



Champlain Region Gender Diverse Health Youth Resource Guide

This guide builds on the Champlain Region Gender Diverse Health Resource Guide created by the Champlain Regional Planning Table for Trans, Two Spirit, Intersex, and Gender Diverse Health. It lists medical, mental health, and community-based services that are accessible to trans and gender diverse youth throughout 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 primarily 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

Connect-Clinic

Offers specialty telemedicine services to trans and gender diverse individuals of any age including medical consultations, general health and wellness services, hormone replacement therapy, and transition-related surgery referrals.

647-670-0493

<https://www.connect-clinic.com/>

*Trans and gender diverse youth can also access transition-related care through a primary health service provider. 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/

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

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

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](https://www.transwellness.ca/counselling-peer-mentorship)

By and For Trans and Gender Diverse Folks

GenderQuest

Kind Space

A diverse, peer-led social group for those at any stage of transition: come share, learn, and socialize in a safe space. All trans, two-spirit, and gender-diverse people are welcome to attend.

www.kindspace.ca/services/peer-groups/

SAEFTY Youth Group

Support And Education For Trans Youth Ottawa

Youth group run entirely by and for trans and gender diverse youth which includes monthly drop in sessions as well as structured events. SAEFTY also does advocacy work for the trans and gender diverse community.

www.saeftyottawa.ca/

Trans-Outaouais

Francophone transgender support group for the Outaouais region

<https://www.facebook.com/groups/TransOutaouais/>

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/

Jeunesse Idem

Francophone peer support and discussion group for LGBT youth in the Outaouais region.

(819) 776-1445

www.facebook.com/jeunesseidem/

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/

LGBTQ2+ Youth Space

Orleans-Cumberland Community Resource Centre

Monthly bilingual youth drop-in space for LGBTQ2+ identified folks ages 13-18.

(613) 830-4357 ext.140

<https://www.crcoc.ca/en/youth/youth-space/>

LGBTQ+ Newcomer Group

Centretown Community Health Centre

Drop-in support for LGBTQ newcomers and asylum seekers. Discuss immigration, culture, sexual orientation and gender identity.

English: (613) 233-4443 ext. 2125

French: (613) 233-4443 ext. 2171

<https://www.centretownchc.org/programs-services/lgbtq-trans-health-program/>

Queerios Weekly Youth Drop In

Western Ottawa Community Resource Centre

Weekly drop-in social group for LGBTQ+* youth ages 12-18.

(613) 591-3686

www.wocrc.ca/program/queerios-lgbtq-youth-drop-in/

Spectrum LGBTQ Drop-In

Youth Services Bureau of Ottawa

Safe place for LGBTQ youth ages 12-23 who are unstably housed, live in poverty, or are living on the streets to connect with peers facing similar challenges in an environment of acceptance and respect.

(613) 241-7788 ext. 300 or 400

www.ysb.ca/services/community-and-housing-services/drop-in/

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

Transcend Drop-In Trans Youth Group

Family Services Ottawa

For gender diverse, transgender and non-binary youth ages 13-17. Make friends, get support, do projects or just have fun!

(613) 725-3601

www.familyservicesottawa.org/2018/01/transcend-drop-in-trans-youth-group-6/

Additional Community Programs and Organizations

Ten Oaks Project

Offers summer camps for children and youth ages 8-17 from 2SLGBTQ+ identities, families, and communities. Summer camp programming requires a fee.

(613) 614-1537

www.tenoaksproject.org/camp-programs/

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/

Kind Space

Provides personal and peer support to individuals to help them understand and inhabit their particular identities with confidence and courage, whatever kind of identity it is. Offers many peer support groups and events throughout the year.

www.kindspace.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