All of our products are hand-poured, hand cut and hand labeled with love.	4725 Yadkinville Rd. Pfafftown, NC 27040

Travel & Lodging

Name	Description	Contact
The Travel Genie LLC	The Travel Genie, LLC provides the professional services of travel professionals. They want the possibility of an amazing travel experience to be available for their customers for they can learn from other cultures and themselves.	P.O. Box 11743 Winston Salem, NC 27116 (336) 528-4740