Muskoka & Area ONTARIO HEALTH TEAM

TRANSGENDER AND NON-BINARY

Healthcare & Support Services

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Table of Contents

03 ABOUT THE GUIDE

04 GENDER-AFFIRMING HEALTHCARE

06 MENTAL HEALTH SUPPORT

08 COMMUNITY & PEER SUPPORT

10 SEXUAL HEALTH & HARM REDUCTION

About the Guide

In early 2024, the Transgender & Non-Binary Healthcare and Support Services Task Force of Muskoka and Area was formed. As a first step, the task force developed this resource guide to provide the community and healthcare providers with information and guidance for navigating services within the region. All services included in the guide are available to those residing in Muskoka and the surrounding area, unless stated otherwise.

If you notice any information in this resource that needs updating or would like to suggest the addition of a service, please email us at **info@maoht.ca**. Criteria for inclusion: services must be publicly funded and accessible to residents of Muskoka and the surrounding area.

We hope this resource empowers you to connect with the appropriate care and supports needed to foster health and well-being.

Gender-Affirming Healthcare

Dr. Allison Small, Algonquin Family Health Team	Hormones and surgical counselling and/or referrals for additional services and supports. Primary care provider or self-referrals are accepted.	705-789-4377 5-39 Campus Trail Huntsville ON
Dr. Shannon Lees, Cottage Country Family Health Team	Hormones and surgical counselling and/or referrals. Self-referrals are accepted.	705-645-2223 or ccfht.ca
Heather Jamieson, NP, Cottage Country Family Health Team	Gender-affirming primary health care, trans medical care, hormone therapy, surgical planning and/or referral. Must live in Gravenhurst and surrounding area.	705-646-5180 or ccfht.ca
North Muskoka Nurse Practitioner Led Clinic	Full scope primary care across the lifespan.	705-224-6752 or northmuskokanplc.com
North Simcoe Muskoka Transgender Health Services	Provide trans-affirming, supportive approach for transgender and questioning people seeking healthcare by Nurse Practitioners, including hormone therapy and surgery planning visits	705-329-3649 x207 or t.ly/NSMTransHealth

Gender-Affirming Healthcare

MiND-AID	Gender-affirming Nurse Practitioner services. Provides services to youth under 30 year old either in person (throughout Muskoka) or virtually.	844-646-3243 or hub@mindaidmuskoka.com
Prime Care Family Health Team: Gender Care Clinic	Gender-affirming primary care, including surgical assessments/referrals, sexual health education, screening, and support for hormone therapy and monitoring.	primecarefht.ca/gender-care-clinic
Rainbow Health Directory	Directory of health and social service providers who have expressed a commitment to providing competent and welcoming care to 2SLGBTQIA+ people in Ontario.	rainbowhealthontario.ca/lgbt2sq-health/service-provider-directory

Mental Health Support

CMHA Muskoka Parry Sound	Mental health services, counselling, addiction support, court support, adult protective services, case management, housing supports. Referrals for psychiatry (virtual). Some evening services available.	mps.cmha.ca
Dr Rodway-Norman, Brain Health Centre	Expertise in "Trans Medicine." Clinical psychiatric services available. Referral required to access services.	705-327-7070 or drrodwaynorman.ca
Family Connexions	Mental Health Services available to individuals 0-18 and their caregivers. Agency-wide services support youth/families with **S**exual **O**rientation, **G**ender **I**dentity and **E**xpression needs. Services are offered in both English and French for residents of the District of Muskoka.	705-645-4426 or familyconnexions.ca/cymh/ *Initiate services via the Counselling Clinic. A determination is then made regarding the need for ongoing services and support.
Hands: The Family Help Network	Child and youth mental health services to individuals 18 years or younger and their family. Services are offered in group or individual format from single session to intensive treatment. Must live within the catchment area of Almaguin Highlands, North Bay, Nipissing, and Parry Sound.	705-476-2293 or thefamilyhelpnetwork.ca
MiND-AID	Needs-based, client-centered navigation assistance and support to young people who are looking for help on their journey to mental wellness. Provides services to youth under 30 years old either in person (throughout Muskoka) or virtually.	844-646-3243 or mindaidmuskoka.com

Mental Health Support

Muskoka Parry Sound Sexual Assault Services	Explore experiences of Gender Based Violence and Sexual Violence through individual virtual counselling facilitated by a queer BIPOC (Black, Indigenous, and People of Colour) counsellor, from an anti-oppressive and trauma-informed approach to healing. Service ages 16+.	mpssas.org/cosmos-2slgbtq-survivors-counselling
North Bay Regional Health Centre: Gender Diversity Clinic	Outpatient psychiatric consultation and support to patients of all ages who are questioning or have come to understand that their gender identity differs from their birth-assigned sex. This may include resources for ongoing gender identity exploration and assistance with social transitions. For children and adolescents, it may involve exploration and recommendations regarding family dynamics and neurodiversity. For transitional age youth and adults, it may also include recommendations for gender-affirming hormone therapy and assistance with surgery funding and referrals for those seeking transition-related surgeries. Referrals are open to out-of-catchment referrals (outside of Northeastern Ontario).	705-494-3050 x6294 or t.ly/GenderDivClinic To access the clinic, speak with a health care provider (physician or nurse practitioner) and ask them to complete the referral form: nbrhc.on.ca/wp-content/uploads/2016/03/2209.pdf
Trans Wellness Ontario	Services for individuals 13 years or older including general counselling and case management services.	transwellness.ca/individual-services

Community & Peer Support

Almaguin Pride	Almaguin Pride promotes community through events, projects and campaigns. Their mission is to support the representation, acceptance and growth of community between LGBTQ+ peoples and their allies.	www.almaguinpride.com
Gilbert Centre	Social programming and systems navigation for the queer and trans population, with a focus on youth, ages 12-29 and seniors ages 55+.	gilbertcentre.ca
Muskoka Pride	Advocates for Muskoka's 2SLGBTQ+ community. Monthly social events for community members, including a youth group held in Bracebridge. Annual Pride Week events in late July.	www.muskokapride.com
Muskoka Women's Advocacy Group	Women and children's shelter, women's outreach services and community-based supports.	705-789-8488 or mwag.ca
North Simcoe Muskoka Trans Health Services	Peer support navigator, mental health therapists and nurse practitioners provide medical transition supports, mental health (trauma informed care) supports, system navigation, community outreach and education. Family and Peer support groups available.	705-329-3649 x207 or t.ly/NSMTransHealth

Community & Peer Support

OUTLoud North Bay	Child and youth services for individuals 10 to 18 years old including peer support, mental health workshops, harm reduction, suicide prevention, educational supports, life skills programs, tutoring, and job readiness and employment opportunities	outloudnorthbay.com
Trans Wellness Ontario	Services for individuals 13 years or older such as individual peer support and peer groups including: Trans-Masc Peer Group, Trans-Femme Peer Group, and the Affirm Parents Group.	transwellness.ca

Sexual Health & Harm Reduction

North Bay Parry Sound District Health Unit: Sexual Health Clinic	Low-cost contraception, emergency contraception, intrauterine contraception (IUC) insertion and removal, contraceptive implant insertion and removal, pap testing (for individuals without a primary care provider), HIV pre-exposure prophylaxis (PrEP), and referrals for gender-affirming care. Free harm reduction supplies and naloxone kits. Vaccines for HPV, hepatitis A, and hepatitis B, and imvamune (mpox) for those who qualify. Testing for sexually transmitted infections (STIs) and blood-borne infections (BBIs), and anonymous HIV testing.	myhealthunit.ca/en/public-health-services/sexual-health-clinic.aspx
Simcoe Muskoka District Health Unit	Sexual Health Clinics (outreach clinics, STI testing and treatment, contraception, abortion referrals, specialist referrals as appropriate). Harm Reduction Services (Naloxone Kits, Needle Exchange, condoms). Immunization services and telephone nursing.	simcoemuskokahealth.org

Download the Guide

To download our Transgender and Non-Binary Healthcare & Support Services guide visit maoht.ca/community-resources or scan the QR code.

For additional provincial resources, please visit: t.ly/GenderAffirimingResources.

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