Kingston Community Health Centres

Centres de santé communautaire de Kingston

www.kchc.ca

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At this time due to increased demand, KCHC's Transgender Health Program is **unable to accept referrals for ongoing maintenance, titration or prescription refills** of hormone replacement therapy. Our clinic is only able to accept referrals for gender affirming hormone initiations, surgical planning visits and referrals, and gender affirming counselling.

The following resources are available to medical providers to assist with questions about hormone therapy treatment:

- **Trans Health Mentorship Call**- On the first and third Wednesday of each month, call in by telephone and ask any questions to the trans health care mentor, register at learn.rainbowhealthontario.ca
- **Ontario eConsult**- E-consult provincially with experts in the field at econsultontario.ca/health-professionals
- **Sherbourne Health Guidelines**- Review the comprehensive guidelines for providing hormone therapy treatment at rainbowhealthontario.ca/TransHealthGuide
- **World Professional Association of Transgender Health Guidelines**- Review the international Standards of Care online at wpath.org/soc8

The following clinics may be able to assist clients with prescription renewals and refills:

- **East Region Virtual Care Clinic**- www.virtualcareontario.ca: Virtual free clinic. Nurse Practitioner-led virtual care clinic that works with local health care providers to ensure patients can access more timely care. Serves patients with or without a primary care provider.
- **Foria Clinic** - www.foriaclinic.com: Virtual fee-for-service clinic. Offers hormone therapy initiation and surgical referrals across Ontario, ages 16+. No wait times. Medication check-ins and refill appointments are $99. Also offers surgical referrals, mental health care and HIV prevention. Financial assistance may be offered in future.
- **Tia Health** - www.tiahealth.com: Virtual free clinic. Speak to a doctor in Ontario for no cost with OHIP card: Prescriptions, referrals, requisitions, mental health, and more. **May not refill testosterone as it is a controlled substance, doctor dependent*
- **Your local walk-in clinic** may be able to assist with renewals and refills.