

# Trans

# Peer Outreach

## Resources for Youth (16-29)

### **Crisis and Immediate Supports**

#### **Trans Lifeline (1-877-330-6366) - [www.translifeline.org](http://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.

#### **LGBT Youthline (Text 647-694-4275) - [www.youthline.ca](http://www.youthline.ca)**

Text and Online Chat for 2SLGBTQIA+ youth (16-29) to speak with peers about issues like coming out, mental health and coping strategies, safer sex information, and identity exploration.

- **Open Sunday through Friday from 4:00 PM to 9:30 PM.**
- Online chat is also available via their website

#### **The Trevor Project (1-866-488-7386) - [www.thetrevorproject.com](http://www.thetrevorproject.com)**

24/7 crisis line and peer supports for queer youth (13-24) worldwide. Connect via phone, text (text START to 678-678), or online chat via their website

- TrevorSpace, an online social space for queer youth is available via their website. Connect with other 2SLGBTQIA+ young people!
- Many resources on coming out, gender exploration, safer sex, safety planning and living as a queer person on their website.



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#### **THRIVE Lifeline (Text THRIVE to 1-313-662-8209) - [thrivelifeline.org](http://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

#### **Kawartha Sexual Assault Centre - [kawarthasexualassaultcentre.com](http://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

#### **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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#### **Group and Individual Supports - Peterborough**

##### **Trans Peer Outreach**

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](mailto:transpeeroutreach@cmhahkpr.ca) or call 705-748-6711

##### **PFLAG Peterborough - [www.pflagpeterborough.com](http://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/Nogojwanong region
- Volunteer and other opportunities to take part in community action projects
- Check out [www.pflagpeterborough.com](http://www.pflagpeterborough.com), or Instagram @pflagpeterborough for events and registration

##### **Nogojwanong Friendship Centre - [www.nogofc.ca](http://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](mailto:cgdc@nogofc.ca) or check @nogofcptbo on Instagram for details



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##### **Rainbow Youth @ PARN - [www.parn.ca](http://www.parn.ca)**

2SLGBTQIA+ drop-in support group for queer youth (aged 13-23). Also hosts the QueeRADicals, a youth ambassador program that undertakes community outreach and other community partnerships in Peterborough and surroundings

- Workshops for queer youth and adult allies
- Weekly drop-in for queer youth
- Leadership/volunteer opportunities with QueeRADicals for 2SLGBTQIA youth
- To register or for more information, email [leah@parn.ca](mailto:leah@parn.ca) or call 705-749-2895

##### **The Family & Youth Clinic at Peterborough Regional Health Centre (PRHC)**

An outpatient clinic dedicated to offering treatment to children/adolescent (0-18 years old) that suffer from severe mental health including body dysphoria.

- Requires a referral from a Primary Healthcare Provider. The necessary form can be found at <https://www.prhc.on.ca/wp-content/uploads/2022/08/Family-Youth-Clinic-Referral-Form-6801.pdf>
- May be able to assist with mental health challenges stemming from trans/homophobia, gender dysphoria, etc.

##### **TransCare+ - [www.transcareplus.org](http://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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#### **Group and Individual Supports - Outside Peterborough**

##### **The 519 Community Centre - [www.the519.org](http://www.the519.org)**

Community centre at the heart of the queer village in Toronto. Offers a huge variety of in-person programs for queer youth including:

- ODE: Remembered voices - a group for Two-Spirit Indigenous youth (16-25)
- Trans Youth Mentorship Program (TYMP) - a peer-run program for 2S/Trans youth (16-29) to build skills and access peer supports. Register via their website.
- Racialized Trans Collective - Bi-weekly group for racialized trans teens to hang out and build community.
- ID clinics to help navigate name and gender marker changes.
- Check out their website for so much more!

##### **Queer Youth Kawartha Lakes - [www.bgckawarthas.com](http://www.bgckawarthas.com)**

Weekly drop-in for 2SLGBTQIA+ youth (grades 7-12) on Thursdays in Lindsay.

- Email [warehouse@bgckawarthas.com](mailto:warehouse@bgckawarthas.com) or call 705-324-4493 ex. 233
- Club membership required, but sliding scale and affordable options may be available.
- Centers safety, belonging, acceptance, leadership, and advocacy for youth and community

##### **Trans Wellness Ontario - [www.transwellness.ca](http://www.transwellness.ca)**

Windsor-based Trans/2S/NB focused care and support organization. Offers a wide range of in-person individual and group services, as well as community social events.

- One-on-one short term, counselling for goals like transition planning and surgery letters.
- Two youth drop-in groups (separated by age; 13-17 and 18-24) every Monday
- Both trans masc and trans femme peer drop-ins
- A virtual support group for parents of trans youth



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