

RPT / CAT Minutes

January 20, 2026, 6–8 pm

In person @ CCHC

Zoom: <https://us06web.zoom.us/j/89200942068?pwd=EycENusLwloEqfybVCJ6s22NABafR1.1>

Meeting ID: 892 0094 2068

Passcode: 822865

RPT In Attendance: Erik, Erin, Ryan, Astrid, Aysa, Lisa, Seb, Karen, Nancy, Natasha

Support roles in Attendance: Rutendo, Laura, Blue, Holly

Regrets: O.G., Jesse

Quorum: Y

1. Welcome, Introductions, and Opening Items

- Approve November minutes
 - Moved by Karen
 - Seconded by Ryan
 - **Approved.**
- Approve the January agenda
 - Moved by Erik
 - Seconded by Holly
 - **Approved.**
- Introductions
 - We did a full round of introductions of folks at the table.
 - We welcomed two new members to the RPT: **Erin Hartley**, The Ottawa Hospital representative and **Natasha Pilon RPN**, the new Seaway Valley CHC rep. We also welcomed **Nancy Martinez**, Clinical Manager at Seaway Valley CHC, who was a guest for the evening's meeting.

2. Community and Table Updates

- Community updates
 - A community member shared about their experience receiving care at the Ottawa Fertility Clinic in Ottawa as a trans woman. The experience highlighted the lack of knowledge and capacity around trans inclusion by the team. Lisa reported that in their experience serving the community, they have heard similar troubling reports.
 - The table discussed an apparent lack of breastfeeding support for transfeminine folks. The RPT is exploring aggregating resources to post on the website. Erik from the Ottawa Hospital will also talk to his colleagues and report back any useful information related to the subject.
 - The table discussed a shortage of Spironolactone and injectable testosterone.
 - Drain removal post-top surgery continues to be an issue.

- Orchiectomy: A question was raised about whether Dr. Cormier offers the procedure. The Urology department at TOH just hired a urologist.
- Chest Contouring: There are misconceptions around what GRS Montreal does and does not do, and many people are unaware of all their options for getting a contoured look.
- Affirm, a gender-affirming care navigation service, has returned. MAX Ottawa is now running the program; emails can be sent to affirm@maxottawa.ca
- Symposium update
 - The symposium will go ahead. Work is underway to secure panellists, specifically BIPOC providers.
 - Funding has been secured (\$5,000 in 3 days), and the event will be free. Registration details will be provided shortly.
 - The event is targeted towards healthcare providers. The date is Monday, March 9th.
- Work plan update
 - The items on provider navigation and peer support will be put "back on a shelf" as the symposium has taken up more time than anticipated, but they will be revisited in April.
 - laura will start building the work plan for the next fiscal year.
- Rainbow Health Ontario update
 - New French gender-affirming surgery information sheets are available: <https://www.rainbowhealthontario.ca/fr/collection-de-ressources/resumes-des-chirurgies-daffirmation-du-genre-serie-complete/>

3. Recommendation Activity for Ontario Health East

- [Activity link](#)
- We began to prioritize and refine the recommendations that the RPT will submit to Ontario Health East. This work will continue through our next meetings.