

Trans Health Guide:

# Community Resources

There are numerous resources in communities across Nova Scotia to support trans\* people. This list is not complete but we hope it helps you.

## prideHealth

*A program that provides safe and accessible primary health care services for people who are gay, lesbian, bisexual, transgender, intersex and queer. prideHealth is an initiative of Capital Health in partnership with the IWK.*

P: prideHealth Nurse: 902-220-0643  
P: prideHealth Coordinator: 902-473-1433  
E: prideHealth@cdha.nshealth.ca  
W: <http://prideHealth.ca>

## Nova Scotia Resources

### Nova Scotia Rainbow Action Project (NSRAP)

*A province-wide advocacy group seeking equality for people of all sexual orientations and gender identities.*

P: 902-444-3206  
E: nsrap@nsrap.ca  
W: <http://nsrap.ca>

### TransAction Society of Nova Scotia

*A non-profit society that fundraises to offset the cost of everyday items for trans\* people in need in Nova Scotia.*

E: [transaction.ns@gmail.com](mailto:transaction.ns@gmail.com)  
F: <http://facebook.com/TransActionNS>

## Wayves

*An online magazine for GLBTIQ news in Atlantic Canada.*

W: <http://wayves.ca>

## Youth Project

*A non-profit charitable organization providing support and services to youth (25 and under) across the province. They specialize in issues of sexual orientation and gender identity. The Youth Project provides free resources for youth, families, schools and workplaces.*

P: 902-429-5429  
E: [youthproject@youthproject.ns.ca](mailto:youthproject@youthproject.ns.ca)  
W: <http://youthproject.ns.ca>  
A: 2281 Brunswick Street, Halifax

## Halifax-Based Resources

### Elderberries

*Halifax-based monthly social group for GLBTIQ community members aged 50 and older.*

E: [elderberries.scotia2@gmail.com](mailto:elderberries.scotia2@gmail.com)  
W: <http://facebook.com/NSElderberries>

### Halifax Sexual Health Centre

*A clinic that offers free medical services, STI testing and counselling services.*

P: 902-455-9656  
W: <http://hshc.ca>  
A: 6009 Quinpool Road, Halifax

## South House

*The South House Gender and Sexuality Resource Centre (formerly the Dalhousie Women's Centre) is a community centre that offers a safe space for people of all gender identities.*

P: 902-494-2432  
E: [outreach@southhousehalifax.ca](mailto:outreach@southhousehalifax.ca)  
W: <http://southhousehalifax.ca>  
A: 6286 South Street, Halifax

## Trans Family Nova Scotia

*A Halifax-based support group for families with trans\* children.*

P: 902-431-8500  
E: [transfamily@eastlink.ca](mailto:transfamily@eastlink.ca)

## Trans Liberation League

*A grassroots collective seeking to improve health care for trans\* Nova Scotians.*

E: [transliberationleague@gmail.com](mailto:transliberationleague@gmail.com)

## Venus Envy

*A Halifax bookstore that specializes in healthy sexual education. They have materials and resources specifically for trans\* people. Adult content present on site.*

P: 902-422-0004  
E: [Halifax@venusenvy.ca](mailto:Halifax@venusenvy.ca)  
W: <http://venusenvy.ca>  
A: 1598 Barrington Street, Halifax

## Regional Resources

### Cape Breton Transgender Support Group

*A confidential support group that meets once a week in a safe and welcoming environment. Anyone who identifies as trans\* is welcome and offered support and understanding during their journey.*

Madonna Doucette  
P: 902-270-3719  
E: [madonna.doucette@bellaliant.com](mailto:madonna.doucette@bellaliant.com)  
W: <http://aidscoalitionofcapebreton.ca>

### Nova Scotia Association for Sexual Health

*There are seven sexual health centres across Nova Scotia. They offer free education, resources and services.*

W: <http://nssexualhealth.ca>  
(Members' site: <http://nssexualhealth.ca/contact-us.html>)

\* We use trans\* to mean anyone who does not feel they are the gender they were labeled at birth. People who are trans\* may also use the labels of transgender, transsexual, gender non-conforming, FTM, MTF, trans man, trans woman, genderqueer, gender fluid, gender variant, two-spirit, bi-gender, pangender, ambi-gender, polygender.

### The Red Door

*Confidential sexual health services and health education for all youth aged 13-30 in a judgment-free environment in Kentville.*

P: 902-679-1411  
 E: info@thereddoor.ca  
 W: <http://thereddoor.ca>  
 A: 150 Park Street, Kentville

### Valley Youth Project

*An Annapolis Valley-based non-profit organization run by local volunteers to provide a safe and supportive space for LGBTQ youth and their allies to meet, share, and foster a community.*

E: valleyyouthproject@gmail.com  
 W: [valleyyouthproject.wordpress.com](http://valleyyouthproject.wordpress.com)  
 A: Louis Millet Community Complex, 9489 Commercial St, New Minas

### Wabanaki Two Spirit Alliance

*Two-spirited people and their supporters.*

E: wzsalliance@gmail.com  
 W: <http://w2sa.ca>

## Student Resources

#### Acadia Pride

*A GLBTIQ student group at Acadia University.*

E: pride@acadiau.ca  
 W: <http://theasu.ca/acadiapride.htm>

#### Allies @ Dalhousie

*Supportive staff, faculty and students at Dalhousie University.*

E: peerally@dal.ca, dalally@dal.ca  
 W: <http://dal.ca/dalally>

#### CBU Sexual Diversity Centre

*Fosters a safe environment for LGBT students at Cape Breton University.*

P: 902-563-1481  
 E: su\_sdc@cbru.ca  
 W: <http://cbru.ca/services/sexual-diversity-centre>

#### DalOUT

*A GLBTIQ student group at Dalhousie University.*

P: 902-494-2190  
 E: dalout@dal.ca  
 W: <http://dalout.ca>

#### GSA Network

*A directory of Nova Scotia Gay Straight Alliances (GSAs). A GSA is a youth-led group that works to make schools safer for LGBT youth.*

W: <http://youthproject.ns.ca/gsa/>

#### King's P.R.I.D.E.

*A GLBTIQ student group at the University of King's College.*

E: ilovekingspride@gmail.com

#### Mount Pride

*A GLBTIQ student group at Mount Saint Vincent University.*

E: mountpride@mountstudents.ca

#### NSCAD Queer Collective

*A GLBTIQ student group at Nova Scotia College of Art & Design University.*

E: nscadqueercollective@gmail.com  
 B: <http://nscadqueercollective.wordpress.com>

#### SMU-Q

*A GLBTIQ student group at St. Mary's University.*

P: 902-496-8216  
 E: info@smuq.ca  
 W: <http://smuq.ca>

#### X-Pride

*A GLBTIQ student group at St. FX University.*

P: 902-867-4691  
 E: xpriestfx.ca  
 W: <http://people.stfx.ca/xpride/>

## National Resources

#### CPATH

*The Canadian Professional Association for Transgender Health is a professional organization devoted to health care of people with gender variant identities.*

E: info@cpath.ca  
 W: <http://cpath.ca>

#### Egale Canada

*A national lesbian, gay, bisexual, and trans (LGBT) human rights organization. Their goal is to advance equality, diversity, education and justice.*

P: 1-888-204-7777  
 W: <http://egale.ca>

#### PFLAG Canada

*A national organization that provides personal, family and community-based support to anyone with questions or concerns about sexual orientation and gender identity issues. There are several PFLAG groups in Nova Scotia.*

P: 1-888-530-6777 ext 226  
 E: gender@pflagcanada.ca  
 W: <http://pflagcanada.ca>

#### Trans Lobby Group

*A group that educates the Canadian public and helps shape the political process with regards to the needs of trans\* people, with a focus on health care and human rights.*

W: <http://translobbygroup.ca>

#### Trans PULSE Project

*A community-based research project that is investigating the health of trans\* people in Ontario.*

E: info@transpulseproject.ca  
 W: <http://transpulseproject.ca>