











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

