



## TRANSGENDER COMMUNITY RESOURCE LIST

### **RAINBOW RESOURCE CENTRE – 170 SCOTT ST. WINNIPEG (entrances on Scott St. & Wardlaw Ave.)**

- 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**

- 3<sup>rd</sup> 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/>

## **TRANS MASCULINE GROUP**

- 1<sup>st</sup> Tuesday of the month. 7PM-9PM at the **Rainbow Resource** Centre. Year round.
- Peer support group for individuals who are masculinizing or who identify within the masculine gender spectrum. 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](mailto:transmanitoba@gmail.com)

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

- Every Monday and Wednesday 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.

## **CLOSET SPACE MARKET – Pop-up shops at various locations + individual services**

- Pop-up markets which support and celebrate the broader 2SLGBTQNI+ community by bringing affordable clothes, gender-affirming gear and pride swag to the Rainbow community year round.
- Check out their [Instagram](#) (@closetspace.market) and Facebook page for market details and info regarding in-home consultation and shopping support  
<https://www.facebook.com/closetspacemarket/>

## **GENDER CAFÉ – A monthly space for people of all genders to talk about gender**

- Free social events with a focus on conversation. 100% grassroots and volunteer run project. See Facebook and Instagram for events and details
- **Facebook:** <https://www.facebook.com/gendercafewpg/> **Instagram:** @gendercafewpg  
**email:** [gendercafewpg@gmail.com](mailto:gendercafewpg@gmail.com)

## **PFFOTI: PARENTS, FRIENDS AND FAMILY OF TRANS INDIVIDUALS**

- 2<sup>nd</sup> and 4<sup>th</sup> Tuesday of the month. 7PM-9PM 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](mailto:pffoti@gmail.com)

## **PARTNERS IN PROCESS**

- 7:00 — 9:00 PM on the 4th Thursday of every month. Contact Rainbow Resource Centre (204-474-0212) for more info.
- If you and/or your partner fall under the trans\* umbrella, this group is for you! PIP is a FREE social support group for people to come together and talk about the joys and difficulties that are part of being in a trans\* relationship. Whether it is you or your partner who identifies as trans\*, we welcome people of all orientations, identities, and relationships!

## **PRISM – 532 Ellice Ave. Winnipeg**

- A mentoring program through Big Brothers Big Sisters of Winnipeg designed specifically for the LGBTTQ2IA\* community. The program matches children and youth who identify as LGBTTQ2IA\* with an adult mentor who also identifies as LGBTTQ2IA\* for a one on one mentoring relationship. Through regular outings, the match will foster a friendship that is supportive, empowering and fun!
- The PRISM program requires volunteers to commit to one outing per week, for a couple of hours. Mentors and mentees are asked to commit for a minimum of one year. Volunteer mentors are extensively screened and properly trained before they are matched. Each match receives the ongoing support of a professional caseworker through Big Brothers Big Sisters of Winnipeg.
- Visit [bbbswpg@bigbrothersbigsisters.ca](mailto:bbbswpg@bigbrothersbigsisters.ca) or call (204) 988-9200 for more info

## **Mood Disorders Association of Manitoba (MDAM) LGBTQ Peer Support - 4 Fort St. Winnipeg**

- MDAM's LGBTQ support group is offered the 2nd and 4th Tuesday of each month from 6:00-7:30PM at the MDAM office (4 Fort St).
- This group is facilitated by qualified staff members and volunteers who have personal experience with mental illness. All support groups are free of charge and registration is not required. A diagnosis is not required to attend.
- For more information contact 204-786-0987

## **MORE COMMUNITY GROUPS**

### **Over the Rainbow Group**

Contact [otr@rainbowresourcecentre.org](mailto:otr@rainbowresourcecentre.org) or [rainbowresourcecentre.org](http://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: "Coffee and Chat", "Potluck Supper" and "Lunch and Learn"

### **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 2<sup>nd</sup> and 4<sup>th</sup> Fridays of every month at Rainbow Resource Centre 7-9pm. Contact [newpridewpg@gmail.com](mailto:newpridewpg@gmail.com) or the Rainbow Resource Centre for more info.

### **QPOC – Queer People of Colour Winnipeg**

Check out <http://qpoc-international.com/> for more info

QTPOC strives to create safer spaces for where Queer and Trans People Of Colour feel represented, respected and inspired. What started in 2014 with the intention of being an annual Pride dance party with "Colour Me Queer", has evolved into much more. Dance parties, panel discussions, art based events, "QPOC Talks" at local high schools, workshops, DJ sponsorships for QTPOC, and providing support for local LGBTTQ\* refugees, we hope to continue to be a positive contributor to the LGBTTQ\* community. Based out of Winnipeg.

### **Rainbow Harmony Project – LGBTTQ\* Choir**

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

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

<http://outtherewinnipeg.ca>

### **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/>

## **SOME 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 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. There is also a handbook version available as a free download. 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. There are also helpful resources listed on the website!

**Queering Sex Ed:** <http://teenhealthsource.com/blog/queering-sexual-education/>

Queering Sex Ed (QSE) is a project at Planned Parenthood Toronto, developing a sex ed resource with and for LGBTQ youth. The information and resources have been created by the Queering Sex Ed Youth Advisory Committee. Created by youth but helpful for anyone of any age!

**Two-Spirit Journal:** <https://twospiritjournal.com/>

[TwoSpiritJournal.com](http://TwoSpiritJournal.com) is an interactive multi-platform [#TwoSpirit](https://twitter.com/TwoSpirit) media/news site. 2SJ provides original content of news and current events to educate, build connectivity and to put a face and voice to the diverse & vibrant Two-Spirit community in the United States and Canada. Find their page on Facebook [@twospiritjournal](https://www.facebook.com/twospiritjournal)

## **HEALTH RESOURCES**

### **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](mailto: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](mailto:vitalstats@gov.mb.ca)

Legal name and gender marker changes are done through MB Vital Statistics Agency. Some applications are available online. Call to book an appointment for processing applications.

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

### **Trans Health Clinic 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 Clinic Hormone Injection Education Sessions**

Drop-in sessions on the first Friday of the month 3:00pm – 4:30pm at Klinik (870 Portage) in the basement

Sessions cover: info on hormone 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.

### **Commit to Quit: Groups offered at Klinik**

Commit to Quit is a group for people who are planning to quit using tobacco. Most people will be ready to quit using tobacco after week 4 of the program. In this program you will learn about support techniques and aids to quit smoking, including smoking cessation medications. You will be supported with developing a plan to quit and you will learn and practice strategies to deal with recovery symptoms and stay tobacco free for the long term.

Please ask your Trans Health team member for more information.

Groups are offered at a variety of locations including Klinik. For a current listing of Commit to Quit courses, locations, and registration, go to:

<http://www.wrha.mb.ca/community/primarycare/guide.php>

### **Craving Change: Groups offered at Klinik**

Craving Change offers strategies to participants on ways to cope with problematic eating that is affecting their lives. It is not a weight-focused program. All are welcome to attend.

Groups are offered at a variety of locations including Klinik. Talk to your Trans Health team member for more information. For a current listing of Craving change courses, locations, and registration, go to: <http://www.wrha.mb.ca/community/primarycare/guide.php>