

PATIENT HANDOUT. Resources for Transgender Patients and Their Families

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