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Trans Health Klinik Welcome Package

Check us out online!

Website: Klinik.mb.ca

Instagram: [@thklinik](https://www.instagram.com/thklinik)

Twitter: [@KlinikCHC](https://twitter.com/KlinikCHC)

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Just Care. *For Everyone.*

www.klinik.mb.ca



Welcome to Klinik Community Health's Transgender Health Program

This welcome package includes initial information that you may find helpful as you begin your health care process with us.

This package highlights a variety of available resources, services, and medical procedures that may feel affirming to folks of different lived experiences. While many of the treatments that we cover are often characterized as *feminizing* and *masculinizing* procedures, we recognize that this is not static, and they can have a different meaning to each individual. We therefore intend to model inclusion of all people seeking affirming care procedures by using non-gendered language which focuses on anatomy and treatments (Trans Care BC, 2023). We acknowledge that how we define ourselves continues to change and evolve over time, and we aspire to implement practices that are affirming of all people in our program. We welcome your feedback on our practices as we strive to uphold this mandate.

Please note: *This package is inspired by the practices of Trans Care BC, and our program processes as informed by the World Professional Association for Transgender Health (WPATH) Standards of Care guidelines and Sherbourne Health/Rainbow Health Ontario guidelines for Trans affirming primary care.*

To learn more, visit: <http://www.phsa.ca/transcarebc>, <http://www.wpath.org>, and <https://www.rainbowhealthontario.ca>

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Additional documents:

Our program has many other resources available upon request, such as info on:

- Transitioning at work
- Safety in relationships, dating, and safer sex
- Naloxone and safer drug use supplies
- Families
- Group programming
- Indigenous cultural resources

Feel welcome to ask us what we have available!

Safety and Respect

We strive to create a healthcare environment that is culturally responsive and affirming.

All people involved with Klinik (patients/clients, staff, volunteers, and guests) are entitled to an environment that is respectful; meaning it is free of disrespectful behaviour, such as various forms of discrimination, bullying, harassment, sexual harassment, personal harassment, and workplace violence. No one may be treated with disrespect, and no one may use disrespect against another person. To learn more about this, we encourage folks to review your *Rights and Responsibilities* at Klinik, and our *A16 Respectful Workplace Policy* on our website.

If you have a complaint about a service that you received and you do not wish to raise your complaint with the staff person you have been working with, or you feel that this person has not dealt with your complaint to your satisfaction, there are additional options to have your complaint addressed. You are invited to contact the Program Manager or Program Director by: (1) email your complaint to klinik@klinik.mb.ca; or, (2) leave a message at (204) 784-4018, and your concern will be forwarded to the person responsible. To learn more about this process, visit Klinik's *A8 - Klinik Complaint Guidelines* on our website

Rights and Responsibilities: <https://klinik.mb.ca/about-klinik/about-klinik-rights-and-responsibilities/>

Klinik's Policies: <https://klinik.mb.ca/about-klinik/governance/policies/>

Klinik's Complaint Guidelines: <https://klinik.mb.ca/wp-content/uploads/2022/06/A-8-Complaints-Policy-Exhibit-1-Approved-May-18-2022.pdf>

Klinik's Position Statements: <https://klinik.mb.ca/about-klinik/governance/position-statements/>

Your Trans Health Team

Together as a team, we will work with you towards achieving your transition goals. Trans Health Clinic offers consultation, medical, and psychosocial support and services that are individualized and tailored to client needs.

We Are a Transitioning Care Clinic: This means that we are unable to act as your primary care provider. For example, if you have a sore throat or need disability forms filled out, we will ask you to visit with your family doctor. Once you are no longer receiving transition related medical treatments through our program, we will transfer your care to a primary health care provider (such as a family doctor or nurse practitioner).

Note: We require our clients to have a primary health care provider before seeing a psychologist for surgery assessments.

If you do not have a primary care provider, you can find one by contacting:

Family Doctor Finder

Phone: (204) 786-7111 or call toll free 1-866-690-8260

Website: www.gov.mb.ca/health/familydoctorfinder

This service may direct you to trans-friendly practitioners upon request.

Your Trans Health Team Member Roles:

Klinik Community Health Admin Desk: (204) 784-4090

Klinik admin staff may also answer general questions and direct your call to specific staff or programs. Call the admin desk to book, cancel or reschedule appointments, or update your address on file.

Medical Assistant: (204) 784-4081 or (204) 784-4023

Medical assistants support the medical providers with tracking client documents and referrals. They ensure that your referral information is sent to your surgeon, send you surgery information packages, and may call you to book needed labs or appointments.

Nurses: (204) 784-4083

Nurses collect health history, discuss health related questions, review labs, and provide teaching and support for medication administration. If you are having your lower body surgery in Montreal, the nurse can assist you with filling out your forms. You are also encouraged to consult with the nurse if you would like an education session to prepare yourself for surgery.

Note: *Your questions for the nurse can be best answered by booking a nurse phone appointment. Book your phone appointment at the Klinik front desk (204) 784-4090*

Peer Support Worker: (204) 784-4016

A peer support worker may support you from a place of lived experience while you are receiving services from Trans Health Clinic. They also offer program information and connect folks with community resources. Call the peer support worker directly with any questions or support needs, they would be glad to connect with you!

Social Workers: (204) 784-4061 (Clinic Social Work team) or 204-259-3927 (Trans Health Social Worker)

Social workers collect social and mental health history during intake appointments. They can also help connect you with community resources and offer counselling support. You can consult with our social workers about navigating the social aspects of your journey, such as updating your legal identification, “coming out,” family dynamics, relationships, coping and supports, and connecting with communities. Our social workers will strive to give you the information you need to make informed choices and lead the journey of your unique transition. Ask us questions, and we will do our best to answer!

Psychologist:

Currently, Manitoba Health requires a diagnosis of Gender Dysphoria (GD) for surgeries to be funded. To meet this criteria, Manitoba Health requires the following:

- *Upper Body Surgery:* One letter of recommendation to confirm GD and approve funding; from a health care provider or from a psychologist.
- *Lower Body Surgery:* Two letters of recommendation to confirm GD and approve funding; one letter from a health care provider and one from a psychologist.

Clients seeking surgery can meet with the psychologist at Clinic after a Trans Health physician or nurse practitioner determines the client is ready for surgery, using the WPATH SOC8 guidelines. Our psychologist performs a comprehensive mental health and surgical readiness assessment before providing a recommendation letter. They ask about a client’s family history, social situation, gender development, and mental health history. They also model informed consent by ensuring clients fully understand the surgery implications and will be able to safely care for themselves during their recovery.

The assessment includes a 10–16-page questionnaire that clients are asked to complete during the first portion of their psychology appointment. The length of this form depends on each person’s unique transition goals. If you require support with filling this out, Trans Health staff are happy to provide support. Let us know if we can help.

A Note on Mental Health: Mental health issues are common in the general population, and even more common among gender diverse people due to several factors, such as minority stress and anti-trans discrimination. Mental health challenges do not prevent

participation in gender affirming surgeries. The psychologist will work with you to determine a plan for addressing your mental health needs.

Medical Learners and Research:

At times, student health providers and/or researchers may ask to consult with you or attend appointments and provide care under the supervision of Klinik health care providers. Having learners and researchers at Klinik helps future Manitoba health providers understand gender affirming needs in the larger healthcare system. We will always first ask your permission to connect you with a student or researcher. If you decline, we will respect this. If you are uncomfortable with receiving services from a student or researcher, let us know. We will respect your decision, no questions asked.

Program Intake and Appointment Flow:

Depending on your transition goals, you will likely meet with a social worker, a nurse, and a medical practitioner during your initial intake visits in our program.

- Intake appointments are a time when you can learn about our program, and they are an opportunity for us to get to know you, your unique goals, and needs.
- Our intake process is not intended to question your identity, and we do not require clients to “prove” who they are. Our intake process serves to learn about who you are, your health history, and what your needs are so that we can support you and provide you with coordinated treatments at your discretion.
- You lead the overall direction of your transition. There is no “one way” to do this, and we strive to work *with* you and meet your needs.
- There can be lengthy wait times to access certain treatments, but we can help you to navigate these systems, and you can identify a pace that works.
- Initial intake visits usually require two appointments (one with a social worker, and a back-to-back appointment with a nurse and medical practitioner). However, they may take three appointments depending on scheduling.
- Once we have a good sense of your health history and your transition needs, we will work with you to begin treatments.

On the following page you will find a general summary of the step-by-step process of what clients can typically expect during their time in our program, with more detailed information that follows. It is important to know, however, that we support folks at varying points of their journey, and yours may be different from what is outlined here.

Trans Health Klinik Care Process

Step 1

Registration:

Fill out the registration form and mail or drop it off at Klinik OR fill out the registration form at Klinik.

Step 2

Social Work Intake:

Your first appointment at Trans Health Klinik will be an intake appointment with a social worker.

Step 3

Medical Care Intake:

Your second appointment at Trans Health Klinik will be for Nurse and Medical Practitioner intake. Blood work will be done and you will review and complete a hormone consent form.

Step 4

Medical Care Visit:

Your third appointment Trans Health Klinik will be with a medical practitioner. Hormones are typically prescribed at this appointment.

Step 5

Follow-up Care:

You will have several follow-up appointments at Trans Health Klinik including mandatory lab work and optional social work or peer support.

Step 6

Transfer of Care:

Once your medical transition goals are met, your care will be transferred to your primary care provider.

Detailed Breakdown of the Trans Health Clinic Care Process: In many cases, clients can expect the following appointment flow. However, everyone's needs are different, and timeframes can vary.

Step 1: Program Registration

- Provide your demographic information.
- Program introduction.
- Schedule initial intake appointment.

Step 2: Social Work Intake - Meet & Greet with Social Worker

- Provide your health and social information.
- Provide information related to your gender development.
- Discuss your unique transition needs.
- Review available resources.

Step 3: Medical Care Intake - Meet & Greet with Nurse and Medical Practitioner

- Provide your physical health information.
- Review your medical transition needs.
- Review hormone therapy consent forms (if relevant).
- Attend a lab for baseline blood work prior to hormone therapy (if relevant).

Step 4: Medical Care Visit - 2nd Medical Practitioner Visit

- Receive hormone therapy prescriptions (if relevant - this may vary depending on each client's unique needs and the practitioner's assessment).
- Once prescribed, clients will need to obtain their medication and any related injection supplies (if relevant) from your pharmacy.

Step 5: Follow-Up Care Appointments (As Relevant to Your Transition Goals)

Hormone Self-injection Teaching Appointments with Nursing Staff

- Receive up to three individual teaching sessions.

Hormone Follow-ups and Bloodwork

- Clients may require follow-up blood work and medical appointments to check their hormone levels, discuss how they are feeling, and adjust their dose as needed.
- It is up to clients to book these appointments. Your provider will give you instructions. If you are not sure, let us know, we are happy to help.

Social Work Appointments

- During a client's time in Trans Health, they can schedule appointments as needed for support and/or resources with the social workers. We are here if you need us. Call 204-259-3927 (Trans Health Social Worker) or (204-784-4061 (Klinik Social Work Team).

Peer Support Appointments

- Clients may request lived experience support and/or resources as needed. We are here if you need us. Call (204) 784-4016.

Other Referrals

Wait times may vary to access certain services, but clients may pursue these goals when they feel ready. Talk to your Trans Health team members about:

- Fertility Treatment Options
- Facial Procedure Options
- Hair Removal or Hair Restoration
- Legal Name and Gender Marker Change (forms: <https://vitalstats.gov.mb.ca>)
- Vocal and Speech Therapy
- Tucking, Padding, Packing and Binding Resources
- Community Resources and Culturally Responsive Resources

Surgical Readiness Assessment (wait times will vary)

- Assessment to support the "Gender Dysphoria" diagnosis required to access Manitoba Health insurance for certain surgical procedures. Consult with your Trans Health team if you have questions or if you will require support.
- Assesses surgical readiness for surgeries based on WPATH SOC8 guidelines.
- Manitoba Health requires this recommendation from a psychologist and/or a medical practitioner to fund certain gender affirming surgeries.

Gender-Affirming Surgeries (wait times may vary)

- Clients can consult with Trans Health for details on upper body and lower body surgery options. Some surgeries are offered in Manitoba, some are offered in Montreal, and some surgeries can be accessed in other locations.
- Manitoba Health funds some surgeries, but not all of them. Clients are asked to refer to this info package and consult with Trans Health about health coverage.

Preoperative and Postoperative Care

- Preoperative care appointments (*before* surgery): The client's family physician or nurse practitioner may do these.
- Postoperative care appointments (*after* surgery): The client's Trans Health medical practitioner or the plastic surgery team should do these.

Step 6: Transfer of Care to Your Personal Medical Care Provider

- Once a client has completed the parts of their medical transition goals that our program can assist with, their care will be transferred to their family physician, nurse practitioner, or primary care provider who can continue to prescribe hormone therapy.
- If you do not have a family physician or nurse practitioner, we encourage you to use the Family Doctor Finder: Phone (204) 786-7111, call toll free 1-866-690-8260, or visit www.gov.mb.ca/health/familydoctorfinder. *This service can support you with finding trans-friendly practitioners upon request.*

Gender Affirming Treatments

This section details the range of different gender affirming treatment options. Let your Trans Health team know if you have questions or would like to access any of them.

Hormone Treatment Options

Hormone Therapy Considerations: For more information, we recommend the following site <http://www.phsa.ca/transcarebc/hormones/hormone-therapy>

In Manitoba, hormone replacement therapy (HRT) does not require a mental health assessment, and a medical provider can prescribe it. Clients must complete bloodwork before starting HRT, and our medical provider can make a requisition if one has not been made. Clients receive 5 Trans Health practitioner visits to begin HRT before being transferred back to their primary care provider. It is important that clients take steps to secure a primary care provider to continue their medical care if they do not already have one. **Important note:** During the first year of HRT, clients must complete bloodwork and attend follow-up visits every 3 months, allowing a provider to ensure their hormone levels are safe, adjust their dose as needed, and ensure max HRT effectiveness. For this reason, prescriptions are not refilled if bloodwork and follow-up visits are missed.

Depending on each individual client's needs, a medical practitioner may prescribe hormones and blockers in the following variations to achieve a desired effect:

Estrogen-based Treatment:

- Estrogen + Hormone Blocker are prescribed.
- Estrogen types: Injectable, oral pill, and patch options.
- Testosterone Blockers: Spironolactone, Cyproterone, Finasteride.

Progesterone Treatment:

- Progesterone can serve specific supplementary purposes for some clients. It is recommended to consult with a medical practitioner before use.
- May sometimes be prescribed during estrogen-based treatments.
- May sometimes be prescribed on its own to stop monthly bleeding.
- Progesterone types: Oral pill.

Testosterone-based Treatment:

- Testosterone is prescribed.
- Testosterone types: Injectable most commonly prescribed/used. Oral pill and topical cream/gels can be less effective and more expensive; but they can be options that clients can discuss with a medical practitioner.

Funding Options: Hormones and blockers can be fully or partially covered by Pharmacare, EIA or other health insurance benefits (Blue Cross, Canada Life, Greenshield, etc.). The Non-Insured Health Benefits program may cover them for registered First Nations and Inuit clients. Pharmacies will charge full price for these medications without coverage.

To apply to Manitoba Pharmacare: <https://www.gov.mb.ca/health/pharmacare/apply.html>

Effects and Expected Time Course of Hormones

Testosterone-based Hormone Therapy

Effect	Expected Onset ^a	Expected Maximum Effect ^a
Skin oiliness/acne	1-6 months	1-2 years
Facial/body hair growth	3-6 months	3-5 years
Scalp hair loss (alopecia)	>12 months ^b	Variable
Increased muscle mass/strength	6-12 months	2-5 years ^c
Body fat redistribution	3-6 months	2-5 years
Monthly bleeding stops (pregnancy may still be possible)	2-6 months	n/a
Erectile tissue growth (clitoris)	3-6 months	1-2 years
Drying and thinning to the lining of internal genitals (vagina)	3-6 months	1-2 years
Deepened voice	3-12 months	1-2 years

a Estimates represent published and unpublished clinical observations

b Highly dependent on age and inheritance; may be minimal

c Significantly dependent on amount of exercise

Sources: Hembree et al., 2009⁴¹, Feldman and Safer, 2009⁴⁰; Trans Care BC, 2023

Estrogen-based Hormone Therapy

Effect	Expected Onset ^a	Expected Maximum Effect ^a
Body fat redistribution	3-6 months	2-5 years
Breast growth	3-6 months	2-3 years
Decreased muscle mass/strength	3-6 months	1-2 years ^b
Softening of skin/decreased oiliness	3-6 months	Unknown
Thinned/slowed growth of body/facial hair	6-12 months	>3 years ^c
No hair regrowth, hair loss stops for pre-existing scalp hair loss	1-3 months	1-2 years
Decreased sex drive	1-3 months	1-2 years
Less unplanned erections	1-3 months	3-6 months
Fertility (decreased sperm production and erections)	Variable	Variable
Decreased gonad size (testes)	3-6 months	2-3 years

a Estimates represent published and unpublished clinical observations

b Significantly dependent on amount of exercise

c Complete removal of facial and body hair requires electrolysis, laser treatment, or both

Sources: Hembree et al., 2009⁴¹, Feldman and safer, 2009⁴⁰; Trans Care BC, 2023

Fertility Treatment Options

Before starting hormone therapy, some clients may choose to think about fertility treatment options, such as sperm banking, ova harvesting and preservation, or other family planning options. Information on reproductive options can be given to clients at their first appointment with a Trans Health practitioner if they wish. *Fertility treatments are not currently covered by health insurance.*

Surgery Treatment Options

Surgery Treatment Considerations: For more information, we recommend the following site <http://www.phsa.ca/transcarebc/surgery/gen-affirming/surgery-considerations>

Upper Body Surgeries

Breast Construction (“breast augmentation”):

- Can be fully covered by Manitoba Health on a case-by-case basis if an approved provider completes an assessment that supports the client’s readiness for surgery. Clients are asked to discuss their needs for this procedure with their Trans Health medical provider. Options are also available through private clinics.
- Wait times for a surgical readiness assessment may vary. Clients must have a primary care provider before an assessment can take place. Consultations and preoperative appointments will occur with the client’s plastic surgeon prior to their actual surgery date.

Chest Construction Surgeries (“top surgery”):

- Chest Reduction: Consists of reducing the amount of chest tissue.
- Bilateral Mastectomy: Consists of removing, flattening, and contouring the chest tissue, which may include nipple grafting.
- Either surgery can be fully covered by Manitoba Health if an approved provider completes an assessment that supports the client’s readiness for surgery.
- Wait times for a surgical readiness assessment may vary. Clients must have a primary care provider before an assessment can take place. Consultations and preoperative appointments will occur with the client’s plastic surgeon prior to their actual surgery date.

Facial Procedure Options:

There are a variety of options available to clients who wish to undergo facial treatments. These procedures are typically not covered by Manitoba Health, and they can be performed in Montreal or out of Canada if paid for privately. Some examples of facial procedures include: *EyeLid Rejuvenation, Facial Bone Reduction, Face Lifts, Rhinoplasty (nose reshaping), and Tracheal Shave.*

Lower Body Surgeries

Orchiectomy:

- Removal of the external gonads (testes).

Penectomy:

- Removal of the erectile tissue (penis).

Vulvoplasty:

- Creation of a vulva using the erectile tissue.
- For more details: <https://www.grsmontreal.com/en/surgeries/male-to-female/2-vaginoplasty-without-vaginal-cavity.html>

Vaginoplasty:

- Creation of a vagina and vulva using the erectile tissue.
- For more details: <https://www.grsmontreal.com/en/surgeries/male-to-female/1-vaginoplasty.html>

Hysterectomy with Salpingo-Oophorectomy:

- Removal of the uterus, internal gonads (ovaries), and fallopian tubes. Includes permanent infertility and the ending of monthly bleeding.

Hysterectomy without Oophorectomy:

- Removal of the uterus only, and the internal gonads (ovaries) remain. Includes permanent infertility and the ending of monthly bleeding.

Metoidioplasty:

- Elongation and release of the erectile tissue (clitoris) from the pubic region, with testicular implants included.
- For more details: <https://www.grsmontreal.com/en/surgeries/female-to-male/12-metoidioplasty.html>

Phalloplasty:

- The creation of a new penis using a skin graft that is removed from another area of the body, often the forearm. Testicular implants are included with a prosthetic pump in the scrotum which allows the penis to become erect.
- For more details: <https://www.grsmontreal.com/en/surgeries/female-to-male/6-phalloplasty.html>
- Hair Removal for the purpose of surgery: Hair removal of the forearm is required for clients who are planning to undergo Phalloplasty. To create a hair free phallus, the forearm must have hair removed.

This is covered through Manitoba Health if an approved provider completes an assessment that supports the client's readiness for Phalloplasty.

A hair removal recommendation is formally made during a client's Phalloplasty consultation appointment in Montreal. They will then be referred for covered laser hair removal of the forearm in Winnipeg. Currently, electrolysis is not covered by Manitoba health. Visit the [Laser versus Electrolysis](#) table for more info.

Information About Surgical Providers and Funding

- Orchiectomy on its own can be performed by urologists in Winnipeg.
- Hysterectomy and Oophrectomy referrals are made to a gynecologist in Winnipeg. Consultations and preoperative appointments will take place prior to the client's actual surgery date.
- Penectomy, Vulvoplasty, Vaginoplasty, Metoidioplasty, and Phalloplasty are all performed at the Centre de Chirurgie in Montreal, Quebec. Clients pay up front for their transportation costs to Montreal and must keep their receipts and plane tickets for reimbursement by Manitoba Health. For more details visit: <https://www.grsmontreal.com/en/home.html>
- Orchiectomy, Penectomy, Vulvoplasty, Vaginoplasty, Hysterectomy, Oophrectomy, Metoidioplasty, and Phalloplasty are all covered by Manitoba Health if an approved provider completes an assessment that supports the client's readiness for surgery, and if the client has been on HRT for at least six months. Client's must have a primary care provider before this assessment can occur. For Metoidioplasty and Phalloplasty, assessments can take place at the same time as an assessment for a Hysterectomy.

Vocal and Speech Options

Some individuals may wish to access speech language therapy. At a client's request, a referral can be made to speech language therapy through Deer Lodge Centre, and this service is covered through Manitoba Health. There are also options for private voice therapy if preferred. Clients are encouraged to ask your Trans Health team for more info about this, and additional details can be found in the [Voice and Speech Therapy information sheet](#) near the end of this package.

Hair Removal or Hair Restoration

Sometimes folks may wish to access hair removal or hair restoration services.

Hair Restoration:

- There are a variety of surgical and non-surgical options available to clients who wish to undergo hair restoration. These procedures are typically not covered by Manitoba Health, and they can be performed in Manitoba if paid for privately.

Hair Removal:

- There are two options for hair removal: Laser or Electrolysis

- Manitoba Health covers Laser hair removal if the referral is made by an approved provider on our Trans Health team.
- Manitoba Health does not presently cover Electrolysis hair removal.
- Private option cost estimates are approximately \$2,400 for a full treatment Electrolysis package, and \$1,600 or more for a Laser treatment package

Laser versus Electrolysis

<i>Laser Hair Removal</i>	<i>Electrolysis</i>
Cost is calculated per treatment. Average cost for facial/neck hair removal is \$150 per treatment (2015)	Cost is calculated per hour. Average cost per hour for facial/neck hair removal is \$60 per hour (2015)
The Mainstream laser unit can only be used with those with light skin and dark hair. It can burn those with dark skin and won't give satisfactory results with those with lighter hair. Laser targets pigment.	Can be used on anyone no matter the hair or skin color as it attacks the hair follicle itself, not the pigment in the hair. Each hair follicle must be individually treated. Number of hours of treatment depends on the type of electrolysis used. <u>Types of electrolysis:</u> Galvanic: original electrolysis treatment, applied by direct current, resulting in a chemical change to the hair follicle Thermolysis: aka radio/high frequency, uses alternating current to heat and kill the hair follicle Blend: a combination of direct and alternating current, using chemical and heating action together or one after the other to kill the hair follicle
Treatments are spaced out about a month apart to achieve the best hair removal results. Mayo clinic states that laser treatments can reduce hair amounts by 40-80%	Can be scheduled as needed every 1-6 weeks apart depending on rate of hair growth and personal preference. With regular visits, hair amounts can be reduced by 75% in 6-18 months
Can treat tens of thousands of hairs at a time	Treats one hair at a time, about 200-800 hairs/hour
Feels like a rubber band snapping against the skin and causes a sensation of heat. Coarse hair feels more of the burning sensation	Feels like a stinging/pricking sensation for each follicle that is treated

*Adapted from table by Jessica Jacob, RN (NP student); 2015

Legal Name and Gender Marker Change

Individuals may wish to change their legal name and/or gender marker on their government issued documents (birth certificate, photo identification, drivers license, Manitoba Health card, passport, etc.). There are costs associated with this process, and the application processes can take time and multiple steps to complete for some of these documents. Clients are encouraged to consult with your Trans Health team if you need supports or resources to complete this process.

Changing your gender marker on provincial photo identification (drivers license, MPI ID) does not require a legal change. You may request a new document with your self declared gender marker at no charge. Visit <https://www.mpi.mb.ca/> or consult your Trans Health team for details.

ID clinic services to cover legal application costs and help to complete paperwork are sometimes offered by Rainbow Resource Centre and Sunshine House. More information about these organizations can be found at the end of this package.

Some of the required forms can be found here: <https://vitalstats.gov.mb.ca>

Counselling Support

Some clients may find it helpful to seek counselling support as they transition. Whether they choose to confide in someone they trust, reach out to a peer support group (see community resource section), or seek formal counselling from Trans Health social workers, or other counselling resources, that is completely up to them to decide. It is common to need some support during this process and we encourage you to reach out as needed if you feel this might be helpful.

- Call our Trans Health Social Worker (204) 259-3927 or the general Klinik Social Worker team: (204) 784-4061.
- Trans Health Peer Supporters: (204) 784-4016.
- Klinik Drop-In Counselling: Monday, Friday, Saturday 12-4PM and Tuesday, Wednesday & Thursdays from 12-8PM.
[Klinik Drop-In Counselling - Klinik Community Health](#)
- Rainbow Resource Centre: offers short-term counselling services. Call 204-474-0212 or visit [Counselling – Rainbow Resource Centre](#) for more information.

- 24/7 Crisis Supports:
 - Klinik 24/hr Crisis Line: 204-786-8686 or 1-888-322-3019
 - Manitoba Suicide Prevention and Support Line: 1-877-435-7170
 - Trans Lifeline at 1-877-330-6366
 - Adult Mobile Crisis at 204-940-1781
 - Kids Help Phone at 1-668-6868
 - Youth Mobile Crisis at 204-949-4777 or 1-888-383-2776

Tucking, Padding, Packing, or Binding Information & Resources

Some individuals may wish to access materials for binding, packing, tucking, or padding. Clients are invited to ask their Trans Health team for advice or additional resources.

Tucking and Padding:

- Depending on a client's goals, they may choose to make their underwear area look smoother. They may also choose to use undergarments, breast forms, and foam to create the appearance of larger breasts, hips, and buttocks. There are several methods and devices that may help to achieve this. These items are not covered by health insurance.
- For more information, we recommend the following website:
<http://www.phsa.ca/transcarebc/care-support/transitioning/bind-pack-tuck-pad>

Packing:

- Involves using an object in front of the pants or underwear to create a bulge.
- For more information, we recommend the following site:
<http://transhealth.phsa.ca/social-transition-options/binding-packing-tucking/binding>

Chest Binding:

- Is a way to flatten out the chest tissue to appear more in line with a person's gender expression. There are many ways to chest bind but it is important to choose a method that feels reasonably comfortable and does not cause damage to a person's body. For example, if the chest binder is too tight it may cause difficulty breathing, pain, and can even damage the ribs. They can also be very warm so choosing a breathable material is ideal. Costs of chest binders will vary, and health insurance providers do not cover them.
- Trans Health Clinic has a small binder exchange program. Clients are invited ask if there may be a binder available for use. We also welcome folks to consider donating their gently used chest binders if they no longer use them.
- For more information on binding, we recommend the following site:
<http://transhealth.phsa.ca/social-transition-options/binding-packing-tucking/binding>

Where to purchase binders: *the below list may not reflect quality assurance of the products. Individuals are encouraged to do their own research into companies and products.*

- GC2B (<https://www.gc2b.co>)
Cost approx. \$45
Shipping approx. \$7
Sizes XXS-5XL
Colours: black, white, nude 1-5 (all different skin tones), olive green, red, blue, purple, rainbow.
- FTM ESSENTIALS (<https://www.ftm essentials.com/collections/bindings>)
Cost approx. \$25-50 (different brands)
Shipping between \$20-32
Sizes S-3XL
Colours: black or white
- SPECTRUM OUTFITTERS (<https://spectrumoutfitters.co.uk/>)
Cost approx. \$65-80
Shipping: approx. \$15 (ships from UK)
Sizes: XXS-7XL
Colours: white, black, grey, pinks, purple, blues, green, red, various skin tones/nudes.
- GENDERGEAR (<https://www.gendergear.ca>)
Cost approx. \$30-70 (different brands)
Shipping approx. \$10
Sizes S-3XL
Colours: black or white
- UNDERWORKS (<https://www.f2mbinders.com>)
Cost approx. \$40
Shipping approx. \$17.50
Sizes XS-4XL
Colours: black, white, nude (light skin tone)

Chest Taping:

- Another form of chest binding that uses kinesiology tape to flatten the chest.
- Experts recommend using chest binder garments like those listed above, but if you are using tape, our Trans Health team can offer recommendations for safer methods and products.

Voice and Speech Therapy: Information Sheet

Is there a Cost?

- No. Services are offered by the WRHA Outpatient Speech Language Pathology (SLP) program which is supported by Manitoba Health.

What is required of me?

- Regular attendance and participation in home exercises is expected. Be prepared to participate in daily homework drills (30 minutes minimum) for the duration of the training period.
- Clients must have some way to measure pitch (e.g. free software options, smart phone apps, a guitar tuner, sing along to a CD). The therapist will discuss options at the assessment session.
- Factors that may contribute to a successful outcome:
 - Ability to attend appointments regularly.
 - Time and motivation to practice.
 - Willingness to attempt to use new voice skills routinely in a variety of contexts.
 - Ability to produce sounds in the target pitch range.
 - Basic pitch-matching skills (however a good singing voice is not required).
- If there is an underlying vocal pathology present or suspected, laryngeal assessment by an otolaryngologist must be completed before voice training starts.

What happens in voice training?

- Exercises and drills often focus on:
 - Speaking pitch.
 - Changing the vocal tract position (the “tube” above the voice box - the throat & mouth)
 - Endurance and flexibility of the vocal cords and surrounding muscles.
 - Breath support exercises.
 - Other drills may include altering breathiness, intonation, articulatory patterns.
- Vocal care, stretching and relaxation of the head and neck muscles, and managing vocal strain will be reviewed.

How long is the training process?

- This depends on the goals. Generally, it ranges from 4-12 sessions, assuming regular attendance and practice.
- Expect it to take several months or up to a year to consistently incorporate voice skills into conversations. Continued refinements/changes can happen long after formal training sessions.

Risks and Benefits:

- There is a risk of vocal fatigue and strain. This can usually be managed by monitoring vocal quality and adjusting the home practice program.
- Sometimes excess voice use can lead to chronic hoarseness and strain, in which case an assessment by an Ear Nose Throat doctor would be recommended.
- Benefits of voice and speech therapy include: an opportunity to learn and practice new voice and speech patterns, improved control and self-awareness of voice, and increased satisfaction as one masters vocal techniques and uses them in every-day situations.

What if I need to miss an appointment?

- If you cannot attend an appointment for any reason, **please call (204) 831-2526 (or your clinician) and let us know.**



Indigenous Cultural Resources

Klinic Cultural Programs and Services: Klinic offers internal cultural supports for folks who are First Nations, Metis, and Inuit, such as Indigenous Cultural Support Workers who are available to Klinic clients seeking resources, services, programming, and someone to talk to. Klinic has a Belonging Room for Klinic clients, volunteers, staff, and broader community members seeking healing and access to sage and sweetgrass medicines to smudge. Klinic also has an Indigenous-led Advisory Group who invites feedback on the quality of services and working environment for First Nations, Métis, and Inuit clients, staff, and volunteers. Ask your Trans Health team members for more information on how to access these supports.

External Cultural Resources: Trans Health has compiled a list of Indigenous cultural resources that are available to Two Spirit, Indigiqueer, and Indigenous LGBTQQIA+ clients in Winnipeg and other geographical locations, as well as learning opportunities that can be helpful for service providers who are providing care to members of these populations. A list of this information can be found on our Trans Health website, and clients are invited to request a copy from your Trans Health team.

Community Resource List

Rainbow Resource Centre – 545 Broadway, Winnipeg, MB (NEW Location)

2SLGBTQQIA+ community resource centre and 2SLGBTQQIA+ library (check the website and Facebook and Instagram pages regularly for updates, events, groups, workshops and volunteer opportunities. You can also sign up for Rainbow News email newsletter to stay up to date (visit website).

- Phone: (204) 474-0212 / 1-855-437-8523 (Toll-Free)
- Instagram: @rainbowresourcecentre / @rainbowresourceyouth
- <http://www.rainbowresourcecentre.org/>
- <https://www.facebook.com/RainbowResourceCentre/>

Programs and Groups at RRC: *(Note that schedules are subject to change – most updated information can be found on the website)*

Rainbow Resource Counselling

- <https://rainbowresourcecentre.org/programs/counselling>
- Free short-term counselling (up to 8 sessions) and single-sessions to 2SLGBTQ+ individuals.
- To be notified when counselling intake opens, join our electronic newsletter by visiting our website. <https://rainbowresourcecentre.org/stay-connected>

Rainbow Resource Centre Youth Program (Ages 14-21)

- A fun, positive space for Two Spirit, lesbian, gay, bisexual, transgender, queer, questioning, intersex, plus (2SLGBTQQIA+), and allied youth **ages 14-21**. Learn new skills, create projects and celebrate identity. Program focuses on resilience, self-esteem, self-confidence and peer support.
- Instagram: @rainbowresourceyouth
- Discord chat: Please contact **Rainbow Resource Centre** to request access
- YouTube: RainbowResourceYouth
- <https://rainbowresourcecentre.org/support/social-groups/youth-program>

The Den – Diversifying the Enby Network

- A social space for non-binary and gender-questioning folx to connect with one another in a safe, comfortable, and inclusive environment! Open to folx who exist outside the gender binary or are questioning where they fit within the gender spectrum. Running in person at Rainbow Resource Centre.
- Instagram (@theden_rrc) or contact **Rainbow Resource Centre** for more info <https://rainbowresourcecentre.org/support/social-groups/the-den>

Trans Feminine Circle

- The Trans Feminine Circle is a space for people assigned male at birth but identify with femininity, or as women. Our goal is to help attendees create a deeper and more positive connection with their femininity. While not required, feminine presentation is encouraged.
- Meet on the 1st Monday and 3rd Friday of every month from 7:00 pm – 9:00 pm at **Rainbow Resource Centre**,
- Contact transfemcircle@rainbowresourcecentre.org or <https://www.facebook.com/groups/1624353861047014>
- <https://rainbowresourcecentre.org/support/social-groups/the-trans-feminine-circle>

Transmasculine Manitoba

- 1st Thursday of the month. 7PM-9PM at **Rainbow Resource Centre**.
- Peer support group for transgender individuals who are masculinizing or who identify within the masculine gender spectrum.
- Contact: transmasc@rainbowresourcecentre.org
- <https://rainbowresourcecentre.org/support/social-groups/transmasculine-manitoba>

New Pride Winnipeg group

- Drop-in group for 2SLGBTQQIA+ newcomers/immigrants (ages 18+): group members share stories, play games, go on outings and talk about issues. Group meets at **Rainbow Resource Centre** and online.
- Contact newpridewpg@gmail.com
- <https://rainbowresourcecentre.org/support/social-groups/new-pride-of-winnipeg>

Rainbow Alliance for Men

- Rainbow Alliance for Men is a place for all gay, bisexual, trans, two-spirit, queer, and questioning men who are 18+ to come together in a safe, comfortable, and inclusive environment. Group meets at **Rainbow Resource Centre**.
- Contact: RAM@rainbowresourcecentre.org
- <https://rainbowresourcecentre.org/support/social-groups/rainbow-alliance-for-men>

PFFOTI: Parents, Friends and Family of Trans Individuals

- Social Support Group for parents, friends, and family members of Trans individuals. Open to the public.
- Meetings are second and fourth Tuesday of the month, 7:00pm - 9:00pm, year-round at Rainbow Resource Centre.
- Contact: pffoti@rainbowresourcecentre.org or on Facebook at <https://www.facebook.com/groups/128426913878768/>
- <https://rainbowresourcecentre.org/support/social-groups/pffoti>

Over the Rainbow Group

- A social support group for the 55± 2SLGBTQQIA+ folks in Winnipeg and surrounding areas. Meetings and activities held at **Rainbow Resource Centre** and online.
- Contact: otr@rainbowresourcecentre.org
- <https://rainbowresourcecentre.org/support/social-groups/over-the-rainbow>

Other Community Resources:

QPOC Winnipeg – Queer | Trans Black Indigenous People of Color

- QPOC Winnipeg strives to create safer space based events and initiatives.
- Check out Instagram @qpocwinnipeg for more info.

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 info, meetings, and private Facebook group access, email: info@transmanitoba.org or call the Trans Clinic peer supporter (204) 784-4051.

2Spirit Manitoba

- A community-based organization focused on helping 2Spirit, Indigiqueer, and Indigenous LGBTQQIA+ people improve their lives. With the help of our tireless volunteers, we provide awareness workshops, advocate to prevent anti-trans and anti-queer discrimination, and organize community events.
- Medicine Wolf Healing Place:
<https://www.facebook.com/medicinewolfhealingplace>
- Contact (204) 330-8671 or <https://twospiritmanitoba.ca> and on Instagram @2spirit.mb

Two-Spirit Michif Local

- The Two-Spirit Michif Local is a Manitoba Métis Federation local in the Winnipeg region that serves Métis citizens who are Two Spirit (2S), lesbian, gay, bisexual, trans, queer, and/or non-binary.
- <http://2smichiflocal.ca/> or email: 2SMichifLocal@gmail.com

Like That @ Sunshine House – 646 Logan Ave (Sherbrook & Logan)

- Every Monday and Wednesday 6:00PM-9:00PM at **Sunshine House**
- A drop-in program that provides a space where people exploring gender and/or sexual identity can gather at Sunshine House for fun, skills building and recreation. We use “like that” as a colloquial term that is clear without having to check specific boxes. It is queer without having to be explicit and it avoids the typical identifiers that may be laced with histories of oppression and homophobia.

“I am ‘like that, that’s the way it is.” Like That is designed with the hope that people who might not have a place to explore identity issues might come to see the program’s space and the time as theirs, and through their participation, transform Like That into a dynamic resource where people can grow.

- Contact: (204) 783-8565 or likethat@sunshinehousewpg.org
- <https://www.sunshinehousewpg.org/likethat>

Collectif LGBTQ* du Manitoba (Français)

- Le Collectif a pour mission d’appuyer la santé et le bien-être de la communauté LGBTQ2 d’expression française du Manitoba, tout en s’assurant de la sécurité de celle-ci, tant sur le plan de l’orientation sexuelle et de l’identité de genre que sur le plan linguistique et culturel.
- En parallèle d’un projet d’analyse des besoins, le Collectif organise régulièrement des activités à caractère social, culturel et éducatif en accord avec sa mission.
- Pour plus d’informations, veuillez voir <https://collectiflgbtq.ca/>

PRISM – 532 Ellice Ave. Winnipeg

- A mentoring program through Big Brothers Big Sisters of Winnipeg designed specifically for the 2SLGBTQQIA+ community. The program matches children and youth who identify as 2SLGBTQQIA+ with an adult mentor who also identifies as 2SLGBTQQIA+ for a one-on-one mentoring relationship. Through regular outings, the match will foster a friendship that is supportive, empowering, and fun!
- Contact: (204) 988-9200
- <https://winnipeg.bigbrothersbigsisters.ca/prism/>

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

- MDAM's 2SLGBTQQIA+ support group is offered the 2nd and 4th Tuesday of each month from 6:00-7:30PM at the MDAM office (4 Fort St) and online.
- 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

Rainbow Harmony Project – 2SLGBTQQIA+ Choir

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

Society of OUTstanding Artists – 2SLGBTQQIA+ artists group

<https://www.facebook.com/groups/1417599248463570/?fref=ts> 20

Out there Sports – Sports and recreation group for 2SLGBTQQIA+ community

<http://outtherewinnipeg.ca>

Pride Winnipeg

- Organize Winnipeg Pride and 2SLGBTQQIA+ Events throughout the year in Winnipeg <http://www.pridewinnipeg.com/>

Flin Flon Pride

- Organize yearly Pride Event and events in Flin Flon, MB.
- Instagram @flinflonpride and Facebook <https://www.facebook.com/flinflonpride/>

Pembina Valley Pride

- Organization for awareness, advocacy and inclusion of 2SLGBTQQIA+ people in the Pembina Valley/Southern Manitoba Region.
- Organize yearly Pembina Valley Pride Event and 2SLGBTQQIA+ programming during the year.
- Details at <https://pembinavalleypride.ca/> or Instagram @pembinavalleypride and Facebook at <https://www.facebook.com/pembinavalleypride/>

Brandon Pride

- Committee for 2SLGBTQQIA+ awareness and advocacy in Westman Region.
- Organize yearly Pride Event in Brandon, MB and 2SLGBTQQIA+ programming.
- Follow the Instagram for details - @bdnpride

Interlake Pride

- Non-profit organization operating in the Interlake Region.
- Mission Statement: Creating a safe space of visibility and education with events reflective of our diversity, while working towards inclusivity in our community.
- Online: <http://interlakepride.com/> or <https://www.facebook.com/interlakepride/> and @interlakepride on Instagram

Steinbach Pride

- Committee for 2SLGBTQQIA+ rights and events in Steinbach, MB and the Eastman Region.
- Organize yearly Pride Event in Steinbach, MB.
- Contact via email at pride.steinbach@gmail.com or <https://www.facebook.com/SteinbachPride/> and on Instagram @steinbachpride

Some Online Resources:

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

- TwoSpiritJournal.com is an interactive multi-platform #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

SERC (Sexuality Education Resource Centre): <https://serc.mb.ca/sexual-health-info/sexuality/sex-gender/>

- Sexuality Education Resource Centre is a community-based, non-profit, pro-choice organization. We are dedicated to promoting sexual health through education.

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!

Transforming Style: <https://transformingstyle.ca/>

- Transforming Style is a non-profit organization that provides accessible and cost-free styling services and wardrobe to 2SLGBTQQIA+ community members who face socio-economic barriers.

Teen Talk: <http://teentalk.ca/learn-about/gender-identity/>

- Teen Talk provides services for youth from a harm reduction, prevention education perspective. We focus on sexuality, reproductive health, body image, substance use awareness, mental health, issues of diversity and anti-violence issues. We adhere to the belief that by providing youth with accurate, non-judgmental information they can make healthier decisions and choices for themselves!

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 2SLGBTQQIA+ 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!

Sexfluent: <https://www.sexfluent.ca/>

- Online resource dedicated to judgement/shame-free sex education, with the goal of working towards ending Canada's HIV epidemic.

It Gets Better Canada: <https://itgetsbettercanada.org/>

- It Gets Better Canada is an official member of the It Gets Better Project International Affiliate Network. It is a registered charity in Canada that envisions a world where all 2SLGBTQ+ youth are free to live equally and know their worthiness and power as individuals. Its mission is to uplift, empower, and connect 2SLGBTQ+ youth across Canada.

Some Instagram Accounts:

@tqpm2020 | @queerfolksofwinnipeg | @queerious.wpg | @2spirit.mb |

@twospiritpowwow | @itgetsbettercanada | @egalecanada | @ka_bahagharimb

Additional Resource List:

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.
- 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.

Family Doctor Finder phone Line:

- 1-866-690-8260 or online at <http://www.gov.mb.ca/health/familydoctorfinder/>
- This program helps connect people with a primary doctor. If you wish to disclose your Trans identity, you may request a connection with a Trans-friendly/inclusive practitioner. ***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: (204) 786-7141, 1-800-297-8099
- Email: 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/>
- Address: 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. Call to book an appointment for processing applications. **Contact Trans Health Clinic Peer Supporters or Social Workers if you would like more information or support with this process.*

Hope Air

- <https://hopeair.ca/> Phone: (416) 222-6335 or 1-877-346-HOPE (4673)
- Hope Air is Canada's only national charity providing free flights and accommodations to low-income Canadians who must travel to medical care that does not exist in their communities.

Trans Health Klinik Gender Affirming Gear Exchange

- Klinik has a selection of new and gently used gender affirming gear to donate to those having trouble affording them. Available items may include chest binders, gaffs and dilators. If you have no more need for your gently used chest binder, please consider donating to us!

Free harm reduction supplies and resources at Klinik Community Health

- Safer drug use supplies, safer sex supplies, Narcan/Naloxone kits, drug testing strips, nonjudgemental support and information available free of charge at Klinik. No appointment necessary. Ask any Klinik staff for more information or help yourself to our safer supply cart located in the reception area.

Commit to Quit

- 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.
- For a current listing of Commit to Quit courses, locations, and registration, go to: <https://wrha.mb.ca/groups/>

Craving Change

- 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. Talk to your Trans Health team member for more information.
- For a current listing of Craving Change courses, locations, and registration, go to: <https://wrha.mb.ca/groups/>

Just Care. *For Everyone.*

www.klinik.mb.ca

