

Trans Peer Outreach

Resources For Adults

Crisis/Immediate Support:

Trans Lifeline (1-877-330-6366) - www.translifeline.org - AVAILABLE 24/7

- Grassroots hotline & microgrants non-profit organization offering direct emotional and financial support to trans people in crisis – run by and for trans people.
- Online resource library covers a variety of topics related to gender identity including transition, health care, coming out, mental health, youth, disability, etc.

Four County Crisis (705-745-6484 or toll-free at 1-866-995-9933) - www.cmhahkpr.ca/programs-services/four-county-crisis - AVAILABLE 24/7

- Crisis supports are available to individuals ages 16+ years in the counties of Peterborough, City of Kawartha Lakes, Northumberland, and Haliburton.
- Provides a continuum of comprehensive crisis response services to individuals with a serious mental illness, mental health concerns, and individuals in crisis.

Healthcare:

Nurse Practitioner Led Clinic CMHA Durham (905-436-9945) - www.cmhadurham.ca/primary-care/nurse-practitioner-led-clinic/

- Offers counselling, medical treatment, hormone therapy initiation and monitoring, surgical referrals, etc.
- Referral forms can be found on their site (can self-refer).

North Simcoe Muskoka Trans Health (through Couchiching Family Health Team) - www.cfht.ca/programs-and-services/program-details/~43_62-north-simcoe-muskoka-trans-health-services

- Provides social support and inclusive medical care to help clients identify and achieve transition goals.

Sherbourne Health Centre's Guidelines for Gender Affirming Primary Care - www.rainbowhealthontario.ca/product/4th-edition-sherbournes-guidelines-for-gender-affirming-primary-care-with-trans-and-non-binary-patients/

- Practical guide for healthcare professionals administering HRT to trans patients.
- Can be purchased through Sherbourne Health's website.

Rainbow Health Ontario's Trans Health Guide - www.rainbowhealthontario.ca/TransHealthGuide/

- More information on trans healthcare, particularly hormone replacement therapy.



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Groups and Individual Support:

Nogojwanong Friendship Centre (Peterborough) - www.nogofc.ca/services/children-youth/building-gender-diverse-communities-project/

- Working with other friendship centres in Ontario to build capacity to support Two-Spirit and Indigenous LGBTQ+ young people program objectives include:
 - Increasing the skills, knowledge, attitudes and values of traditional Indigenous ways of life
 - Providing support to Two-Spirit and Indigenous LGBTQ+ young people
 - Promoting cultural restoration and preservation
 - Encouraging and fostering well-being, a positive sense of Indigenous identity, and a sense of belonging in the Friendship Centres
- Contact the Friendship Centre to inquire about 1:1 services for Two-Spirit people.
- More information on the Ontario Federation of Indigenous Friendship Centres can be found here: [Ontario Federation of Indigenous Friendship Centres - OFIFC](#)

The 519 Church Street Community Centre (Toronto) - www.the519.org/programs/category/trans-specific

- Focuses on the needs of 2SLGBTQ+ communities by providing service, space, and leadership.
- Available programming addresses a wide range of topics – arts & culture, community, education and training, family & youth, financial and housing services, legal services, newcomers to Canada, older 2SLGBTQ+ adults, etc.
- Trans-specific services include:
 - Friendly check-ins for racialized and trans folks of colour
 - FTM, Transmasc & Non-binary support group
 - Trans Conversation Café
 - Transition Support
 - Virtual Trans ID Clinic

Gilbert Centre (Muskoka) - www.gilbertcentre.ca/gender-diverse-and-trans-program/

- Offers supportive 1:1 and group programming opportunities for trans folks and their families/loved ones, and safer space trainings for businesses/organizations.

Aboriginal Health Centre (Hamilton) - <https://aboriginalhealthcentre.com/>

- Provides a variety of medical and cultural services to Indigenous people.
- Have offered a Two-Spirit and LGBTQ+ group in the past; contact them for current programming.



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Groups and Individual Support:

Friends of Ruby (Toronto) - www.friendsofruby.ca/

- Supports 2SLGBTQ+ young people (aged 16-29) through mental health services, social services, and housing.
- Available mental health supports include 1:1 counselling, group sessions, and crisis supports (must register with the organization in order to receive services).
- Case managers offer practical support to help young people navigate complicated systems (provide helpful information & connection to resources).
- The Friends of Ruby Home is a transitional house for 2SLGBTQ+ young people aged 16-29 in Toronto that offers supports and programming to help them on their path towards independent, stable, and empowered living.

Queer and Connected (Family Service Toronto) - www.familyserVICEToronto.org/our-services/programs-and-services/queer-and-connected/

- Offers free workshops, peer groups, and facilitated social events for 2SLGBTQ+ young people aged 16-29 – topics of discussion include:
 - Gender-based violence in 2SLGBTQ+ communities.
 - Healthy sex and safer sex practices.
 - Open discussions on drug use in the 2SLGBTQ+ community.
 - Self-advocacy in navigating counselling and mental health services.
 - Challenges and barriers related to being 2SLGBTQ+ young people.
 - Learning to identify needs and boundaries.
 - Developing supportive, nourishing relationships with self and others.
- Visit the website listed above for information on the specific group programming currently available, as well as program registration information.

Trans Youth Mentorship Program (TYMP) (The 519 Toronto) - www.the519.org/programs/trans-youth-mentorship-program

- For trans, Two-Spirit, non-binary and gender diverse young people aged 16-29 who are interested in social and community work, with the passion and drive to be working with our communities and who wants to apply their unique intersections and lived experience.
- Provides meaningful skills and training that increases employability and gives an opportunity to build on existing lived experiences (i.e. skills related to anti-oppression, collective care, team-building, harm reduction, creative facilitation, accessibility, public speaking, conflict resolution, event planning, etc.).
- Register/visit the website for more information here:
<https://the519.formstack.com/forms/transyouthmentorship2017>
- See www.the519.org/programs/category/trans-specific for a full list of The 519's current trans-specific programming.



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Trans Wellness Ontario (226-674-4745 or reception@transwellness.ca) – www.transwellness.ca

- A trans and queer community health and support centre that aims to enhance and sustain the health and wellness of the trans/non-binary communities and their families.
- For folks in the Windsor area, they offer an in-person clothing cupboard and food bank.
- They also offer advocacy and housing services, 1:1 counselling, faith and family support, an ID clinic, and peer mentorship (please visit their website for more information).
- Community Workshops: designed predominantly for those within the trans and queer community to learn from fellow trans and queer educators and activists.
 - Provides an opportunity for community members to learn from community members about their trans and queer existence as individuals, within society, and in the world.
 - All workshops include a 10-minute break, interactive activities, and videos.
 - Available topics include:
 - Exploring Trans-Affirming Faith
 - Mental Health & Self-Care
 - Queer & Trans History
 - Sex Education – The Basics
 - The Nature of Consent
 - Violence & Resilience
- Let's Talk Trans: a transition-specific education-based closed group to support trans individuals (ages 15+) who are interested in exploring options for transition
 - Aims to create a space to talk about the joys and complexities of transition
 - Registration begins three weeks prior to the scheduled start date, with intakes conducted in the week before the group starts (each group is limited to 12 people)
 - Please visit Let's Talk Trans — Trans Wellness Ontario to find out when the next group is starting and how to register.