

Gender-Affirming Services in Ontario

A resource from the Canadian Queer
Medical Students Association, cqmsa.org



FOREWORD

Gender-affirming medical services are available and accessible in Ontario. This guide provides information concerning various aspects of gender affirming care, including healthcare coverage, legal name changes, medication, surgery and other local resources. To begin the process of medical transition such as getting hormones, a patient will need to be followed by a family doctor, pediatrician, or endocrinologist. Alternatively, there are medical clinics who take in trans patients to begin or to continue transition-related care. A list of these clinics can be found in the next section entitled “Gender-Inclusive Clinics”. The following discussion only applies to people covered by the public provincial healthcare insurance, Ontario Health Insurance Plan (OHIP). If a patient has private insurance, the coverage of these services may differ.

DISCLAIMER: this document was created by the Canadian Queer Medical Students Association (CQMSA) with the intention of helping medical providers in Ontario navigate and provide gender-affirming care. This document contains a collection of services and providers which are constantly changing, especially given the nature of the work and the increased stress and demand which community organizations have experienced with COVID-19. We have done our best to provide up-to-date content but cannot promise the continued accessibility of some of these services. Please read with discretion. If you notice incorrect information, or you would like to notify us about different resources, please email: info@cqmsa.org

We thank you for your efforts in providing appropriate and informed care!
– *The Canadian Queer Medical Students Association (CQMSA)*

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For the Canadian Queer Medical Students Association

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PROVINCIAL HEALTHCARE COVERAGE

Residents of Ontario are insured by the *Ontario Health Insurance Plan (OHIP)*. You are eligible for medical coverage under OHIP if you meet **all of the following criteria**:

- 1) be physically in Ontario for 153 days in any 12-month period
- 2) be physically in Ontario for at least 153 days of the first 183 days immediately after you began living in the province
- 3) make Ontario your primary residence

You must also meet at least 1 of the following additional requirements:

- are a Canadian citizen
- are an Indigenous person
- are a permanent resident
- are applying for permanent residence in Canada
- are in Ontario on a valid work permit and are working full-time in Ontario, for an Ontario employer, for at least 6 months
- are in Ontario on a valid work permit under the federal Live-in Caregiver Program
- are in Ontario on a valid work permit under the federal Seasonal Agricultural Worker Program
- are a convention refugee or other protected person
- have a Temporary Resident Permit
- are a clergy member who can legally stay in Canada and will be ministering full time in Ontario for at least 6 months

For complete information on OHIP eligibility, please visit [Apply for OHIP and get a health card | ontario.ca](#).

To apply for OHIP, you must visit a ServiceOntario center. Please visit [this website](#) for information regarding all necessary documents.

If you've been **out of Ontario for more than 212 days in any 12-month period**, you may have to reapply for OHIP at a [specialized ServiceOntario Centre](#) that provides the full-suite of health card services.

OHIP covers various health services including appointments with your family doctor, visits to walk-in clinics and some other health care providers, visits to an emergency room, medical tests and surgeries. A complete list of covered services can be found at [What OHIP covers | ontario.ca](#).

NAME AND GENDER MARKER CHANGES

Changing Legal Identity Markers

In this section, we provide details on how someone would change their name legally in Ontario, as well as how to change their name or gender markers that appear on your government documents such as your driver's license or health card. In Ontario, someone may change your gender marker to either F (female), M (male), or X (non-binary or gender neutral). Below you will find details about any application criteria, forms, supporting documentation, and fees for making these changes.

Name Change

In order for someone to change their name in Ontario, they must have lived in Ontario for the past 12 months. If the applicant is 17 or younger, then every person who has legal custody must give consent for them to change their name. To apply, an applicant must fill out an application form (Adult form can be found [here](#) and may be used by those 16 or older; Child form can be found [here](#) and may be used by those 17 or younger). They will need a Police Record Check as part of the name change application. Applications must be submitted either by mail to *189 Red River Road Service Ontario Centre* in Thunder Bay, or in person to the *47 Sheppard Ave East Service Ontario Centre* in Toronto. Along with the form, a \$137 processing fee must be enclosed (or \$22 for a child's application if it is submitted with a parent's name change application). If the application is successful, then the applicant will receive a **change of name certificate** that can be used to change their name on other documents, as well as a **new birth certificate with their new name**.

For more information on changing your name in Ontario, please visit [Change name | ontario.ca](#). Rainbow Health Ontario also offers comprehensive resources for the steps needed to change someone's name, which can be found [here](#).

Changing Gender Marker on Birth Certificate/Registration

Changing the sex designation on a birth certificate/registration can be a helpful first step in the process of changing identity markers, as many other pieces of government ID require the applicant to bring a birth certificate or registration in order to change their sex designation. The birth must be registered in Ontario to change a sex designation on an Ontario birth registration so that it matches the gender identity. Gender identities can be changed to F (female), M (male), or X (non-binary) or elect to have no sex designation on it. In addition to changing a sex designation on a birth registration, it is possible to request a birth certificate that displays the updated designation. If the applicant is 15 years old or under, then the parent or legal guardian must apply for them. If the applicant is 16 or 17 years old, then they may apply as an adult or have the parent or legal guardian apply for them.

For adults, the following documents must be provided to change your sex designation on your birth registration/certificate:

1. [This application form](#) for Change of Sex Designation on Birth Registration of an Adult
2. A [Statutory Declaration](#) form for Change of Sex Designation on Birth Registration of an Adult
3. A letter signed by a physician or psychologist that supports the request
4. All previously issued birth certificates and certified copies of birth registration
5. [This application form](#) for a Birth Certificate, along with applicable fees

For children, the following documents must be provided:

1. [This application form](#) for Change of Sex Designation on Birth Registration of a Child
2. A [Statutory Declaration](#) form for Change of Sex Designation on Birth Registration of a Child
3. A letter signed by a physician or psychologist that supports the request
4. All previously issues birth certificates and certified copies of the birth registration
5. [This application form](#) for a Birth Certificate, along with the applicable fees

There is no cost for changing the sex designation on a birth registration. However, a new copy of a birth certificate will cost \$25, and a certified copy of a birth registration will cost \$35.

For more information on changing the sex designation on a birth certificate, visit [Changing your sex designation on your birth registration and birth certificate | ontario.ca](#).

Changing Gender Marker on Driver's License or Ontario Photo Card

Folks have the option of changing their sex designation on a driver's license or Ontario Photo Card to either M (male), F (female), or X (gender neutral/non-binary). For changing the designation to gender neutral/non-binary, there is no need to bring any supporting documents. The applicant may visit the nearest Service Ontario center to start the process. However, if someone wishes to change their sex designation to M or F, they will need to either: 1) bring a copy of a birth certificate or birth registration, or 2) bring a letter from a doctor or psychologist stating that the change in identity marker is appropriate, AND a letter that includes the patient's name, address, driver's license number/Ontario Photo Card number (depending on which document they're changing), the change they wish to make, and the name/address of the doctor or psychologist who signed the support letter. Alternatively, while **surgery is NOT a requirement for sex designation changes**, if someone has had surgery, then they can choose to present documentation from a recognized specialist in transition-related surgery, instead of a doctor or psychologist. It is important to **bring the originals for all required documents (no photo copies)**.

For more details about required documentation, visit [Change the sex designation on your government IDs | ontario.ca](#).

Changing Gender Marker on Ontario Health Card

Beginning on June 13, 2016, all newly issued Ontario Health Cards no longer display gender information. If someone still has an old health card that still has gender markers, then it should be updated ASAP. They may renew their card online, or visit any Service Ontario location. There is no fee associated with renewing a Health Card.

For more information, visit: [Renew a health card | ontario.ca](https://www.ontario.ca/renew-a-health-card).

Passport

On a Canadian passport, individuals have the option of changing gender markers to F, M, or X. To proceed, an applicant will need to provide the previous passport, proof of immigration status, or proof of citizenship. If this document does not show the gender identifier they require, then the applicant will also need to complete a gender identifier request form. This form, along with further information, can be found at [Choose or update the gender identifier on your passport or travel document - Canada.ca](https://travel.gc.ca/passports/apply/requirements/gender-identifier).

MEDICATION

Age of Medical Consent

In Ontario, the age of medical consent is the same as the age of majority (18 years old). However, like many Canadian provinces and territories, Ontario follows a common law principle in which minors who are deemed capable of making informed decisions about their health may do so without the consent of a legal guardian. These laws are not written anywhere, and different medical providers can have varying definitions and requirements for their younger patients to be deemed capable of making these kinds of decisions. Additionally, the type of medical treatment being requested, and the assumed risk of treatment, might change a provider's willingness to treat a minor without a guardian's consent. For example, if a minor is wanting to start birth control pills without parental consent, and they can maturely understand the risks and proper use of the medication, then a provider may be willing to prescribe these pills without involving any legal guardians. However, if the same minor decides that they would like to undergo a surgical procedure which carries more risk or long-term impact, for example a hysterectomy, this provider may decide that the minor is not capable of making this decision alone. As these decisions are at the discretion of each individual provider it is recommended that an open dialogue is had between providers and folks seeking gender-affirming care to get a clear understanding of what will be kept confidential/what treatments can be prescribed/performed before starting any medical therapy. For minors, it is important for providers to ask what their patient would like disclosed to their guardian.

Medication

Hormonal therapy is an important part of gender-affirming care which promotes physiologic masculinization/feminization for people experiencing gender incongruence. The decision to start hormonal therapy should be patient-centered and involves obtaining informed consent including discussion of the potential risks of starting and withholding treatment. Patients should be assessed for their physical and psychological readiness for hormonal therapy prior to starting treatment. If you are considering prescribing these medications in your clinical practice, we suggest reviewing the [WPATH Standards of Care](#) and [Rainbow Health Point-of-Care Guidelines](#) for assessing patient preparedness, safety, and clinical monitoring.

For transitioning individuals, the main bulk of hormone medications are: androgens for folks Assigned Female at Birth (AFAB), estrogen for folks Assigned Male at Birth (AMAB), and hormone blockers.

For dosing guidelines and recommendations, please refer to the [BC Endocrine Therapy Guidelines for Transgender Adults \(2015\)](#).

Coverage for Prescription Drugs in Ontario

Many medications in Ontario, including the medications outlined in the table below such as gender affirming hormone therapy or hormone blocking medications, can only be accessed in Ontario by getting a prescription from a doctor or nurse practitioner. Some people have private drug coverage that will pay for some or all of these medications, for example through their employer, or through their university or college. If you don't have private drug coverage, then you may be eligible for the Ontario Drug Benefit (ODB) Program to help you pay for medications. You are eligible for the ODB Program if you are:

- Age > 65 years old
- Age < 25 years old (eligible for OHIP+)
- Living in long term care or a home for special care
- Receiving professional home and community care services
- Enrolled in the Trillium Drug Program (can apply if you have high prescription drug costs compared to your household income)
- Enrolled in Ontario Works or the Ontario Disability Support Program (ODSP)
- ***If you do not meet any of these criteria, then you would require private benefits for your medications to be covered or cover the costs yourself by paying out-of-pocket.***

Prescriptions must be filled in an Ontario pharmacy to be covered under ODB, and you must have a valid Ontario health card.

Please note that **being covered under ODB does NOT always mean 100% of your medication costs will be covered.** What you pay depends on how you qualify for ODB:

- **For seniors aged 65 or older:** You will still pay a portion of prescription drug costs based on your yearly income after taxes, and your marital status (don't worry, you can get coverage as a single senior or as a couple!). To find out more about what you would pay based on your income, visit [Get coverage for prescription drugs | ontario.ca](https://www.ontario.ca/get-coverage-for-prescription-drugs).
- **For those 24 or younger not covered by a private insurance plan:** You are eligible for OHIP+, which means you can receive any medication covered under ODB Program at no cost to you. All you need is to visit your doctor or nurse practitioner to get a prescription, and visit a pharmacy with your health card or health card number. For more information about OHIP+ and to find out if your specific medication is covered by ODB, visit the [OHIP+ website](https://www.ontario.ca/ohip-plus).
- **For those living in a long-term care home, home for special care, or community home:** You pay up to \$2 for each drug filled or refilled. If you are 24 or younger, you do not have to pay the \$2 fee. Ask your pharmacist for more information about how this works.
- **For those receiving professional home and community care services arranged through your LHIN:** You pay up to \$2 for each drug filled or refilled. If you are 24 or younger, you do not have to pay the \$2 fee. You can ask your pharmacist more about how this works.
- **For those with benefits through Ontario Works or Ontario Disability Support Program (ODSP):** You pay up to \$2 for each drug filled or refilled. If you are 24 or younger, you do not have to pay the \$2. Ask your pharmacist for more information about how this works.
- **For those enrolled in the Trillium Drug Program:** This program is for those who have high prescription drug costs compared to their household income, and do not have an insurance plan that pays for 100% of their prescription medications. However, it requires an application. Generally, you should apply if you do not already qualify for one of the above-listed programs and spend about 4% or more of your after-tax household income on prescription drug costs. For more information on the Trillium Drug Program, visit [Get help with high prescription drug costs | ontario.ca](https://www.ontario.ca/get-help-with-high-prescription-drug-costs).

It is important to note that **not every single prescription drug is covered under the Ontario Drug Benefit Program**, although most are. To find out if the medication you need is covered, you can use this search tool: [Check medication coverage | Ontario.ca](https://www.ontario.ca/check-medication-coverage). Any pharmacist will also be able to tell you whether the medication you need is covered.

For more general information about the Ontario Drug Benefit Program and getting coverage for prescription drugs, visit [Get coverage for prescription drugs | ontario.ca](https://www.ontario.ca/get-coverage-for-prescription-drugs).

Medication	Commercial Name	Type	Dose Strength
Androgens (AFAB)			
Danazol	Cyclomen	Capsules	50 mg
			100 mg
			200 mg
Testosterone	AndroGel	Topical gel	1% (2.5 g)
	Taro-Testosterone Gel		
	AndroGel		1% (5.0 g)
	Taro-Testosterone Gel		
	Testim 1%		
Testosterone	Androderm	Transdermal patch	24.3 mg
Testosterone cypionate	Depo-Testosterone	Injectable solution	100 mg/mL, 10 mL
	Taro-Testosterone Cypionate		100 mg/10mL,10 mL
Testosterone enanthate	Delatestryl	Injectable solution	200 mg/mL, 5 mL
Testosterone undecanoate	pms-Testosterone	Capsules	40 mg
	Taro-Testosterone	Capsules	
Estrogens (AMAB)			
17β-Estradiol	Estring	Vaginal ring	2 mg
	Estrace	Tablet	0.5 mg
			1.0 mg
			2.0 mg
	Lupin-Estradiol	Tablet	0.5 mg
			1.0 mg
			2.0 mg
	Vagifem 10	Vaginal suppository	10 mcg

Conjugated estrogen	Premarin	Vaginal cream	0.625 mg/g
		Tablet	0.625 mg
Gonadotropins (“puberty blockers”)			
Goserelin Acetate	Zoladex	Injectable solution	3.6 mg
Leuprolide Acetate	Lupron Depot PSD	Injectable solution	3.75 mg
			7.5 mg
			11.25 mg
			22.5 mg
			30 mg
Anti-Androgens			
Spironolactone	Aldactone	Tablet	25 mg
			100 mg
	Jamp Spironolactone	Tablet	25 mg
			100 mg
	Teva-Spironolactone	Tablet	25 mg
	Mint-Spirozine	Tablet	25 mg
			100 mg
Testosterone blocker			
Dutasteride	Various	Tablet	0.5 mg
Finasteride	Various	Tablet	5 mg

Source: [Formulary Search](#)

GENDER-AFFIRMING SERVICES

Several gender-affirming services are available and accessible in Ontario. If for any reason you as a provider are unwilling to assist with gender-affirming services such as gender affirming hormone therapy and transitioning, or are unable to provide safe and supportive care, you should be able to connect your patient to a provider that may. To assist you with this, Rainbow Health Ontario has organized a [directory of providers](#) throughout Ontario who have expressed commitment in providing competent care to gender diverse populations. Note that this list may not be exhaustive.

Below is a table conveying information about gender-affirming services, including whether the service or procedure is covered by OHIP, the criteria required for approval, and names of organizations and clinics who can provide these services.

Medical Procedure	Insurance Coverage	Criteria for Approval	Providers
Gender-Affirming Products	No	N/A	Community Organizations (see below section on 'Gender-Affirming Product Services')
Fertility Treatments	Treatments covered: • IVF (only one treatment cycle is covered; 2 if acting as surrogate) • Artificial insemination (no limit on number of treatments) • Intrauterine insemination (no limit on number of treatments) • Fertility preservation (freezing eggs/sperm) - only 1 treatment cycle per patient Treatments NOT covered: • Storing eggs/embryos/ sperm • Fertility drugs • Genetic testing • Egg donation and surrogacy costs	For all treatments: • Must live in Ontario and have a valid Ontario Health Card IVF: • Must be under age 43 Fertility Preservation: • must be required due to a medical treatment; this includes gender-affirming surgery Further information can be found here, or see the LGBTQ Parenting Network's fact sheets for people who produce eggs and people who produce sperm.	Usually patients must get a referral to a fertility clinic from a healthcare provider, although some clinics don't require a referral. For sperm banks, patients may call them directly to start the process. The LGBTQ Parenting Network has a directory for LGBTQ+ friendly assisted reproduction services throughout Ontario Only certain fertility clinics in Ontario receive funding from OHIP to cover costs (here is a list of OHIP-funded clinics), otherwise you will need private insurance.
Electrolysis/Hair Removal	No	N/A	
Feminizing & Masculinizing Voice Therapy	No	N/A	
Psychologist & Mental Health Support	Yes - assessment and treatment from an MD (psychiatrist or GP), or psychologists and social workers, only government-funded No - private counseling practices/psychologists	N/A	Many people receive mental health treatment and psychiatric medications from their GP. If you require further care, your GP may refer you to a mental health specialist such as a psychiatrist or psychologist.

Medications			
Hormone Blockers	Must qualify for Ontario Drug Benefit Program	• Long-lasting and intense pattern of gender nonconformity or gender incongruence (diagnosis of gender incongruence according to the DSM-V requires at least 6 month duration of “marked incongruence between one’s experienced/ expressed gender and assigned gender”) • Gender incongruence emerged or worsened with onset of puberty • Optimal mitigation of risks related to pre-existing medical conditions (as determined by your provider) • Informed consent is given by patient (or their guardian if patient has not reached age of medical consent), which includes an understanding of risks, benefits, and side effects of treatment	Some primary care providers in Ontario are trained in providing hormone blockers for trans youth, however many will likely refer you to a specialist such as a pediatric endocrinologist, and they will work with your primary care provider to monitor your medication. In Ontario, two clinics provide medical transition support services to youth: The Hospital for Sick Children in Toronto (Sick Kids) operates the Transgender Youth Clinic. To reach this clinic, call 416-813-7654 x203569 or visit their website. The Children’s Hospital of Eastern Ontario (CHEO) in Ottawa operates the Gender Diversity Clinic for youth under 17 and a half years old. To reach this clinic, call 613-737-7600 x3844 or visit their website
Gender Affirming Hormone Therapy	Assessment for GAHT eligibility by your primary care provider is covered under OHIP. GAHT medications that are covered by the Ontario Drug Benefit Program* include oral estrogen (Estrace, Premarin) and anti-androgens. Intramuscular testosterone can be covered as well with the submission of an Exceptional Access Form by your care provider. All other GAHT medications are not covered.	• Diagnosis of gender incongruence according to the DSM-V • Must complete a ‘period of assessment’ (length of time not specified) during which patient goals and psychosocial readiness to begin treatment are discussed between you and your care provider, and an examination and investigations are completed to rule out any medical conditions that might be contra-indicated • Optimal mitigation of risks related to pre-existing medical conditions (as determined by your provider) • Understanding of risks, benefits, and side effects of treatment	Can be provided by your primary care provider or a specialist. If you do not currently have a primary care provider, Rainbow Health Ontario has organized a directory of providers who have expressed commitment in providing competent care.

Surgeries		Surgery Planning Visits: For surgeries covered by OHIP, you must complete surgery planning visits with your healthcare provider. For top surgeries, you can make an appointment with either an MD or NP. For bottom surgeries, 2 providers are required to complete separate surgery planning visits; one provider must be a NP or MD, the other can be a MD, NP, RN, MSW, or psychologist. Planning visits can occur in a primary care setting, with a specialist or at the CAMH Gender Identity Clinic (or in combination depending on your needs and local resources). If you do not have a supportive provider, contact Rainbow Health Ontario (RHO) for a discussion around options (416) 324-4100, or try out their provider directory .	
AFAB Top Surgeries			
Breast Reduction	Yes	An MD or NP must complete surgery planning visits with you to confirm that: - You have a diagnosis of persistent gender incongruence - To discuss your goals, options available, risks and benefits of surgery - Ensure any other relevant medical issues are well-controlled - Primary care provider must complete a Request for Funding form - this MUST be approved before your surgery to receive coverage. NOTE: when approved, funding is for a 2-yr period - you must apply again if surgery does not happen within this window.	Ontario: Women's College Hospital, Toronto - A list of other AFAB top surgeons may be found here, (NOTE: Some surgeons do not accept OHIP reimbursement - have heard good things about Dr. McLean but OHIP spots are limited; not sure about the other private surgeons) Out-of-province: GrS Montreal NOTE: If a surgery is available in Ontario, you will not be eligible for OHIP funding to have the surgery out-of-country.
Mastectomy	Yes		
Chest Masculinization	No	While mastectomy is covered in Ontario, chest contouring is not covered as it is unfortunately considered an 'aesthetic' procedure and not medically necessary. The cost in Ontario is typically around \$1500 +HST	- Ontario: Women's College Hospital, Toronto - Out-of-province: GrS Montreal
AFAB Bottom Surgeries - Removal			
Hysterectomy	Yes	2 Providers are required to complete separate surgery planning visits and complete a Request for Funding form. Both assessments must confirm: - You have a diagnosis of persistent gender incongruence You have completed 12 continuous months of GAHT (unless hormones are not recommended for your surgery) - You have lived 12 continuous months in the gender role you identify with, unless a reason is specified in the assessment letter - Any other medical conditions are well-controlled NOTE: when approved, funding is for a 2-yr period - you must apply again if surgery does not happen within this window.	- Ontario: Women's College Hospital, Toronto - Out-of-province: GrS Montreal (Does NOT provide hysterectomy, oophorectomy) NOTE: If a surgery is available in Ontario, you will not be eligible for OHIP funding to have the surgery out-of-country.
Oophorectomy	Yes		

AFAB Bottom Surgeries - Construction			
Metoidioplasty	Yes	2 Providers are required to complete separate surgery planning visits and complete a Request for Funding form. Both assessments must confirm: - You have a diagnosis of persistent gender incongruence You have completed 12 continuous months of GAHT (unless hormones are not recommended for your surgery) - You have lived 12 continuous months in the gender role you identify with, unless a reason is specified in the assessment letter - Any other medical conditions are well-controlled	- Ontario: Women's College Hospital, Toronto - Out-of-province: GrS Montreal NOTE: If a surgery is available in Ontario, you will not be eligible for OHIP funding to have the surgery out-of-country. NOTE: when approved, funding is for a 2-yr period - you must apply again if surgery does not happen within this window.
Phalloplasty	Yes		
Testicular/Erectile Implants	Yes		
AMAB Facial Surgeries			
Facial Feminization Surgery	No	N/A	Out-of-province: GrS Montreal
Tracheal Shaving	No	N/A	Out-of-province: GrS Montreal
AMAB Top Surgery			
Breast Augmentation	Yes	An MD or NP must complete surgery planning visits with you to confirm that: - You have a diagnosis of persistent gender incongruence You have completed 12 months of continuous GAHT with no breast enlargement (unless hormones are contraindicated) - To discuss your goals, options available, risks and benefits of surgery - Ensure any other relevant medical issues are well-controlled - Primary care provider must complete a Request for Funding form - this MUST be approved before your surgery to receive coverage. NOTE: when approved, funding is for a 2-yr period - you must apply again if surgery does not happen within this window.	- Ontario: Women's College Hospital, Toronto - Out-of-province: GrS Montreal

AMAB Bottom Surgeries - Removal			
Orchidectomy	Yes	2 Providers are required to complete separate surgery planning visits and complete a Request for Funding form. Both assessments must confirm:	- Ontario: <u>Women's College Hospital</u>, Toronto - Out-of-province: <u>GrS Montreal</u>
Penectomy	Yes	- You have a diagnosis of persistent gender incongruence You have completed 12 continuous months of GAHT (unless hormones are not recommended for your surgery) - You have lived 12 continuous months in the gender role you identify with, unless a reason is specified in the assessment letter - Any other medical conditions are well-controlled	- Ontario: <u>Women's College Hospital</u>, Toronto - penectomy is not performed as its own procedure but would be part of a vaginoplasty procedure - Out-of-province: <u>GrS Montreal</u> - penectomy is not performed on its own but is done as part of the <u>vaginoplasty</u> or <u>vaginoplasty without vaginal cavity</u> procedure NOTE: when approved, funding is for a 2-yr period - you must apply again if surgery does not happen within this window.
AMAB Bottom Surgeries - Construction			
Clitoroplasty	Yes	2 Providers are required to complete separate surgery planning visits and complete a Request for Funding form. Both assessments must confirm:	Out-of-province: <u>GrS Montreal</u> - clitoroplasty is performed with <u>vaginoplasty</u> or <u>vaginoplasty without vaginal cavity</u> procedure
Labiaplasty	Yes	- You have a diagnosis of persistent gender incongruence You have completed 12 continuous months of hormone therapy (unless hormones are not recommended for your surgery) - You have lived 12 continuous months in the gender role you identify with, unless a reason is specified in the assessment letter - Any other medical conditions are well-controlled	Out-of-province: <u>GrS Montreal</u> - performed with <u>vaginoplasty</u> or <u>vaginoplasty without vaginal cavity</u> procedure
Vaginoplasty	Yes		- Ontario: <u>Women's College Hospital</u>, Toronto - Out-of-province: <u>GrS Montreal</u>
Vulvoplasty	Yes	NOTE: when approved, funding is for a 2-yr period - you must apply again if surgery does not happen within this window.	- Ontario: <u>Women's College Hospital</u>, Toronto - Out-of-province: <u>GrS Montreal</u> - performed as part of <u>vaginoplasty</u> or <u>vaginoplasty without vaginal cavity</u> procedure

RESOURCES

Gender-Affirming Product Services

Although gender-affirming products for binding, packing, tucking, and padding are not covered under OHIP, these products may often be found through community organizations such as queer-friendly sex shops or trans support centers, or they may be accessed through community-led services such as binder exchange programs. It can be helpful to start by searching for queer-positive sex shops or trans support centers near you. Below are a few examples of stores/programs in Ontario that provide gender-affirming products:

Toronto:

- Good For Her – queer-positive sexuality store and workshop center. Visit <https://goodforher.com/>
- Come As You Are – queer-friendly sex shop. Visit <https://www.comeasyouare.com/>
- BindersOUT binder exchange program <https://www.facebook.com/BindersOUT/>

London:

- Spot of Delight – queer-friendly sexual health store that sells binders and other gender expression products, and has a binder exchange program. Visit <https://www.spotofdelight.com/pages/frontpage>

Ottawa:

- Venus Envy – queer-friendly sex shop that supplies binders and other gender-affirming products. Visit <https://venusenvy.ca/>

Peterborough:

- CMHA Trans Peer Outreach program – peer support services for trans and gender diverse people. This service has a binder exchange program. Visit <https://www.facebook.com/TransPeerOutreach> or <https://cmhahkpr.ca/programs-services/trans-peer-outreach/>

Windsor:

- Windsor-Essex Transgender and Allied Support - a community support center for gender-diverse folks. Has a 'tuck shop' that includes binders in its inventory, and can also connect you to helpful services and resources. Visit <https://wetranssupport.ca/about-us/>

Depending on where you live, finding a local store or organization that provides gender-affirming products may be difficult if you're not sure where to look, and some areas may not have any local options. If this is the case for you, try visiting an online store such as <https://www.underworks.com/>, <https://www.gc2b.co/>, or <https://venusenvy.ca/>.

Gender-Inclusive Clinics

We know that unfortunately, not all physicians and healthcare facilities in Ontario are welcoming to queer folks, or have the training needed to provide quality gender-affirming care. This can be a huge challenge when trying to access care and find a physician you trust. Fortunately, Rainbow Health Ontario has a service provider directory to assist you in finding a provider in your area. This directory does not include every single queer-friendly provider, but it is a great place to start your search. Sherbourne Health Centre in Toronto created the Rainbow Health Ontario program, and they are one of the leading centers in Ontario when it comes to providing gender-inclusive care.

Rainbow Health Ontario Service Provider Directory:

<https://www.rainbowhealthontario.ca/lgbt2sq-health/service-provider-directory/>. Click 'Advanced Search' to filter by provider type and services offered.

Sherbourne Health Centre

Toronto

Email: info@sherbourne.on.ca

Phone: 416-324-4180

333 Sherbourne Street, Toronto, ON M5A 2S5

Website: <http://sherbourne.on.ca>

Community Groups, Social Networking, and Patient Navigators

Queer Ontario: Provides public education, undertakes political actions and advocacy initiatives, and hosts a virtual think tank to promote queer liberationist discourse. Has a [resource directory](#) to instantly connect individuals with LGBTQ+-friendly organizations and services throughout Ontario, organized by city. **Look here first for LGBTQ+ friendly organizations in Ontario!** Visit <https://queerontario.org/about-us/>.

The 519: Located in Toronto, provides services such as counseling, parenting resources, senior's support, coming out groups, meal programs, and other support for 2SLGBTQIA+ folks. Visit <https://www.the519.org/>.

OK2BME Youth Group: Located in Kitchener and hosted by KW Counseling Services, this LGBTQ Youth Group is a drop-in group for youth ages 13-18. It aims to act as a safe and respectful space where youth can hang out, and it offers support and social opportunities. Visit <https://ok2bme.ca/>.

WE Trans Support: Located in Windsor, WE Trans Support supports individuals in the Windsor-Essex community who identify as queer and trans, or are questioning their gender identity. They provide educational resources for families, friends, and allies, and help to refer folks to services and service providers trusted by other Trans people. Visit <https://wetranssupport.ca/about-us/>.

Kind Space: Located in Ottawa, committed to providing accessible resources, events, social, and educational programming to support and celebrate people of all sexual orientation, gender identities, and expression. Visit <https://kindspace.ca/about/>.

Out on the Shelf: Located in Guelph, this organization offers services and monthly programming for 2SLGBTQIA+ folks, and hosts a queer library and resource center. Visit <http://www.outontheshelf.com/>.

Queer Events: A website that provides information on specific queer events and community resources in cities across Southwestern Ontario. Visit <https://www.queerevents.ca/events/cities/southwestern-ontario>.

Pride Toronto: Not-for-profit that supports the 2SLGBTQ+ community of Toronto. Visit <https://www.pridetoronto.com/>.