

# Trans Health Team

Every  
One  
Matters.

Since early 2015, the Health Centre has developed expertise and capacity in the care and support of trans, non-binary and gender fluid community members. We are committed to training our staff in the areas of gender expression, and gender identity to ensure that everyone coming through our doors feels heard and respected. Our policies ensure that programs are aligned with our goal of trans inclusivity.

Our Trans Health Team includes providers from a variety of professions to help meet the needs of trans clients of all ages.

- The intake worker connects trans clients with physicians and nurse practitioner if they wish to discuss hormone therapy. The intake worker will also make direct referrals to the social worker and other mental health supports.
- The physician and nurse practitioners assess patients to determine safety and appropriateness of hormone therapy, monitor hormonal transitions, manage health concerns in the context of hormone therapy and work the client and the team to manage concurrent mental health issues.
- The registered nurse provides information, education and care related to hormones, self-injection, fertility options, etc.
- The social worker offers counselling related to gender exploration, gender dysphoria and/or other mental health concerns.
- A health worker helps with practical supports such as navigating name and gender marker change on ID, advocacy at individual appointments, referrals to community agencies, and connecting to local peer A groups.

The Health Centre is committed to creating an inclusive and safe space for all sexual orientations, gender identities and gender expressions.



## Our Vision

Building opportunities for healthy and inclusive communities.

## Our Mission

We provide inclusive and equitable health and social services to those who experience barriers to care, and we foster the active participation of individuals and communities that we serve.

## Our Core Values

At the Health Centre we commit to: social justice, equity, caring, inclusion and respect.

## For more information:

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## Programs

Gender Journeys is an eight week group that runs twice a year. Folks who are 18+ and early in their transition can register to participate. The group covers a variety of topics intended to explore the social, emotional and physical impacts of gender transition. The Trans Health Clinic runs from 5-7pm on the second Wednesday of each month. The Trans Health Clinic is for trans and non-binary people of all ages. Participants do not need to register. Folks are also welcome to bring a support person with them (family/friend/partner/worker/etc). The Trans Health Clinic provides reliable information that is relevant to the transgender and non-binary experience; discussion on a topic related to gender identity and/or expression; and an opportunity to meet our Trans Health Team.

## Intake Criteria

To participate in Gender Journeys or to attend a Trans Health Clinic, just give us a call. To receive medical care (such as hormone therapy), individuals first have an appointment with our intake worker who will connect them with a health care professional within the Health Centre. For an intake appointment, please call 519-660-0874.

The Trans Health Team follows the Sherbourne Guidelines and Protocols For Hormone Therapy and Primary Health Care for Trans Clients.

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