



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

Equity, Diversity and Inclusion Online Resource Library:

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 in Cobourg, Lindsay and Peterborough

Tel: 705-748-6711 ext. 2102 Email: jan@cmhahkpr.ca

Gender Journeys is a free, 10-week group that explores gender identity and gender roles. This group aims to provide reliable, up-to-date information on topics related to gender identity and the process of transitioning. It also is designed to provide a space that fosters community support and connection, and is respectful of the diversity of gender possibilities.

- Youth Gender Journeys Group
- Partner Support Groups
- Parent Support Groups and Bi-weekly Drop-in Nights
- Training and Workshops

www.cmhahkpr.ca/program-and-services/peterborough/transgender-services-and-support/groups/gender-journeys/

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

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.

Colours LGBTQ Youth Group at The Youth Centre in Ajax	Tel: 905-428-1212 www.theyouthcentre.ca/programs.php?pid=196 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.
Open Doors at the Boys and Girls Club of Durham	Tel: 905-728-5121 www.bgcdurham.com/programs--2/teen-programs/open-doors Programs run for youth, ages 15-21, Tuesdays 7:00pm – 8:30pm.
PARN Rainbow Youth	Tel: 1-800-361-2895 or 705-749-9110 info@rainbowyouth.ca 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"> • A weekly youth drop-in centre • Workshops for staff or students • Support and resources for school GSA groups
Rainbow Health Ontario	www.rainbowhealthontario.ca 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

Lesbian Gay Bi Trans Youth Line	Tel: 1-800-268-9688 Text: 647-694-4275 www.youthline.ca 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>Kids Help Phone</p> <p>Call: 1-800-268-6868 www.kidshelpphone.ca</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>
PrideLine Durham	Tel: 1-855-87PRIDE (1-855-877-7433) www.distresscentredurham.com/gethelp/lgbtprideline.php PrideLine Durham provides emotional support, crisis intervention, and community referral information specific to the concerns and issues of the LGBTQ community in Durham Region.	
Trans Lifeline	Tel: 1-877-330-6366 www.translifeline.org 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
Children of Lesbians and Gays Everywhere (COLAGE): www.colage.org
Egale Canada: www.egale.ca and www.MyGSA.ca
Gender Creative Kids: www.GenderCreativeKids.ca
The Gender Spectrum: 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.