



***Dear Doctor/Referring Health Care Provider,***

Thank you for your referral to the CHEO Diversity Clinic. Due to growing wait times and limited resources the **CHEO Diversity Clinic is only accepting referrals for children who are pubertal and under 16.5 years old.**

We have provided guidance for the care of gender patients in different age categories.

Attached you will find suggestions and options for your patient/families. Please take the time to look them over to better assist your patient with their care. The final pages are resources you can print and give to the patient/family.

Please take a moment to familiarize yourself with the many resources available in the Ottawa Region – the website can be found at - **[www.transhealthottawa.org](http://www.transhealthottawa.org)**

Yours sincerely

Two horizontal, wavy, greyed-out bars representing a redacted signature.

## Patients 3-7 years old

Children 3-7 years old would not be in puberty and *do not need to be seen by a physician at this time*. Puberty blockers would only be considered when central puberty has started (Tanner stage 2).

Please direct the family to Community Based programs listed below



- **Family Services Ottawa (FSO)**

- ***Around the Rainbow Program and parent group***
  1. <https://familyservicesottawa.org/children-youth-and-families/around-the-rainbow>
  2. Contact: Lisa Montroy Around the Rainbow Trainer and Public Education worker at [lmontroy@familyservicesottawa.org](mailto:lmontroy@familyservicesottawa.org) or 613-725-3601 ext 105
- 2SLGBTQI+ RAINBOW FAMILIES' ART AND PLAY GROUP
- PARENT AND CAREGIVER GROUP
- 2SLGBTQI+ COUNSELLING - Counselling for the 2SLGBTQI+ community by counsellors who themselves identify as part of that community.

PH: 613-725-3601 312 Parkdale Avenue, Ottawa [info@familyservicesottawa.org](mailto:info@familyservicesottawa.org) Fax : 613-725-5651



- **Ten Oaks Project** Familles in Transition Program

The FIT Program is a 10-week group that meets once per week for 2 hours over zoom. The group provides parents with information about gender identity and trans issues, strategies for improving communication and connection with trans/gender questioning young people, and general support in parenting a trans/gender-questioning youth.

The FIT group is open to parents of school-aged trans/non-binary/gender-questioning children and youth (ages 5-18), who are new to supporting their child's gender identity or expression.

## Patients 8-12 years old

Children 8-12 years old should be assessed by their primary care provider to determine if they have started central puberty.

This can be done through Tanner staging (need to be Tanner stage 2) and through blood work.

Blood work should include: *LH, FSH, Testosterone, and Estradiol.*

- In children assigned male at birth if the LH is  $> 0.8$  and testosterone is  $> 1$  then they are in central puberty.
- In children assigned female at birth if the LH is  $> 0.8$  then they are in central puberty. Estradiol can be undetectable early in puberty.

Reference for Tanner staging:

[https://www.medschool.lsuhsu.edu/medical\\_education/undergraduate/spm/SPM\\_100/documents/tannerstagingcard.pdf](https://www.medschool.lsuhsu.edu/medical_education/undergraduate/spm/SPM_100/documents/tannerstagingcard.pdf)

**\*\*If the child HAS started puberty** based on physical exam and/or blood work or the results of physical/exam are unclear – please fax a detailed referral for the patient (including lab results) to Dr. Jennifer DiFiore (details below). Dr. DiFiore is a consultant community pediatrician with expertise in gender diversity who works in close collaboration with the CHEO Diversity Clinic:

**Dr. Jennifer DiFiore**  
Ottawa Valley Family Health Team  
95 Spring St, Almonte ON  
Tel: 613-256-9370 ext 4023 Fax: 613- 256-0949

AFTER Puberty has started:

• Discussion with family doctor and/or pediatric gender care provider can include **medical interventions** such as (depending on pubertal stage, age, patient specific circumstances etc.):

- Menstrual suppression (birth control pills/patch/ring, IUD, intradermal implant)
- Puberty blockers (leuprolide aka. Lupron)
- Gender affirming hormones (testosterone/estrogen)

**\*\*If the child HAS NOT started puberty yet**, they do not need to be seen by a physician.

Please direct the family to **Family Services Ottawa** and/or the resources as listed above for the 3-7 year old group and *reassess* for the start of central puberty every 3-6 months.

## Patients 16.5 to 18 years old

These patients will need to be seen by *adult gender care providers*.

**Family Doctors/NP – Here is how you can help:**

There are many excellent resources and training sessions available through Rainbow Health Ontario for primary care providers interested in providing gender affirming care to their own patients.

- They can also do an e-consult with a trans health provider for additional guidance
- Website: [www.rainbowhealthontario.ca](http://www.rainbowhealthontario.ca)

### **Centretown Community Health Center**

**CCHC Trans Health 17+ Youth Program** is the main provider of gender affirming care to patients **17+ years** old in the Ottawa area (will accept referrals for 16.5 years old and older) including - Hormone initiation, Surgical referrals/assessments, Counselling, & Health System Navigation

- Contact email to [transhealth@centretownchc.org](mailto:transhealth@centretownchc.org)
- call 613-233-4443 x 2245
- fax 613-233-4541
- Website: <https://www.centretownchc.org/programs-services/lgbtq-trans-health-program/>

Patients are also able to Self-refer

### **Virtual Medical option for patients of all ages**

**Connect Clinic** is a new virtual clinic providing gender affirming care to gender diverse individuals of all ages. It is run by family physicians based in Toronto, ON and is covered by OHIP. There is **no age minimum** for referrals. This program offers telemedicine-based medical consultations, advice and treatment related to trans care, including general health and wellness services, hormone therapy, and surgery referrals. All services are covered by Ontario Health Insurance Plan (OHIP).

- Website: <https://www.connect-clinic.com>

Fax referral to 437-317-9843 (OR phone: 647-670-0493)

**\*\*PATIENT CAN also SELF REFER**

## **Gender Diversity Resources for Patients and Families**

*(Please share with your patient/families)*



**\*\*TRANS HEALTH OTTAWA** brings together [TRANSHEALTHOTTAWA.ORG](http://TRANSHEALTHOTTAWA.ORG) exists to support trans and gender diverse community members navigate transition-related and general health services in the Champlain region (Ottawa and surrounding areas).

This site also brings together pertinent information and resources for health and social service providers, including information on transition-related healthcare, provision of inclusive care and local educational opportunities. For pertinent information and resources for health and social service providers, including information on transition-related healthcare, provision of inclusive care and local educational opportunities. Please take time to familiarize yourself with the many resources on their website – you can access it at -

**[www.transhealthottawa.org](http://www.transhealthottawa.org)**

*It is a great place to start!*



**Family Services Ottawa** offers excellent community based programs and assistance

FSO OFFERS THE FOLLOWING PROGRAMS

- 2SLGBTQI+ RAINBOW FAMILIES' ART AND PLAY GROUP
- PARENT AND CAREGIVER GROUP
- **Support group** for parents of gender creative children and youth (FSO and CHEO collaboration) Email Lisa Montroy for details: [lmontroy@familyservicesottawa.org](mailto:lmontroy@familyservicesottawa.org)
- TRANSCEND YOUTH GROUP - For trans, non-binary & questioning youth ages 11-17.
- PUBLIC EDUCATION AND PROFESSIONAL DEVELOPMENT
- 2SLGBTQI+ **COUNSELLING** - Counselling for the 2SLGBTQI+ community by counsellors who themselves identify as part of that community.

PH: 613-725-3601 - 312 Parkdale Avenue, Ottawa - [Info@familyservicesottawa.org](mailto:Info@familyservicesottawa.org) - Fax : 613-725-5651



**Ten Oaks Project Families in Transition Program** - [www.tenoaksproject.org](http://www.tenoaksproject.org)

The FIT Program is a 10-week group that meets once per week for 2 hours over zoom. The group provides parents with information about gender identity and trans issues, strategies for improving communication and connection with trans/gender questioning young people, and general support in parenting a trans/gender-questioning youth

**Telephone Support Lines:**

- LGBT YouthLine - <https://www.youthline.ca/>, phone/text/chat
- Kids Help Phone - <https://kidshelpphone.ca/>, phone/text/chat

**Websites:**

- Gender Creative Kids Canada – [www.gendercreativekids.ca](http://www.gendercreativekids.ca)
- Canadian Parents of Trans and Gender Diverse Kids peer support Facebook group (need to email to join) - <https://gendercreativekids.ca/providers/canadian-parents-gender-creative-kids/>
- Gender Spectrum - [www.genderspectrum.org](http://www.genderspectrum.org)
- PFLAG Canada – [www.pflagcanada.ca](http://www.pflagcanada.ca)
- Families in Transition – Resource Guide for Families of Youth - <https://ctys.org/wp-content/uploads/CTYS-FIT-Families-in-Transition-Guide-2nd-edition.pdf>
- Human Rights Campaign – Transgender Children and Youth - <https://www.hrc.org/resources/transgender-children-and-youth-understanding-the-basics>
- Rainbow Health Ontario - [www.rainbowhealthontario.ca](http://www.rainbowhealthontario.ca)
- GEGI: Advocate at school for yourself or someone else (for Ontario students and educators): <https://www.gegi.ca/>

**LGBTQ Friendly Mental Health Services:**

- Youth Services Bureau (YSB) – free, all trans-friendly, start here! - [www.yvb.ca](http://www.yvb.ca)
- Family Services Ottawa (FSO) – some free services, support groups, and counselling (see above)

**Private psychologists**

- Dr. Simone Kortstee – [www.connectionspsychology.ca](http://www.connectionspsychology.ca)
- Dr. Jesse Bosse – [www.talltreepsychology.com](http://www.talltreepsychology.com)
- Dr. Horvath and Dr. Hopton – Ottawa Center for Resilience [www.ocfr.ca](http://www.ocfr.ca)
- Dr. Tamara Kornacki Ph.D C Psych – The Child, Adolescent, and Family Center of Ottawa (<https://www.cafco-ceafo.ca/>), email: [tkornacki@cafco-ceafo.ca](mailto:tkornacki@cafco-ceafo.ca)
- Dr. Peggy J. Kleinplatz, C. Psych. Tel: 613-563-0846
- Corrine Easy, M.C. (Psych), C. Psych Assoc. – Ottawa Psychological Health Centre, Tel: 613-627-2015, email: [admin@ophc.ca](mailto:admin@ophc.ca)
- Allison Kennedy Reg. Psychologist - [AKennedy@somersetpsychologists.com](mailto:AKennedy@somersetpsychologists.com)
- Leigh Karos, PhD, C. Psych – Tel: 613-402-2484
- Massimo Di Domenico, M.A. /Casandra Pasiak - Psychologist - [ottawa.admin@cfir.ca](mailto:ottawa.admin@cfir.ca) Tel: 613-686-6645
- Annie Muldoon RSW/MSW, Child in Mind - <https://www.childinmind.com/anniemuldoon>
- Jay Jonah RSW/MSW, Toronto based but provides virtual care -Tel:1- 647-517-4012 [jayjonah.therapy@gmail.com](mailto:jayjonah.therapy@gmail.com)

**Community support groups/services**

Here you can find a very detailed List of youth groups, parent support groups, swim nights, camps, clothing exchanges etc.

- <https://www.centretownchc.org/wp-content/uploads/2020/02/Champlain-Region-Gender-Diverse-Health-Resource-Guide.pdf>

## Gender Affirming Social Transition Resources (any age)

### • Chest binders

- Venus Envy (Ottawa based, online only currently) [www.venusenvy.ca](http://www.venusenvy.ca)
- Multiple other online retailers - ensure measurements done before ordering
- How to safely use a binder: <https://www.pointofpride.org/blog/binding-101-tips-to-bindyour-chest-safely>

### • Legal name change

- No letter required from health professional
- Parental permission required until 17 years old
- Process depends on where child was born (where birth certificate is from)
- Ontario: <https://www.ontario.ca/page/change-name#section-1>
- Quebec: <http://www.etatcivil.gouv.qc.ca/en/change-name.html>

### • Legal gender marker change (M/F/X)

- Need a letter from health professional supporting change
- Letter can be provided by any MD or psychologist who has seen and assessed the patient
- Letter template: <https://www.rainbowhealthontario.ca/TransHealthGuide/pdf/AppendixP.pdf>
- How to guides: <https://ccgsd-ccdgs.org/gender-markers-guide/>
- Considerations for choosing X on a passport: <https://travel.gc.ca/travelling/health-safety/lgbt-travel>

### Voice Therapy (to raise or lower voice)

- Branching Out Therapy Services: [www.branchingouttherapy.ca](http://www.branchingouttherapy.ca)
- Capital Speech Therapy: [www.capitalspeech.ca](http://www.capitalspeech.ca)
- Achieve Therapy Centre: [www.achievetheapycentre.com](http://www.achievetheapycentre.com)

### Books for parents:

- *Transgender Child: A Handbook for Families and Professionals* by *Stephanie Brill & Rachel Pepper, 2008*
- *Gender Born, Gender Made: Raising Healthy Gender-Nonconforming Children* by *Diane Ehrensoft, 2011*

### Books for young children:

- *It Feels Good to Be Yourself: A book about gender identity* by *Theresa Thorn*
- *Introducing Teddy: A gentle story about gender and friendship* by *Jess Walton*
- *Sex Is a Funny Word* by *Cory Silverberg*
- *It's Okay to Be Different* by *Todd Parr*
- *We're Different, We're the Same* by *Bobbi Kates & Joe Mathieu*
- *I am Jazz* by *Jessica Herthel and Jazz Jennings*
- *Backwards Day* by *S. Bear Bergman, 2012*
- *The Adventures of Tullip, Birthday Wish Fairy* by *S. Bear Bergman, 2012*

### Other resources:

- Ottawa Fertility Centre – [www.conceive.ca](http://www.conceive.ca) – Tel: 613-686-3378 (can self-refer)