

# Trans Peer Outreach

## Resources For Families and Loved Ones

### Crisis/Immediate Support

#### **Trans Lifeline (1-877-330-6366) - [www.translifeline.org](http://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
- They also offer peer support for families and friends of trans people – to access this service, call the main hotline and ask for the Family & Friends Line.
  - Operator will find out the best time to call you back and you will receive a call back from Family & Friends operator with lived-experience supporting trans folks.
- Online resource library covers a variety of topics related to gender identity including transition, health care, coming out, mental health, youth, disability, etc.

### Groups and Individual Support

#### **PFLAG Peterborough (1-888-530-6777 ext. 583 or [peterboroughon@pflagcanada.ca](mailto:peterboroughon@pflagcanada.ca)) – [www.pflagpeterborough.com](http://www.pflagpeterborough.com)**

- National charitable organization that provides support, education, and resources to all people who wish to grow in their understanding of gender and sexual diversity.
- They hold a monthly drop-in sharing meeting where participants can connect with others who are having similar experiences, as well as receive information on community updates about 2SLGBTQ+ resources and events.
- Can also help you find additional local resources when you have questions, feel alone, or need someone to talk to.

#### **Central Toronto Youth Services (general line – 416-924-2100) – [www.ctys.org](http://www.ctys.org)**

- Community-based, accredited Children's Mental Health Centre that serves many vulnerable youth in Toronto to build strength and resiliency.
- Transceptance: on-going peer support group for parents and caregivers of transgender youth and young adults.
  - Provides support and education, reduces isolation and stress, and shares information including strategies for navigating disclosures of trans identity.
  - New members welcome – contact [transceptance@gmail.com](mailto:transceptance@gmail.com) for more information and to register.
- Families in TRANSition: 10-week group for parents/caregivers of trans and gender-questioning youth (age 13-21) who have recently learned of their child's gender identity.
  - Participants learn about communication, social/legal/medical transition options, managing strong emotions, advocacy, and exploring societal/cultural/religious beliefs that impact trans youth and their families
  - For more information and to register, please call the main line at 416-924-2100.



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### Groups and Individual Support

#### **The 519 (general line – 416-392-6874) – [www.the519.org](http://www.the519.org)**

- Glitterbug LGBTQ2S EarlyON Mobile Program: a unique mobile program that works with EarlyON centres across Toronto to promote inclusion and affirmation of gender and sexual diversity among children and families.
  - o [www.the519.org/programs/glitterbug](http://www.the519.org/programs/glitterbug)
  - o Currently offering virtual interactive workshops and drop-in programming, special events and pop-ups, resources and more.
  - o Contact [Glitterbug@The519.org](mailto:Glitterbug@The519.org) for more information or to register.

#### **LGBTQ+ Around the Rainbow (Family Services Ottawa) – [familyservicesottawa.org/children-youth-and-families/around-the-rainbow/](http://familyservicesottawa.org/children-youth-and-families/around-the-rainbow/)**

- Monthly virtual support group for parents and caregivers of gender creative, non-binary, and trans youth and young adults .
- For more information or to register, call 613-725-3601.

#### **The Gilbert Centre (Muskoka) – [www.gilbertcentre.ca/gender-diverse-and-trans-program/](http://www.gilbertcentre.ca/gender-diverse-and-trans-program/)**

- Offers supportive 1:1 and group programming opportunities for both trans folks and their families/loved ones.
  - o Trans, Family, and Youth Support provides education and group support about gender and transition-related issues.
- Also provides safer space trainings for businesses and organizations.

#### **Trans Wellness Ontario (226-674-4745 or [reception@transwellness.ca](mailto:reception@transwellness.ca)) – [www.transwellness.ca](http://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.
- Affirm! Supportive Parent & Family Group: monthly peer support group for parents and family members (grandparents, aunts, uncles, cousins, siblings, etc.) over the age of 18.
  - o Creates a space for parents and families to connect with one another, to learn from each other, and provides support within the group setting for each individual journey.
  - o To register or for more info, email Jennifer Reid at [jreid@transwellness.ca](mailto:jreid@transwellness.ca).

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## Resources For Families and Loved Ones

### Educational Resources:

#### **Our Trans Loved Ones – [Our Trans Loved Ones.pdf](#) (pflag.org)**

- PDF that addresses commonly asked questions and answers for parents, families, and friends of people who are transgender or gender expansive.

#### **Families in TRANSition – <https://ctys.org/wp-content/uploads/CTYS-FIT-Guide-2020-English-1.pdf>**

- PDF that aims to offer tools, resources, and information for families in order to have the strongest possible relationship with their transgender/non-binary youth.

#### **Guide to Being an Ally to Transgender and Nonbinary Youth – [Guide-to-Being-an-Ally-to-Transgender-and-Nonbinary-Youth.pdf](#) (thetrevorproject.org)**

- PDF that educates readers on a wide range of topics and best practices on how to support transgender and non-binary people.

#### **Trans What? – [www.transwhat.org](http://www.transwhat.org)**

- An educational website for allies of the trans community to learn about language and terminology, myths & misconceptions, transition, allyship, and combatting transphobia.

#### **Gender Spectrum – [www.genderspectrum.org](http://www.genderspectrum.org)**

- This website has a wide variety of helpful information and resources for both trans folks and their allies to learn more about gender.

#### **Trans Student Educational Resources – <https://transstudent.org/>**

- A youth-led organization dedicated to transforming the educational environment for trans and gender non-conforming students through advocacy and empowerment.
- Website has a series of infographics on a variety of topics related to transgender youth, including pronouns, visibility, allyship, safer schools, and how best to support trans youth.

#### **Genderqueer.me – <https://genderqueer.me/resources/>**

- Resource list that covers a wide variety of topics related to transgender identity, including general transgender education, healthcare, legal services, youth, coming out, non-binary/genderqueer identity, and more.



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### Healthcare:

**Transition-Related Surgery (TRS): Frequently Asked Questions – [transrelatedsurgery-faq-en-pdf.pdf \(camh.ca\)](#)**

- PDF that answers some commonly asked questions about the process of receiving gender reaffirming surgeries in Ontario.

**Effects of Feminizing Hormones – [effects-of-feminizing-hormones.pdf \(rootsinwellness.ca\)](#)**

- PDF that reviews the effects of feminizing hormones, as well as the timeline of changes.

**Effects of Masculinizing Hormones – [effects-of-masculinizing-hormones.pdf \(rootsinwellness.ca\)](#)**

- PDF that reviews the effects of masculinizing hormones, as well as timeline of changes.