

# Saskatchewan Resources

## Community Organizations

### [TransSask Support Services](#)

TransSask Support Services is a province wide non-profit organization that supports and acts as a resource network for trans-identified, genderqueer, intersex and gender non-conforming individuals, their spouses, family, friends, and allies. TransSask provides resources for housing, employment, healthcare, peer support, media guide, and name change.

### [Saskatchewan Trans Health Coalition](#)

Coalition of several organizations including TransSask Support Services, OUT Saskatoon, Moose Jaw Pride, UR Pride Centre for Sexuality and Gender Diversity, and Trans Umbrella Foundation.

### [OUT Saskatoon](#)

Organization that supports 2SLGBTQ individuals through support and counselling services, sexual health clinic, educational resources, healthcare navigation (including referrals, and accessing hormones), and hosts social events. Provides programs specific for Two Spirit or Queer Indigenous folx.

## Education

### [Continuing Education: 2SLGBTQ Health](#)

Saskatchewan Health Information Resources Program provides a list of care guidelines and resources directed at creating gender-affirming and culturally focused healthcare environments.

### [Trans-Inclusive Media Guide](#)

A short guide for people who work in media (journalists, reporters, writers, etc.) to use when covering stories about transgender people and transgender issues.

## Mental Health

### [Gender Affirming Counsellors](#)

A list of therapists, psychologists, and counsellors licensed in Sask and trained in gender affirming clinical practice.

## Wellness

### [Q-List](#)

The Q List is OUTSaskatoon's vast and varied referral list for businesses, organizations, professionals, and healthcare providers that aim to be inclusive of 2SLGBTQ+ people. All listed individuals and organizations have reported that they are knowledgeable of gender and sexual diversity, are comfortable working with 2SLGBTQ+ individuals, and are open to expanding their client and coworker base to the queer community.

### **Circle of Choice**

Alcoholics Anonymous (A.A.) for LGBT people Grace Westminster United Church Meets: Wednesdays at 8pm.

### **Saskatchewan Adoption Support Centre**

Offers comprehensive support and education services through all stages of the adoption process. Whether you're a birth parent exploring options, a prospective parent looking into adoption, an adoptee seeking reunion or support, or anywhere in between, ASCS is here to assist.

## **Support Communities**

### **UR Pride Centre for Sexuality and Gender Diversity**

UR Pride Centre for Sexuality and Gender Diversity offers social and support groups, a resource library, community micro-grants, a rainbow speaker series, sexual education & health programming, and their Positive Space Network for all people living in Regina.

### **Trans Umbrella Foundation**

Trans Umbrella Foundation works to achieve equality in education, healthcare, social events, family support, and employment services for all people in Saskatchewan.

### **Saskatoon Pride Festival**

Saskatoon Pride Festival is hosted by the Saskatoon Diversity Network (SDN), provides an accessible space in which to celebrate queerness, fostering community pride, and raising awareness of queer culture within the larger community.

### **Moose Jaw Pride**

Moose Jaw Pride celebrates and supports gender and sexually diverse people through fabulously inclusive community services and educational opportunities.

### **The Provincial Association of Transition Houses and Services of Saskatchewan**

The Provincial Association of Transition Houses and Services of Saskatchewan represents agencies across the province that provide shelters, transition houses, interval houses, second stage shelters, and counselling centres for survivors of interpersonal violence.

### **Queen City (Regina) Pride**

Queen City (Regina) Pride organizes an annual June festival to educate, entertain, and enlighten participants on our sexual and gender diverse community, highlighting our culture, history, achievements, and struggles.

### **TransConnect: Social Supports for Trans and Gender Diverse Communities**

TransConnect: Social Supports for Trans and Gender Diverse Communities in Saskatchewan is a pilot peer-support program running out of TransSask. The project includes facilitating social support groups in Regina, Saskatoon, and Prince Albert as well as creating an online peer-support system for individuals outside of those centres.

### **Queer Homesteads**

A private Facebook group created by and for 2SLGBTQ individuals around the province of Saskatchewan to list or search for inclusive rental opportunities in their area.

### **Gender Revolution**

Gender Revolution is a social and support group for transgender and gender diverse people that welcomes all who are trans-friendly and respectful. They meet weekly from 7-9 pm on Thursdays at OUTSaskatoon.

### **Resilience Trans Group (Regina)**

An adult oriented social support group for those who are transgender, gender diverse, or interested in exploring their gender. Resilience is offered as part of UR Pride's programming and runs every Wednesday from 5-6pm.

### **Saskatoon Food Bank & Learning Centre**

At the Saskatoon Food Bank & Learning Centre they are committed to ensuring a food secure community wherein all people have access to safe, affordable, and nutritious food. They also provide a emergency nutrition program, learning programs, clothing depot, and tax filing.

### **The Stand**

The Stand is a hub that helps build movements for social, environmental, and economic justice by facilitating the exchange of knowledge, resources, and mutual support within a decolonizing framework.

## **Healthcare**

### **Prairie Harm Reduction (PHR)**

Prairie Harm Reduction (PHR) aims to improve the quality of life for all members of their community through gold standards in harm reduction; emphasizing local action with national impact. They serve people at-risk and affected by HIV and Hepatitis C by reducing discrimination and deaths, removing barriers, pursuing innovation and demonstrating evidence-based outcomes.

### **Saskatoon Community Clinic**

Offers general practitioners with specialized training in supporting transgender individual, as well as medical and primary care services for sexual & reproductive health, and referral to other medical professionals for additional services (e.g., endocrinology assessment, psychiatry).

### **Aurora Reproductive Care**

Offers fertility testing, treatment, and information for trans and queer individuals, couples, and those thinking about transitioning, as well as reproductive health counselling and autonomous or designated donor insemination.

### [SexLife SASK](#)

SexLifeSask is committed to providing comprehensive, quality, inclusive sexual health education and access to clinical services for the people of Saskatchewan, necessary to make informed decisions about their own sexual and reproductive health at all stages of their life.

### [GovSask - Gender Identity, Gender Diversity, and Transgender Support](#)

A list of resources for accessing gender affirming surgery in Saskatchewan, including a list of recommended physicians.

### [Saskatoon Sexual Assault & Information Centre](#)

SSAIC is a Saskatoon-based, non-profit, charitable organization dedicated to taking a leadership role in responding to sexualized violence in our community.

### [Saskatoon Sexual Health](#)

Saskatoon Sexual Health is a non-profit organization located on Treaty Six Territory and the homeland of the Metis. They offer sexual and reproductive health education, advocacy, clinical and abortion services to Saskatoon and the surrounding area.

## **Children and Youth**

### [Camp fYrefly](#)

Camp fYrefly is Canada's largest, volunteer-based, summer leadership retreat for gender and sexually diverse (lesbian, gay, bisexual, transgender, queer, two spirit) and allied youth. The camp is designed to help youth develop the leadership skills and resiliency necessary for them to become change agents in their schools, families, and communities. In partnership with the College of Education, University of Saskatchewan and OUTSaskatoon, Camp fYrefly will be held in Saskatchewan each summer (alternating between Saskatoon and Regina).

### [Saskatchewan Queer and Trans Youth Network](#)

Saskatchewan Queer and Trans Youth is a community hub located in Regina, SK that hosts a variety of social and support programs for southern Saskatchewan's queer and trans youth.