



Champlain Region Gender Diverse Health Resource Guide for Families and Caregivers of Gender Diverse Youth

This guide builds on the Champlain Region Gender Diverse Health Resource Guide developed by Champlain Regional Planning Table for Trans, Two Spirit, Intersex, and Gender Diverse Health. It lists medical, mental health, and community-based services as well as some additional resources that might be helpful for parents and families of trans and gender diverse youth in the Champlain region.

*****Please note that there is no guarantee of the degree of trans-friendliness of these providers.*****

The services listed in this guide are delivered on the traditional unceded territory of the Algonquin Anishnaabeg people, as well as the Mohawk territory of the Haudenosaunee/Rotinonhsho'n:ni people.

Medical

CHEO Diversity Clinic

Provides hormone assessment, prescribing, monitoring, and follow up care for gender diverse children. Provides comprehensive care planning for youth and families including readiness letters for hormones and surgical interventions, overall assessments, and guidance for counselling and support services.

(613) 737-7600

www.cheo.on.ca/en/clinics-services-programs/gender-diversity-clinic.aspx

*If in search of a gender affirming primary health service provider, visit Rainbow Health Ontario's Service Provider Directory at <https://www.rainbowhealthontario.ca/lgbt2sq-health/service-provider-directory/>.

Mental Health

LGBT2SQ+ Youth Counselling

Centretown Community Health Centre

Counselling for LGBT2SQ+ youth ages 12-25 and their families.

(613) 233-4443 ext. 2109

www.centretownchc.org/

Wednesday 2SLGBTQ+ Counselling Service

Centretown Community Health Centre

Offers a limited number of same-day “phone and video” counselling appointments for the LGBT2SQ+ population.

lgbt2sqwednesday@centretownchc.org

Youth Counselling

Carlington Community Health Centre

Counselling services for trans and gender diverse youth ages 12-14 living in the Ottawa area. Youth are welcome to bring friends, family, allies and other supports if they wish.

(613) 725-3601

Counselling and Peer Mentorship

Trans Wellness Ontario

Counselling and peer mentorship appointments available by phone or online. Clients under the age of 16 require parent/guardian consent for counselling services.

<https://www.transwellness.ca/counselling-peer-mentorship>

Community-Based Support Groups

LGBTQ+ Rainbow Families Art & Play Afternoon Drop-In

Family Services Ottawa

Gender diverse children and their families are welcome. Join us in art & play activities while connecting with other families.

(613) 725-3601

www.familyservicesottawa.org/children-youth-and-families/around-the-rainbow/

LGBTQ Social Gathering

Seaway Valley Community Health Centre

Support, education and resources provided in a safe environment for LGBTQ individuals, allies, and family members. Two meeting groups: Ages: 12-18 (youth group), 18+ (adult group).

(613) 936-0306

www.seawayvalleychc.ca/lgbtq/

Parent Support Group

Family Services Ottawa

Monthly support group for parents & caregivers of gender creative, trans, transgender children, youth or young adults.

(613) 725-3601

www.familyservicesottawa.org/children-youth-and-families/around-the-rainbow/

Canadian Parents of Trans and Gender Diverse Kids

Support group for parents and guardians of gender diverse children, youth, and adults, including those who are two-spirit, transgender, genderqueer, non-binary, agender, gender fluid, gender creative, or gender-questioning.

parentsoftranskids@gmail.com

<https://www.facebook.com/canadianparentsoftranskids/>

Support Meetings

PFLAG Renfrew and Pembroke

Monthly support meetings for parents, family members, friends and LGBTQI2S folks. Meetings held in Renfrew, Pembroke, and Arnprior.

1-888-530-6777 ext. 572

www.pflagrenfrewcounty.ca

Families in Transition

Ten Oaks

A program for families that are new to supporting their trans or gender diverse child or youth (ages 5-18). The FIT Program is a 10-week group that meets once per week for 2 hours over zoom. The group provides parents with information about gender identity and trans issues, strategies for improving communication and connection with trans/gender questioning young people, and general support in parenting a trans/gender-questioning youth.

<https://www.tenoaksproject.org/community-events/families-in-transition/>

Additional Community Programs and Organizations

Trans Children and Youth Swim Nights

Ten Oaks Project

Monthly swim night for gender creative, gender independent, genderfluid, genderqueer, trans, two-spirit, intersex, agender, non-binary and all fabulous gender diverse children and youth ages 0-24 and their families.

(613) 614-1537

www.tenoaksproject.org/community-events/swim-night/

Pay-It-Forward Binder and Gaff Program

Venus Envy

Program offering binders and gaffs for free for those in need of these items.

(613) 789-4646

www.venusenvy.ca/

In-Transition Clothesline

PFLAG Renfrew County

Program that assists transgender individuals with clothing.

1-888-530-6777 ext. 572

www.pflagrenfrewcounty.ca/in-transition-clothesline.html

Additional Resources

[Families in Transition PDF from CTYS](#)

This guide developed by Central Toronto Youth Services (CTYS) shares the experiences of other families, answers commonly asked questions, suggests lines of communication, offers ways in which you can help your loved one, and points you towards additional sources of information.

[Trans, Gender Creative, and Gender Diverse Children's and Parenting Books](#)

It is important for trans, gender creative and gender diverse children to see themselves reflected in the books they read, or that are read to them. It is also important for parents, caregivers and other caring adults to learn about trans and gender diverse communities, so we can create safer environments for all kids and all families.

[Gender Spectrum - Parents and Family](#)

This website hosts a variety of resources, online groups, and programs for parents and families as well as their trans and gender diverse youth. Their resources for families can be used to further your understanding of gender and learn the value of parental and adult support.