Champlain Region

Gender Diverse

Health Resource Guide

Januray 2020

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.

ABOUT THIS GUIDE

This guide was developed by the Champlain Regional Planning Table for Trans, Two Spirit, Intersex, and Gender Diverse Health. It lists physical health, mental health, and community-based services for trans and gender diverse people in Ottawa and throughout the Champlain region. Only services that are explicitly for trans and gender diverse people have been included.

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

LEGEND

- 3-17 Ages served
- FR Service offered in French
- $ Sliding fee scale
- Service outside of Ottawa
- Service for trans and gender diverse people
- Service for LGBTQI2SA+[1] people

LOOKING FOR MORE?

Rainbow Health Ontario's website includes a wealth of information for trans and gender diverse folks as well as their providers. Check-out their Trans Health Knowledge Base for a collection of FAQs about trans health and transitioning for trans and non-binary people in Ontario.
https://www.rainbowhealthontario.ca/

1. LGBTQI2SA+ stands for Lesbian, Gay, Bisexual, Trans, Queer, Intersex, Two Spirit, and Asexual

PHYSICAL HEALTH

CHEO Diversity Clinic

FR 3-17

Provides hormone assessment, prescribing, monitoring, and follow up care for gender diverse children. Provides comprehensive care plan 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

Trans Health Program

FR 17+

Centretown Community Health Centre

Offers medical, social, and counselling support for individuals who wish to explore transitioning options through an informed consent model.

(613) 233-4443 ext. 2109

www.centretownchc.org/program/lgbtq-trans-health-program

See also, Rainbow Health Ontraio's Service Provider Listings

MENTAL HEALTH

Counselling

18+ $

Family Services Ottawa

Individual counselling services provided by an LGBTTQ+ identified counsellor for the LGBTTQ+ communities. Sliding fee scale.For more information, please call the number below.

(613) 725-3601

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

Walk-In Counselling

FR

Multiple locations across Ottawa

Provides immediate counselling services to individuals, couples, and families. The walk-in sessions are free to all members of the community, with no restrictions based on age or location/address and no need for an appointment. **Centretown Community Health Centre offers a LGBT2SQ+ walk-in clinic on Wednesdays from 12-8pm.**

www.walkincounselling.com/

General Counselling

FR 17+

Centretown Community Health Centre

Individual counselling, couples counselling and/or group supports for adults (up to 8 sessions). Focus is on emotional growth and well-being; grief and loss; mental health; support with life's transitions. Trans and gender diverse folks from across Ottawa can access this service (ex.: transition support).

(613) 233-4443 ext. 2109

www.centretownchc.org/

Youth Counselling

12-24

Carlington Community Health Centre

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

(613) 725-3601

See also, Rainbow Health Ontraio's Service Provider Listings

LGBT2SQ+ Youth Counselling

FR 12-25

Centretown Community Health Centre

Counselling for LGBT2SQ+ youth and families.

(613) 233-4443 ext. 2109

www.centretownchc.org/

BY AND FOR TRANS AND GENDER DIVERSE PEOPLE

Gender Mosaic

19+

Open to all trans-identified people and all those questioning their gender identity in any form. Offers monthly social pot-luck dinners, monthly discussion group, and other events.

www.gendermosaic.com/

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/

Health/Transition Guidance and Counselling

17+

Carleton University Gender and Sexuality Resource Centre

Individual peer support for those in transition. Mainly for Carleton Students, but does not turn anyone away.

(613) 520-2600 ext. 3723

www.cusaonline.ca/services/servicecentres/gsrc/

QTY - Queer Trans Youth Group

Under 25

Kind Space

Peer-led discussion and support group for and by 2SLGBTQ+ youth which provides a safe space for young people to come for discussions, understanding, support, and most importantly, fun.

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-Outaouis

FR

Transgender support group for the Outaouais region

www.facebook.com/groups/TransOutaouais/

COMMUNITY-BASED SERVICES

Algonquin College Wellness and Equity Centre

A safer space, welcoming all students of Algonquin College, no matter their sexual orientation, gender identity, race, disability status, or any other factors. Services include drop-in space, peer support and mentorship; resources, and education. Available to Algonquin students.

(613) 727-4723 ext. 5519

www.algonquinsa.com/getinvolved/wellness/

Binder Program

Carleton University
Gender and Sexuality Resource Centre

Provides donated binders to those in need.

(613) 520-2600 ext. 3723

www.cusaonline.ca/services/servicecentres/gsrc/

Carleton University Gender and Sexuality Resource Centre

Aims to be a safe(r) space for Carleton students of all gender identities and sexual orientations through education, advocacy, and support. Services include drop-in space, support and peer mentorship, queer library, social events, and workshops.

(613) 520-2600 ext. 3723

www.cusaonline.ca/services/servicecentres/gsrc/

Diversity Cornwall

Diversity Cornwall is a non-profit organization founded to coordinate the annual Cornwall Pride Festival and other community events with the goal of fostering diversity, unity, and visibility.

www.facebook.com/diversitycornwall/

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

Jeunesse Idem

Francophone peer support and discussion group for LGBT youth.

(819) 776-1445

www.facebook.com/jeunesseidem/

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/

LGBT Wellbeing Check-In Program

The Good Companions

For LGBT seniors (55+) or adults (18+) living with a disability who live alone, this program offers a check in phone call on a regular basis to remain connected and safe.

(613) 236-0428

www.thegoodcompanions.ca/community-support-services/lgbt-seniors/

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/

LGBTTQ+ Rainbow Families Art & Play Afternoon Drop-In

Family Services Ottawa

For LGBTTQ+ families with young children and gender diverse children and their families. Join us in art & play activities while connecting with other families.

(613) 725-3601

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

LGBTQ2+ Youth Space

Orleans-Cumberland Community Resource Centre

Monthly bilingual youth drop-in space for LGBTQ2+ identified folks

(613) 830-4357 ext.140

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

www.centretownchc.org/program/event/lgbtq-newcomers-group-1

Madawaska Valley LGBTQ+ & Allies Community Group

Madawaska Valley Family Health Team

LGBTQ+ folks and allies are welcome to attend our monthly meetings in a safe, non-judgemental space with the aim of fostering a supportive and inclusive Madawaska Valley. Meeting on first Thursday of every month from 6:00 pm to 8:00 pm.

(613) 756-9888 ext. 5

MAX Ottawa

MAX offers individual, group, and community support; system navigation, and education services by and for gay, bisexual, two-spirit, queer, and other guys who are into guys, both cis and trans in the Ottawa region.

(613) 440-3237

www.maxottawa.ca/en/

Ottawa Community Immigrant Services Organization

Offers services including settlement and integration (with dedicated LGBTQIA+ settlement worker), multicultural counselling, and language instruction.

613-725-0202

www.ociso.org/

Ottawa Senior Pride Network

50+

Volunteer-run network of LGBT seniors and allies who organize various events and gatherings throughout the year.

www.ospn-rfao.ca/en/home-page/

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/

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/

Queerios Weekly Youth Drop In

12-18

Western Ottawa Community Resource Centre

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

(613) 591-3686

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

Rainbow Coffee Group

55+

Centretown CHC and The Good Companions

A social activity for adults ages 55+ in the LGBTQ+ community.

(613) 233-4443 x 2194

www.centretownchc.org/program/lgbtq-trans-health-program

Spectrum LGBTQ Drop-In

12-23

Youth Services Bureau of Ottawa

Safe place for LGBTQ youth 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

Ten Oaks Project

8+ $

Offers summer camps for individuals of various age groups from 2SLGBTQ+ identities, families, and communities.

(613) 614-1537

www.tenoaksproject.org/camp-programs/

Trans and Non-Binary Social Events

Algonquin College Wellness and Equity Centre

Bi-monthly social events for trans and non-binary identified individuals at Algonquin College.

(613) 727-4723 x5519

www.algonquinsa.com/getinvolved/wellness/

Trans and Non-Binary Swim Night

Diversity Cornwall

Swimming night for trans and non-binary folks.

www.facebook.com/diversitycornwall/

Trans Children and Youth Swim Nights

Ten Oaks

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/

Transcend Drop-In Trans Youth Group

Family Services Ottawa

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

(613) 725-3601 ext. 105

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

Two-Spirit Program

13-60

Wabano

Weekly group meeting for two-spirit individuals as well as a week-long summer camp.

(613) 748-0657 ext. 233

www.wabano.com/