

Community Resources

Calgary Outlink: Centre for Gender and Sexual Diversity - www.calgaryoutlink.ca

403-234-8973

Peer Support groups including:

- Trans Families Group (family members/supports of transgender people, all ages)
- Inside Out Youth Group (LGBTQ+ youth ages 13-17)
- LGBTQ library (books, pamphlets, DVDs, etc)
- PFLAG - Information and Support for LGBTQ people and their friends, families, educators, healthcare providers, etc.
- **Calgary Trans Resource and Info Guide:** http://media.wix.com/ugd/bc1b8e_e0d73b55e2124ed09967fe0c3797b7d6.pdf

Calgary Sexual Health Centre - www.calgarysexualhealth.ca

304, 301-14 St NW, Calgary, AB T2N 2A1

403-283-5580

- Free counselling and supports for sexually and gender diverse people and their families.
- Referrals for gender identity dysphoria psychiatric assessments
- Gender creative families' night (support group for families of gender creative children up to 14 years old)

Mosaic Youth Group - Facebook: Mosaic Youth Group

- Peer-facilitated group for LGBTQ youth and allies ages 10-25, meets Wednesdays 7-9pm at the Old Y Center in Calgary (101-223 12 Ave SW).

Transformers - transmeetup@gmail.com

- A monthly social meet up and information night, for trans guys, FTMS, those questioning their gender, trans-masculine folks, allies and partners to talk and learn about gender and transition, and build community.

Family and Community Resource Centre – [Transgender “Information Prescription”](#)

Phone: 403-955-FCRC (3272)

Toll Free: 1-877-943-FCRC (3272)

Alberta Children's Hospital, 2888 Shaganappi Trail NW, Calgary, AB T3B 6A8

- Located on the 2nd floor of the Alberta Children's Hospital
- Open 7 days a week, 24 hours a day to families, healthcare professionals, and community members.

The Skipping Stone Foundation - www.skippingstone.ca

- Non-profit organization dedicated to supporting and empowering trans and gender diverse youth through awareness and educational initiatives, scholarships, and peer support.

Egale Canada - www.egale.ca

1-888-204-7777

- Canada's only national charity promoting LGBTQ human rights through research, education and community engagement.

Camp fYrefly - Calgary - www.fyrefly.ualberta.ca

403-283-5580 x.329

- Leadership camp for LGBTQ or allied youth ages 14-24

The Alex Youth Health Centre - www.thealex.ca

1116 Centre Street NE

Phone: 403-520-6270; Text: 403-680-9627

Facebook: Alex Yhc; youthinfo@thealex.ca

- Trans-friendly doctors, nurses, psychologists and youth workers for ages 12-24
- Access to food, computers, personal care items, phone, help getting ID
- Clients over 25 should go to The Alex Community Health Centre 403-266-2622
- Queermunity: Support group for LGBTQ2S youth ages 12-24, Mondays 6:30-8pm

Sexual and Reproductive Health: Clinical Services - www.ahs.ca/srh

- Youth friendly and confidential **drop-in** sexual health services for people 29 years and younger of all sexual orientations, gender identities and expressions, including:
 - birth control information, prescriptions and supplies
 - STI testing and treatment
 - emergency contraception
 - pregnancy testing and options support (e.g., parenting, adoption, abortion)
 - Pap tests
 - Post-abortion check-ups
 - care after a sexual assault

Trans Equality Society of Alberta (TESA) - www.tesaonline.org

- Non-profit advocacy group formed to open opportunities for formal engagement with authorities who otherwise overlook the unique needs of the larger trans community.

Private Counseling and Psychologists

There are a number of therapists in private practice who have expertise in transgender assessment and intervention. The professional associations/colleges of psychology, social work and nursing in Alberta will provide the names of private practitioners.

Psychologists Association of Alberta: <http://www.psychologistsassociation.ab.ca/>

Alberta College of Social Workers: <http://www.acsw.ab.ca/>

College and Association of Registered Nurses of Alberta: <http://www.nurses.ab.ca/>

Calgary Counseling Centre

- Phone: 403-691-5991
- Fee per session: sliding scale

Catholic Family Services

- Phone: 403-233-2360
- Fee per session: sliding scale
- Canadian resource for supporting and affirming gender creative kids within their families, schools and communities.

Psychiatrist and Medical Support

College of Physicians and Surgeons of Alberta: <http://www.cpsa.ca/>

Phone Lines

Distress Centre:

24-Hour crisis line
Phone: 403-266-HELP (4357)

ConnecTeen:

www.calgaryconnecteen.com/
Phone: 403-264-8336

Trans Life Line:

1-877-330-6366

On-line Information and Resources

Gender Creative Kids (Canadian): www.gendercreativekids.ca

- Canadian resource for supporting and affirming gender creative kids within their families, schools and communities.

Gender Spectrum (American): www.genderspectrum.org/

- Information and resources regarding gender identity

Healthy Children.org (American): <https://www.healthychildren.org/>

- Information regarding gender in children

I heart my chest: http://qmunity.ca/wp-content/uploads/2015/03/I_Heart_My_Chest_-_English_version.pdf

- A chest Health Resource for Trans Folks

Calgary Trans Resource and Info Guide:

http://media.wix.com/ugd/bc1b8e_e0d73b55e2124ed09967fe0c3797b7d6.pdf

Trans Hub: www.calgarytranshub.com/

- Calgary resource for Trans people and community

Family Acceptance Project: www.familyproject.sfsu.edu/

- Research and Resources on family acceptance/family rejection and impacts on sexually and gender diverse youth.

Literature

Sexual Orientation and Gender Identity Recommended Fiction and Non-fiction
Resources for K- 12 Schools - 2nd Edition:

<http://www.ismss.ualberta.ca/sites/www.ismss.ualberta.ca/files/SOGIFictionandNonfictionEPSandEPL.pdf>

For Youth:

Belge, Kathy, *Queer: The Ultimate LGBT Guide for Teens*, Zest Books (2011).

Bornstein, Kate, *My New Gender Workbook*, Routledge, (2013).

Bornstein, Kate, *A Queer and Pleasant Danger: The True Story of a Nice Jewish Boy who joins the Church of Scientology, and leaves twelve years later to become the lovely lady she is today*, Beacon Press (2013).

This material is for information purposes only. It should not be used in place of medical advice, instruction and/or treatment. Statements, opinions and viewpoints expressed do not necessarily represent the views of Alberta Health Services (AHS). **Last update May 17, 2017**

Coyote, Ivan E., Spoon, Rae, *Gender Failure*, Arsenal Pulp Press (2014).

Hugel, Kelly, *GLBTQ: The Survival Guide for Gay, Lesbian, Bisexual, Transgender, and Questioning Teens*, Free Spirit Publishing, (2011).

Kuklin, Susan, *Beyond Magenta: Transgender Teens Speak Out*, Candlewick (2014).

Peters, Julie, A., *Luna*, Time Warner Book Group, (2004).

Seba, Jaime A., *Feeling Wrong in Your Own Body: understanding What It Means to Be Transgender*, Mason Crest Publishers (2010).

Teich, Nicholas, M., *Transgender 101: A Simple Guide to a Complex Issue*, Columbia University Press (2012).

Testa, Rylan, J., Coolhart, Deborah, Peta, Jayme, *The Gender Quest Workbook: A Guide for Teens and Young Adults Exploring Gender Identity*, Instant Help Books, New Harbinger Publications, Inc., (2015).

Wittlinger, Ellen, *Parrotfish*, Simon & Schuster Books for Young Readers, (2007).

LGBTQ-inclusive Children's Books:

Welcoming Schools: <http://www.welcomingschools.org/pages/looking-at-gender-identity-with-childrens-books>

Flamingo Rampant: <http://www.flamingorampant.com/>

For Families: PDF's (available online)

Families in Transition: A Resource Guide for Parents of Trans Youth, Central Toronto Youth Services

Our Trans Children, PFLAG Transgender Network, Sixth Edition

Supportive Families, Healthy Children: Helping Families with Lesbian, Gay, Bisexual and Transgender Children, San Francisco State University – Family Acceptance Project, 2009

Welcoming our Trans Family and Friends: A Support Guide for Parents, Families and Friends of Transgender and Gender Non-Conforming People, PFLAG National

Books:

Gender Born, Gender Made: Raising Healthy Gender Nonconforming Children, Diane Ehrensaft, The Experiment, New York, 2011.

Helping Your Transgender Teen: A Guide for Parent, Irwin Krieger, Genderwise Press, New Haven, 2011.

The Transgender Child: A Handbook for Families and Professionals, Stephanie A. Brill and Rachel Pepper, Cleis Press Inc., San Francisco, 2008.

Films: (some available online)

Beautiful Boxer (2003); Fiction; 118 min

Girl Inside (2007); Documentary; Women Make Movies; 70 min.

Growing Up Trans (2015); Documentary; PBS; 84 min.

Ma Vie en Rose (Eng title: My Life in Pink) (1997); Fiction; Columbia TriStar Home Video; 88 min

No Dumb Questions (2001); Documentary; Epiphany Productions; 24 min.

Red Without Blue (2007); Fiction; Cinema Libre; 77 min.

She's a Boy I Knew (2007); Documentary; Media Education Foundation; 70 min.

Straightlaced: How Gender's Got Us All Tied Up (2008); Documentary; New Day Films; 67 min

Trans, The Movie (2012); Documentary; Roseworks and Sex Smart Films; 93 min.

TransAmerica (2006); Fiction; Genius Products; 104 min.

Three to Infinity: Beyond Two Genders (2015); Documentary; Lonny Shavelson; 85 min.