











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 Clinic http://clinic.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.

