**SUMMARY OF RESOURCES**

**Rainbow Health Ontario**

Resources and information on transgender health:

<https://www.rainbowhealthontario.ca/resources/?orderby=date>

**CAMH Gender Identity Clinic**

A Toronto based clinic requiring physician referral for individuals over 18 wishing to explore issues related to their gender identity. Follow up visits can often occur via telemedicine. This specialist clinic is particularly helpful for patients with complex mental health comorbidities or for assistance with surgical referrals if local access is unavailable.

[https://www.camh.ca/en/your-care/programs-and-services/gender-identity-clinic-adult 06/06/2019](https://www.camh.ca/en/your-care/programs-and-services/gender-identity-clinic-adult%2006/06/2019)

**Families in TRANSition**

<https://ctys.org/wp-content/uploads/Families-in-TRANSition.pdf>

A comprehensive guide from Central Toronto Youth Services for parents and caregivers of Transgender and gender questioning youth. Full of practical and sensitive parent-to-parent and professional therapeutic advice, it tries to anticipate and address common questions and concerns, as well as normalize the varied reactions families may have.

**Gender Journeys**

[https://cmhahkpr.ca/programs-services/gender-journeys/](https://cmhahkpr.ca/programs-services/gender-journeys/%20)

Contact: genderjourneys@cmhahkpr.ca Phone: 705-748-6711 ext 2100

Gender Journeys, offered through the Canadian Mental Health Association, Haliburton, Kawartha, Pine Ridge, provides programming, education, and support services for transgender, 2-spirit, gender diverse and individuals who are questioning their gender identity. Services are also offered for families, partners and loved ones.

**PARN Rainbow Youth Program**

<http://parn.ca/community-building/rainbow-youth/>

This program, organized by the Peterborough AIDS Resource Network, hosts a weekly youth drop in and works to make lesbian, gay, bisexual, transgender, 2-spirit, queer and questioning (LGBTQ+) youth feel safe, included, and empowered in Peterborough and the four counties. They give LGBTQ+ youth the space to be themselves and the tools to lead positive change in their schools, peer groups, and community.

**PFLAG Peterborough and Canada**

[https://pflagcanada.ca/](https://pflagcanada.ca/%20)

The initials, PFLAG, first represented Parents and Friends of Lesbians and Gays, but over the years came to include the whole LGBTQ community, their families and friends. PFLAG Canada - Peterborough ON, a Chapter of PFLAG Canada, provides support, education, and resources on issues of sexual orientation and gender identity for gay, lesbian, bisexual, transgender, transsexual, two-spirit, intersex, queer, and questioning persons, their families and friends.

There are twice monthly PFLAG sharing meetings held on the second and fourth Thursdays of the month in Suite 302, 159 King St., Peterborough, from 7:00 p.m. to 8:00 p.m. Press #6 for the intercom.