

KCHC TRANS HEALTH PROGRAM **RESOURCES**

CRISIS & HELP LINES

9-8-8

24/7 nationwide crisis line.

Call or text: 9-8-8

Good2Talk

24/7 support for post-secondary students.

Call: 1-866-925-5454

Text: GOOD2TALKON to 686868

Kids Help Phone

24/7 support for youth.

Call: 1-877-330-6366

Text: CONNECT to 686868

Trans Lifeline

Trans peer-support run by and for trans people.

Call: 1-877-330-6366

LGBT Youthline

2SLGBTQ+ peer-support for youth.

Text: 647-694-4275

Chat: (on website)

Email: askus@youthline.ca



ONLINE GROUPS & INFORMATION

Transfemme & Nonbinary Support Group

18+ online group.

Email: transfem-enby@pflagcanada.ca

2STNB+ Connect

Virtual peer support for youth (aged 16-29).

Instagram: @2stnbconnect

Email: keithtr@familyservicetoronto.org

Sherbourne Health Online

Support groups such as Gender Journeys and Surgical Self-care.

Email:

transprograms@sherbourne.on.ca

Rainbow Health Ontario

Trans affirming service provider directory and primary care trans health guide.

Spectrum Transgender Support Groups

Virtual peer support groups available.

Email: info@ourspectrum.com

Call: 226-779-9695

GenderQuest

An 18+ peer-led, drop-in group hosted online on the 2nd Monday every month.

Email: genderquest@kindspace.ca

Foria Clinic

Virtual fee-for-service clinic offering HRT initiation and surgical referrals.

Gegi.ca

Information about gender identity and expression, tip sheets, schoolboard policies and support.

Trans Wellness Ontario

Free counselling and parent peer mentoring for ages 13+.

Voda - LGBTQIA+ Mental Health App

Free phone app with 52+ self-guided therapy programs created by LGBTQIA+ psychotherapists.



Kingston Community
Health Centres

Centres de santé
communautaire de Kingston



KINGSTON, FRONTENAC, LENNOX & ADDINGTON

YOUTH

Prism Youth Group (Napanee)

Drop-in social group for youth 13-19 and allies. Thursdays 2:30-5 p.m.

Call: 613-539-6194

Email: patricklw@kchc.ca

FUSE LGBTQ+ Youth Group

A group for queer and questioning youth ages 12-24. Wednesdays 4-6 p.m. at the One Roof: Kingston Youth Hub.

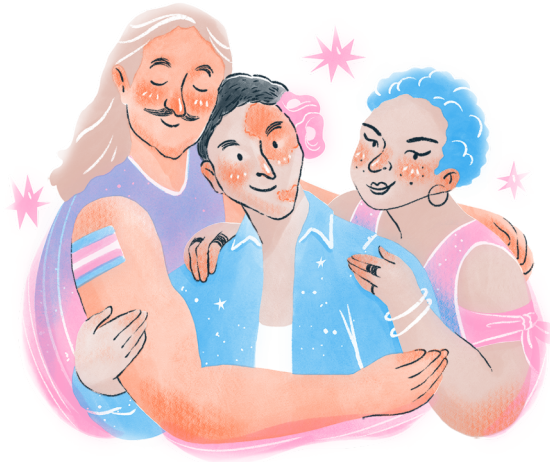
Maltby Centre

Free LGBTQ+ affirming individual and family counselling up to age 18.

Call: 613-546-8535

Beyond the Binary

A support group for ages 16+. Every other Tuesday from 5-6:30 p.m.



ALL AGES

TransFamily Kingston

A grass-roots group of transgender individuals, family members, and supporters. Hosts monthly in-person meetings. Join private [Facebook](#) group at TFamYGK.

Email: transfamilykingston@gmail.com

The Gender Affirming Assistance Program (GAAP)

Provides gender affirming apparel and legal name/gender change support. Fill out google form.

Instagram:

@genderaffirmingassistance

ADULTS

Addiction & Mental Health Services

Kingston & Frontenac:

Call: 613-544-4229 (24/7 crisis line)

Lennox & Addington:

Call: 613-354-7388 (24/7 crisis line)

- Offers LGBTQ+ affirming addiction counselling

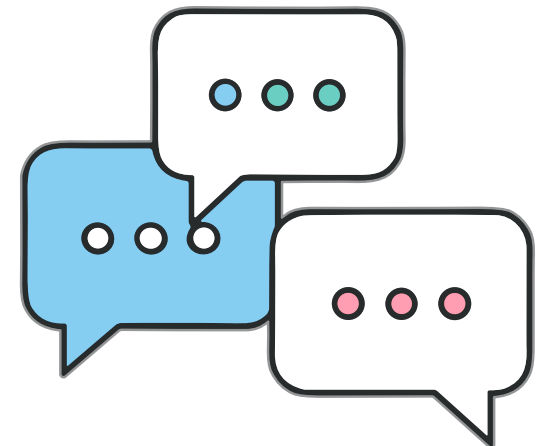
Mycelium Network Kingston

18+ mental health peer support.

Monthly meetings, check

TransFamilyKingston

Facebook/Instagram pages.



HASTINGS & PRINCE EDWARD COUNTIES

Chameleon Collective

Mobile fittings for gender-affirming wear.

Email:
chameleon.collective.belleville@gmail.com

ADULTS

Bay of Quinte Pride

Hosts social events throughout the year.

CMHA Hastings Prince Edward

Call: 1-888-757-7766 (24/7 crisis line)

Call: 613-969-7400 ext. 12753

- Offers LGBTQ+ affirming case management.

Trans & Non-Binary Support Group

Drop-in group offered twice monthly, Tuesdays at Belleville & Quinte West CHC for ages 18+.

Call: Alyssa at 613-403-5683

Email: rossa@bqwchc.com

YOUTH

Discover YOUth! (Picton)

Fridays at Picton Branch Library. 2:30-4 p.m. for 2SLGBTQIA+ youth and allies aged 12-18.

Email: jhoward@peclibrary.org

Call: (613)476-5962

Rainbow Rising (Trenton)

A safe space for 2SLGBTQI+ youth and allies every other Thursday. \$5 membership fee.

Call: 613-392-6946

Email: ed@qwyc.ca

SAY OutLoud! (Belleville)

Hosts activities for ages 14+ every Tuesday at 5:30 p.m.

Call: 613-985-9650

Email: ericoutloud@gmail.com

Children's Mental Health Services

Free individual and family counselling.

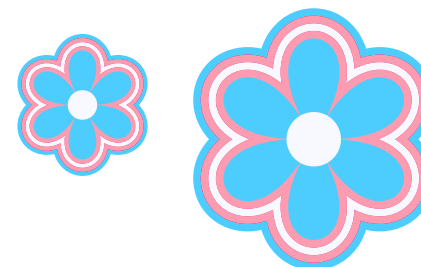
Call: 613-966-3100

Rainbow Youth Drop-in Group

Offered twice monthly on Wednesdays, 3-5 p.m. at the Belleville Youth Centre. Ages 12-18.

Call: 613-403-5683

Email: rossa@bqwchc.com



Youthab (Belleville)

Free LGBTQ affirming counselling services for ages 16-24.

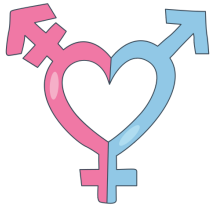
Call: 613-969-0830 x 244

Email: jennifer@youthab.ca

SCAN ME



LANARK, LEEDS & GRENVILLE



YOUTH

Big Brothers Big Sisters Lanark

PROUD Program

A free group mentorship program for youth ages 11-17. Weekly meetings for 5-8 weeks.

Call: Sara at 613-283-0570

Email:

**SaraJane.Manning@bigbrothersbig
sisters.ca**

Brockville Public Library LGBTQ &

Allied Youth Drop-In (13+)

Weekly group on Tuesdays, from 5-7 p.m.

Email: Julia@brockvillelibrary.ca

Call: 613-342-3936

Big Brothers Big Sisters PRISM 1-1

Mentoring

Ages 7-16, connect with 2SLGBTQIA+ adult mentor in Leeds and Grenville.

Open Doors

Free mental health services for children, youth & families.

Email: admin@opendoors.on.ca

Call 613-264-1415 (Perth)

Call: 613-283-826 (Smiths Falls)

Children's Mental Health of Leeds & Grenville

Free mental health services for children, youth and families.

Call: 1-800-809-2494

Email: reachus@cmhlg.ca

ADULTS

Lanark County Mental Health

Mental health support for adults (ages 17+).

Call: 613-283-2170 or 613-281-2911

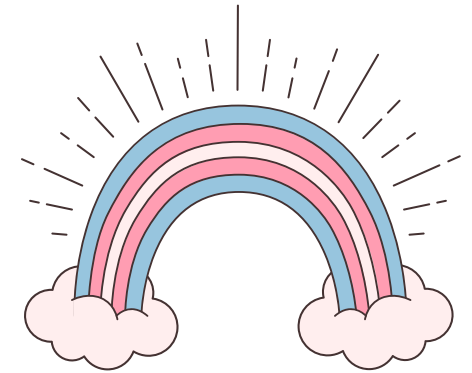
after hours/weekends

Queer Connection Lanark County

Mental health peer support group held on Tuesday mornings in Smiths Falls.

Email: mhsp@connectwell.ca

Call: 613-284-4608



ALL AGES

Rainbow 101 Lanark

Drop-in meetings held in Smiths Falls on the second Friday of each month.

Gananoque Pride Alliance

Events, youth outreach, community involvement, and Pride celebrations.

Brockville Pride Alliance

Offers volunteer opportunities, community resources and ways to get involved.



ONLINE CAREGIVER RESOURCES

Affirming Adults:

A Guide to Supporting Gender Diverse Children and Youth.

Families in Transition:

A Comprehensive Family Resource Guide.

Association of Parent Support Groups in Ontario (ASPGO)

Support groups for caregivers in managing child and youth behaviour, setting boundaries, and strengthening relationships.

Call: 1-800-488-5666

Email: mail@apsgo.ca

Educating Caregivers of Trans and Non-Binary People

An educational Facebook group for primary caregivers.

Trans Wellness Ontario

Offers virtual parent peer support and Affirm Parents Group. Fill out intake form online.

PFLAG Canada

Support for parents of LGBTQ+ Youth.

Call: 1-888-530-6777

TRANsceptance Group

Third Thursday of every month at 7 p.m.

Email: transceptance@gmail.com

Trans Peer Family Outreach (CMHA): Loving and Learning Together

A 6-session educational course. Sessions run once in the winter, spring, and fall.

Email to register:

transpeeroutreach@cmhahkpr.ca

Call: 705-748-6711

Trans Peer Family Outreach (CMHA): Supporting Ourselves & Our Loved Ones

Meetings for caregivers of trans folks offering peer support. Every second Wednesday of the month.

Gegi.ca

Information about gender identity and expression, tip sheets, schoolboard policies and support.

Families in Transition Group

A 10-week virtual group for caregivers to learn about gender identity, improve communication, and support trans/gender-questioning youth.

Unconditional Love (The Get Real Movement)

An online educational resource to help families navigate the coming out process.



CAREGIVER RESOURCES

KINGSTON, FRONTENAC, LENNOX & ADDINGTON

Maltby Centre

Free counselling for families with youth up to age 18.

Call: 613-546-8535

TransFamily Kingston

A grass-roots group of transgender individuals, family members, and supporters. Hosts monthly in-person meetings. Join private [Facebook](#) group at TFamYGK.

Email:
transfamilykingston@gmail.com



LANARK, LEEDS & GRENVILLE

Gananoque Pride Alliance

Events, youth outreach, community involvement, and Pride celebrations.

Open Doors

Provides mental health services for families.

Email: admin@opendoors.on.ca

Call: 613-264-1415 (Perth)

Call 613-283-826 (Smith Falls)

PLAG Brockville

Support for parents of LGBTQ youth.

Email: brockvilleon@pflagcanada.ca

Contact: Nicole (she/her)

HASTINGS & PRINCE EDWARD

Moss Psychology

Fee-for-service counselling and psychotherapy services for families, LGBTQ+ affirming.

Call: 613-689-7783

PLAG Quinte

Support for parents of LGBTQ youth.

Email: ericoutloud@gmail.com

Call: 613-386-1922

Rainbow Caregivers

Peer support for those who care for LGBTQ+ individuals.

Call: Jackie at 613-849-4641

Email: rainbowcaregivers@gmail.com

