











PATIENT HANDOUT. Resources for Transgender Patients and Their Families

| Location | Organization | | Description |
|---------------|--|---|--|
| Virtual |  | Trans Lifeline (toll free) 1-877-330-6366. www.translifeline.org/ | Crisis line for transgender individuals. List of peer support groups for individuals and their families. |
| BC | Trans Care BC Service Directory www.phsa.ca/ | |  List of peer support groups for individuals and their families. |
| Calgary, AB |  | Skipping Stone www.skippingstone.ca/ | Provides or connects to services and supports (e.g., counsellors, health care professionals, other agencies). |
| Saskatoon, SK | TransSask Support Services www.transsask.ca/ | |  Provides resources, social support (including online peer support) and list of trans-friendly health providers. |
| Winnipeg, MB |  | Trans Health Klinik http://klinik.mb.ca | Provides supports, referrals, counselling and peer support. |
| Toronto, ON | Sherbourne Health Trans Health https://sherbourne.on.ca/ | |  Runs community and support groups and offers acute respite care. |
| ON |  | Rainbow Health Ontario https://www.rainbowhealthontario.ca/ | Provides information, resources and a directory of trans-friendly service providers. |
| NL | Trans Support NL (TSNL) https://tsnl.org/ Facebook: www.facebook.com/tsnl.umbrella Email: tsnl.umbrella@gmail.com | |  Offers outreach, education and training in gender diversity along with a number of peer support groups for the trans communities of Newfoundland and Labrador |
| | Trans Support NL - Adults Group Email: tsnl.adults@gmail.com | | A peer support group for any adults in the St. John's area who identify as transgender, gender diverse and non-binary—including those who are questioning or exploring their gender. |
| |  | Quadrangle https://www.thequadnl.com | A community centre for 2SLGBTQIA+ individuals and organizations. Offers job skills training. |
| National | Pflag Canada https://pflagcanada.ca | |  Online and in-person support for LGBTQ2S persons and their families with local chapters across the country. |

