

# Trans

# Peer Outreach

## Resources for Adults

### **Crisis and Immediate Supports**

#### **Trans Lifeline (1-877-330-6366) - [www.translifeline.org](http://www.translifeline.org)**

Trans Lifeline is a grassroots hotline run by and for trans and gender nonconforming people.

- **Phones are open from 1:00 PM to 9:00 PM, Monday through Friday.**
- Operates on “Safer Hotlines” principles, and will not involve emergency services without consent.
- Offers microgrants for gender-affirming care. See their website for details.
- Has an extensive online resource library, with topics ranging from post-facial surgery care tips to navigating post-secondary institutions as a trans person.

#### **THRIVE Lifeline (Text THRIVE to 1-313-662-8209) - [thrivelifeline.org](http://thrivelifeline.org)**

24/7/365 text-based crisis hotline for underrepresented populations including 2SLGBTQIA+ folks. US-based, but accepts texts worldwide. For people 18 and older.

- Also offers an extensive list of crisis resources in the US and Canada for a wide range of identities and populations.
- Values consent in contacting emergency services

#### **9-8-8 Distress and Crisis Hotline**

24/7/365 hotline Canada-wide for people in emotional distress, crisis, or are considering suicide. Dialing 988 will connect you with the closest available hotline .

- CMHA-HKPR and many other trans-friendly agencies are 988 partners.
- May contact emergency services if there is immediate risk of harm to self.

**If you or a loved one are experiencing thoughts of suicide or emotional distress and cannot access one of these services, please call 9-8-8 or go to your nearest emergency room.**



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### **Crisis and Immediate Supports**

#### **Kawartha Sexual Assault Centre - [kawarthasexualassaultcentre.com](http://kawarthasexualassaultcentre.com)**

Nonjudgemental support for people aged 16+ who have experienced past or recent sexual assault or sexual violence. Trans inclusive and knowledgeable.

- **24/7 Crisis line via 1-866-298-7778 or 705-741-0260**
- Group and Individual services for survivors, with referral services for partners/ loved ones.
- Information about ongoing groups and drop-ins are available via their website

**If you or a loved one are experiencing thoughts of suicide or emotional distress and cannot access one of these services, please call 9-8-8 or go to your nearest emergency room.**

### **Group and Individual Supports - Peterborough/Online**

#### **PFLAG Peterborough - [www.pflagpeterborough.com](http://www.pflagpeterborough.com)**

A volunteer-run organization for 2SLGBTQIA+ folks and their families, friends, and loved ones. PFLAG provides support, education, social and community connections through regular events and outreach.

- Monthly meetups to connect with 2SLGBTQIA+ community, family, and friends
- Information about other queer-positive events in the Peterborough/ Nogojiwanong region
- Volunteer and other opportunities to take part in community action projects
- Check out [www.pflagpeterborough.com](http://www.pflagpeterborough.com), or Instagram @pflagpeterborough for events and registration



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### Group and Individual Supports - Peterborough/Online

#### **Trans Peer Outreach**

Trans Peer Outreach offers in-person and virtual one on one and group supports for trans, non-binary, two spirit, and questioning folks and their loved ones.

- One on one meetings with a peer outreach worker to discuss transition, gender identity, medical and social transition options, and related challenges
- Semi-monthly drop-in informative and social groups
- Online social drop-in groups for trans folks and their loved ones
- To register, email [transpeeroutreach@cmhahkpr.ca](mailto:transpeeroutreach@cmhahkpr.ca) or call 705-748-6711

#### **Nogojiwanong Friendship Centre - [www.nogofc.ca](http://www.nogofc.ca)**

An Indigenous-run community centre that has regular Indigenous community programming, and family supports from early infancy to elder connections.

- The Building Gender-Diverse Communities program runs regular drop-ins, one on one support, cultural programming, and other events for Two Spirit, Indigiqueer, and LGBTQIA+ Indigenous folks and their families.
- Contact [cgdc@nogofc.ca](mailto:cgdc@nogofc.ca) or check [@nogofcptbo](https://www.instagram.com/nogofcptbo) on Instagram for details
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#### **TransCare+ - [www.transcareplus.org](http://www.transcareplus.org)**

TC+ hosts multiple country-wide virtual programs as well as a moderated Discord channel to connect with trans folks.

- The Rural Queers Connect group runs every third Tuesday of the month and focuses on living in small towns as queer folks.
- Healing Masculinity is a peer-led group for trans masc folks to discuss and re-think masculinity
- Register via their website!



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### Kawartha Lakes

Kawartha Lakes Pride <https://www.facebook.com/KawarthaLakesPride>

Events include:

- **Rainbow Families @ the Lindsay Branch, Kawartha Library.**
  - Runs every 3rd Saturday, for 2SLGBTQIA+ families with children aged 0-6
  - Info posted on Kawartha Lakes Pride social media
- **Fenlon Falls Board Game Group**
  - Not 2SLGBTQIA+ specific, but friendly social space.
  - Info at: <https://www.facebook.com/groups/fenelonfallsboardgamegroup/>
- **Queer Youth Kawartha Lakes**
  - Run by BGC Kawartha for youth grades 7-12.
  - Info at: [www.bgckawarthas.com](http://www.bgckawarthas.com)

### Haliburton

- **Minden Pride <https://www.mindenpride.ca/>**
  - Yearly pride activities, may have other connections available.
- **Point in Time Centre for Children, Youth and Parents - Youth Wellness Hub**
  - 2SLGBTQIA+ friendly family and youth programming in Haliburton
  - <https://www.pointintime.ca/youth/haliburton-youth-wellness-hub>

### Northumberland County

- **Trent Hills Pride/Queer Collective**
  - Organizes Pride activities for multiple communities in the Trent Hills
  - Events and info posted at <https://www.facebook.com/THQueers>
- **Bay of Quinte Pride**
  - While technically out of region, BoQ Pride organizes in Brighton and the farther parts of Northumberland.
  - Events and info posted at <https://www.facebook.com/BoQpride/>
- **Trinity St. Andrew's United Church**
  - Hosts a monthly Friends/Family 2SLGBTQIA+ support group in Brighton
  - Details at <https://www.trinitystandrews.ca/events>

### Cobourg

- **PFLAG Cobourg**
  - Hosts a regular monthly drop-in/peer support space
  - Events posted at <https://www.facebook.com/pflagcobourg/>



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#### **Rainbow Health Ontario - [www.rainbowhealthontario.ca](http://www.rainbowhealthontario.ca)**

Rainbow Health Ontario (RHO) is an online registry operated by the Sherbourne Health Centre in Toronto to help improve healthcare for 2SLGBTQIA+ people. They do not offer health care directly, but do have a huge resource library and a database of queer-friendly or gender-affirming services around Ontario.

- RHO publishes guidelines for healthcare practitioners regarding hormone therapies and other gender-affirming care. This can be useful for advocating with a healthcare provider for what you need.
- Ontario-wide database of services and healthcare practitioners, which can assist in finding services and care.
- RHO also has a lot of info sheets, guidebooks, and research that can help inform your own journey, or can be shared with others to help build awareness

### **Group and Individual Supports - Outside Peterborough**

#### **The 519 Church Street Community Centre - [www.the519.org](http://www.the519.org)**

A 2SLGBTQIA+ focused community centre in the heart of Toronto, providing queer-focused and queer-run services for over 50 years. Most services are in-person.

- A huge range of community services including support groups, community supports, drop-ins, and social events.
- Programs available across all age ranges, and in many different languages.

#### **2-Spirited People of the First Nations - [www.2spirits.org](http://www.2spirits.org)**

2SPFN offers a range of in-person and hybrid/online programming and for Two Spirit-Indigenous people in the Toronto/Tkaronto area. Community, cultural, and social events, HIV-positive supports and resources, and other supports available.

- Keep up to date with current program opportunities on their website or



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