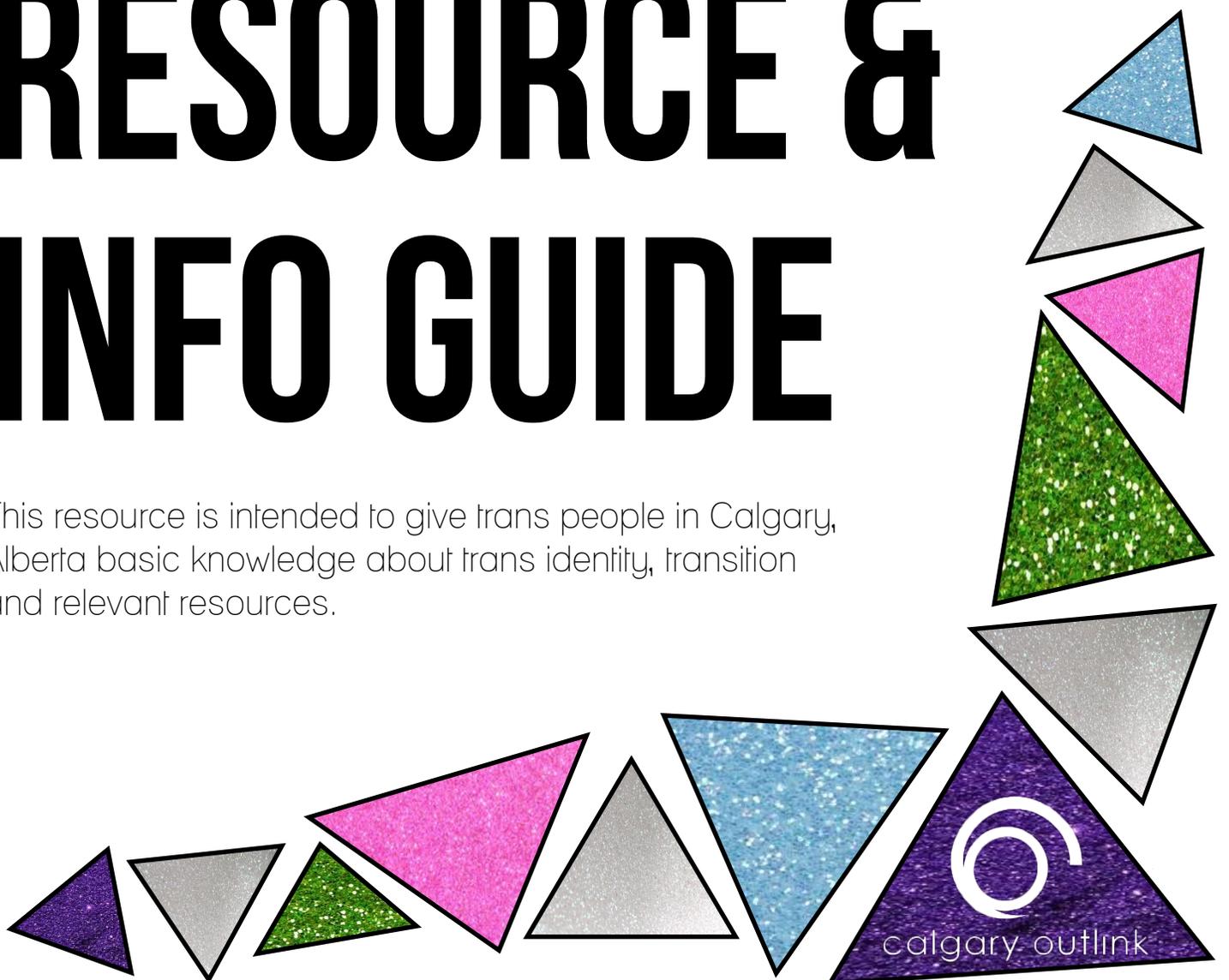


CALGARY TRANS RESOURCE & INFO GUIDE

This resource is intended to give trans people in Calgary, Alberta basic knowledge about trans identity, transition and relevant resources.



*This guide is dedicated to all the trans people living, struggling and loving
on the Prairies.*

Originally created in 2012 by Calgary Outlink volunteers, this guide been updated and edited by Calgary Outlink staff, practicum students, volunteers, and community members from October 2014 - March 2015.

A huge thank you to all the people who put work, energy, and heart into creating this, and a thank you to all the people listed within this resource who are providing support and care to trans communities.

calgaryoutlink.ca

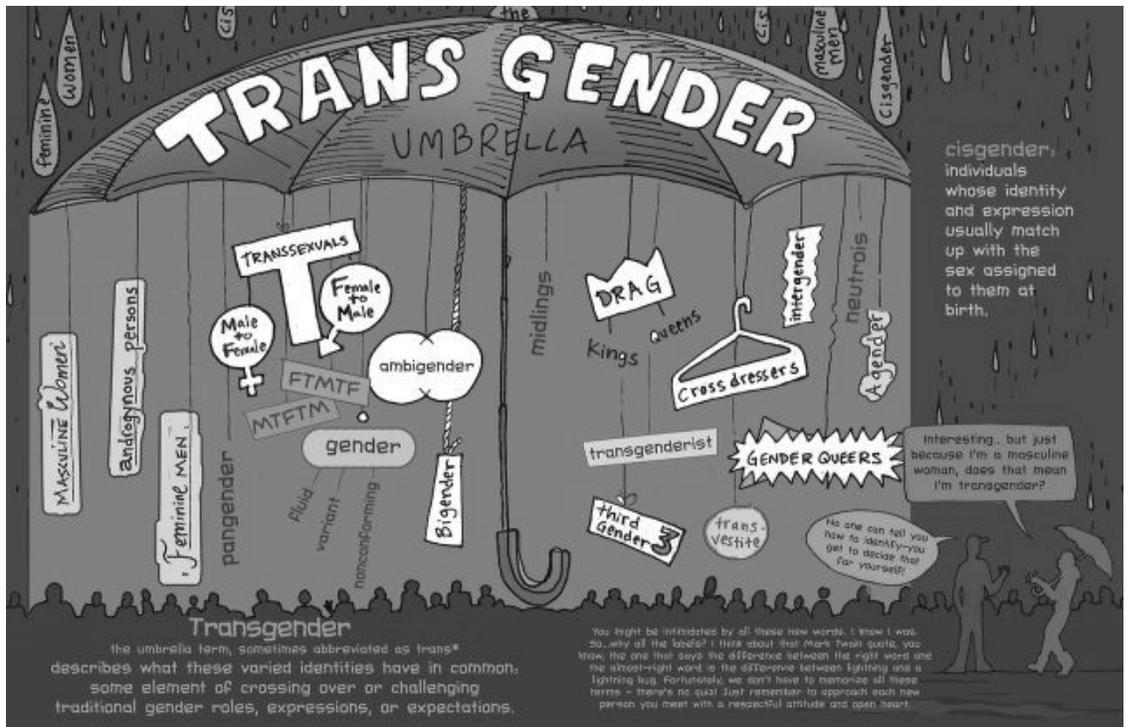
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DEFINITIONS OF THE WORD TRANSGENDER

Transgender is an umbrella term for persons whose gender identity or gender expression does not conform to that typically associated with the sex to which they were assigned at birth. While transgender is generally a good term to use, not everyone whose appearance or behavior is gender-nonconforming will identify as a transgender person. Some trans people may just identify as men or women, without the prefix of being a trans man or a trans woman. The ways that transgender people are talked about in popular culture, academia, science, and how trans communities talk about themselves are constantly changing, particularly as individuals' awareness, knowledge, and openness about transgender people and their experiences grow (American Psychological Association, 2013).

Transgender: The umbrella term, sometimes abbreviated as trans*, some element of crossing over, or challenging traditional gender roles, expressions or expectations. (The Gender Book, 2013)



The Gender Book, 2013

In this document, when we say trans or transgender we mean someone who does not identify with the sex that they were assigned at birth and / or the corresponding gender roles. Trans is an umbrella term which includes and is not limited to: trans feminine spectrum, trans masculine spectrum, two spirit, genderqueer, genderfluid, agender, transgender, transsexual, androgynous, FTM, MTF, third gender, pangender, bigender, crossdressers, neutrois, trans women, trans men, and gender variant and gender non-conforming people.

TRANSITIONING

“Transition” is the word generally used to refer to the process trans people go through to overcome physical, legal and social barriers so they can express their self-identified gender (Rainbow Health Ontario Glossary, 2015).

Transition is different for everyone: no two trans people are exactly alike. Some pieces of a person’s transition might include:

- Self-identification as trans or a different gender than the one assigned at birth
- Gender presentation: expressing their gender in a way that feels right for them. This could include clothes, haircut, make up, jewelry, wigs, etc.
- Using articles to enhance their body: chest binding, tucking, packing, using breast forms, etc.
- Electrolysis or laser hair removal
- Voice therapy
- Changing one's name – legally or not
- Sharing their gender identity with important people (coming out to family, coworkers, classmates, friends, partner(s), spouse etc.)
- Changing one’s gender marker on their ID, birth certificate, SIN, etc.

The decision to pursue or not to pursue medical transition. This might include: hormones, hormone blockers, chest surgery, genital surgery, facial feminization surgery etc.

Ultimately, the path a person takes is up to them. It can be greatly affected by personal circumstances: what is safer, and best for them. Only a trans person can decide for themselves what is best. There should not be any pressure for someone to have to do any particular aspects or stages of transition to be “legitimately trans:” people’s genders are inherently legitimate.

In order to access surgery, hormones, and legal gender marker changes, there are some things that are mandated by the government and Alberta Health Services (AHS). For example: one year Real Life Test (RLT) before Gender Confirmation Surgery GCS (sometimes called Sexual Reassignment Surgery or SRS) if that's something the person would like to pursue, and documentation from a psychiatrist or registered psychologist get one’s legal gender marker changed. Please see Flowchart for relevant AHS information.

The Standards of Care: WPATH

How Alberta Health Services (AHS) relates to trans people in terms of access to hormone replacement therapy (HRT) and surgery is based on best practices recommended by the WPATH (World Professional Organization for Transgender Health) Standards of Care. For more information, visit WPATH.org

REALIZING YOU ARE TRANS

The first stage of coming out is acknowledging to yourself how you feel about your gender. This isn't always straightforward or easy.

Some trans people feel clear about their gender identity from a young age. But for others, it's less obvious, and how they feel about their gender may shift over time. Even though genders can shift over time, it's important to validate a trans person's gender as legitimate. Acknowledging how you feel about yourself often involves overcoming feelings of shame and guilt or fear of disapproval.

If you feel a persistent discomfort about your gender and you can't work it out on your own, therapy or counseling may be helpful, or going to a trans group where you can explore your gender identity.

COMING OUT

Coming out can be a difficult process. Many trans people worry about how other people will react and how they'll treat them once they find out. For many people, it also means that they can be honest about how they feel and not hide their gender.

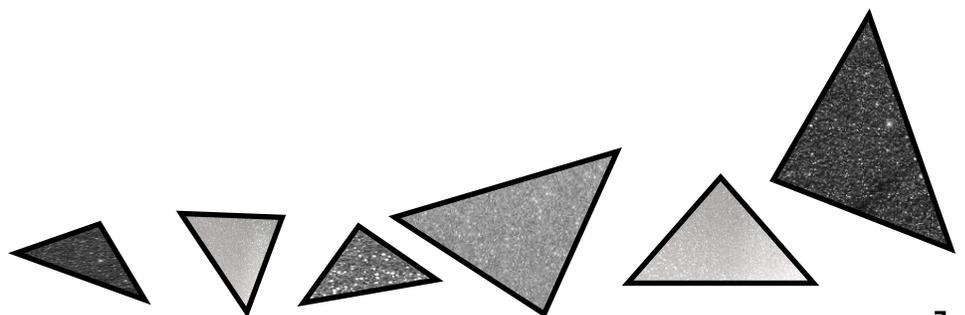
Coming out as transgender is different for everyone – and also different than coming out as gay, lesbian, bisexual, queer, etc. There is no 'right way' to come out and some ways may not be relevant for some people or where they are at.. It is not your responsibility to come out the 'right' way for others in your life. That being said, you may be invested in it having as good of an outcome as possible, therefore here are some tried and true methods have been used with some amount of success by many trans people coming out:

- Look at your audience. If you decide to come out to your friends or family, coming out to someone who you think is the most likely to be supportive is likely a good way to do it because they may be able to help explain and/or mediate with the rest of the family or friend group. Some family members and friends may be more willing to be allies than others. There are many reasons people don't come out, or don't come out in certain situations. There should never be pressure to come out. For instance a person under the age of 18 may have a harder time with this process due to being a minor and dependent on their guardian for support.
- Do some research. Arm yourself with knowledge in case a loved one has questions, and to make your coming out methods as informed as possible.
- Try not to make assumptions about the reaction that your loved ones will have. People may surprise you. Sometimes loved ones will have a strong negative reaction at first, and can grow to be more supportive.

One idea is to write a letter or an email. This is the best way to come out to people who you think may not be the most accepting, because it avoids confrontation, gives you time to think about and write out exactly what you want to say, and it gives the reader time to think out how they're going to react and what they're going to say. It may seem rather impersonal to come out via a letter or email, but it's a good option if you are either too afraid to do it in person, or think the person may take your news badly.

In your letter, be clear about your identity and reaffirm the importance of this process. Include facts about trans identity, and any details you want to give them about your transition etc., so that they will understand that this is not a decision you made. A letter can also be used to come out to family members you rarely talk to or see. Search for example letters on the internet to get a good idea of what one may look like. Use the letter as a framework and tailor it to your needs.

- Provide reading material. Literature on the transgender community may help those whose loved ones are drawn to reading material. Some family members may have little or no knowledge about the trans community. This can give a lot of information to a person without you having to interact with the individual a great deal. Link them to a website, suggest books for them to read, or give them a pamphlet. Quite a few books have been published on the transgender community. Review a couple and pick the one that's best for your situation.
- Sit down and talk about it. Being open and direct is a tactic that can earn many points with relatives and friends. This gives them a chance to ask questions and, while you may not always have the answers, you can be honest about your identity and if you are asking anything of them (to call you a different name, pronouns etc.). This option is good for people who you think may be accepting.
- Be patient. This isn't going to all happen overnight. Coming out is a long process that may take a lifetime. You can get the important people notified, but you may always be running into acquaintances and people from an earlier time in your life.
- Be confident. Knowing that you identify as transgender and may need to take action in some way, shape, form, or fashion is a position that you need to be clear on. Speak clearly and firmly, but be responsive and flexible. Do not be apologetic. You have nothing to apologize for, you are who you are, and you are not ashamed of yourself.
- The results may surprise you. The ones that you thought would support you may not, and the one you thought wouldn't support you might.



FINDING A TRANS-FRIENDLY DOCTOR

Other than the obvious benefit of having a trans friendly doctor, having a doctor who is knowledgeable about trans people can be very helpful if you are pursuing surgery or hormone replacement therapy (HRT).

Unfortunately there are currently very few known doctors in Calgary who are trans-friendly and accepting new patients. That doesn't mean, however, that there aren't others out there. Since they want to support the trans community, many of these doctors will be more likely to accept new patients if they disclose that they are trans.

Though these doctors are generally considered trans friendly, their skill and experience with trans communities varies greatly. If you are not happy with the service you are receiving, switching doctors is an option.

If a health care provider treats you in a way you consider discriminatory, you have every right to make a complaint and get support. Information about complaints can be found at: <http://www.albertahealthservices.ca/patientfeedback.asp>

Here are some doctors who have been identified by trans patients as generally trans friendly (the doctors on this list are here based on community recommendation, not by their request):

The Alex: The Youth Health Centre

403-520-6270

by text at 403-680-9627

by email at youthinfo@thealex.ca

1116 Centre Street NE

Accessible on the number 2, 3, or 17 bus lines. Open Monday – Fridays, 12:00 noon - 6:00 pm. The Alex Youth Health Centre is a trans friendly clinic, and their doctors will refer people to the Meta Youth Gender Clinic and to see Dr. Raiche, the gender psychiatrist in Calgary.

Dr. Ted Jablonski

403-239-9733

403-208-3230 (trans clinic hours)

He is (usually) not accepting new patients at his practice, but he and psychologist Dr. JJ Miles (a psychologist who works with a lot of trans people) hold a trans "clinic" once every few months at Dr. Miles' office, where he prescribes hormones etc.

Contact Dr. JJ Miles for info about the "trans clinic", at (403) 228-8811 or contact Monique, Dr. Jablonski's trans clinic booking person at (403) 208-3230. *In order to see Dr. Jablonski through the trans clinic, you must already be diagnosed with Gender Dysphoria from a psychologist or psychiatrist.*

Dr. Martin Harvey
Ph. 403-640-4320
Fax. 403-640-4397
#201, 2303 - 4 St. S.W.
Calgary, AB T2S 2S7
Often not accepting new patients.

Dr. Ahmed
587-350-6750
Located at Alexandra Medical Clinic in
Inglewood, currently accepting new patients.

Dr. Gervich
403-930-7111
120, 109 Quarry Park Blvd. SE
Calgary, AB T2C 5E7

Dr. Kozłowska
Ph. 403-272-6422
Fax. 403-272-4297
425 Marlborough Way NE
Calgary, AB T2A 7E7

Dr. Elizabeth Woolner
Ph. 403-686-2911
Fax. 403-246-7830
224-555 Strathcona Boulevard SW
Calgary, AB T3H 2Z9

Dr. Susan Jane Lea-Makenny
Ph. 403-262-6479
Fax. 403-262-7076
510-444 5 Avenue SW
Calgary, AB T2P 2T8

Dr. Pearl Beecroft
Ph. 403-730-7663
Fax. 403-730-4466
H2-7020 4 Street NW
Medical Upper Level
Calgary, AB T2K 1C4

Dr Connie L. Ellis
Ph. 403-247-9797
Fax. 403-247-0014
6535 Bowness Road NW
Calgary, AB T3B 0E8

Dr. Asma Sayeed
Ph. 403-239-3660
Fax. 403-239-4001
192-8888 Country Hills Boulevard NW
Calgary, AB T3G 5T4

Brentwood Family Medical Centre
Ph. 403-289-1901
Fax. 403-289-6575
#510, 3630 – Brentwood Road N.W.
Calgary, AB

Dr. S. Popov
403-229-1771
Mount Royal Medicentre
#3, 1032 - 17 Ave SW
Walk-in only, but comes recommended by
many trans community members.

In Alberta, the practice of medicine is governed by the College of Physicians and Surgeons of Alberta. If you are looking for a General Practitioner (family doctor) who is accepting patients at this time and is open to seeing trans patients, you can put in a request to them, and they will do their best to locate one - however, this can yield mixed results. With the low number of doctors accepting patients at the moment, and many of those who are uncomfortable or who feel that they don't have adequate training with trans people, they may not be able to locate one close, but it is worth a try.

The College of Physicians and Surgeons of Alberta is located at the 9th Floor, 10180-101 Street (Manulife Place), Edmonton. You can call toll-free at 1-800-561-3899. You can also email them at publicinquiries@cpsa.ab.ca. If you have a complaint about a physician, they also have an additional toll-free number to address these issues at 1-800-661-4689.

GETTING A REFERRAL TO A GENDER SPECIALIST

In order to get referred for any trans related surgeries in Alberta (top surgery, hysterectomy, and Gender Confirmation Surgery), you must be referred by one of 3 psychiatrists.

1. **Dr. Joe Raiche** - Psychiatrist, Calgary
Phone: 403.944.5872
Fax: 403.944.2409
Calgary-based psychiatrist seeing all new referrals for trans people in the Calgary area. In order to see him, you will need a referral from your G.P. or a doctor at the Alex Youth Health Centre. If you don't have a family doctor, a walk-in clinic doctor may be able refer you. In some cases it may also be possible to get a referral from a psychologist or another psychiatrist.

2. **Dr. Lorne Warneke** - Psychiatrist, Edmonton
780.735.7292

Gender Clinic at Edmonton Grey Nun's Hospital

Dr. Warneke has been a psychiatrist with trans people in Alberta for a very long time, and for a number of years was the only gender specialist in the province. People from Calgary are no longer being referred to him because Dr. Raiche is now practicing in Calgary.

3. **Dr. Petryk** - Psychiatrist, Edmonton
780.735.2594

A psychiatrist based in Edmonton who works with trans people. People from Calgary are no longer being referred to him because Dr. Raiche is now practicing in Calgary.

Things you can access through psychiatrists:

- Diagnosis of Gender Dysphoria
- Referral for HRT
- Ability to legally change gender marker on ID
- Referral for top surgery
- Referral for hysterectomy
- Referral for GCS (Gender Confirmation Surgery) / SRS (Sexual Reassignment Surgery)

COUNSELING & PSYCHOLOGY

LOCAL THERAPISTS

All of these psychologists have extensive experience working with the trans community and can diagnose Gender Dysphoria. Some G.P.s will accept this diagnosis to prescribe hormones. They are all private, billing \$150 - \$200 per session (with the exception of Kevin Alderson's home office, which is less). If you have an extended health benefit plan, it may cover psychology services.

Dr. Susan Garber

226-1982 Kensington Road NW, Calgary, AB,

Phone: (403) 283-3370

Fax: (403) 283-3372

Dr. Kevin Alderson

1300 8 St SW, Calgary, AB

Phone: 403-605-5234

Email: alderson@ucalgary.ca

*sees clients at his home office at a lower rate

Dr. Cathy Pittman

714 - 45th Street SW, Calgary, AB
Phone: (403) 228-8811

Jane Oxenbury

206, 5920 Macleod Trail S., Calgary, AB
Phone: 403.255.7004

Dr. Lynn Sloane

1218 - 10 Avenue S.E., Calgary, AB
Phone: Phone (403) 262-5340

Dr. J.J. Miles

Phone: (403) 228-8811
Address: 714 - 45th Street S.W., Calgary, AB

*Many of these psychologists may be willing to see you at a reduced rate if you are low income and need their support in order to transition/have mental health issues. These psychologists do not have sliding fee scales/low income fee assistance set up, but you can ask to pay a reduced rate and see what happens – the worst they can say is no.

COMMUNITY COUNSELLING

Calgary Outlink Centre for Gender and Sexual Diversity

Counselling and Peer Support regarding sexual orientation, gender identity, and questioning gender, transition information, etc.

Drop-in: Monday – Thursday: 11 am – 6 pm
Free

#303, 223 12 Ave SW

403.234.8973

SupportWorker@CalgaryOutlink.ca

accessibility: if you are not able to get up 3 flights of stairs, please call ahead so we can book a main floor space that is accessible

Calgary Sexual Health Centre

Counselling around sexual health, sexual orientation, and gender identity

Drop-in: Monday – Friday: 9 am – 5 pm
Free

304, 301 – 14 St NW

403.283.5580

Calgary Catholic Family Services

Community Counselling

707 – 10 Avenue SW

403-233-2360

They have a sliding fee scale there and sessions begin at cost of \$5 per session.

COMMUNITY SUPPORT GROUPS

ONLINE

- Alberta trans peer support network (Yahoo) - <http://groups.yahoo.com/group/AlbertaTransPeerSupportNetwork>
- Alberta Trans Facebook group - <http://www.facebook.com/groups/6159997897/>

IN PERSON

New Directions, Calgary Outlink <http://www.calgaryoutlink.ca/new-directions-trans-group/>

New Directions is a drop-in peer support group focused on providing support and resources for people who are trans*, transgender, transsexual, intersex, or questioning their gender identity. Join us to get support, give support, ask questions, or just listen. This is one of the places you can be yourself! New members are welcome to bring a friend or family member to meetings for support.

Meetings: The third Friday evening of the month (7 – 10 PM) and the first Sunday of the month (1 – 3 PM) is a peer support group where you can bring your questions, concerns, and issues to share and seek support. This group is 18+, some exceptions made on a case-by-case basis.

Location: Calgary Outlink in the Community Wise Resource Centre, Rm 106, 223 12 Ave SW
If you have any questions about this group, please email newdirections@calgaryoutlink.ca

Trans Families, Calgary Outlink <http://www.calgaryoutlink.ca/trans-families-group/>

Offers support, discussion, and news for parents and family of transsexual and intersexed children family members.

Meetings: On the 3rd Wednesday of every month @ 6:30pm

Location: Calgary Outlink in the Community Wise Resource Centre, Rm 106, 223 12 Ave SW
It is on the main floor; turn left once you enter the building.

Trans Fabulous, Calgary Outlink <http://www.calgaryoutlink.ca/trans-fabulous/>

Trans Fabulous uses art and discussion to explore gender and trans identities.

Our topics and themes focus on all trans identities and include all those under the trans umbrella*. All people of all genders and identities are invited to attend, though conversation and theme will focus on trans topics. Trans Fabulous uses various art forms to explore gender identity. This provides a creative and structured environment. All artistic levels, interests, and abilities (or lack thereof) are welcomed and celebrated. A few examples of our arts based activities are: collage, visual art, song writing, drag, zine making, poetry, improvisation, design, and interpretive dance. Our inclusive space invites any person at any point in their gender identity journey. This safer space is for ages 16+ (with room for considerations of younger people on a case by case basis.)

Meetings: Trans Fabulous is the 2nd Sunday of every month from 1 – 3pm.

Location: Calgary Outlink in the Community Wise Resource Centre, Rm 106, 223 12 Ave SW

TransFinite <http://www.transfinitesupport.com/>

Transfinite (Trans Partner Support) is a collective that aims to foster community between individuals whose partners identify as Trans (Transgender, Two-Spirited, Transsexual, Genderqueer, or any gender identity than fits under the Trans umbrella).

Within this community, we hope to raise awareness of the unique relationship dynamics that exist when a partner identifies as Trans, provide resources for developing communication/relationship skills and peer support for people whose partners are Trans, no matter where on the spectrum they fit.

To find out about meeting times and locations: visit <https://www.facebook.com/transfinitesupport>

Two Spirit Youth Group

This Two-Spirit Youth Group is run through the Boys and Girls Club and hosted by Calgary Outlink, in our main office – room 303. The group is open to Two-Spirit identified youth aged 14-21.

Meetings: the group meets every Thursday from 6:30-8:30. There will be food, community and discussion.

For more information: contact Jesse at jsparvier@bgcc.ab.ca

Transformers

A monthly social meet up and information night, for trans guys, FTMS, those questioning their gender, trans-masculine folks, allies and partners to talk and learn about gender and transition, and build community.

We are inclusive, all ages and come together from diverse backgrounds to provide a safe space for people to be themselves.

Meetings: Meetings are monthly at various locations depending on activity. Contact "James Demers" on Facebook to be added to a secret Facebook group that posts all the events.

Translations, Possibilities <https://www.facebook.com/possibilitiescalgary>

Translations is a discussion group aimed at trans topics and building stronger ties within the trans community.

Meetings: 1st Wednesday of the month at 7:30 at Calgary Sexual Health Centre, 304, 301 14 St NW

Illusions Social Club

A social group for crossdressers and people questioning their gender. Trans people are welcome to attend.

Meetings: Illusions has a meet & greet on the first Thursday of each month from 7:30-11:30 at #602, 3208-8th Ave. N.E. (a red light hangs over the door)

Cost: \$10 (to cover drinks and food that are provided). Alcohol is BYOB but allowed.

NATURAL AND ALTERNATIVE MEDICINE

Adjust Your Health

Queer and trans friendly chiropractors, Massage, Physiotherapy, Active Release Therapy, Naturopathic Medicine, and Acupuncture

Website: <http://adjustyourhealth.com/>

Location: #218, 5809 Macleod Trail SW

Phone: 403-538-0538

Erin Legare-Tremblay R.Ac TCMD

Trans friendly and knowledgeable Registered Acupuncturist and Practitioner of Traditional Chinese Medicine with a general practice committed to creating a safe healing space.

Facebook: Erin Legare-Tremblay RAc TCMD

Email: erinlegaretremblay@gmail.com

Fertile Calgary

We are an LGBTQ+ inclusive holistic clinic. Don't let the name fool you, we also work with general health concerns.

Website: www.fertilecalgary.com

North location: 150, 4411 16th Ave NW,

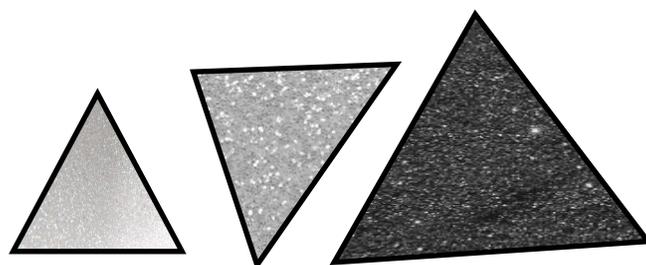
South location: 143, 14919 Deer Ridge Dr SE

Phone: 403-984-3970

Black Cauldron Apothecary

Contact: Quin Molyneaux at bcapothecary@gmail.com or 587-578-7827

Website: bcapothecary.com



NAME CHANGE

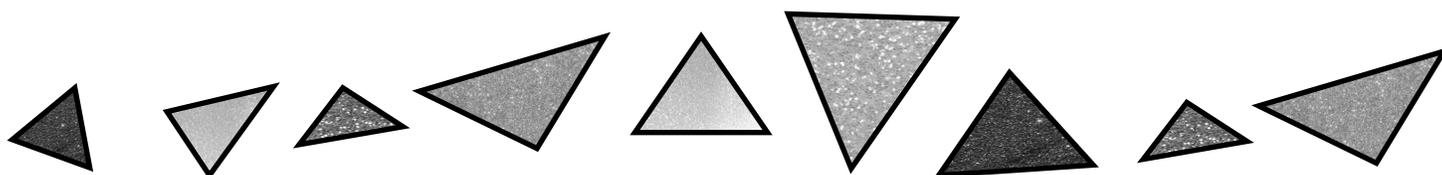
As part of transition, many trans people change their name – either legally or socially.

CHOOSING A NAME

Trans people choose their new name in many different ways., including:

- Going with the masculine/feminine version of their birth name
- If their parents are supportive of their transition, asking them to re-name their child, or asking them what name they were considering had they been born another gender.
- Choosing a name that was popular around the time the trans person was born. (This option is most often chosen by those who are concerned that they will stand out for having a name that isn't "appropriate" for their age. Standing out in this way can make someone's trans status more visible or obvious)
- Choosing a name that is traditionally feminine or masculine within their culture. (This option is often chosen by binary identified trans people)
- Choosing a name that is traditionally an androgynous or unisex name within their culture (This option is often chosen by non-binary identified trans people)
- Choosing a name they like, possibly a name which is currently popular or which they design themselves. (This is the option most often chosen by those who identify strongly with being trans, and are not as concerned with their name standing out as "obviously trans".)
- Asking friends what names they think suit them, or choosing a name they "look like".
- Some trans people have a name that "speaks to them". This doesn't always happen, but sometimes a trans person's name sort of "chooses them". A name that they really identify with... that they just feel is their name. Sometimes this name will "follow them around" for years, and when they realize they are trans, there's no doubt in their mind that that is their name.
- Some trans people decide to try out a name before they legally change it, if legally changing their name is a goal for them. This means they use their new name for a time period they determine before they legally change it to try it out and see how it feels.

Some other things to consider are: is the name easy to spell and pronounce? (is that important?), can the name be mistaken for a similar name typically associated with another gender? Is that important? (Ex. Dominic and Dominique. Although Dominic is traditionally an Italian guy's name, and Dominique is traditionally a French girl's name, some people have only ever heard the name Dominique, so when they see the name "Dominic", they are inclined to pronounce it the same way they pronounce "Dominique". If you're worried about being misgendered constantly, this is definitely something to consider when choosing a name.)



HOW TO CHANGE YOUR NAME

To legally change your name in Alberta, you need to do the following:

- You must be over 18.
- Get your fingerprints done. This will cost between \$25 and \$60, depending on where you go. Fingerprinting services are listed below.
- Go to a registry office with your fingerprints and a few pieces of identification (must include birth certificate and one piece of photo ID).
- <http://www.servicealberta.gov.ab.ca/1641.cfm> for a list of Registries
- Ask for an application for name change document and fill it out.
- Present name change document, identification, and fingerprints. Pay fee, which can be anywhere from \$180 - \$225.
- You will need to swear an oath, then your application will go in for processing. It will take up to 3 weeks for your name change certificate to arrive in the mail. In some cases, you'll have to go pick it up from the registry. They will call you when it comes in.
- When you have your name change certificate, you can begin changing your name on your identification, most of which can be done at a registry, with the exception of your social insurance card, which you can have changed at a Service Canada location.

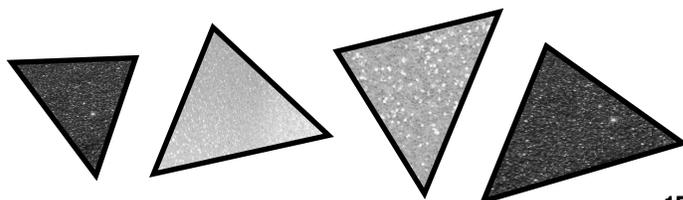
WHERE TO GET FINGERPRINTS DONE:

Before 2010 the RCMP used to offer this service, but they no longer do. Individuals requiring non-criminal fingerprinting must go to a fingerprinting service. Here are a few of them in the Calgary area:

Canadian Legal Resource Company
#204, 4014 MacLeod Tr SE
Calgary, AB
403.229.2774
canadianlegal.org/calgary-fingerprinting/
Monday 8 am – 5 pm
Saturday 9 am – 4 pm
Cost: \$78.75 (as of February 2015)

Commissionaires
commissionaires.ca/en/south-alberta/home
1107 – 53 Ave NE
Calgary, AB
403.244.4664
1.877.322.6777
Cost: \$84 (as of February 2015)

L-1 Identity Solutions
615 Macleod Trail SE, Suite 103
Calgary, AB, T2G 4T8
Phone: 403-261-9880
Fax: 403-261-9824
Hours:
Monday 8:30-3:30
Tues-Wed 8:30-5:00
Thurs-Fri 8:30-3:30
Walk-ins available
www.l1id.com/pages/564
Cost: \$75 (as of February 2015)
located very close to City Hall & the downtown Public Library



REGISTRIES:

Here are just a few registries in Calgary that do legal name changes.

You can search for additional registries at <http://www.servicealberta.ca/1641.cfm>

New Urban Registry

AT # 4 - 140 11TH AVENUE S.W. T2R 0B8

(1st Street and 11th Avenue S.W.)

Phone: 403-262-9999

Fax: 403-262-8695

Email: services@newurbanregistry.com

Hours:

Mon - Fri 8:00 - 8:00

Saturday 9:00 - 5:00

Sunday 12:00 - 5:00

Holidays 10:00 - 2:00

<http://www.newurbanregistry.com>

Cost: \$250 (as of February 2015)

Shawnessy Licence & Registry Ltd.

124-250 Shawville Blvd SE, Calgary, Alberta T2Y 2Z7

Located at the corner of 162nd Avenue and McLeod Trail, beside the Co-op.

Phone: 403-254-4222

Fax: 403-254-8596

Email: admin@shawnessyregistry.com

Hours:

Monday - Friday 9:00AM - 8:00PM

Saturday 9:00AM - 5:00PM

Sunday 12:00PM - 4:00PM

Closed all statutory holidays

<http://www.shawnessyregistry.com/>

Registry Unlimited

2754 - 32 Street NE

Calgary, Alberta T1Y 6J7

Phone: 403-291-9696

Fax: 403-291-6811

E-Mail: admin@registryunlimited.com

Monday - Friday 8:30 am - 6:00 pm

Saturday 10:00 am - 4:00 pm

Closed Sunday & Statutory Holidays.

<http://www.registryunlimited.net/>

Cost: \$183.00 (as of February 2015)

MoJo's License and Registry

3 - 6020 1A Street SW, Calgary, T2H 0G3

Phone: (403) 252-3333

Fax: (403) 252-3218

Monday - Wednesday 8 AM - 6 PM

Thursday & Friday 8 AM - 8 PM

Saturday 9 AM - 5 PM

Sunday 12 PM - 4 PM

<http://www.mojos.com/>

Cost: \$215.00 (as of February 2015)

Registry Express

1841, 1632 - 14 Ave NW

Calgary, Alberta

T2N 1M7

Inside Northhill Shopping Mall

Tel: (403) 282-3820

Fax: (403) 282-1223

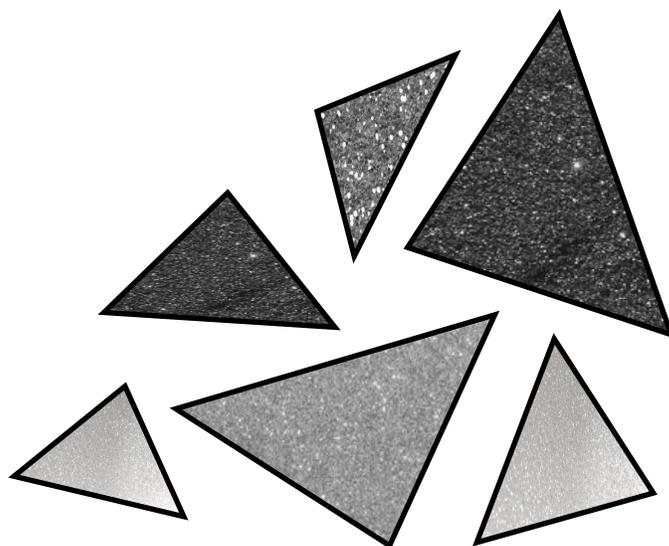
E-Mail: reiregistry@shaw.ca

Mon -Fri 9:00 am - 7:00 pm

Saturday 9:00 am - 5:00 pm

Closed Sundays.

<http://www.registryexpressinc.ca>



CHANGING THE GENDER MARKER ON YOUR ID

Although you can change the name on your I.D. once you've legally changed your name, changing your gender marker ("M" or "F") is more complicated

DRIVER'S LICENSE / ALBERTA GOVERNMENT ISSUE PHOTO ID

To change the gender marker on your Driver's License, you must go to a registry with:

- A letter you have written addressed to the Director of Motor Vehicles requesting the change of sex designation on your ID. The letter must include your full legal name, date of birth, current address, telephone number and must be signed and dated within the last 90 days.
- A letter from your psychologist or psychiatrist who is an accredited member of any College of Physicians and Surgeons or College of Psychologists in Canada, stating that you are under their care and, that in their opinion, the change of gender marker is appropriate. The letter must be signed and dated within the last 90 days.

More info at: <http://www.servicealberta.ca/1692.cfm>

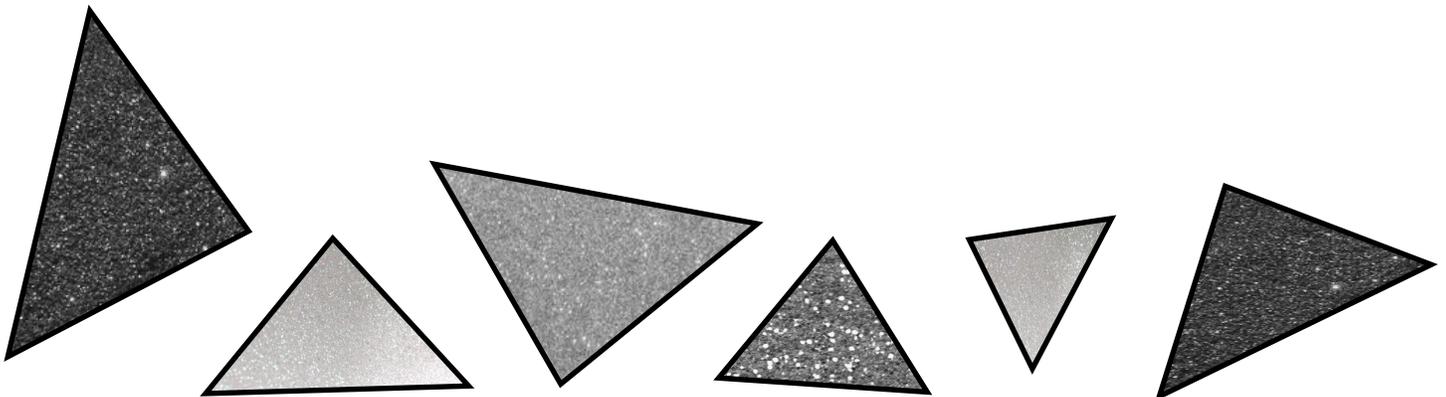
On rare occasions, transgender people have had an unthinking clerk change the gender specification on some documentation (i.e. driver's licenses) by mistake, but this is unusual and not policy.

BIRTH CERTIFICATE

After a precedent set in early 2014, trans people who were born in Alberta no longer need to have GCS (Gender Confirmation Surgery) in order to change their gender marker on their birth certificate in Alberta. A psychiatrist must fill out specific paper work to allow you to have the sex changed on your birth certificate.

PASSPORT

In order to change your gender marker on your passport, you need to present your birth certificate showing the gender you identify as. i.e., you must change your birth certificate first.



HORMONE REPLACEMENT THERAPY (HRT)

HRT changes the body's hormone balance to bring a series of changes, like going through puberty for a first or second time. Feminizing regimes include breast growth, fat redistribution, skin and hair softening, etc. Masculinizing regimes often include voice deepening, increased body hair, etc. Several internet sites expand on typical changes people experience. However, everyone's experience is different based on genetics, etc, since HRT releases effects already coded in DNA.

There are sometimes undesired side effects or health risks to HRT, which can be read about in the 'more information' links. However, in general studies have shown HRT to be safe (bit.ly/hrtsafe).

REGIMENS FOR FEMINIZING HORMONE THERAPY

Hormones sometimes accessed by transfeminine spectrum people:

- Testosterone blockers - Spironolactone or Cyproterone acetate, Finasteride.
- Estrogen – comes in the form of an intramuscular injection, cream, gel, patch, or pill. Pill and patch are the most common.

For more information, visit:

<http://www.sexuality.org/transgen/hormone.html>

REGIMENS FOR MASCULINIZING HORMONE THERAPY

Hormones sometimes accessed by transmasculine spectrum people:

- Testosterone – comes as an intramuscular injection, skin patch, cream/gel, or pill.

For more information, visit:

<http://www.ftmguide.org/>

Transfeminine*: people who were assigned male at birth (AMAB) and are on a trans spectrum, including trans women and AMAB non-binary, genderqueer, or two spirit people who identify as trans.
Transmasculine*: people who were assigned female at birth (AFAB) and are on a trans spectrum, including trans men and AFAB non-binary, genderqueer, or two spirit people, who identify as trans.
**we recognize that not all people who fall under these umbrellas*

CRITERIA FOR HORMONE THERAPY

1. Persistent, well-documented gender dysphoria;
2. Capacity to make a fully informed decision and to consent for treatment;
3. Age 18+ (if younger, doctors follow the Standards of Care for children and adolescents);
4. If significant medical or mental health concerns are present, they must be reasonably well-controlled.
5. Usually, clients need to present one referral from a therapist / psychologist / psychiatrist.
Psychotherapy is not an absolute requirement prior to initiation of HRT, but to obtain hormones in Alberta, one must have a diagnosis of Gender Dysphoria from a psychologist or psychiatrist first.

LOW DOSE AND STOPPING HRT: Many people may chose to go on a lower dose of hormones for slower changes or to stop hormone treatments once they've reached certain desired effects. Unfortunately there is little research or best practices for this, but doctor supervision can still be important to monitor hormone changes, particularly after a hysterectomy or GRS. Some information on what changes are permeant or change after stopping HRT can be found online.

TRANS-RELATED SURGERIES

You can find photos of surgery results to help make an informed decision at www.transbucket.com

A note on language: This guide uses terms doctors use to refer to trans people's bodies, as this is how these surgeries are accessed. We recognize that not all trans people refer to their bodies with these terms and the importance of trans people labeling their bodies in ways that feel affirming.

TRANSFEMININE SPECTRUM SURGERIES

Surgeries funded through Alberta Health Services:

Orchiectomy - Bilateral orchiectomy involves removal of both testicles, which eliminates the sources of androgen (testosterone) production.

Vaginoplasty - A surgery that creates a vulva and vagina, usually by using the penis and scrotum as donor material to form the vulva and vagina.

Other transfeminine surgeries:

Breast augmentation/implants - Enlargement of breasts, which some transfeminine people choose. Usually typical growth on estrogen is one-two cup sizes below closely related non-trans women.

Tracheal shave (reduction of the Adam's apple)

Voice modification surgery

Suction-assisted lipoplasty (contour modeling) of the waist

Rhinoplasty (nose correction)

Facial Feminization Surgery (FFS) - A set of reconstructive surgical procedures that alter "typically male facial features" to bring them closer in shape and size to "typical female facial features." FFS can include various bony and soft tissue procedures such as brow lift, rhinoplasty, cheek implantation, and lip augmentation. The term "FFS" generally does not include facial hair removal.

None of the above surgeries for MTF's are currently funded by the Alberta government.

These surgeries do not require referral from a psychologist or psychiatrist.

For more information on all transfeminine surgeries, visit www.tsroadmap.com

TRANSMASCULINE SPECTRUM SURGERIES:

Hysterectomy - Removal of all "female" reproductive organs

Bilateral Mastectomy - The removal of the breasts and the shaping of a male contoured chest.

Metoidioplasty - With the effects of testosterone, the clitoris (often transmasculine people call this their cock or dick) enlarges, over time, anywhere from a centimeter to 2-3 inches (due to the clitoris and penis being developmentally homologous organs). In a metoidioplasty, the enlarged clitoral tissue is released from its position and moved forward to approximate the position of a penis

Phalloplasty - The creation of a penis using the skin of the inner forearm as well as the tissue from the vulva to create a penis and testicles.

All the above surgeries are funded through Alberta Health Services.

For more information on all transmasculine surgeries visit www.ftmguide.org

CRITERIA FOR ALBERTA HEALTH SERVICES FUNDED TRANS-RELATED SURGERIES

Many of the criteria are the same for all trans-related surgeries governed by AHS (genital surgery for all trans people and top/chest surgery for transmasculine people), these include:

1. Persistent, well-documented gender dysphoria;
2. Capacity to make a fully informed decision and to consent for treatment;
3. Age 18+ (if younger, a mastectomy can be accessed by following the standards of care for children and adolescents);
4. If significant medical or mental health concerns are present, they must be reasonably well controlled.

There are additional criteria specific to certain surgeries, on top of the above mentioned criteria:

Mastectomy and creation of a male chest in transmasculine people:

- One referral from a doctor or therapist/psychologist/psychiatrist.

Hysterectomy and ovariectomy in transmasculine people and orchiectomy in transfeminine people:

- 12 continuous months of hormone therapy as appropriate to the patient's gender goals (unless the patient has a medical contraindication or is otherwise unable or unwilling to take hormones).
The aim of hormone therapy prior to gonadectomy is primarily to introduce a period of reversible estrogen or testosterone suppression, before a patient undergoes irreversible surgical intervention.
- Referrals from two different doctors / psychiatrists (criteria do not apply to patients who are having these surgical procedures for medical indications other than gender dysphoria)

Metoidioplasty or phalloplasty in transmasculine people and vaginoplasty in transfeminine people:

- 12 continuous months of hormone therapy as appropriate to the patient's gender goals (unless the patient has a medical contraindication or is otherwise unable or unwilling to take hormones);
- 12 continuous months of living in a gender role that is congruent with their gender identity.
- Referrals from two different doctors / psychiatrists.

Although not an explicit criterion, it is recommended that these patients also have regular visits with a mental health or other medical professional.

The criterion noted above for some types of genital surgeries – i.e., that patients engage in 12 continuous months of living in a gender role that is congruent with their gender identity – is based on expert clinical consensus that this experience provides ample opportunity for patients to experience and socially adjust in their desired gender role, before undergoing irreversible surgery.

REAL LIFE EXPERIENCE (RLE)

The "Real Life Experience" (RLE) (also known as living "full time", or the "real life test", or "RLT") is a period in which a transgender individual lives in the gender role congruent with their gender identity, for a certain amount of time.

The current Standards of Care states that RLE is not required in order to get on hormones.

12 months RLE is required for all genital surgeries funded through Alberta Health Services.

The social aspects of changing one's gender role are usually challenging – often more so than the physical aspects.

The purpose of the RLE is to give patients ample opportunity to experience and socially adjust in their desired gender role before undergoing irreversible surgery, as well as give them awareness of what familial, interpersonal, educational, vocational, economic, and legal challenges are likely to be, so that they can function successfully in their gender role.

The duration of 12 months allows for a range of different life experiences and events that may occur throughout the year (e.g., family events, holidays, vacations, season-specific work or school experiences).

Support from a qualified mental health professional and from peers can be invaluable in ensuring a successful gender role adaptation.

Living full-time as the gender you identify as doesn't necessarily mean conforming to stereotypes of femininity or masculinity, or "passing" for being non-trans.

It's about manifesting your gender identity *as you define it*, moving from thinking or dreaming about how you want to express your gender to actually doing it.

The RLE entails:

- Presenting consistently, on a day-to-day basis and across all settings of life, as your desired gender role. This can include using a name and gender pronoun that is consistent with your gender identity, legally changing your name, having an appearance (clothes, hairstyle, etc.) that is consistent with your gender identity, people in your day-to-day life – friends, partner(s), co-workers, teachers, etc. – knowing you in your desired gender role (they don't need to know that you're trans.), etc.
- Coming out to partner(s), family, friends, and community members who already know you (e.g., at school, work, other settings).

In some situations, if needed, health professionals may require verification that this criterion has been fulfilled, for example, documentation of a legal name change.

GENDER PRESENTATION

Trans people can present their genders in all sorts of ways because of what feels good for them or what they need to wear to navigate certain spaces. Passing refers to being perceived as the gender you identify as. When presenting as YOUR gender identity, though, you do not have to fit a certain stereotype. Do what is comfortable for you. There is a lot of critique in the trans community of the concept of passing because it implies that if you are not being read as the gender you identify as, then you are failing. No one should have to prove their gender to other people.

TRANS WOMEN AND OTHER TRANSFEMININE PEOPLE:

Some people want tips on how to present as feminine or be read as a woman. We include these because some people may find them useful, not because we think it is ever anyone's responsibility to pass. People should respect trans people's gender identities regardless of what others may assume about their biology or identity.

See these websites for presentation/passing tips:

http://www.t-vox.org/index.php?title=MTF_passing_tips

<http://susans.org/>

<http://www.lauras-playground.com/>

<http://www.tsroadmap.com/index.html>

Below are some local shops/businesses where you can find products and services for your gender presentation needs. All of these stores have been recommended by trans people, either because they are expressly trans-friendly or because they sell items that may be important for many trans people and hard to find / expensive elsewhere (ex: 'women's' clothing for taller people).

Clothing

Long Tall Sally (carries larger sized shoes and longer clothes for tall women)
3221 Sunridge Way Northeast, Calgary, AB
(403) 263-1486

Moda Clothing
146 - 58th Avenue SW
or call 403-454-0980 for appointment
After hours, private shopping

Le Chateau Outlet
6008 Macleod Trail Southwest, Calgary, AB
(403) 255-4615

11850 Sarcee Trail NW, Calgary, AB
403.274.2062

Value Village
104 58 Avenue Southeast, Calgary, AB T2H 0N7
(403) 255-5501

2-5720 Silver Springs Blvd NW, Calgary, AB T3B
4N7
403.247.6912

3405 34 St NE Calgary, AB
403.291.3323

Midnapore Mall, 240 Midpark Way SE #1, Calgary, AB
403.201.5350

Wigs, breast forms, makeup, etc.

Deva Dave Salon & Boutique (Calgary)

810 Edmonton Trail Northeast, Calgary, AB

Phone: (403) 290-1973

Tue – Fri 9:30 am – 7 pm

Sat 9:30 am - 6 pm

Closed Sundays & Mondays

Trans-friendly salon & boutique that sells wigs, breast forms, hip pads, etc. Hair and makeup services. Clothing, shoes, and accessories for drag queens & crossdressers.

<http://devadave.com/>

Bea's Braiding and Hair Extensions

222 – 17th Ave SE, Calgary, AB

www.beasbraiding.com Phone: (403) 237-8308

Trans-friendly salon for wigs, hair extensions and hair styling.

Mac Cosmetics

6455 Macleod Trail SW, Calgary, AB

(403) 410-6033

There are 7 Calgary locations: [http://](http://www.maccosmetics.com/locator/index.html)

www.maccosmetics.com/locator/index.html

Walk on the Wildside

Canadian online store specializing in products for crossdressers & transwomen

Phone: 416-921-6112

<http://www.wildside.org/>

Don's Hobby Shop (Calgary)

Email: info@donsobbyshop.ca

Monday - Saturday 10am to 6pm

Closed Sundays

Trans-friendly costume shop that sells decently priced, high quality wigs.

Also sells makeup, fake facial hair, etc.

Professional makeup artist on site may be able to assist with makeup.

<http://donsobbyshop.ca/>

1515 Centre St North, Calgary, AB, Canada

Phone: 403 262-5717

5403 Crowchild Trail NW, Calgary, AB, Canada

(403) 457-3116

The breast form store

A web-based mail-order service located in Richmond B.C. which specializes in breast forms at decent prices, as well as pocketed bras.

<http://www.thebreastformstore.ca/>

Phone 1-877-634-7495



Laser hair removal/Electrolysis

People do not need a referral to go for laser hair removal or electrolysis. It is not covered by AHS.

The following location has been friendly to the trans community:

Champion Laser (www.championlaser.com)

North Hill Shopping Centre - Suite 222, 1632 - 14th Avenue N.W.

Phone 403 210.4801

E-mail hairfree@telus.net

Voice therapy

Covered through Alberta Health Services, and must be referred to by a psychiatrist.

- Susan Klassen R. SLP Registered Speech – Language Pathologist, (403)710-8437
- Rockyview General Hospital Speech Language Pathology Dept., (403)943-3332

TRANS MEN AND OTHER TRANSMASCULINE PEOPLE:

Some people want tips on how to present as masculine or be read as a man. We include these because some people may find them useful, not because we think it is ever anyone's responsibility to pass. People should respect trans people's gender identities regardless of what others may assume about their biology or identity.

See these links for presentation tips:

<http://notanotheraiden.com/passing-for-the-effeminate-trans-guy/>

<http://t-vox.org/index.php?title=Category:FTM>

<http://www.wikihow.com/Pass-As-a-Male-%28For-FTMs%29>

Binders, packers, etc:

Binders are used to chest tissue and create a more flat chest appearance. Packers are a type of prosthetic device, creating a bulge similar to a flaccid penis in someone's pants. These can both be purchased online or at select stores in Alberta:

Underworks: (one of the most popular places to order binders from):
f2mbinders.com

Come as you are (Canadian company):
<http://www.comeasyouare.com>

Peacock products:
<http://www.peacockproducts.com/>

Little Sisters (Canadian company. Sells packers): <http://littlesisters.ca/shop/?cat=15>

Used/New Free/Inexpensive binders:

Binder boys:
http://www.facebook.com/binderboys?_rdr

Shoes that increase height:

Tall men shoes:
<http://www.tallmenshoes.com/>

The tool shed: <http://www.toolshedtoys.com/>

Lola Jake: <http://www.lolajake.com>

Cg2b Transitional apparel (many colours of binders): gc2b.co

Little Shop of Pleasures
6411 Bowness Rd NW
403.247.3103
3812 Macleod Tr
403.287.3100

The Travelling Tickle Trunk (Edmonton, AB)
9923 – 82 Ave, Edmonton, AB
<http://www.travelingtickletrunk.com/index.html>

FTM Garage sale:
<http://ftmgaragesale.livejournal.com/.com/index.html>

Natural transitioning for transmen:
<http://www.transqueernation.com/page/natural-transitioning-an-ftm>

TRANS BOOK LIST

*This list was created by Calgary Outlink volunteers with staff support in February 2015. Like trans communities, these books are diverse and hard to categorize; we placed them in the category of best fit. **Bolded books are ones we highly recommend.** We are seeking donations of the books on this list for our LGBTQ+ library so trans people will be able to access them.

GENDER STUDIES

- Nobody Passes: Rejecting the Rules of Gender and Conformity by Mattilda Bernstein Sycamore
- The Gender Book by Mel Reiff, Jay Mays
- From the Inside Out: Radical Gender Transformation, FTM and Beyond by Morty Diamond
- **Queer & Trans Artists of Color: Stories of Some Of Our Lives** by Nia King
- The Transgender Studies Reader by Susan Stryker
- Gender Outlaws ed. by Kate Bornstein and S. Bear Bergman
- **Trans Bodies Trans Selves: A Resource for the Trans Community** edited by Laura Erickson-Schroth
- **Butch Is a Noun** by S. Bear Bergman
- Trans/Love: Radical Sex, Love & Relationships Beyond the Gender Binary by Morty Diamond
- Transition And Beyond, Observations On Gender Identity by Reid Vanderburgh
- FTM: Female-to-Male Transsexuals in Society by Holly Devor
- Beyond the Natural Body: An Archaeology of Sex Hormones by Nelly Oudshoorn
- Transgender 101: A Simple Guide to a Complex Issue by Nicholas M. Teich
- Body Alchemy: Transsexual Portraits by Loren Cameron
- Self-Made Men: Identity and Embodiment Among Transsexual Men by Henry Rubin
- Transmen and FTMs: Identities, Bodies, Genders, and Sexualities by Jason Cromwell
- Balancing on the Mechitza: Transgender in Jewish Community by Noach Dzmura

LIVED EXPERIENCES

- **The End of San Francisco** by Mattilda Bernstein Sycamore
- Dress Codes: Of Three Girlhoods--My Mother's, My Father's, and Mine by Noelle Howey
- A Low Life in High Heels: The Holly Woodlawn Story by Holly Woodlawn, Jeffrey Copeland
- **Whipping Girl: A Transsexual Woman on Sexism and the Scapegoating of Femininity** by Julia Serano
- Some Assembly Required: The Not-So-Secret Life of a Transgender Teen by Arin Andrews
- Rethinking Normal: A Memoir in Transition by Katie Rain Hill
- **Trauma Queen** by Lovemme Corazón
- Transgender Lives: Complex Stories, Complex Voices ed. by Kirstin Cronn-Mills
- The Lives of Transgender People by Genny Beemyn, Susan R Rankin
- **Redefining Realness: My Path to Womanhood, Identity, Love & So Much More** by Janet Mock
- **Beyond Magenta: Transgender Teens Speak Out** by Susan Kuklin
- Nina Here Nor There: My Journey Beyond Gender by Nick Krieger
- **GenderQueer: Voices From Beyond the Sexual Binary** by Joan Nestle

LIVED EXPERIENCES CONT.

- The Last Time I Wore a Dress by Daphne Scholinski, Jane Meredith Adams
- The First Man-Made Man: The Story of Two Sex Changes, One Love Affair, and a Twentieth-Century Medical Revolution by Pagan Kennedy
- The Testosterone Files: My Hormonal and Social Transformation from Female to Male by Max Wolf Valerio
- Letters for My Brothers: Transitional Wisdom in Retrospect by Megan M. Rohrer
- Real Man Adventures by T Cooper
- Becoming a Visible Man by Jamison Green
- Manning Up: Transsexual Men on Finding Brotherhood, Family & Themselves by Zander Keig
- The Nearest Exit May Be Behind You by S. Bear Bergman
- Queerly Beloved: A Love Story Across Genders by Diane Anderson-Minshall, Jacob Anderson-Minshall
- Bumbling into Body Hair: A Transsexual's Memoir by Everett Maroon
- Hung Jury: Testimonies of Genital Surgery by Transsexual Men by Trystan Cotton
- Transition: The Story of How I Became a Man by Chaz Bono
- Labor of Love: The Story of One Man's Extraordinary Pregnancy by Thomas Beatie
- What Becomes You by Aaron Raz Link, Hilda Raz
- Suits Me: The Double Life of Billy Tipton by Diane Wood Middlebrook
- Both Sides Now by Dhillon Khosla
- A Strange Sort of Being: The Transgender Life of Lucy Ann / Joseph Israel Lobdell, 1829-1912 by Bambi L. Lobdell
- Charley's Choice: The Life and Times of Charley Parkhurst by Fern J. Hill
- Mary Diana Dods, a Gentleman and a Scholar by Betty T. Bennett
- Sexual Metamorphosis: An Anthology of Transsexual Memoirs by Jonathan Ames
- An Unspoken Compromise by Rizi Xavier Timane
- A Queer and Pleasant Danger: The True Story of a Nice Jewish Boy Who Joins the Church of Scientology and Leaves Twelve Years Later to Become the Lovely Lady She is Today by Kate Bornstein
- Gender Failure by Ivan E. Coyote, Rae Spoon
- Persistence: All Ways Butch and Femme by Ivan E. Coyote, Zena Sharman
- She's Not There: A Life in Two Genders by Jennifer Finney Boylan
- S/He by Minnie Bruce Pratt
- Mark 947: A Life Shaped by God, Gender and Force of Will by Calpernia Sarah Addams
- Tango: My Childhood, Backwards and in High Heels by Justin Vivian Bond
- Goddess: Memoir Of A Transsexual by Raquel Reyes
- Confessions of a Transsexual Porn Star by Meghan Chavalier
- She's Not the Man I Married: My Life with a Transgender Husband by Helen Boyd
- Second Son: Transitioning Toward My Destiny, Love and Life by Ryan Sallans
- Through the Door of Life: A Jewish Journey between Genders by Joy Ladin
- Trans/forming Feminisms: Transfeminist Voices Speak Out edited by Krista Scott-Dixon
- When My Boyfriend Was a Girl: A Memoir by Sunshine Mugarabi
- My Husband Looks Better in Lingerie Than I Do ... Damn It by Bobbie Thompson
- Hung in the Middle by Alana Nicole Sholar
- Hiding My Candy: The Autobiography of the Grand Empress of Savannah by Lady Chablis, Theodore Bouloukos
- Show Trans: A Non-Fiction Novel by Elliott DeLine
- Blood Marriage Glitter & Wine by S. Bear Bergman

LIVED EXPERIENCES CONT.

- Warrior Princess: A U.S. Navy Seal's Journey to Coming Out Transgender by Kristin Beck
- Letters for My Sisters: Transitional Wisdom in Retrospect by Andrea James, Deanne Thornton
- I Rise - The Transformation of Toni Newman by Toni Newman
- Seasonal Velocities by Ryka Aoki
- Cooking in Heels: A Memoir Cookbook by Ceyenne Doroshow, Audacia Ray
- Christine Jorgensen: A Personal Autobiography by Christine Jorgensen
- Wrapped In Blue: A Journey of Discovery by Donna Rose
- Hidden in Plain Sight by Leslie Townsend
- Branded T by Rosalyne Blumenstein
- Ten Thousand Miles by Freight Train: A Memoir of Beauty and Freedom on the Rails by Carrot Quinn
- Crossing: A Memoir by Deirdre N. McCloskey
- Alice in Genderland by Richard J. Novic
- Head Over Heels Wives Who Stay with Cross-Dressers and Transsexuals By Virginia Erhardt

FAMILY / PARENTING

- Stuck In The Middle With You: A Memoir of Parenting in Three Genders by Jennifer Finney Boylan
- Helping Your Transgender Teen: A Guide for Parents by Irwin Krieger
- The Transgender Child: A Handbook for Families and Professionals by Stephanie Brill and Rachel Pepper
- Transitions of the Heart: Stories of Love, Struggle and Acceptance by Mothers of Transgender and Gender Variant Children by Rachel Pepper
- Transparent: Love, Family, and Living the T with Transgender Teenagers by Cris Beam
- Trans Forming Families: Real Stories about Transgendered Loved Ones by Mary Boenke

SELF HELP

- The Transgender Men's Guide to Life: Coming Out and Socially Transitioning Towards Your True Gender by Leo Castana
- The Transgender Men's Guide to Life: Decision-Making and Goal-Setting while Transitioning Towards Your True Gender by Leo Castana
- The Transgender Men's Guide to Life: Overcoming Doubt and Negative Thoughts to Begin Transitioning Towards Your True Gender by Leo Castana
- Right Side Out: In-Tune Within, to Be in Harmony with the World by Annah Moore

PSYCHOLOGY/SOCIAL WORK

- Transgender Emergence: Therapeutic Guidelines for Working with Gender-Variant People and Their Families by Arlene Istar Lev
- Social Work Practice with Transgender and Gender Variant Youth by Gerald P Mallon
- True Selves: Understanding Transsexualism – for Families, Friends, Coworkers, and Helping Professionals by Mildred L. Brown, Chloe Ann Rounsley

RACE/POC

- Scars Tell Stories: A Queer and Trans (Dis)ability Zine by Colin Kennedy Donovan, Qwo-Li Driskill
- Male Bodies, Women's Souls: Personal Narratives of Thailand's Transgender Youth by LeeRar Costa
- Notes from an Afro-Genderqueer Vol. 1 by Toi
- Notes from an Afro-Genderqueer Vol. 2 by Toi
- Philosophactivism by Toi
- Resistencia: Sangre by Toi

CHILDREN'S BOOKS

- When Leonard Lost His Spots: A Trans Parent Tail by Monique Costa
- My Princess Boy by Cheryl Kilodavis, Suzanne DeSimone
- The Boy in the Dress by David Walliams
- I Am Jazz by Jazz Jennings, Jessica Herthel & Shelagh McNicholas
- Rough, Tough Charley by Verla Kay, Adam Gustavson
- 10,000 Dresses by Marcus Ewert, Rex Ray
- Gracefully Grayson by Ami Polonsky

POLITICS/SOCIAL JUSTICE

- Normal Life: Administrative Violence, Critical Trans Politics and the Limits of Law by Dean Spade
- Captive Genders: Trans Embodiment and the Prison Industrial Complex by Nat Smith
- Undoing Gender by Judith Butler
- Decolonizing trans/gender 101 by B. Binaohan
- Sex Changes: The Politics of Transgenderism by Patrick Califia-Rice
- Trans Liberation: Beyond Pink or Blue by Leslie Feinberg
- The Riddle of Gender: Science, Activism, and Transgender Rights by Deborah Rudacille
- Invisible Lives: The Erasure of Transsexual and Transgendered People by Viviane Namaste
- Self-Organizing Men: Conscious Masculinities in Time and Space by Jay Sennett
- My New Gender Workbook: A Step-by-Step Guide to Achieving World Peace Through Gender Anarchy and Sex Positivity by Kate Bornstein
- Transgender Rights by Paisley Currah
- In a Queer Time and Place: Transgender Bodies, Subcultural Lives by Judith Halberstam
- Transforming Citizenships: Transgender Articulations of the Law by Isaac West
- Just One of the Guys?: Transgender Men and the Persistence of Gender Inequality by Kristen Schilt
- Assuming a Body: Transgender and Rhetorics of Materiality by Gayle Salamon
- Excluded: Making Feminist and Queer Movements More Inclusive by Julia Serano
- Transgender Migrations The Bodies, Borders, and Politics of Transition ed. by Trystan Cotton

HISTORY

- Imagining Transgender: An Ethnography of a Category by David Valentine
- Female Masculinity by J. Jack Halberstam
- Transgender History by Susan Stryker
- Fanny and Stella: The Young Men Who Shocked Victorian England by Neil McKenna
- How Sex Changed: A History of Transsexuality in the United States by Joanne J. Meyerowitz
- Transgender Warriors : Making History from Joan of Arc to Dennis Rodman by Leslie Feinberg

FICTION

- Being Emily by Rachel Gold
- Just Girls by Rachel Gold
- He Mele A Hilo by Ryka Aoki
- Nevada by Imogen Binnie
- Two Boys Kissing by David Levithan
- 100 Crushes by Elisha Lim
- Freakboy by Kristin Elizabeth Clark
- The Collection: Short Fiction from the Transgender Vanguard by Tom Léger
- Beyond Binary: Genderqueer and Sexually Fluid Speculative Fiction (The World of Riverside 0.7) by Brit Mandelo
- The Legend Of Pope Joan, Part.1 Frankia by Rachel Dax
- The Worth of a Shell (Stories of the Jokka) by M.C.A. Hogarth
- What Happened to Lani Garver by Carol Plum-Ucci

FICTION CONT.

- The Automation (Circo del Herrero series, #1) by G.B. Gabbler
- A + E 4ever by i. merey
- The Last Report on the Miracles at Little No Horse by Louise Erdrich
- Sacred Country by Rose Tremain
- Brooklyn, Burning by Steve Brezenoff
- The Twyborn Affair by Patrick White
- Lockpick Pornography by Joey Comeau
- The Sweet In-Between by Sheri Reynolds
- Cyclor (Cyclor #1) by Lauren McLaughlin
- Static by L.A. Witt
- Blacker than Black by Rhi Etzweiler
- Every Day (Every Day #1) by David Levithan
- Runaways Deluxe, Vol. 1 (Runaways Deluxe #1) by Brian K. Vaughan
- Pantomime (Micah Grey #1) by Laura Lam
- Shadowplay (Micah Grey #2) by Laura Lam
- Refuse by Elliott DeLine
- Parrotfish by Ellen Wittlinger
- Lipshitz 6 or Two Angry Blondes by T Cooper
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- Trumpet by Jackie Kay
- Beautiful Music for Ugly Children by Kirstin Cronn-Mills
- Jumpstart the World by Catherine Ryan Hyde
- Teeny Weenies: And Other Short Subjects by Matt Kailey
- The Best Boy Ever Made by Rachel Eliason
- If You Could Be Mine by Sara Farizan
- Transparency by Ethan Stone
- f2m:the boy within by Hazel Edwards, Ryan Kennedy
- Black Art by V.T. Davy
- Blue Water Dreams by Dena Hankins
- Holding Still for as Long as Possible by Zoe Whittall
- Becoming Alec by Darwin S. Ward
- Busy by Elio Knox
- Albert Nobbs by George Moore
- Girl Meets Boy: Because There Are Two Sides to Every Story by Kelly Milner Halls
- How Beautiful the Ordinary: Twelve Stories of Identity by Michael Cart
- Willful Impropriety: 13 Tales of Society, Scandal and Romance by Ekaterina Sedia
- Beloved Pilgrim by Nan Hawthorne, Christopher Hawthorne Moss
- grl2grl by Julie Anne Peters
- If We Shadows by D.E. Atwood
- Vintage Toys for Lucky Boys (Randy and Max #1) by G.R. Richards
- Junk (Randy and Max #2) by G.R. Richards
- I Know Very Well How I Got My Name by Elliott DeLine
- Like Son by Felicia Luna Lemus
- Adam by Ariel Schrag
- Almost Perfect by Brian Katcher
- Moving Forward Sideways Like a Crab by Shani Mootoo
- Happy Families by Tanita S. Davis
- Crossing Lines by Paul Volponi
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- One in Every Crowd by Ivan E. Coyote
- Transposes by Dylan Edwards
- Annabel by Kathleen Winter
- The Danish Girl by David Ebershoff
- Bright Like Neon by Angelina Anderson
- Freak of Nurture by Kelli Dunham
- Take Me There: Trans and Genderqueer Erotica by Tristan Taormino
- Boys Like Her: Transfictions by Taste This, Anna Camilleri, Ivan E. Coyote, Lyndell Montgomery, Zoë Eakle
- Trans-Sister Radio by Chris Bohjalian
- Wandering Son by Shimura Takako, Matt Thorn
- A Safe Girl to Love by Casey Plett
- Drag King Dreams by Leslie Feinberg
- Ring of Fire by Hellery Homosex (Zine)
- Last Letters from Hav by Jan Morris
- Six Months, Three Days by Charlie Jane Anders
- I've Got a Time Bomb by Sybil Lamb

POETRY

- Stealth by Samuel Ace, Maureen Seaton
- Wanting in Arabic by Trish Salah
- Make Love to Rage by Morgan Robyn Callado