



Kingston Community Health Centres
Centres de santé communautaire de Kingston
 www.kchc.ca

Main Site
 263 Weller Ave., Unit 4
 Kingston ON K7K 2V4
 Tel: 613.542.2949
 Email: info@kchc.ca
 Fax: 613.542.7657

Site principal
 263, av. Weller, unité 4
 Kingston ON K7K 2V4
 Tél : 613.542.2949
 Courriel : info@kchc.ca
 Téléc : 613.542.7657

Street Health Centre
 115 Barrack St.
 Kingston ON K7K 1G2
 Tel: 613.549.1440
 Email: info@kchc.ca
 Fax: 613.549.7986

Napanee Area CHC
 26 Dundas St. W.
 Napanee ON K7R 1Z4
 Tel: 613.354.8937
 Email: info@kchc.ca
 Fax: 613.354.8940

KCHC Transgender Health Program- Community Resources for Individuals and Families

All Region Crisis & Help Lines

- [Crisis Services Canada](#) 1-833-456-4566 (24/7) or Text 45645 4pm- 12am (En/Fr)
- [Good2Talk](#) Post-Secondary Students in Ontario 1-866-925-5454 or text GOOD2TALKON to 686868 (24/7)
- **Kids Help Phone** 1-800-668-6868 or text CONNECT to 686868 (24/7, En/Fr)
- [LGBT Youthline](#) 1-800-268-9688, Text: (647) 694-4275
 - **Phones:** Monday and Tuesday from 4:00 pm – 9:30 pm EST
 - **Chat and Text:** Sunday to -Friday from 4:00 pm - 9:30 pm EST
 - Chat (on website) / E-mail: askus@youthline.ca
- **Mental Health Helpline Ontario** 1-866-531-2600
- [Trans Lifeline](#) 1-877-330-6366- run by and for trans people
- [Youthspace](#) Text (778) 783-0177 or online chat open 9pm-3am EST

All Region Services & Information

- [Connect-Clinic](#)
 - This program offers telemedicine-based medical consultations, advice and treatment related to trans care, including general health and wellness services, hormone therapy, and surgery referrals. The current wait period is around 8-12 months.
 - In the meantime, if your family physician would like some advice around trans related care such as HRT, they can contact Dr. Greenaway via [OTN eConsult](#) and she will be happy to offer support.
- [Families in Transition: A Resource Guide](#) – Rainbow Health Ontario
 - A comprehensive Canadian publication to address the needs of parents and families supporting their trans children. Families in TRANSition summarizes the experiences, strategies, and successes of a working group of community consultants – researchers, counselors, parents, advocates as well as trans youth themselves. Families in TRANSition provides the stories of parents and youth along with practical and sensitive parent-to-parent and professional therapeutic advice.
- [Gegi.ca](#)- This website helps teachers, parents, and youth learn about gender identity and gender expression and provides tip sheets, school board policies, community supports, and more to help people advocate for gender expression and gender identity in Ontario schools.
- [Healthcare Connect](#)- Assistance with finding a family doctor or nurse practitioner.

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- **[PFLAG Canada](#)**- 1-888-530-6777
 - Pflag Canada is a national charitable organization, founded by parents who wished to help themselves and their family members understand and accept their LGBTQ2S children.
- **[Trans Wellness Ontario](#)** - (226) 674-4745, email: reception@transwellness.ca
 - The mission of Trans Wellness Ontario is to enhance and sustain the health and wellness of Transgender, Genderqueer, Two-Spirit, Non-Binary, Queer and Questioning communities and their families. Services include online peer groups, transition guide peer 1-1 supports, gender ID clinic, parent support groups
- **[Umbrella Mental Health Network](#)**- Email: info@umhn.ca | Call or text: (647) 687-6543
 - Network of queer and trans-identified mental health professionals who serve the 2SLGBTQIA community

Kingston, Frontenac and Lennox & Addington Region

- **[Beyond the Binary Peer Group](#)**- a safe space for non-binary connection, support & friendship.
 - Every other Tuesday 5-6:30pm on Zoom, ages 16+, Email parker.robby@trellishiv.ca for more information
- **[FUSE LGBTQ+ Youth Group](#)** (613) 542-6672 Ext. 4
 - FUSE is a group for queer and questioning youth ages 12-24 and under in the Kingston area. Meetings are Wednesdays from 4pm till 6pm (unless otherwise posted) at One Roof: Kingston YouthHub
- **[The Gender Affirming Assistance Program \(GAAP\)](#)** - genderaffirmingassistance@gmail.com
 - Provides gender-affirming apparel such as binders, trans tape, breast forms, tucking underwear, and transfeminine clothing
 - Fill out google form to access services: [GAAP form](#), @genderaffirmingassistance on Instagram and Facebook
- **[Greater Napanee's Gender & Sexuality Alliance](#)**- Facebook group for Napanee
- **[Limestone DSB Gender Sexuality Alliance \(GSA\) Grade 7-12](#)**, Email: mcewenlb@limestone.on.ca
- **[Maltby Centre](#)**- (613) 546-8535
 - LGBTQ affirming individual and family counselling. Up to age 18, there are no fees for service
- **[Together We Conquer Mountains](#)**- Facebook group for educational services, peer support and resources for trans parents, children, teens and families
- **[TransFamily Kingston](#)** - E-mail: transfamilykingston@gmail.com, [Facebook group](#)
 - A grass-roots group of transgender individuals, family members, and supporters. The monthly meetings provide a welcoming environment that is supportive and encouraging. The group is also a source for information and resources.

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Leeds, Lanark & Grenville Region

- **Brockville Public Library LGBTQ & Allied Youth Drop-In-** (613) 342-3936, brandy@brockvillelibrary.ca
 - 2SLGBTQIA+ youth and allies age 13+ are invited to drop in to the Library for a safe space to connect, go for walks, play games, create, make snacks, and chat. This program is operated in partnership with Brockville Pride community volunteers. Complimentary bus tickets available. Tuesdays 5:30pm-7:00pm
- **Connect Youth Inc.-** (613) 918-0173 (call or text), ed@connectyouth.ca
 - Services such as drop in and mental health/addiction for youth ages 12-25
- **Open Doors For Lanark Children and Youth-** (613) 264-1415, **Perth**, up to age 17.
- **PFLAG Brockville-** support for parents of LGBTQ children
 - Contact: Aubyn, brockvilleon@pflagcanada.ca, 1-888-530-6777 ext 599

Quinte Region

- **Moss Psychology**
 - Moss Psychology serves Belleville, Trenton, Prince Edward County (Picton), and the wider Quinte region. Psychological, counselling and psychotherapy services for children, adults and seniors, including assessment and therapy for individuals, families and couples. Trans and LGBTQ+ affirming. There is a fee for service.
- **PFLAG Quinte – Belleville-** support for parents of LGBTQ children
 - Contact: Eric Hargreaves- (613) 386-1922, ericoutloud@gmail.com
- **Rainbow Caregivers Network**
 - Jackie Dales – (613) 849-4641, jld1307@yahoo.ca; Sara Bessin – bessinsara@gmail.com
 - Rainbow Caregivers Network is a peer support group for people who care for individuals who identify within the LGBTQ+ community. Whether you are a parent, grandparent, teacher or care provider.
- **Say OutLoud!** Program Facilitator: Eric Hargreaves- (613) 985-9650, ericoutloud@gmail.com
 - Say OutLoud! is an alternative youth group that offers a warm, inviting and safe place in the community for gay, lesbian, bisexual, transgender, inter-sex, two-spirited, queer, questioning youth and their allies. Age 14-30 (roughly).
- **Transforum Quinte-** Stacey- (705) 313-5124; transforumquinte@gmail.com
 - Transforum offers safe, confidential, free support and a recreational group for transgender individuals, questioning or in transition. Wednesday meetings in Belleville, clients must fill out an intake form before attending. Individual support also offered by Stacey
- **Youthab** Belleville- Contact: Jenn, (613) 969-0830 x 244, Email: jenniferc@youthab.ca
 - The LGBT2SQ+ Program offers free, voluntary and confidential counselling services for youth ages 16-24 who identify as LGBT2SQ+ or questioning. This program is offered in-office as well as virtually.

To view an evolving google document with more resources and upcoming events, click [here](#)

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