











**PATIENT HANDOUT. Resources for Transgender Patients and Their Families**

Location	Organization		Description
Virtual		Trans Lifeline (toll free) 1-877-330-6366. <a href="http://www.translifeline.org/">www.translifeline.org/</a>	Crisis line for transgender individuals.  List of peer support groups for individuals and their families.
BC	Trans Care BC Service Directory <a href="http://www.phsa.ca/">www.phsa.ca/</a>		 List of peer support groups for individuals and their families.
Calgary, AB		Skipping Stone <a href="http://www.skippingstone.ca/">www.skippingstone.ca/</a>	Provides or connects to services and supports (e.g., counsellors, health care professionals, other agencies).
Saskatoon, SK	TransSask Support Services <a href="http://www.transsask.ca/">www.transsask.ca/</a>		 Provides resources, social support (including online peer support) and list of trans-friendly health providers.
Winnipeg, MB		Trans Health Klinik <a href="http://klinik.mb.ca">http://klinik.mb.ca</a>	Provides supports, referrals, counselling and peer support.
Toronto, ON	Sherbourne Health Trans Health <a href="https://sherbourne.on.ca/">https://sherbourne.on.ca/</a>		 Runs community and support groups and offers acute respite care.
ON		Rainbow Health Ontario <a href="https://www.rainbowhealthontario.ca/">https://www.rainbowhealthontario.ca/</a>	Provides information, resources and a directory of trans-friendly service providers.
NL	Trans Support NL (TSNL) <a href="https://tsnl.org/">https://tsnl.org/</a> Facebook: <a href="https://www.facebook.com/tsnl.umbrella">www.facebook.com/tsnl.umbrella</a> Email: <a href="mailto:tsnl.umbrella@gmail.com">tsnl.umbrella@gmail.com</a>		 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: <a href="mailto:tsnl.adults@gmail.com">tsnl.adults@gmail.com</a>		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 <a href="https://www.thequadnl.com">https://www.thequadnl.com</a>	A community centre for 2SLGBTQIA+ individuals and organizations. Offers job skills training.
National	Pflag Canada <a href="https://pflagcanada.ca">https://pflagcanada.ca</a>		 Online and in-person support for LGBTQ2S persons and their families with local chapters across the country.

