



## Resources – (click on titles or images)

**Family & Community Resource Centre** – broad list of recommended resources chosen by AHS clinical staff and community partners.

(<http://fcrs.albertahealthservices.ca/health-information/library/information-prescriptions/gender-identity/>)

### Crisis Support

- **[ACCESS Mental Health](#)**  
Clinicians work over the telephone to help people navigate the addiction and mental health system. They are familiar with both Alberta Health Services and community based programs and will explore options and direct/refer clients to the most appropriate resource to meet their needs. Access Mental Health is a non-urgent service.  
Phone: 403-943-1500 (extension 1 for child and adolescent services)  
[albertahealthservices.ca/services/Page11443.aspx](http://albertahealthservices.ca/services/Page11443.aspx)
- **[Trans Life Line](#)**  
A hotline for transgendered individuals in crisis.  
[translifeline.org](http://translifeline.org)
- **[Kids Help Phone](#)**  
Kids Help Phone offers support for children and youth all across Canada. You can live chat with a counsellor on their website or call toll-free 1-800-668-6868.  
[kidshelpphone.ca/](http://kidshelpphone.ca/)
- **[Calgary Distress Centre: 403-266-4357](#)**  
General crisis line available via phone or online, 24 hours a day, 7 days a week.  
[distresscentre.com/](http://distresscentre.com/)

### General Information

- **[My Health Alberta](#)**  
MyHealth.Alberta is provided by the Government of Alberta and Alberta Health Services. Use the search bar to find information about [talking about being LGBTQ with your healthcare provider](#), [sexual orientation](#), [gender](#), [gender identity](#), and [gender expression](#)  
[myhealth.alberta.ca/](http://myhealth.alberta.ca/)
- **[Gender Spectrum](#)**  
A lot of resources are offered to empower transgendered children and their families.  
[genderspectrum.org/](http://genderspectrum.org/)
- **[Teen Health Source - Sexual & Gender Diversity](#)**  
Learn the basics about sexual & gender diversity on their site written just for teens.  
[teenhealthsource.com/giso/sex-gender-sexual-identity/](http://teenhealthsource.com/giso/sex-gender-sexual-identity/)
- **[PFLAG Canada](#)**  
Availability 24/7 PFLAG Canada seeks to aid Canadians with issues of sexual orientation, gender identity and gender expression through support and education.  
[pflagcanada.ca](http://pflagcanada.ca)
- **[WPATH](#)**  
WPATH aims to promote evidence based care, education, research, advocacy, public policy, and respect in transgender health.  
[wpath.org/](http://wpath.org/)
- **[BC Children's Hospital – Transgender Resources](#)**  
The [BCCH Family Support & Resource Centre](#) has collected a number of books and other media on topics of interest to gender-questioning and transgender children and youth, and their families.  
[bcchildrens.ca/health-info/coping-support/transgender-resources](http://bcchildrens.ca/health-info/coping-support/transgender-resources)
- **[AlbertaTrans](#)**  
An information resource for and about trans people in the Province of Alberta.  
[albertatrans.org/](http://albertatrans.org/)

- **[Sex & U](#)**  
Sex & U is an initiative of The Society of Obstetricians and Gynaecologists of Canada to provide current, credible and up-to-date information and education on sexual health, including gender identity issues.  
[sexandu.ca](http://sexandu.ca)
- **[FCRC - Sexuality Information Prescription](#)**  
Information and resources about sexuality can be found on this page.  
[fcrc.ahs.ca/rx/sexuality/](http://fcrc.ahs.ca/rx/sexuality/)

## Community Resources

- **[Alberta Health Services - LGBTQ+ / Sexual and Gender Diversity](#)**  
Learn about how AHS works to create a safer and welcoming healthcare environment for sexual and gender minority (LGBTQ+) people on this page.  
[albertahealthservices.ca/info/Page15590.aspx](http://albertahealthservices.ca/info/Page15590.aspx)
- **[Alberta Health Services - Sexual and Reproductive Health](#)**  
Find clinical services, sexual health information and learn more about comprehensive sexuality education programs provided in the community.  
[albertahealthservices.ca/services/page13737.aspx](http://albertahealthservices.ca/services/page13737.aspx)
- **[Government of Alberta Gay-Straight Alliances \(GSAs\)](#)**  
The Alberta Government created this page to provide information on GSAs/QSAs, explaining why they are important and the role of these alliances. It also has information for students and principals on setting-up a GSA/QSA.  
[alberta.ca/gay-straight-alliances.aspx](http://alberta.ca/gay-straight-alliances.aspx)
- **[Skipping Stone Foundation](#)**  
The Skipping Stone Foundation aims to support and empower transgender and gender diverse youth and their families. It does this by acting as a hub to provide youth and families with accessible peer support, gender affirming gear, mental health support, medical services, ID changes and more.  
[skippingstone.ca](http://skippingstone.ca)
- **[Gender Creative Kids](#)**  
This website provides resources to support those youth who are transgender gender diverse, as well as their families.  
[gendercreativekids.ca](http://gendercreativekids.ca)
- **[Camp fYrefly](#)**  
Camp fYrefly is a leadership retreat for LGBTQ youth across Canada.  
[ualberta.ca/camp-fyrefly/](http://ualberta.ca/camp-fyrefly/)
- **[The Alex - Queermunity](#)**  
Queermunity is the Alex Youth Health Centre's support group for LGBTQ2+ youth aged 12-24. Meeting times can be found on the [Youth Health Centre Program Calendar](#).  
[thealex.ca/](http://thealex.ca/)
- **[Centre for Sexuality](#)**  
The Centre for Sexuality aims to normalize sexual health in Alberta by providing evidence-informed, non-judgmental sexual and reproductive health programs and services.  
[centreforsexuality.ca/](http://centreforsexuality.ca/)
- **[Trans Equality Society of Alberta](#)**  
TESA's mission is to be a witness to and a voice for matters concerning transgender Albertans.  
[tesaonline.org/](http://tesaonline.org/)
- **[Calgary Outlink](#)**  
Calgary Outlink provides support, education, outreach, and referrals for the LGBTQ2S+ and allied community in Calgary, Alberta.  
[calgaryoutlink.ca/](http://calgaryoutlink.ca/)
- **[End of the Rainbow Foundation](#)**  
End of the Rainbow foundation offers support to LGBTQ+ or SOGIE individuals. The following groups are facilitated by End of the Rainbow: [PFLAG Calgary](#), [TransJourneys](#), [TransFamilies Calgary](#), [Positive Spaces](#), and the [LGBTQ+ Newcomers Group](#).  
[endoftherainbow.ca/](http://endoftherainbow.ca/)

## Alberta Resources

- **[Protected areas and grounds under the Alberta human rights act](http://albertahumanrights.ab.ca/publications/bulletins_sheets_booklets/sheets/history_and_info/Pages/protected_areas_grounds.aspx/)**  
[albertahumanrights.ab.ca/publications/bulletins\\_sheets\\_booklets/sheets/history\\_and\\_info/Pages/protected\\_areas\\_grounds.aspx/](http://albertahumanrights.ab.ca/publications/bulletins_sheets_booklets/sheets/history_and_info/Pages/protected_areas_grounds.aspx/)
- **[Service Alberta - Change of Name, Address or Sex](http://servicealberta.ca/update-driving-documents.cfm)**  
[servicealberta.ca/update-driving-documents.cfm](http://servicealberta.ca/update-driving-documents.cfm)

## PDFs and Articles

- **[Questions and Answers: Gender Identity in School by Public Health Agency of Canada](http://librarypdf.catie.ca/PDF/ATI-20000s/26289E.pdf)**  
[librarypdf.catie.ca/PDF/ATI-20000s/26289E.pdf](http://librarypdf.catie.ca/PDF/ATI-20000s/26289E.pdf)
- **[Bully Free Alberta Transphobic Bully Fact Sheet](http://open.alberta.ca/dataset/27c9eeb0-af8f-4633-a1f3-69b3158815f1/resource/a292aee2-7c49-4e6f-a3fd-88bdb2b87864/download/2015-transphobic-bullying-fact-sheet.pdf)**  
[open.alberta.ca/dataset/27c9eeb0-af8f-4633-a1f3-69b3158815f1/resource/a292aee2-7c49-4e6f-a3fd-88bdb2b87864/download/2015-transphobic-bullying-fact-sheet.pdf](http://open.alberta.ca/dataset/27c9eeb0-af8f-4633-a1f3-69b3158815f1/resource/a292aee2-7c49-4e6f-a3fd-88bdb2b87864/download/2015-transphobic-bullying-fact-sheet.pdf)
- **[Supporting Transgender and Transsexual Students in K-12 Schools: A Guide for Educators](http://gendercreativekids.ca/wp-content/uploads/2013/10/Supporting-Transgender-and-Transsexual-Students-web.pdf)**  
[gendercreativekids.ca/wp-content/uploads/2013/10/Supporting-Transgender-and-Transsexual-Students-web.pdf](http://gendercreativekids.ca/wp-content/uploads/2013/10/Supporting-Transgender-and-Transsexual-Students-web.pdf)
- **[Families in Transition - A resource Guide for Parents of Trans Youth](http://ctys.org/wp-content/uploads/CTYS-FIT-Families-in-Transition-Guide-2nd-edition.pdf)**  
[ctys.org/wp-content/uploads/CTYS-FIT-Families-in-Transition-Guide-2nd-edition.pdf](http://ctys.org/wp-content/uploads/CTYS-FIT-Families-in-Transition-Guide-2nd-edition.pdf)
- **[Sexual Orientation and Gender Identity Recommended Fiction and Nonfiction Resources for K-12, Second Edition by Edmonton Public Schools and Edmonton Public Library](http://www2.epl.ca/public-files/booklets/epsb-recommended-resources-sexual-orientation_2014.pdf)**  
[www2.epl.ca/public-files/booklets/epsb-recommended-resources-sexual-orientation\\_2014.pdf](http://www2.epl.ca/public-files/booklets/epsb-recommended-resources-sexual-orientation_2014.pdf)
- **[What's so bad about a Boy Who wants to wear a dress?](http://nytimes.com/2012/08/12/magazine/whats-so-bad-about-a-boy-who-wants-to-wear-a-dress.html)**  
By Ruth Padawer.  
[nytimes.com/2012/08/12/magazine/whats-so-bad-about-a-boy-who-wants-to-wear-a-dress.html](http://nytimes.com/2012/08/12/magazine/whats-so-bad-about-a-boy-who-wants-to-wear-a-dress.html)

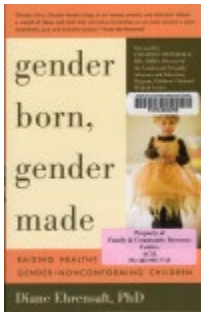
## Videos

- **[Norman Spack \(Boston Children's Hospital\): How I help transgender teens become who they want to be](http://ted.com/talks/norman_spack_how_i_help_transgender_teens_become_who_they_want_to_be)**  
Dr. Spack talks about the differences between sex and gender. Using his clinical experience his details how those with gender that does not match their sex experience hardship.  
[ted.com/talks/norman\\_spack\\_how\\_i\\_help\\_transgender\\_teens\\_become\\_who\\_they\\_want\\_to\\_be](http://ted.com/talks/norman_spack_how_i_help_transgender_teens_become_who_they_want_to_be)
- **[Tomboy \(Short Animation\)](http://gendercreativekids.ca/resources/tomboy-short-animation/)**  
This short animated story shows a day in the life of Alex, a girl who likes 'boy stuff'. In show and tell she is asked if she is a boy and a girl and is then harassed on the playground for being more masculine.  
[gendercreativekids.ca/resources/tomboy-short-animation/](http://gendercreativekids.ca/resources/tomboy-short-animation/)
- **[Kids in the House - Transgender Video Series](http://kidsinthehouse.com/teenager/sexuality/transgender/where-gender-non-conformity-comes-from)**  
A series of short information videos on a variety of transgender topics/ issues by clinical psychologists Diane Ehrensaft, PhD, author of gender born, gender made: raising healthy gender- nonconforming children (2011).  
[kidsinthehouse.com/teenager/sexuality/transgender/where-gender-non-conformity-comes-from](http://kidsinthehouse.com/teenager/sexuality/transgender/where-gender-non-conformity-comes-from)

## Book List

These resources are available to borrow at the [Family & Community Resource Centre](#). You can also check with your local library or with [The Alberta Library](#) for the availability of these resources. You can download, print, and share [this list](#).

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- **Gender Born, Gender Made : Raising Healthy Gender Nonconforming Children**

*Diane Ehrensaft (2011)*

Dr. Ehrensaft draws her experience as psychologist for gender nonconforming and transgender children in this guidebook for parents.

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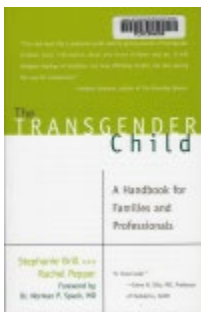


- **The Gender Creative Child : Pathways for Nurturing and Supporting Children Who Live Outside Gender Boxes**

*Diane Ehrensaft (2016)*

In this book the interconnected effects of biology, nurture, and culture to explore why gender can be fluid, rather than binary are explained. Ehrensaft also addresses the rapidly changing cultural, medical, and legal landscape of gender and identity.

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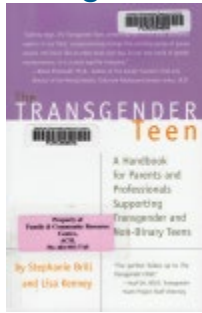


- **The Transgender Child : A Handbook for Families and Professionals**

*Stephanie A. Brill (2008)*

This comprehensive handbook for parents of gender variant or transgender children was written to help families through the unique challenges they may face.

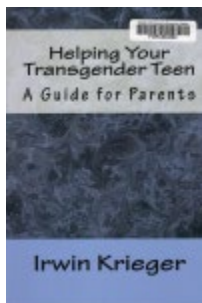
## The Transgender Teen : A Handbook for Parents and Professionals Supporting Transgender and Non-Binary Teens



*Stephanie A. Brill (2016)*

There is a generational divide in our understandings of gender. This comprehensive guidebook helps to bridge that divide by exploring the unique challenges that thousands of families face every day raising a teenager who may be transgender, non-binary, gender-fluid or otherwise gender-expansive.

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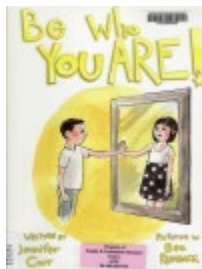


### Helping Your Transgender Teen : A Guide for Parents

*Irwin Krieger (2011)*

Written by a clinical social worker with experience helping transgender teens, this book will help parents understand and help their child.

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### Be Who You Are

*Jennifer Carr (2010)*

This book tells the story of how a boy became Hope, the girl she always knew she was meant to be.

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### Who Are You? : The Kid's Guide for Parents

*Brook Pessin-Whedbee (2017)*

This brightly illustrated children's book provides a straightforward introduction to gender for anyone aged 5+. It presents clear and direct language for understanding and talking about how we experience gender: our bodies, our expression and our identity.



- **When Kathy Is Keith**

Wallace Wong (2011)

This children's book is about a young girl named Kathy who does not see a girl when she looks in the mirror. Instead, she sees a boy and knows she is meant to be Keith, but nobody believes her. Later Kathy and her parents learn that she is not the only child to feel this way. Kathy's parents support her as she transitions to living life as a boy named Keith.

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- **I Am Jazz**

Jessica Herthel (2014)

This simple picture book for young readers is about a transgender girl named Jazz and her transition.

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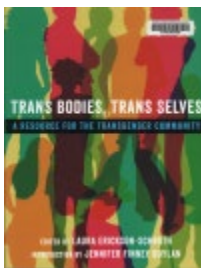


- **Beyond Magenta : Transgender Teens Speak Out**

Susan Kuklin (2014)

Six teens share their personal stories of transition. Contains language and sexual content.

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- **Trans Bodies, Tran Selves : A Resource for the Transgender Community**

Laura Erickson-Schroth (2014)

This thorough book addresses various aspects of life for transgender or genderqueer individuals. Contains language and sexual content.

### Gender Identity Collection

- [view all](https://collections.follettsoftware.com/collection/5f2dc65d95213e00126aada6)  
[collections.follettsoftware.com/collection/5f2dc65d95213e00126aada6](https://collections.follettsoftware.com/collection/5f2dc65d95213e00126aada6)

## Contributors

Thank you to our friends from the Metta Clinic at the Alberta Children's Hospital, [Calgary Sexual Health](#), [Calgary Outlink](#), and [Reproductive Health, Healthy Children and Families](#) for their contributions.  
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### Disclaimer

This material is designed for information purposes only. It should not be used in place of medical advice, instruction and/or treatment. If you have specific questions, please contact your doctor or appropriate health care professional.

No copyright infringement is intended.

For more information contact the Family Librarian at 403-955-7745 or [childhealthinfo@ahs.ca](mailto:childhealthinfo@ahs.ca)

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### Additional Resources (click on images)

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Offers a community GSA called **PRYSM** and a peer-led support group for parents called **Parenting with Pride**.



Founded to study LGBTQ youth and families and to develop an evidence-grounded family support model.



Parenting trans kids.



User-friendly site for younger kids.



Creates opportunities for the healthcare system to better serve LGBTQ2SQ communities.