

Trans Health Klinik Welcome Package

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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
- First Nation, Inuit & Métis 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/your-rights-to-care/>

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. Our services 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).

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:

Trans Health Medical Assistants: (204) 784-4023 or (204) 784-4081

Call Trans Health medical assistants to book, cancel or reschedule Trans Health appointments, or update your address on file. Medical assistants also support the medical providers with tracking your documents and referrals and ensure that your referral information is sent to your surgeon. They may call you to book needed labs or appointments.

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

Klinik admin staff ("front desk") may also answer general questions and direct your call to specific staff or programs. You can call admin staff if you need to confirm, cancel or reschedule an existing appointment. If you need to book a Trans Health appointment, they will transfer your call to the Trans Health Medical Assistants.

Peer Support Workers: (204) 784-4016

A peer supporter 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. Contact the peer support workers directly with any questions or support needs, they would be glad to connect with you!

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

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, sharing your gender identity with others (“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!

Nurses:

Nurses gather individual and family health history, address health questions, provide hormone injecting teaching, post-surgery care, and review lab results in consultation with Trans Health medical providers. Help with completing pre-op forms and pre-op teaching appointments are also available upon request.

Call the Trans Health medical assistants to request a telephone or in-person appointment with a nurse: (204) 784-4023 or (204) 784-4081

Medical provider (Doctors and/or Nurse Practitioners):

You will see the medical providers to start referrals for gender affirming procedures such as surgeries. They may also work with your primary care provider to prescribe and manage your hormone therapy and give you transitioning health care while you are with the Transgender Health Clinic.

Call the Trans Health medical assistants to book a telephone or in-person appointment with a medical provider: (204) 784-4023 or (204) 784-4081

Psychologist:

You may meet with the psychologist at Klinik if another trans health provider thinks it would help improve your care. For example, clients can be referred to the psychologist to get more information about supports, or to discuss ideas for wellness and safety as you access gender affirming care. The psychologist will meet with you for an assessment. They may ask about family, social life, gender, and mental health history. The psychologist may also make sure clients understand, through informed consent, how the treatments they are asking for might affect them.

Before meeting with the psychologist, clients may be asked to fill out an online questionnaire. The length of this questionnaire 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. During intake appointments, we 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 and contact 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 your unique needs and the practitioner's assessment). Once prescribed, you will need to obtain medication and any needed injection supplies from your pharmacy.
- Talk about surgery goals and schedule any extra appointments if needed (E.g.: "surgery readiness discussion" appointment(s)).

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

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 or 204-784-4061.

Peer Support Appointments

- Clients may request lived experience support and/or resources as needed. We are here if you need us. Ask any Trans Health team member how to best connect

with a peer supporter or leave a voicemail on the peer supporter line: (204) 784-4016.

Hormone Self-injection Teaching Appointments with Nursing Staff

- A nurse will assist you with initial hormone injections while also teaching you the skills to self-inject for long-term management.
- Troubleshooting issues and needle phobia

Hormone Follow-ups and Bloodwork

- Follow-up blood work and medical appointments to check hormone levels, discuss how you are feeling and adjust doses 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.

Surgery Readiness Discussion(s) (wait times will vary)

- For Manitoba Health to cover the cost of certain gender affirming surgeries, a discussion is needed to support a "Gender Dysphoria" diagnosis.
- The medical practitioner will review your gender development history, review surgery risks and benefits with you and discuss your readiness for surgeries based on WPATH SOC8 guidelines. (<https://wpath.org/publications/soc8/>)

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 and some surgeries are offered 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, Postoperative and Follow-up 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.
- Follow-up care (*after* medical transition goals are met) may be arranged with any Trans Health team provider as needed (e.g.: peer support, social work, psychology, medical providers etc.). This will depend on your unique needs and transition goals.

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

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 talks about different gender affirming treatments. Ask your Trans Health team if you have questions or want to access any of these options.

Hormone Treatment Options

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

Any licenced medical provider (including your family doctor/primary care provider) can prescribe hormone replacement therapy (HRT). If you are starting HRT with Trans Health Clinic, we will send you for bloodwork and see you for appointments to check your hormone levels and adjust things as needed. Once you are on a stable, therapeutic hormone dose (usually around 1 year after starting), your prescription will be sent to your primary care provider for long-term monitoring and prescribing.

Important note: During the first year of HRT, clients must complete bloodwork and attend follow-up visits approximately every 3-4 months. This helps the medical providers make sure your hormone levels are safe and working effectively. For this reason, prescriptions are not refilled if bloodwork and follow-up visits are missed.

Medical practitioners may prescribe hormones and blockers in different ways, depending on what each person needs.

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 purposes for certain individuals. It is recommended to consult with a healthcare provider 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, 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. Ask your Trans Health provider for more information. You may also self refer to Heartland Fertility Clinic here:

<https://www.heartlandfertility.mb.ca/>

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

Any doctor or nurse practitioner in Manitoba can refer patients for top surgery (such as chest masculinization or breast augmentation).

These surgeries may be fully covered by Manitoba Health if a medical provider has a discussion with you that supports a diagnosis of Gender Dysphoria and readiness for surgery. Medical providers decide if they know enough about gender care to send these referrals, just like in other parts of medicine

If you are being referred for surgery through Trans Health Klinik, you must have a primary care provider before a surgery referral can take place.

Breast Construction (“breast augmentation”):

- Can be fully covered by Manitoba Health on a case-by-case basis. Please discuss your needs with your Trans Health medical provider. Options are also available through private clinics.
- Done by plastic surgeons in Winnipeg. Consultations and preoperative appointments will happen with the surgeon prior to the actual surgery date.

Chest Construction Surgeries (“top surgery”):

- Chest Reduction: Consists of reducing the amount of chest tissue.
- Bilateral Mastectomy: Consists of removing and flattening the chest tissue, which may include nipple grafting.
- Done by plastic surgeons in Winnipeg. Consultations and preoperative appointments will happen with the surgeon prior to the actual surgery date.

Facial Procedure Options:

There are a variety of options available to clients who wish to access facial treatments. These procedures are typically not covered by Manitoba Health. They can be done 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: “Gonadectomies”

Any doctor or nurse practitioner in Manitoba can refer patients for lower “gonadectomy” surgeries (such as hysterectomy/oophorectomy, and orchiectomy).

These surgeries may be fully covered by Manitoba Health if a medical provider has a discussion with you that supports a diagnosis of Gender Dysphoria and readiness for surgery. Medical providers decide if they know enough about gender care to send these referrals, just like in other parts of medicine

If you are being referred for surgery through Trans Health Clinic, you must have a primary care provider before a surgery referral can take place.

Orchiectomy:

- Removal of the external gonads (testes).
- Clients must be taking HRT for at least six months
- Done by urologists in Winnipeg. Consultations and preoperative appointments will take place with the surgeon prior to the actual surgery date.

Hysterectomy with Salpingo-Oophorectomy:

- Removal of the uterus, internal gonads (ovaries), and fallopian tubes. Includes permanent infertility and the ending of monthly bleeding.
- Clients must be taking HRT for at least six months
- Done by gynecologists in Winnipeg. Consultations and preoperative appointments will take place with the surgeon prior to the actual surgery date.

Hysterectomy without Oophorectomy:

- Removal of the uterus only, and the internal gonads (ovaries) remain. Includes permanent infertility and the ending of monthly bleeding.
- No HRT requirements
- Done by gynecologists in Winnipeg. Consultations and preoperative appointments will take place with the surgeon prior to the actual surgery date.

Lower Body Surgeries: “Genital Reconstruction”

** Performed at a specialized surgery centre in Montreal, Quebec (“GRS Montreal”:
<https://www.grsmontreal.com/>).*

Providers on an approved provider list can refer patients for genital reconstruction surgeries. All medical providers and the psychologist at Trans Health Clinic are on this list.

These surgeries may be fully covered by Manitoba Health if an approved medical provider has a discussion with you that supports a diagnosis of Gender Dysphoria, readiness for surgery, and a full assessment of physical and mental health. Transportation costs to Montreal are also covered, however clients pay up front and must keep their receipts and plane tickets for reimbursement by Manitoba Health. If you are on provincial social assistance (EIA or MSPD), ask your worker about arranging medical transportation. For more details visit:

<https://www.grsmontreal.com/en/home.html>

If you are being referred for surgery through Trans Health Clinic, you must have a primary care provider before a surgery referral can take place. Genital reconstruction surgeries are done at a specialized surgery centre in Montreal, Quebec (“GRS Montreal”: <https://www.grsmontreal.com/>).

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.
- Done at GRS Montreal surgery centre in Montreal, Quebec. 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 has a discussion with you that supports 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.

Metoidioplasty:

- Elongation and release of the erectile tissue (clitoris) from the pubic region, with testicular implants included (or without testicular implants depending on your goals).

- Done at GRS Montreal surgery centre in Montreal, Quebec. For more details: <https://www.grsmontreal.com/en/surgeries/female-to-male/12-metoidioplasty.html>

Vulvoplasty:

- Orchiectomy (removal of external gonads) and Penectomy (removal of erectile tissue (penis))
- Creation of a vulva using the erectile tissue.
- Done at GRS Montreal surgery centre in Montreal, Quebec. For more details: <https://www.grsmontreal.com/en/surgeries/male-to-female/2-vaginoplasty-without-vaginal-cavity.html>

Vaginoplasty:

- Orchiectomy (removal of external gonads) and Penectomy (removal of erectile tissue (penis))
- Creation of a vulva and vagina using the erectile tissue.
- Done at GRS Montreal surgery centre in Montreal, Quebec. For more details: <https://www.grsmontreal.com/en/surgeries/male-to-female/1-vaginoplasty.html>

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

Any doctor or nurse practitioner in Manitoba can refer to dermatology for gender affirming laser hair removal. Medical providers decide if they know enough about gender care to send these referrals, just like in other parts of medicine.

Hair Removal:

- There are two options for hair removal: Laser or Electrolysis
- Manitoba Health covers Laser hair removal if the referral is made by a medical provider. 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

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.

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. Please 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 clinics” to cover 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 people may wish to access materials for binding, packing, tucking, or padding. Please ask your Trans Health team for advice or additional resources.

Trans Health Clinic has a gender affirming gear exchange program. Ask us what we have available! We also welcome folks to consider donating their gently used chest binders if they no longer use them.

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.
- 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.
- **Origami Customs** (<https://origamicustoms.com/>)
Cost approx. \$90
Shipping approx. \$15
Sizes XXS-4XL
Colours: black, white, olive green, plum, champagne, various skin tones/nudes
- **FTM ESSENTIALS** (<https://www.ftm essentials.com/collections/binders>)
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.**

Online Voice Resources

- [Trans Voice Academy | Not A Phase](#)
- <https://www.youtube.com/c/TransVoiceLessons> Also: <https://www.transvoicelessons.com/>
- <https://www.youtube.com/c/TheVoiceStylist>
- https://www.youtube.com/channel/UCIgG7y_CKvm2ezMDQWbFvAg (Seattle Voice Lab) ***
- https://www.youtube.com/channel/UCfyZwqSsrMUQ_xhcou6YWjQ (Undead Voice)
- <https://www.yourlessonsnow.com/trans-voice-training/>
- https://www.genderlife.com/free-transgender-voice-resources/voice-tutor/?_ga=2.140972146.1796853156.1660834323-1594814917.1660834323
- https://www.reddit.com/r/transvoice/comments/d3clhe/ls_voice_training_guide_level_1_for_mtf/
- <https://transvocaltraining.com/>
- <https://www.reneeyoxon.com/>

Voice Apps



VoiceTools (DevExtras):

https://play.google.com/store/apps/details?id=com.DevExtras.VoiceTools&hl=en_CA&gl=US

Private gender affirming voice therapists (Winnipeg)

- Stephanie Harvey: <https://www.stephanieharvey.ca/>
- Kappa Therapy: <https://www.kappatherapy.com/>
- Buchel Group: <https://buchelgroup.ca/>



First Nations, Métis and Inuit Cultural Resources

Klinik Cultural Programs and Services: Klinik offers internal cultural supports for folks who are First Nations, Metis, and Inuit, such as Indigenous Cultural Support Workers who are available to Klinik clients seeking resources, services, programming, and someone to talk to. Klinik has a Belonging Room for Klinik clients, volunteers, staff, and broader community members seeking healing and access to sage and sweetgrass medicines to smudge. Klinik 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

Gender Dysphoria Bible

The purpose of this site is to document the many ways that gender dysphoria can manifest, as well as the numerous forms of gender transition, in order to provide a guide for those who are questioning, those who are starting their transgender journey, those already on their path, and those who simply wish to be better allies

Visit: <https://genderdysphoria.fyi/en/>

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: info@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>

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 Klinik Community Health (167 Sherbrook St. Winnipeg)
- Contact: alopezgomez@klinik.mb.ca
- Facebook at <https://www.facebook.com/groups/128426913878768/>

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: elizabethm@rainbowresourcecentre.org
- <https://rainbowresourcecentre.org/support/social-groups/over-the-rainbow>

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

- A grassroots non-profit organization whose goal is to represent Manitoba Two-Spirit, Trans, Nonbinary and gender fluid folks with a unified voice to resolve issues that affect transgender communities such as human rights and health access issues.
- A chance to have your voices heard, build community, share resources and information between peers.
- For info, meetings, and peer advisory opportunities, email: info@transmanitoba.org or visit <https://www.transmanitoba.org/>

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/>

Centre de Santé Programmation pour les jeunes franco-queer (Français)

- Une programmation par et pour les jeunes franco-queer âgées de 12 à 29 ans. Un espace responsable, accessible, amusant et en Français pour toutes
- Activités culturelles, de bien-être, de socialisation et d'appartenance, service de counselling gratuit
- Pour plus d'information veuillez contacter aturenne@centredesante.mb.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/>

Westman Empowerment Fund

- The Westman Empowerment Fund supports Trans and gender-diverse Westman residents in becoming their true selves. We provide programs and grants for items and services related to gender transition such as apparel and name/gender marker change fees.
- Contact westmanempowermentfund@gmail.com, Instagram: @westmanempowermentfund, or Facebook: <https://www.facebook.com/WestmanEmpowermentFund>

Rainbow Harmony Project – 2SLGBTQQIA+ Choir

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

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/>

Bahaghari Pride Manitoba

- 2SLGBTQI+ Filipino/a/xs embracing their Filipino roots, language, cultures and talents in Treaty 1, Manitoba.
- <https://www.facebook.com/p/Bahaghari-Pride-Manitoba-100080879641421/>

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.
- Online: <https://www.bdnpride.ca/>
- Instagram: @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: <https://www.facebook.com/interlakepride/>
- Instagram: @interlakepride

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
- Online: <https://www.facebook.com/SteinbachPride/>
- Instagram: @steinbachpride

More Online Resources:

Justice Trans: 2S Trans+ Self Advocacy Workbook :

https://justicetrans.org/wp-content/uploads/2STNG-Self-Advocacy-Workbook_LFM-Fillable_compressed.pdf

- Or go to: <https://justicetrans.org/> → About → Projects
- In these documents, you will find our Saskatchewan and Manitoba specific research results from our 2022-23 Access to Justice project, information on 2STNG rights in Saskatchewan and Manitoba, the basics of self advocacy, how to plan and execute a self-advocacy strategy, and space to work through the process. We've also included a section to consider safety planning for your well-being.

Gender Dysphoria Bible: <https://genderdysphoria.fyi/en/>

- The purpose of this site is to document the many ways that gender dysphoria can manifest, as well as the numerous forms of gender transition, in order to provide a guide for those who are questioning, those who are starting their transgender journey, those already on their path, and those who simply wish to be better allies

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

Trans Care BC: Information for Neurodivergent people:

<https://www.transcarebc.ca/information-for/neurodivergent-people>

- A guide for navigating gender affirming care with support tailored to neurodivergent people

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!

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 2SLGBTQIA+ 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:

@tqpmb2020 | @queerious.wpg | @2spirit.mb |

@twospiritpowwow | @itgetsbettercanada | @egalecanada | @bahaghari_manitoba |

@parati_manitoba | @queermanitoba | @queerfolksofwinnipeg | @queerbizwpg

Additional Health 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.
- 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 Clinic Gender Affirming Gear Exchange

- Clinic 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! Call

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.

FEDUP Collective: Fighting Eating Disorders in Underrepresented Populations: A Trans+ & Intersex Collective

- <https://fedupcollective.org/>
- Our mission is to make visible, interrupt, and disrupt the disproportionately high incidence of eating disorders in our Trans, intersex and gender diverse communities through radical community healing, recovery institution reform, research, empowerment, and education.
- Sign up for online support groups here: <https://fedupcollective.org/supportgroups>

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

