



## What You Need to Know About...

# Resources for Supporting Trans\* and Gender Diverse Staff & Students in Our Schools



Here are some community organizations that can provide additional support in building your understanding around sex, sexuality and gender. We are here for you should you need our resources, and we look forward to working together with you!

### KPRDSB Resources

#### Equity, Diversity and Inclusion Office

Education Centre  
1994 Fisher Drive  
Peterborough, ON  
K9J 6X6

Toll free: 1-877-741-4577 ext. 2157

[equity\\_diversity@kprdsb.ca](mailto:equity_diversity@kprdsb.ca)

Equity, Diversity and Inclusion Online Resource Library:

[www.kprschools.ca/content/kpr/en/students/well-being/equitydiversityandinclusion.html](http://www.kprschools.ca/content/kpr/en/students/well-being/equitydiversityandinclusion.html)



\* There are many terms that individuals use to identify their gender. In this document, trans\* is an umbrella term that aims to include all gender identities that are not included in the mainstream gender binary (two-part definition) of male or female. "Trans" includes individuals who are Transgender, Gender Non-conforming, Gender Expansive, Gender Independent, Gender Queer, Gender Diverse, and more.

### Community Resources

#### Gender Journeys Programs by Canadian Mental Health Association (CMHA)

HKPR (The counties of Peterborough, Haliburton, Northumberland, and Kawartha Lakes)

Tel: 705-748-6711 ext. 2100 Email: [genderjourneys@cmhahkpr.ca](mailto:genderjourneys@cmhahkpr.ca)

Website: [cmhahkpr.ca/programs-services/gender-journeys/](http://cmhahkpr.ca/programs-services/gender-journeys/)

Gender Journeys, offered through the Canadian Mental Health Association, Haliburton, Kawartha, Pine Ridge, provides programming, education, and support services for transgender, 2-spirit, gender diverse folks, and people who are questioning their gender identity. Services are also offered for families, partners, and loved ones. All services are free and confidential. Some of our programming includes:

- Youth Gender Journeys Group (12-17)
- Core Gender Journeys Group (18+)
- Family Support Group (18+)
- One-on-one peer support (12+)
- Training and Education

#### Gender Journeys by CMHA Durham in Oshawa

Tel: 1-855-808-6242 ext. 4

Periodically running. Check out <http://durham.transcommunity.ca/gender-journeys/> for more information.


#### PFLAG Canada with chapters in Cobourg, Durham and Peterborough

Tel: 1-888-530-6777 [www.pflagcanada.ca](http://www.pflagcanada.ca)

PFLAG Canada supports, educates and provides resources to anyone with questions or concerns about sexual orientation, gender identity and gender expression. Regional PFLAG chapters hold support groups and social events, and they are able to recommend regionally based resources.

<b>Colours LGBTQ Youth Group at The Youth Centre in Ajax</b>	<b>Tel: 905-428-1212</b> <a href="http://www.theyouthcentre.ca/programs.php?pid=196">www.theyouthcentre.ca/programs.php?pid=196</a> Offers a welcoming, safe and social drop-in for youth ages 13-20, who identify as lesbian, gay, bisexual, transgender, queer and questioning, and their friends. Runs Thursdays 6:30pm – 8:00pm.
<b>Open Doors at the Boys and Girls Club of Durham</b>	<b>Tel: 905-728-5121</b> <a href="http://www.bgcdurham.com/programs--2/teen-programs/open-doors">www.bgcdurham.com/programs--2/teen-programs/open-doors</a> Programs run for youth, ages 15-21, Tuesdays 7:00pm – 8:30pm.
<b>PARN Rainbow Youth</b>	<b>Tel: 1-800-361-2895 or 705-749-9110</b> <a href="mailto:info@rainbowyouth.ca">info@rainbowyouth.ca</a> PARN strives to enrich the lives of LGBTQ youth, ages 14-25, in the counties of Haliburton, Northumberland and Peterborough, and the City of Kawartha Lakes. Their services include: <ul style="list-style-type: none"> <li>• A weekly youth drop-in centre</li> <li>• Workshops for staff or students</li> <li>• Support and resources for school GSA groups</li> </ul>
<b>Rainbow Health Ontario</b>	<a href="http://www.rainbowhealthontario.ca">www.rainbowhealthontario.ca</a> This province-wide program works to improve the health and well-being of lesbian, gay, bisexual, and trans people through education, research, outreach and public policy advocacy.

## Telephone/Support Lines

<b>Lesbian Gay Bi Trans Youth Line</b>	<b>Tel: 1-800-268-9688</b> <b>Text: 647-694-4275</b> <a href="http://www.youthline.ca">www.youthline.ca</a> This free peer support phone line for lesbian, gay, bisexual, transgender, transsexual, two-spirit, queer and questioning youth is available to offer support, information and referrals. The phone line is confidential, free and non-judgmental. Runs Sunday – Friday, 4:00pm – 9:30pm.	 <p><b>Kids Help Phone</b></p> <p><b>Call: 1-800-268-6868</b> <a href="http://www.kidshelpphone.ca">www.kidshelpphone.ca</a></p> <p>A toll-free, national, bilingual, phone and web counseling, referral and information service for children and youth. They provide immediate, anonymous and confidential support 24 hours a day.</p>
<b>PrideLine Durham</b>	<b>Tel: 1-855-87PRIDE (1-855-877-7433)</b> <a href="http://www.distresscentredurham.com/gethelp/lgbtprideline.php">www.distresscentredurham.com/gethelp/lgbtprideline.php</a> PrideLine Durham provides emotional support, crisis intervention, and community referral information specific to the concerns and issues of the LGBTQ community in Durham Region.	
<b>Trans Lifeline</b>	<b>Tel: 1-877-330-6366</b> <a href="http://www.translifeline.org">www.translifeline.org</a> A free helpline primarily for transgender people experiencing a crisis, which may include individuals struggling with their gender identity who are not sure if they are transgender. For weekly hours, please check out their website.	

## Online Communities and Resources



**Advocates for Youth:** [www.advocatesforyouth.org](http://www.advocatesforyouth.org)  
**Children of Lesbians and Gays Everywhere (COLAGE):** [www.colage.org](http://www.colage.org)  
**Egale Canada:** [www.egale.ca](http://www.egale.ca) and [www.MyGSA.ca](http://www.MyGSA.ca)  
**Gender Creative Kids:** [www.GenderCreativeKids.ca](http://www.GenderCreativeKids.ca)  
**The Gender Spectrum:** [www.genderspectrum.org](http://www.genderspectrum.org)

*Share what you've learned with your colleagues. Become part of the solution. Begin to foster a network of support by asserting that your community does not accept hateful and thoughtless behaviour, and be consistent with sending that message.*