



Resources for Pharmacists Supporting Trans and Gender-Diverse Inclusivity and Care

Guidelines on Gender-Affirming Care

Endocrine Society: [Endocrine Treatment of Gender-Dysphoric/Gender-Incongruent Persons: An Endocrine Society Clinical Practice Guideline](#)

This 2017 open access, clinical-based guideline offers a summary of graded evidence-based recommendations on how HCPs should manage hormonal therapy and what monitoring for benefits, risks and complications looks like.

Rainbow Health Ontario: [Guidelines for Gender-Affirming Primary Care with Trans and Non-Binary Patients](#)

This 2023 updated guideline provides detailed evidence-informed summaries and guides of Sherbourne Health's approach to clinical practice with trans and nonbinary patients. It presents several precautions, contraindications and risks associated with different hormone administrations. Additionally, it provides in the appendices several helpful checklists and handouts to be used in practice.

World Professional Association for Transgender Health (WPATH): [Standards of Care for the Health of Transgender and Gender Diverse People, Version 8](#)

WPATH is a nonprofit interdisciplinary, professional and educational organization that is dedicated to transgender health. These updated 2022 standards of care (SOC-8) aim to provide HCPs with broad clinical guidance for gender-affirming medical interventions to assist TGD people in accessing safe and effective care.

Learning Modules/Training

Association of Faculties of Pharmacy of Canada: [Series 2 Health Determinants for 2SLGBTQIA+ Patients and Inclusive Pharmacy Practice](#)

AFPC is a national nonprofit organization advocating the interests of pharmacy education and educators in Canada. This link includes a description of learning objectives for Series 1 and 2 with more focus on Series 2 for this context. There are 5 self-led modules offered by AFPC in Series 2, which incorporate informative content and history into interactive activities as well as application cases. Subscription and fees are required to complete modules. See free [sampler](#) for demo.

Canadian Association of Midwives: [Providing Inclusive Abortion Counselling and Care Using the CARE Approach](#)

CAM works across all levels, driving change in legislation and funding, strengthening regional associations, and supporting midwives directly with tools and learning opportunities. This microlesson introduces the **CARE approach - Check-in, Adapt, Reflect** - a practical framework to provide inclusive, client-centred abortion counselling and care. Learn how to build trust, adapt to diverse needs, and reflect on your practice to make abortion care safer and more supportive, especially for marginalized clients.

Community-Based Research Centre: [Learning Portal](#)

CBRC's online programming has a collection of free courses related to 2S/LGBTQIA+ health care such as affirming space training and clinical topics. Most are 2.5-3 hours in duration, and all provide certificates of completion.

The Get REAL Movement: [Workshops](#)

Get REAL began as a small student project in 2011 at Western University. As orientation volunteer leaders, they saw excellent results combatting homophobic, transphobic, and racist language and attitudes one-to-one with first-year students through this project. Thus, Get REAL was born. They now offer workshops categorized and intended for different audiences such as students, corporate individuals, caregivers, etc. These free workshops are intended to break down prejudice and promote compassion through lived experiences and interactive learning. There are some restrictions on booking, e.g., you can't book workshops directly yourself; you need to click "Book a Workshop" and then fill out an inquiry form about the intended workshop.





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Institute for Trans Health: [Training](#)

The Institute for Trans Health is dedicated to improving gender-affirming care and services for trans, nonbinary and gender-diverse people and their families. They offer courses for physicians, nurses, pharmacists and other professionals who want to improve access and better meet the needs of trans, nonbinary and gender-diverse people. Currently in French only.

Rainbow Health Ontario: [Training](#)

RHO offers on-demand or instructor-led training courses for health-care providers and social service workers aimed at increasing clinical and cultural competency in caring for 2SLGBTQI+ patients. Registration for a learning account is free, but courses have different fees. A certificate is provided upon completion.

SACS/LEAF: [Webinar - Transgender Identity and Gender Diversity](#)

The SACS/LEAF program was launched in 2013 by pharmacists, for pharmacists, to promote simplified learning and improved patient care. This link takes you to an array of free CE courses for pharmacists, some of which include continuing education on trans identity and gender diversity. Currently in French only. An account is required.

Trans Care BC: [The Education Centre](#)

Trans Care BC's Education Centre features fun and free asynchronous or synchronous virtual courses surrounding the topic of gender-affirming care. They vary in duration and CME accreditation.

University of Toronto: [Transgender and Gender Diverse Health Modules](#)

These 7 open-access self-directed online learning modules offered by the Faculty of Medicine at the University of Toronto were originally created for medical students to aid their learning. However, much of the content, such as language/terminology use, how to create safer spaces, sociocultural history, recognizing barriers, and content on GAHT and surgeries, is appropriate for residents, faculty and interprofessional learners.

Resources on Trans Identity, Gender Diversity and Gender-Affirming Care

Aide aux Trans du Quebec: [I Commit - A Handbook for Health and Social Service Professionals Working with Trans People](#)

ATQ is a registered charity. Its website takes you to a downloadable French document that reflects a holistic view of trans patients' health. Some topics include proper terminology, social determinants of health and harm reduction, HRT, trans surgeries, health risks, HIV, and name changing. Its intent is to help HCPs strengthen their understanding of both the needs and the realities that trans people face. In French only.

Canadian Paediatric Society: [An Affirming Approach to Caring for Transgender and Gender-Diverse Youth](#)

The Canadian Paediatric Society is a voluntary professional association that represents almost 4000 members, pediatric subspecialists, residents and others who work with and care for children and youth. This link takes you to a 2023 position statement that is intended to act as a resource to help provide pediatricians and HCPs with fundamental knowledge when delivering affirming, supportive, inclusive and nonjudgmental care to TGD youth. It also outlines how to address routine care and how to respond to questions about medical transition, puberty blockers and hormone therapy.

CBC: [Topic: LGBTQ](#)

The Canadian Broadcasting Company's page for following news about 2SLGBTQI+ issues in Canada.

CPS: [Gender-Affirming Care for Transgender and Gender-Diverse Individuals](#)

Compendium of Pharmaceuticals and Specialties (CPS) is a comprehensive resource for HCPs that is published by the Canadian Pharmacists Association and includes drug monographs, therapeutic information, and evidence-based guidelines for safe and appropriate drug use. Specifically, this CPS chapter provides an informative and detailed description of therapeutic choices available (both pharmacologic and nonpharmacologic) for transgender and gender-diverse patients, the expected desired/undesired effects and the time frames for these effects. Subscription required.



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Egale Canada: [Resources](#)

Egale provides tools and reliable, up-to-date information about 2SLGBTQI+ communities.

Fédération du Québec pour le Planning des Naissances: [Trans-Inclusive Abortion Services](#)

The FQPN is a feminist group that advocates for rights and promotes public education on sexual and reproductive health. The “Trans-Inclusive Abortion Services: A manual for providers on operationalizing trans-inclusive policies and practices in an abortion setting” was produced for the FQPN as part of its commitment to expanding discussions of sexual and reproductive health to include trans people and their families. The author of the manual, A.J. Lowik, has since worked to adapt the manual for use across Canada and the US with the help of supporting agencies and organizations.

Fondation Émergence: [Resources](#)

Fondation Émergence is an organization committed to raising awareness, educating, and advocating for the rights of individuals of diverse sexual and gender identities. It has a wide range of information and solutions, including tools and resources to support inclusion efforts.

GrS Montreal: [Surgeries](#)

GrS Montreal provides information about gender-affirming surgery and the care required before, during and after each surgical intervention.

Pharmacy Connection: [Supporting Gender Diversity within Pharmacy](#)

Pharmacy Connection is published by the Ontario College of Pharmacists. Its aim is to share updates on college activities and policies as well as share federal and provincial initiatives. This short 2025 article provides quick tips, practical examples and educational resources that pharmacy professionals can use to aid their delivery of respectful and affirming care to trans and gender-diverse patients.

Pharmacy Connection: [Affirming Care Infographic](#)

This infographic is basically a summary of the article above; it's helpful for those who need small, digestible information through visual aids.

Profession Santé: [Transgender 101 Customer Care & Follow-Up](#)

Profession Santé is a specialized online community for all HCPs (pharmacists, physicians, nurses, etc.) in Quebec. It offers resources, news, articles, government policy changes, etc. This 2024 article addresses the following: how to approach and build a trusting relationship with trans patients, how to accompany them in their transitioning process and how to follow up and provide inclusive care. In French only. Registration required.

Profession Santé: [Québec Pharmacie Novembre-Décembre 2018](#)

This 2018 PDF is a continuing education resource targeted to Quebec pharmacists. It addresses pharmacotherapy for gender transition and goes into detail about hormone therapy, contraception and bleeding management, new pharmaceutical devices, etc. In French only.

Radio-Canada: [LGBTQ+ Community](#)

Radio-Canada's page for following news about 2SLGBTQI+ issues in Canada. In French only.

Rainbow Health Ontario: [Advancing 2SLGBTQ+ Health Equity in Ontario](#)

RHO is funded primarily by Ontario Health and operates as a program of Sherbourne Health, an organization committed to providing health services and community programs to help support diverse communities. RHO provides training courses, evidence-based resources, answers to common trans and nonbinary patient questions, and a podcast about challenges and innovations in 2SLGBTQI+ health care. It also provides plenty of support resources for 2SLGBTQI+ patients. These can be found under the [Education](#) and [Resources](#) tabs.



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Trans Care BC: [Health Professionals](#)

Trans Care BC is a provincial clinical program operated by the Provincial Health Services Authority (PHSA). It works with partners to help ensure trans, Two-Spirit and nonbinary people get the care they need when and where they need it. This website is an open resource for HCPs surrounding trans, Two-Spirit and nonbinary topics. It offers clinical resources such as primary care toolkits and other guidelines, referral and assessment forms (e.g., hormone therapy and surgery forms), patient handouts, and downloadable resources to help foster both inclusive and affirming care.

Trans Pulse Canada: [TransPulse Canada](#)

The Trans Pulse Canada team is a majority-trans group of community and academic researchers from across Canada. This webpage is an information page that highlights the lived-experience results from community-based surveys of Canadian trans and nonbinary patients. It includes journal articles, posters/infographics, reports and quick stats of study results.

Women and Gender Equality Canada: [Facts, Stats and Impact: 2SLGBTQI+ Communities](#)

The Government of Canada's Women and Gender Equality Canada department provides statistics that highlight that inequality persists for 2SLGBTQI+ communities in Canada and outlines how the Government of Canada is striving to create a future where everyone in Canada is truly free to be who they are.

Resources on Trauma- and Violence-Informed Care (TVIC)

Alberta Health Services: [Trauma Training Initiative](#)

AHS is the first health authority for the Canadian province of Alberta and the largest integrated provincial health-care system in Canada. The Trauma Training Initiative provides a 2-part training program that is designed to help build fundamental knowledge and develop real-world training skills for working with individuals affected by trauma and violence. Part 1 has 7 modules that are free, and Part 2 is available only to internal learners. Certificates provided.

EQUIP Health Care: [Trauma- and Violence-Informed Care](#)

EQUIP Health Care is a research and implementation program that involves health equity interventions implemented in a range of health-care settings; it is funded by the Canadian Institutes of Health Research. This is a resource-oriented site focused on trauma- and violence-informed care; it provides numerous resources in the form of tools, curricula, strategies, exercises and guidance on TVIC.

PREVNet: [Trauma-Informed Care for Sexually and Gender Diverse Youth](#)

Promoting Relationships and Eliminating Violence Network (PREVNet) is a national not-for-profit organization dedicated to preventing youth interpersonal violence. This document provides an overview of the concept of trauma-informed care (TIC) and how it is applicable specifically to youth who are sexually and gender-diverse. It's meant as an introductory guide for those working with this population and includes an extensive list of resources.

Public Health Agency of Canada: [Trauma- and Violence-Informed Approaches to Policy and Practice](#)

The Government of Canada has a collection of information surrounding trauma and violence in Canada. This includes ample content on why informed approaches are needed, how trauma and violence are connected, addressing the impact this has on relationships with health-care providers, and examples of trauma- and violence-informed approaches and how to implement them.

Rainbow Counselling: [Trauma Therapy for the 2SLGBTQ+ Community](#)

Rainbow Counselling is a team of 2SLGBTQ+ identified and allied psychotherapists that provide 2SLGBTQ+ affirming care in the form of virtual therapy practice to residents across Ontario. This webpage outlines various therapy services offered by the virtual counselling practice, including trauma-informed therapy specifically designed to support individuals in the 2SLGBTQ+ community.

Rainbow Health Ontario: [Intimate Partner Violence in 2SLGBTQ+ Communities](#)

This 2025 resource is an educational, practical guide that explores the distinct support needs of 2SLGBTQI+ individuals experiencing intimate partner violence. It helps guide health-care and social service providers in identifying systemic barriers to care and offers practical approaches for delivering more inclusive, affirming support.