



TRANSGENDER COMMUNITY RESOURCE LIST

RAINBOW RESOURCE CENTRE – 170 SCOTT ST. WINNIPEG

- LGBTTQ* community resource centre and LGBTTQ* library (check website and Facebook page regularly for updates, events, groups, workshops and volunteer opportunities. You can also sign up for Rainbow News email newsletter to stay up to date (see website).)

<http://www.rainbowresourcecentre.org/>

<https://www.facebook.com/RainbowResourceCentre/>

RAINBOW RESOURCE CENTRE DROP-IN COUNSELLING – 170 SCOTT ST. WINNIPEG

- Same-week : drop-in counseling
- There is no charge for this service.
- Please call the front desk at 204-474-0212 ext. 201 to book a same-week appointment.
- Appointments are 50 minutes long.
- If appointments fill up, clients will be offered a one-time appointment later in the month (dependent on counselor availability) or referred to Klinik Drop-In.

WINNIPEG TRANSGENDER SUPPORT GROUP

- 3rd Friday of the month. 7:00PM-10PM in the **Qube space** at the **Rainbow Resource Centre** (entrance around building corner, Wardlaw St. Side). Year Round.
- Monthly opportunity to meet other gender variant folk, share information and experiences, in hopes to learn from and support one another. The group also is an opportunity for people to present in their preferred gender in a safe and affirming place. Male to female and female to male, all ages welcome.
- Open to the general public. Visit their website for more information:
<http://winnipegtransgendergroup.com/>

FTM GENDER ALLIANCE OF WINNIPEG GROUP

- 1st Tuesday of the month. 7PM-9PM in the Group Room at the **Rainbow Resource Centre**. Year round.
- Peer support group for female to male individuals. Open to the general public.

Trans Manitoba

- An independent, volunteer, non-profit group whose goal is to represent all Manitoba trans and gender fluid folks with a unified voice to resolve issues that affect transgender communities such as human rights issues.
- A chance to have your voices heard, build community, share resources and information between peers
- For information, meeting information and private Facebook group access, please email: transmanitoba@gmail.com

LIKE THAT @ Sunshine House – 646 Logan Ave (Sherbrook & Logan)

- Every Monday 6:30PM-8:30PM at **Sunshine House**
- A drop-in program for people who identify as queer, gay, bi, trans, ally, two spirited, LGBT, pan, homo or "like that". The LIKE THAT program offers a safe space for everyone, at whatever pace they choose. We use a harm reduction approach; come as you are and have some fun! Snacks and activities are provided.

PFFOTI: PARENTS, FRIENDS AND FAMILY OF TRANS INDIVIDUALS

- 2nd Tuesday of the month. 7PM-9PM in the Library at **Rainbow Resource Centre**. September to June.
- Social Support Group for parents, friends and family members of trans individuals. Open to the general public. Group facilitators can be reached at pffoti@gmail.com

PARTNERS IN PROCESS

- Support Group for partners and people who love people who identify under the trans umbrella. A space to talk about the challenges, struggles and joys of being in a relationship with someone who is struggling with gender identity – whether they are questioning, starting transition or have already transitioned. All types of relationships, all orientations and identities welcome
- Contact pip@rainbowresourcecentre.org for more info as meeting times may vary.

ONLINE RESOURCES

Trans Life Line: <http://www.translifeline.org/> OR 1-877-330-6366

Trans Life Line is a non-profit dedicated to the wellbeing of transgender people. We run a hotline staffed by transgender people for transgender people. Trans Life Line volunteers are ready to respond to whatever support needs members of our community might have.

The Transgender Project: <http://www.thetransgenderproject.com/>

The Transgender Project is an online collection of profiles designed to record, share and celebrate the personal stories of transgender women and men from across Canada; stories of struggle, of courage and of triumph. Those individuals who chose to be involved with the project reflect the broad diversity that exists within the trans community itself. Though they vary in age, ethnicity and socioeconomic backgrounds, each one has fought to cast off the gender assigned to them at birth and embrace their true selves. We hope their experiences and the resource material contained on this site will at once be educational, entertaining and inspirational.

The Gender Book: <http://www.thegenderbook.com/>

An illustrated book- similar to educational children's books- with no age limit. All hand-drawn graphics and lots of color. It's about 90 pages long, and will be readable in one sitting. The goal of the book is to educate everyone (for example: doctors, friends, schoolteachers, family and individuals who are exploring their gender) about gender and to alleviate societal oppression & misunderstanding of gender minorities through education.

Queering Sex Ed: <http://queeringsexed.com/>

A sex ed resource initiative by and for queer and trans youth between the ages of 18-29, supported by Planned Parenthood Toronto staff. "As well as being volunteers at Planned Parenthood Toronto, we're also educators, students, volunteers, social workers, health promoters and activists". **Tip:** Check out the "*other resources*" tab" for links to lots of excellent online information, articles, blogs and videos.

OTHER COMMUNITY GROUPS

New Pride Winnipeg group

Drop in group for LGBTTQ* newcomers/immigrants (ages 18+): group members share stories, play games, go on outings and talk about issues. Group meets 2nd and 4th Fridays of every month 7-9pm. Contact newpridewpg@gmail.com for more info.

Over the Rainbow Group

Contact otr@rainbowresourcecentre.org for more info

A social support group for the 55± LGBT2SQ+ folks in Winnipeg and surrounding areas. Meetings and activities held at Rainbow Resource Centre “Qube” (170 Scott St. - Entrance is on Wardlaw St.)

There are three regular kinds of programming, for a total of four meetings per month.

- **Coffee and Chat** - drop-in for coffee, tea, and conversation. The first and third Thursday of every month, 10:00am - 12:00pm
- **Potluck Supper** - bring some food to share. Good Food. Good People. The second Thursday of every month, 6:00pm - 8:00pm
- **Movie Matinée** - stop by. Popcorn provided. The fourth Thursday of every month, 1:30pm - 4:30pm

Rainbow Harmony Project – LGBTTQ* Choir

<http://www.rainbowharmonyproject.ca/>

Out there Sports - Sports and recreation group for LGBTTQ* community

<http://outtherewinnipeg.com>

Society of OUTstanding Artists – LGBTTQ* artists group

<https://www.facebook.com/groups/1417599248463570/?fref=ts>

Pride Winnipeg - LGBTTQ* Events throughout the year and during Pride Week

<http://www.pridewinnipeg.com/>

HEALTH AND FINANCIAL RESOURCES

Trans Health Klinik Binder Exchange

Klinik has a selection of gently used chest binders to donate to those having trouble affording one. Please ask us about available sizes. If you have no more need for your gently used chest binder, please consider donating to our binder exchange!

Trans Health Klinik Testosterone Injection Education Sessions

Drop-in sessions offered September – June on the first Friday of the month 3:00pm – 4:30pm @ Klinik in the basement

Sessions cover: info on Testosterone and injections skills, getting used to the equipment and coping with anxiety around injecting. Participants may practice injecting on a fake surface or do their own injections with support from nursing staff. No appointment necessary.

Family Doctor Finder phone Line:

1-866-690-8260 or register online at <http://www.gov.mb.ca/health/familydoctorfinder/>

This program helps connect people with a primary care doctor. If you wish to disclose your trans identity, you may request a connection with a transgender friendly/inclusive practitioner (they have a list).

It is important to have a primary care practitioner who can continue your care once you have met your transition goals with Trans Health Clinic.

Pharmacare

Online Application: <http://www.gov.mb.ca/health/pharmacare/>

Phone/email: (204) 786-7141, 1-800-297-8099, pharmacare@gov.mb.ca

Pharmacare is a provincial drug insurance program available for all Manitobans. Your deductible is based on both your total family income and the amount you pay for eligible prescriptions drugs (including hormones).

Manitoba Vital Statistics

<http://vitalstats.gov.mb.ca/>

254 Portage Avenue, Winnipeg MB
Phone: 204-945-3701 or 1-866-949-9296
Email: vitalstats@gov.mb.ca

Legal name and gender marker changes are done through MB Vital Statistics Agency. Some applications are available online.

Contact Trans Health Clinic Social workers if you would like more information or support with this process.

Your Trans Health Clinic team has more resources available upon request. We hope you will ask us 😊