

Community Resources

For trans, Two-Spirit and non-binary people and the communities that support them.

Click the boxes below to access each resource.



Caring for your body

Understanding the Pelvic Floor



Basic information and care for the pelvic floor.

Demystifying Sex Drive



Learn about desire and sexual response.

Feeling good in your body: Finding pleasure, self-care and ease



When feelings get stuck: Working through difficult emotions.



Relational Wellness

Honouring Changes



A workbook for navigating and acknowledging change on a gender journey.

Kindling our Curiosity



A trans sexual health zine. Topics include shame, disclosure and safety.

Information for Trans Parents



Explore our new suite of infant feeding resources.

For more, visit our [Health & Wellbeing](#) page.

Information for...



Indigenous people



Older adults



People with disabilities



Newcomers & refugees



Partners & spouses



Youth



Neurodivergent people



Or visit our [Information for...](#) page.