

Trans Peer Outreach

Resources For Families and Loved Ones

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
- 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) – 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

- 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 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

- 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
 - o Currently offering virtual interactive workshops and drop-in programming, special events and pop-ups, resources and more.
 - o Contact 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/

- 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/

- 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) – 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.

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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

- 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

- 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.