

Trans Peer Outreach

Resources Adults

Crisis/Immediate Support:

Trans Lifeline (1-877-330-6366) - www.translifeline.org - Available from 1 to 9 p.m. daily.

- 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.

9-8-8 Suicide Crisis Helpline

- 9-8-8 is a national helpline for anyone across Canada who is thinking about suicide, or who is worried about someone they know. Call or text 9-8-8 toll-free, anytime for support in English and French. 9-8-8 responders are here to listen and provide support without judgement.

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.

Trans Peer Outreach

Resources Adults

Groups and Individual Support:

Nogjiwanong 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.



@TransPeerOutreach



@TransPeerOR

Trans Peer Outreach

Resources Adults

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.



@TransPeerOutreach



@TransPeerOR