

Trans

Peer Outreach

Resources for Adults

Crisis and Immediate Supports

Trans Lifeline (1-877-330-6366) - www.translifeline.org

Trans Lifeline is a grassroots hotline run by and for trans and gender nonconforming people.

- **Phones are open from 1:00 PM to 9:00 PM, Monday through Friday.**
- Operates on “Safer Hotlines” principles, and will not involve emergency services without consent.
- Offers microgrants for gender-affirming care. See their website for details.
- Has an extensive online resource library, with topics ranging from post-facial surgery care tips to navigating post-secondary institutions as a trans person.

THRIVE Lifeline (Text THRIVE to 1-313-662-8209) - thrivelifeline.org

24/7/365 text-based crisis hotline for underrepresented populations including 2SLGBTQIA+ folks. US-based, but accepts texts worldwide. For people 18 and older.

- Also offers an extensive list of crisis resources in the US and Canada for a wide range of identities and populations.
- Values consent in contacting emergency services

9-8-8 Distress and Crisis Hotline

24/7/365 hotline Canada-wide for people in emotional distress, crisis, or are considering suicide. Dialing 988 will connect you with the closest available hotline .

- CMHA-HKPR and many other trans-friendly agencies are 988 partners.
- May contact emergency services if there is immediate risk of harm to self.

If you or a loved one are experiencing thoughts of suicide or emotional distress and cannot access one of these services, please call 9-8-8 or go to your nearest emergency room.



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Kawartha Sexual Assault Centre - kawarthasexualassaultcentre.com

Nonjudgemental support for people aged 16+ who have experienced past or recent sexual assault or sexual violence. Trans inclusive and knowledgeable.

- **24/7 Crisis line via 1-866-298-7778 or 705-741-0260**
- Group and Individual services for survivors, with referral services for partners/ loved ones.
- Information about ongoing groups and drop-ins are available via their website

If you or a loved one are experiencing thoughts of suicide or emotional distress and cannot access one of these services, please call 9-8-8 or go to your nearest emergency room.

Group and Individual Supports - Peterborough/Online

PFLAG Peterborough - www.pflagpeterborough.com

A volunteer-run organization for 2SLGBTQIA+ folks and their families, friends, and loved ones. PFLAG provides support, education, social and community connections through regular events and outreach.

- Monthly meetups to connect with 2SLGBTQIA+ community, family, and friends
- Information about other queer-positive events in the Peterborough/ Nogojiwanong region
- Volunteer and other opportunities to take part in community action projects
- Check out www.pflagpeterborough.com, or Instagram @pflagpeterborough for events and registration



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Trans Peer Outreach offers in-person and virtual one on one and group supports for trans, non-binary, two spirit, and questioning folks and their loved ones.

- One on one meetings with a peer outreach worker to discuss transition, gender identity, medical and social transition options, and related challenges
- Semi-monthly drop-in informative and social groups
- Online social drop-in groups for trans folks and their loved ones
- To register, email transpeeroutreach@cmhahkpr.ca or call 705-748-6711

Nogojiwanong Friendship Centre - www.nogofc.ca

An Indigenous-run community centre that has regular Indigenous community programming, and family supports from early infancy to elder connections.

- The Building Gender-Diverse Communities program runs regular drop-ins, one on one support, cultural programming, and other events for Two Spirit, Indigiqueer, and LGBTQIA+ Indigenous folks and their families.
- Contact cgdc@nogofc.ca or check [@nogofcptbo](https://www.instagram.com/nogofcptbo) on Instagram for details
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TransCare+ - www.transcareplus.org

TC+ hosts multiple country-wide virtual programs as well as a moderated Discord channel to connect with trans folks.

- The Rural Queers Connect group runs every third Tuesday of the month and focuses on living in small towns as queer folks.
- Healing Masculinity is a peer-led group for trans masc folks to discuss and re-think masculinity
- Register via their website!



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Rainbow Health Ontario - www.rainbowhealthontario.ca

Rainbow Health Ontario (RHO) is an online registry operated by the Sherbourne Health Centre in Toronto to help improve healthcare for 2SLGBTQIA+ people. They do not offer health care directly, but do have a huge resource library and a database of queer-friendly or gender-affirming services around Ontario.

- RHO publishes guidelines for healthcare practitioners regarding hormone therapies and other gender-affirming care. This can be useful for advocating with a healthcare provider for what you need.
- Ontario-wide database of services and healthcare practitioners, which can assist in finding services and care.
- RHO also has a lot of info sheets, guidebooks, and research that can help inform your own journey, or can be shared with others to help build awareness

Group and Individual Supports - Outside Peterborough

The 519 Church Street Community Centre - www.the519.org

A 2SLGBTQIA+ focused community centre in the heart of Toronto, providing queer-focused and queer-run services for over 50 years. Most services are in-person.

- A huge range of community services including support groups, community supports, drop-ins, and social events.
- Programs available across all age ranges, and in many different languages.

2-Spirited People of the First Nations - www.2spirits.org

2SPFN offers a range of in-person and hybrid/online programming and for Two Spirit-ed Indigenous people in the Toronto/Tkaronto area. Community, cultural, and social events, HIV-positive supports and resources, and other supports available.

- Keep up to date with current program opportunities on their website or



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The Gilbert Centre - www.gilbertcentre.ca

A volunteer-run organization for 2SLGBTQIA+ folks and their families, friends, and loved ones. PFLAG provides support, education, social and community connections through regular events and outreach.

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