

RESOURCES FOR TRANS* YOUTH & THEIR FAMILIES

Updated Feb 2016 by [CTYS](#). This list is not exhaustive. See organizations' websites for most current information.

In-Person Support for Families in Toronto

- [**Families in TRANSition**](#) – **Central Toronto Youth Services**
10-week group for parents of trans youth (13–24) focussed on: strengthening parent-child relationships, promoting youth mental health & resilience, and learning about social & physical transition options. 416-924-2100 x278.
- [**Gender Independent Groups**](#) - **Toronto District School Board**
Peer and social support groups (serving K-grade 9) provide opportunities for families and children to meet in a safe and inclusive space. 416-898-0895.
- [**Out & Proud Program**](#) – **Children's Aid Society of Toronto**
Inclusive and positive services for LGBTQ children and youth served by CAS of Toronto, as well as LGBTQ families and care providers. 416-924-4640.
- [**PFLAG \(Toronto chapter\)**](#)
Phone and group-based support for parents, family, and friends of LGBTQ youth. 416-406-6378 (support); 416-406-1727 (general inquiries).
- [**Transceptance**](#) – **Central Toronto Youth Services**
Drop-in, parent-run, peer-support group for parents of trans children; every third Thursday monthly. 416-924-2100 x242.
- [**Trans Partner Network**](#) – **Sherbourne Health Centre**
8-week social education series, and individual support for partners of trans people. 416-324-4180.

Online Resources for Families

- [**Family Acceptance Project**](#)
Family education information and research about the experiences, health, and well-being of LGBTQ youth.
- [**Gender Creative Kids**](#)
Resources for gender creative kids and their families, schools, and communities.
- [**Gender Spectrum**](#)
Information to create gender-sensitive and inclusive environments for all children and teens.
- [**Rainbow Health Ontario**](#)
Information about LGBTQ health and links to LGBTQ-friendly physical and mental health services in Ontario.
- [**RR Consulting**](#)
Specialized listings of Toronto-based resources for trans people and their families.
- [**Transgender Health Information Program**](#)
BC-wide hub providing information about gender-affirming care and supports.
- [**TransParent Canada**](#)
National parent-to-parent support network.

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Literature for Families

- *Families in TRANSition Guide* by LeeAndra Miller et al. (2016, 2nd Ed.; [free download](#)).
- *Gender Born, Gender Made: Raising Healthy Gender-Nonconforming Children* by Diane Ehrensaft (2011)
- *A Guide for Parents* by Children's National Medical ([free download](#)).
- *Our Trans Children* by PFLAG Transgender Network (2015; [free download](#)).
- *Trans Care: An advocacy guide for trans people and loved ones* by Vancouver Coastal Health, Transcend Transgender Support & Education Society, and Canadian Rainbow Health Coalition. (2006; [free download](#)).
- *The Transgender Child: A Handbook for Families and Professionals* by Stephanie A. Brill and Rachel Pepper (2008)

In-Person Services for Youth in Toronto

- [The 519](#)
Downtown Toronto's LGBTQ community centre, offering a variety of specialized programs and services. 416-392-6874.
- [Pride & Prejudice Program](#) - Central Toronto Youth Services
Individual, group, and family counseling and services for LGBTQ youth (13-24). 416-924-2100.
- [Queer Asian Youth](#) – Asian Community AIDS Services
- Workshops, forums, and social events for LGBTQ Asian youth (14-29). 416-963-4300 ext. 229.
- [Queer Youth Arts Program](#) – Buddies in Bad Times Theatre
Free, professional training and mentoring for queer & trans youth (30 and under) who have an interest in theatre and performance. 416-975-9130.
- [Stars @ The Studio](#) - Deslile Youth Services
A social drop-in space created by and for youth (13-21); an LGBTQ drop-in takes place monthly. 416-482-0081. DYS also provides a [LGBT Youth Outreach Worker](#).
- [Supporting Our Youth \(SOY\)](#) – Sherbourne Health Centre
In downtown Toronto, specialized programming for diverse LGBTQ youth (29 and under). 416-324-5077.
- [The Triangle Program](#) – Oasis Alternative Secondary School
TDSB's alternative school program dedicated exclusively to LGBTQ youth (21 and under). 416-393-8443.

Phone Support Lines

- [Kids Help Phone](#)
Phone and web counseling & support for youth (20 and under), 24/7. 1-800-668-6868.
- [Lesbian Gay Bi Trans Youth Line](#)
Phone and online peer support for LGBTQ youth (26 and under); inc. text, chat, and email support. 416-962-9688 (GTA); 1-800-268-9688 (Ontario).
- [Trans Life Line](#)
Crisis line for trans and questioning people, staffed by trans-identified volunteers. 24 hours a day. 1-877-330-6366.

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Sports & Fitness in Toronto

- [Outsport Toronto](#)
Serves and supports LGBTQ amateur sport and recreation organisations (see [Listings](#)) and athletes in the Greater Toronto Area.
- [Queer and Trans Swim Night](#) – Regent Park Aquatic Centre
A trans-positive “open and inclusive” swim time open to the public: Saturdays 8-9:30pm.
- [The Toronto Newsgirls Boxing Club](#)
A safe and positive space for women and trans people to explore the sport of boxing. 416-480-2058.

Housing & Employment in Toronto

- [Egale Youth OUTreach](#)
Mental health counseling and drop-in centre for LGBTQ youth (29 and under) experiencing homelessness. 416-964-7887 ext. 9.
- [Thrive! - Fred Victor](#)
Trans-only support group focusing on life skills, employment and housing issues. Mondays 1:30-4:30. 416-364-8986 ext. 8507.
- [YMCA Sprott House](#)
Supported residential living dedicated exclusively to LGBTQ youth (16-24), including education and employment programming. 647-438-8383.

Health & Medical Care in Toronto

- [AIDS Committee of Toronto](#)
Programs and resources for LGBTQ youth (16-29) living with, affected by, at risk or concerned about HIV. 416-340-2437.
- [Hassle Free Clinic](#)
Medical and counseling services in areas of LGBTQ sexual health. 416-922-0566.
- [Health Centre at 410](#) – St. Michael's Hospital
- Satellite clinic with a specialisation in trans health. 416-867-3728.
- [Planned Parenthood Toronto](#)
Health & community services for LGBTQ youth (29 and under). 416-961-0113.
- [Sherbourne Health Centre](#)
Community health centre specializing in LGBTQ, newcomer, and urban health. 416-324-4180.
- [Transgender Youth Clinic - Hospital for Sick Children \(SickKids\)](#)
Medical care and support for transgender adolescents. 416-813-7654 x203569.

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Misc. Mental Health Services in Toronto

- [David Kelley Services](#) - Family Service Toronto
LGBTQ counseling for adults, couples and families (inc. walk-in services). 416-595-9618.
- [LGBTQ Peer Support Drop-In Group](#) – Mood Disorders Association of Ontario
For LGBTQ persons living with a mood disorder. First & third Wednesdays monthly, 7-9pm.
- [Rainbow Services](#) – Centre for Addiction and Mental Health
Drug and alcohol counselling and support for LGBTQ persons. 416-535-8501.

Services Outside Central Toronto

- [East Orew](#) - East Metro Youth Services
In Scarborough, social support group for LGBTQ youth (14-24), Thursdays 5-7pm. 416-438-3697 ext.405.
- [ReachOUT Program](#) – Griffin Centre
In York Region, individual & family counseling, social supports, and advocacy for LGBTQ youth (12-18). 416-559-8565.
- [Rex Pride](#)
In Rexdale and Etobicoke region, community support group for LGBTQ youth (12-24).
- [My House](#) – Rainbow Resources of York Region
A network facilitating LGBTQ community events and listings. 905-770-5858.
- [York Rainbow Support Program](#) - Family Services York Region
Individual and family counselling, including trans-specific drop-in services. 1-888-967-5542.
- [YAAHA!](#) - YouthLink
In Scarborough, bi-weekly program for queer/trans youth (13-24). 416-967-1773 x229.

Resources for Professionals

- [Caring for Transgender Adolescents in BC: Suggested Guidelines](#). 2006 publication by Transcend Transgender Support & Education Society, Vancouver Coastal Health's Transgender Health Program, and the Canadian Rainbow Health Coalition.
- [Guidelines for Psychological Practice with Transgender and Gender Nonconforming People](#). 2015 publication by American Psychological Association.
- [Guidelines and Protocols for Hormone Therapy and Primary Health Care for Trans Clients](#). 2015 publication by Rainbow Health Ontario (Sherbourne Health Centre).
- ["Parenting Is Not a Job ... It's a Relationship": Recognition and Relational Knowledge Among Parents of Gender Non-conforming Children](#). 2016 publication by Jake Pyne, Journal of Progressive Human Services, Volume 27, Issue 1.
- [A Practitioner's Resource Guide: Helping Families to Support Their LGBT Children](#). 2014 publication prepared by Caitlin Ryan, Director of the Family Acceptance Project at San Francisco State University.
- [Standards of Care for the Health of Transsexual, Transgender, and Gender-Nonconforming People](#). 2012 publication by World Professional Association for Transgender Health (WPATH).