

# Gender-Affirming Services in Quebec



A resource from the Canadian Queer  
Medical Students Association, [cqmsa.org](http://cqmsa.org)



CQMSA  
ACÉQM

# FOREWORD

Gender-affirming medical services are available and accessible in Quebec. To begin the process of medical transition such as getting hormones, a patient will need to be followed by a family doctor, pediatrician, or endocrinologist. Alternatively, there are medical clinics who take in trans patients to begin or to continue transition-related care. A list of these clinics can be found in the next section entitled “Gender-Inclusive Clinics”. The following discussion only applies to people covered by the public provincial healthcare insurance, [RAMQ](#). If a patient has private insurance, the coverage of these services may differ.

**DISCLAIMER:** this document was created by the Canadian Queer Medical Students Association (CQMSA) with the intention of helping medical providers in Quebec navigate and provide gender-affirming care. This document contains a collection of services and providers which are constantly changing, especially given the nature of the work and the increased stress and demand which community organizations have experienced with COVID-19. We have done our best to provide up-to-date content but cannot promise the continued accessibility of some of these services. Please read with discretion. If you notice incorrect information, or you would like to notify us about different resources, please email: [info@cqmsa.org](mailto:info@cqmsa.org)

We thank you for your efforts in providing appropriate and informed care!  
– *The Canadian Queer Medical Students Association (CQMSA)*

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## NAME AND GENDER MARKER CHANGES

An individual must have lived in Quebec for at least 1 year. Appropriate forms and accompanying documentation differ by age ([etatcivil.gouv.qc.ca/en/change-sexe.html](http://etatcivil.gouv.qc.ca/en/change-sexe.html)). Quebec Bill 2 allows trans and nonbinary people to change their gender marker (including designation of X for nonbinary people) free of charge for the 1st change. It also allows people to modify their parental designation. The forms are only available in French and require validation by a [Commissioner of Oaths](#). When going to the Commissioner of Oaths, bring with you someone who has known you for at least a year, a photocopy of one piece of their photo ID with signature (does not have to be from Québec), a photocopy of one piece of your photo ID with signature, a photocopy of a proof of address in Québec from less than 1 month before your request, and a photocopy of a proof of address in Québec from more than 1 year before your request (does not have to be the same address).

An individual who was not born in Québec will have to have their birth certificate inserted into the Registre de l'état civil. From June 1st, 2022, Québec will only insert documents in French into the Register of Civil Status, so individuals with documents written in a language other than French must have them translated by a member of the [OTTIAQ](#) accredited in the translation of official documents. This will generally cost money, but we recommend reaching out to the [Centre for Gender Advocacy](#) to see if they are continuing to offer translation services (and a Commissioner of Oaths) or know trans-friendly translators. An original copy of the birth certificate must be sent with the completed forms and certified translation ([Insertion of an act made outside Québec into the Québec register of civil status](#)).

Once the Directeur de l'état civil grants the name and/or gender marker change, the individual will be issued a certificate of gender marker or name change. They will need to request new versions of official documents such as the RAMQ card or driver's license reflecting their new name and or gender. The Directeur de l'état civil will contact RAMQ independently to inform them of changes - RAMQ will then send a patient an *Identity Correction* form by mail. Once the form has been returned, a new card will be mailed within 3 weeks.

## MEDICATION

Hormonal therapy is an important part of gender-affirming care which promotes physiologic masculinization/feminization for people experiencing gender dysphoria. The decision to start hormonal therapy should be patient-centered and involves informed consent including discussion of the potential risks of starting and withholding treatment. Patients should be assessed for their physical and psychological readiness for hormonal therapy prior to starting treatment. If you are considering prescribing these medications in your clinical practice, we suggest reviewing the [WPATH Standards of Care](#) and [Rainbow Health Point-of-Care Guidelines](#) for assessing patient preparedness, safety, and clinical monitoring.

For transitioning individuals, the main bulk of hormone medications are: androgens, estrogen, and hormone blockers. The following medications are covered or partially covered under [Quebec's Public Prescription Drug Insurance Plan](#).

In Quebec, if your patient is under 18 years old, there is no copay. If they are above 25 years old or do not qualify for exemptions, they are expected to pay a flat \$22.25 per month for the first filled prescription + 35% of the remaining cost of the medications. However, the maximum contribution for covered drugs is \$96.74 per month. There are certain exceptions for patients between 18-25 years of age attending school full-time and living with their parents, and private insurance may cover additional medications.

For First Nations patients with a Status Card, as well as beneficiaries of the James Bay & Northern Québec Agreements (Cree of Eeyou Istchee, Nunavik Inuit, and Naskapi of St'aschinuw), consult the Non-Insured Health Benefits formulary before prescribing medications to ensure coverage, as there are often notable differences to the RAMQ formulary: [Non-Insured Health Benefits: Drug benefit list](#).

<b>Medication</b>	<b>Commercial Name</b>	<b>Type</b>	<b>Dose Strength</b>	<b>Dosing Frequency</b>
<b>Androgens</b>				
<b>Danazole</b>	Cyclomen	Capsules	50 mg	
			100 mg, 100 caps	
			200 mg, 100 caps	
<b>Testosterone</b>	Natesto	Nasal gel	5.5mg per actuation	2 puffs per nostril, three times a day
	AndroGel	Topical gel	1% (2.5g), 30	daily
	Taro-Testosterone Gel			
	Testim 1%			
	Androderm	Patch	2.5mg/24h, 60	
5mg/24h,30				
<b>Testosterone cypionate</b>	Depo-Testosterone	Injectable solution	100mg/mL, 10mL	
	Taro-Testosterone Cypionate		100mg/10mL, 10mL	
<b>Testosterone enanthate</b>	Delatestryl	Injectable solution	200mg/mL, 5mL	
<b>Testosterone undecanoate</b>	pms-Testosterone	Capsules	40mg, 100	
			40mg, 120	
	Taro-Testosterone	Capsules	40mg, 60	
			40mg, 120	

<b>Medication</b>	<b>Commercial Name</b>	<b>Type</b>	<b>Dose Strength</b>	<b>Dosing Frequency</b>
<b>Estrogens</b>				
<b>17β-Estradiol</b>	Estring	Vaginal ring*		
	Estrace	Tablet	0.5mg, 100	daily
			1mg, 100	
			2mg, 100	
	Lupin-Estradiol	Tablet	0.5mg, 100	
			1mg, 100	
			2mg, 100	
Vagifem 10	Vaginal suppository*	10mcg, 18		
<b>Conjugated estrogen</b>	Premarin	Vaginal cream*	0.625mg/g, 30g	
<b>Estrone</b>	Estragyn vaginal cream	Vaginal cream*	1mg/g, 45g	
<b>Gonadotrophins (“puberty blockers”)</b>				
<b>Degarelix</b>	Firmagon	Injectable solution (SC)	80-120mg	monthly
<b>Luprolelin</b>	Lupron	Injectable solution (SC)	3.75-7.5mg	
<b>Nafarelin</b>	Synarel	Nasal nebulizer	2mg/mL, 8 mL	
<b>Anti-Androgens</b>				
<b>Spironolactone</b>	Aldactazide	Tablet	25mg, 100	daily
	Aldactazide 50		50mg, 100	
	Teva-Spironolactone/ HCTZ	Tablet	25mg, 100	
	Novo-Spirozine-50	Tablet	50mg, 100	
<b>Testosterone blocker</b>				
<b>Dutasteride</b>	Various	Tablet	0.5mg, 30 to 100	
<b>Finasteride</b>	Various	Tablet	5mg, 30 to 100	

\* Cf. <https://www.sfaf.org/collections/beta/qa-gynecologic-and-vaginal-care-for-trans-men/>

# SURGERY

Surgical options are available in Quebec for those seeking gender-affirming top and bottom surgeries. Those who wish to undergo surgery must meet the criteria set by WPATH set below:

Breast/chest surgeries including mastectomy and breast augmentation:

1. Persistent, well-documented gender dysphoria from ONE mental health professional
2. Capacity to make fully informed decision and to consent for treatment
3. Age of majority in a given country (over 16 years old in Quebec)
4. If significant medical or mental concerns are present, they must be reasonably well controlled

Genital surgeries including hysterectomy, ovariectomy in FtM patients, orchiectomy in MtF patients:

1. Persistent, well-documented gender dysphoria from TWO mental health professional
2. Capacity to make fully informed decision and to consent for treatment
3. Age of majority in a given country (over 16 years old in Quebec)
4. If significant medical or mental health concerns are present, they must be well-controlled
5. 12 continuous months of hormone therapy as appropriate to the patient's gender goals (unless the patient has a medical contraindication or is unable/ unwilling to take hormones)

Finally, for metoidioplasty or phalloplasty in FtM patients and for vaginoplasty in MtF patients:

All the requirements for genital surgeries and:

6. 12 continuous months of living in the gender role that is congruent with their gender identity

The requirements for coverage by Quebec's Health Insurance Plan include: the person must have been living in Quebec for over 3 months and be registered with Quebec's public health insurance plan (RAMQ), an evaluation by a doctor (most often the referring primary physician), and another evaluation by a registered mental health professional. Surgeries covered include phalloplasty, metoidioplasty, vaginoplasty, double mastectomy with reconstruction, and hysterectomy. Purely aesthetic care is not included such as breast implants and feminizing/thinning facial surgeries.

<b>Medical Procedure</b>	<b>Insurance Coverage</b>	<b>Criteria for Approval</b>	<b>Providers</b>
Gender-Affirming Products	not covered		Community organizations
Fertility Treatments	not covered (unless gonadectomy for cancer treatment, then egg/sperm/embryo freezing is covered)	Referral by MD	
Electrolysis/Hair Removal	possibly covered		
Feminizing/ Masculinizing Voice Therapy	case by case	Referral by MD	- Royal Victoria Hospital - SLP voice program and surgeon Dr. Karen Kost (ENT) - Meraki Clinic SLP
Psychologist	not covered		
<b>Medications</b>			
Hormone Blockers	fully/partially covered	Prescription by MD	Family physician, gender inclusive clinics, endocrinologists
Hormone Replacement Therapy	fully/partially covered	Prescription by MD	
<b>Surgeries</b>			
<b>FTM/X Top Surgeries</b>			
Chest Reduction	covered	Not trans specific, referral by MD	
Chest Masculinization	covered	1- Referral from one qualified mental health professional 2- Be over 16 y.o. 3- Documented persistent gender dysphoria (i.e. formal diagnosis of gender dysphoria from a qualified health professional) HRT is NOT a prerequisite	GRS Montreal
Mastectomy	covered	Not trans specific, referral by MD	
<b>FTM/X Bottom Surgeries - removal</b>			
Hysterectomy	covered	Not trans specific, referral by MD	
Oophorectomy	covered	Not trans specific, referral by MD	



<b>Medical Procedure</b>	<b>Insurance Coverage</b>	<b>Criteria for Approval</b>	<b>Providers</b>
<b>FTM/X Bottom Surgeries - construction</b>			
Erectile/Testicular Implants	covered as part of metoidio/ phalloplasty		
Metoidioplasty	covered	1- Referrals from TWO qualified mental health professionals 2- Be over 16 y.o. 3- Documented persistent gender dysphoria (i.e. formal diagnosis of gender dysphoria from a qualified health professional) 4- Have been on HRT for at least 12 months consecutively 5- Have lived at least 12 months continuously in gender role congruent with gender identity	GRS Montreal
Phalloplasty	covered	Same as metoidioplasty	
<b>MTF/X Facial Surgeries</b>			
Facial Feminization Surgery	not covered		GRS Montreal
Tracheal Shaving	not covered		
<b>MTF/X Top Surgery</b>			
Breast Augmentation	not covered		GRS Montreal
<b>MTF/X Bottom Surgeries - removal</b>			
Orchidectomy	covered	If independently of vagino/ vulvoplasty, referral by MD	GRS Montreal
Penectomy	covered as part of vagino/ vulvoplasty	See vagino/vulvoplasty	
<b>MTF/X Bottom Surgeries - construction</b>			
Cliteroplasty	Part of vagino/ vulvoplasty	See vagino/vulvoplasty	
Labioplasty	Part of vagino/ vulvoplasty	See vagino/vulvoplasty	
Vaginoplasty	covered	1- Referrals from TWO qualified mental health professionals 2- Be over 16 y.o. 3- Documented persistent gender dysphoria (i.e. formal diagnosis of gender dysphoria from a qualified health professional) 4- Have been on HRT for at least 12 months consecutively 5- Have lived at least 12 months continuously in gender role congruent with gender identity	GRS Montreal
Vulvoplasty	covered	Same as vaginoplasty	

For referrals to GRS-Montreal, additional documentation will be required:

- Health status information form, filled out and signed by the physician, [Click here](#)
- Preoperative questionnaire, filled out and signed by the patient, [Click here](#)
- Consent form for use of images, filled out and signed by the patient, [Click here](#)
- Consent to access and disclose information relating to my health (*Programme provincial de chirurgie pour la dysphorie de genre*), filled out and signed by the patient, [Click here](#)
- Supplementary Health Status Questionnaire for Phalloplasty RFF, [Click here](#)

Documents can be forwarded by:

Email: [document@grsmontreal.com](mailto:document@grsmontreal.com)

FAX: 514 288-3547

Mail: 999 De Salaberry Street, Montreal, Quebec H3L 1L2

For more information: [grsmontreal.com/en/home.html](http://grsmontreal.com/en/home.html)

# GENDER-INCLUSIVE CLINICS

<i>Institution</i>	<i>Location</i>	<i>Services provided</i>	<i>Population</i>	<i>Special considerations</i>	<i>Website</i>
Head and Hands	Montreal-NDG	Legal clinic, counseling, tutoring, young parents program	14-25	Fr/En Open to people without health insurance, migrants	<a href="http://headandhands.ca">headandhands.ca</a>
CLSC des Faubourgs – Clinique des jeunes trans/ NB en situation d'itinérance	Montreal -Downtown	All the CLSC services, hormone therapy	14-25 homeless/ uninsured youth	Open to people with no insurance	Phone: (514) 527 2361
Centre Meraki	Montreal  1600 Boul René Lévesque O, suite 130, Montréal, Québec H3H 1P9	Gender Variance Program - Pediatric (<19 years old): Healthcare, support, and referral to community resources  Gender Variance Program - Adult (19+ years old): Medical and psychological support  Info session for parents of children <7 years old expressing gender variance  Gender variance voice therapy (SLP)  Sexologist	All*	Pediatric Gender Variance Program requires MD referral	<a href="http://centremeraki.com">centremeraki.com</a>  Phone: (514) 933-3393  Fax: (514) 934-3393  Email: <a href="mailto:info@centremeraki.com">info@centremeraki.com</a>
CLSC Côtes des Neiges	Montreal - CDN	CLSC suite	All*	Migrants, immigrants welcome, accepts people without insurance	Phone: (514) 731 8531
Clinique 1851	1851 rue Sherbrooke Est suite 101, Montreal QC H2K 4L5	Family medicine	All*		<a href="http://cliniquemedicale1851.com">cliniquemedicale1851.com</a>  Phone: (514) 524 7564  Fax: (514) 527 5251  Email: <a href="mailto:cliniquemedicale1851@gmail.com">cliniquemedicale1851@gmail.com</a>
REZO	Montreal	Screening, vaccination, distribution of prevention materials, one-on-one support, online intervention, group workshops, mental health consultation.	All	For cis or trans men who have sexual or emotional relationships with men.	<a href="http://rezosante.org">rezosante.org</a>

<b>Institution</b>	<b>Location</b>	<b>Services provided</b>	<b>Population</b>	<b>Special considerations</b>	<b>Website</b>
Clinic SIDEP+ (within CLSC de la Visitation)	Montreal	Many screening possibilities, STBBI treatment, vaccination, PEP, support for people who don't have insurances	All	For cis or trans men who have sexual or emotional relationships with men.	<a href="http://santemontreal.qc.ca/en/public/support-and-services/sidep-clinic">santemontreal.qc.ca/en/public/support-and-services/sidep-clinic</a>
Clinique Mauve	Montreal	Family medicine including hormones prescription.	For migrant and racialized LGBTQ+ people		<a href="http://sherpa-recherche.com/en/sherpa/partner-projects/clinique-mauve">sherpa-recherche.com/en/sherpa/partner-projects/clinique-mauve</a>
Clinique médical l'Actuel	1001, boul. De Maison-neuve Est, bureau 1130	Family medicine including hormones prescription. Diagnosis and treatment of sexually transmitted infections (STIs) and management of people living with HIV/AIDS			<a href="http://cliniquelactuel.com">cliniquelactuel.com</a> Phone: (514) 524 1001 Fax: (514) 524 3831
Clinique médical La Licorne	Montréal Québec H2L 4P9	Diagnosis and treatment of sexually transmitted infections (STIs) and management of people living with HIV/AIDS			<a href="http://cliniquemedicalelalicorne.com">cliniquemedicalelalicorne.com</a> Phone: (514) 532 0828 Fax: (514) 552 9915 Email: <a href="mailto:information@cmlalicorne.ca">information@cmlalicorne.ca</a>
Clinique du Quartier Latin	1733 rue Berri, Montréal, QC H2L 4E9	Family medicine including hormones prescription			<a href="http://cmuql.com">cmuql.com</a> Phone: (514) 285 5500 Fax: (514) 285 2226
Clinique Quorum	800 boul De Maison-neuve Est suite RC-1, Montreal QC H2L 4L8	Family medicine including hormones prescription			<a href="http://cliniquequorum.com">cliniquequorum.com</a> Phone: (514) 360 0614 Fax: (514) 360 0474 Email: <a href="mailto:info@cliniquequorum.com">info@cliniquequorum.com</a>

For referrals to other professionals, a list of trans-affirmative health & social services professionals working in Québec is maintained by the Institute for Sexual Minority Health ([ismh-isms.com/resources/quebec-trans-affirmative-provider-list](http://ismh-isms.com/resources/quebec-trans-affirmative-provider-list)).

# GENDER-AFFIRMING PRODUCTS, SUPPORT, AND SERVICES

There are many programs that provide affordable/pay-what-you-can gender affirming products such as binders, gaffs, etc. These programs change frequently and are best found through speaking with local community organizations. Here are a list of community organizations where you can direct your patients to for further support, resources, and services:

**Aide aux Trans du Québec:** [atq1980.org](http://atq1980.org)

The ATQ is a central trans organization in Québec made for and run entirely by trans people. They are able to give referrals for services and more.

## **MONTREAL**

**Action Santé Travesti(e)s et Transsexuel(le)s du Québec (ASTTEQ):** [astteq.org/resources.html](http://astteq.org/resources.html)

The ASTTEQ was founded in 1998 to improve access to social and health services for trans people. They offer many peer run programs and are able to give referrals to services. Free or pay-what-you-can, open to all immigration statuses. Services are available in English, French, Spanish.

**Project 10:** [p10.qc.ca](http://p10.qc.ca)

P10 is an organization for 2SLGBTQ+ youth ages 14 to 25 in Montreal. They offer peer support groups, drop-in hours, and gender affirming gear.

**Head and Hands:** [headandhands.ca](http://headandhands.ca)

Head and Hands is an organization aiming to support and empower youth experiencing marginalization(s) in Montreal. They offer many social and health programs mainly for youths ages 12 to 25. Services are offered in both French and English.

**Alterhéros:** [alterheros.com](http://alterheros.com)

Alterheros is an organization in Montreal working towards demystifying 2SLGBTQ+ identities and more. They offer workshops, training, and have a program for neurodivergent people aged 14-30. Services available in both French and English.

**AGIR Montreal:** [agirmontreal.org](http://agirmontreal.org)

AGIR Montreal is an organization by and for 2SLGBTQ+ migrants. They offer information and services in many languages.

**Centre Communautaire LGBTQ+ de Montréal:** [ccglm.org](http://ccglm.org)

Montreal's 2SLGBTQ+ community center.

**The Union for Gender Empowerment:** [theuge.org](http://theuge.org)

The UGE is a trans-positive, anti-racist and feminist student organisation within McGill University. They offer referral services not limited to McGill undergraduates. They also run a pay what you can program for gender affirming gear, menstrual products and safer sex supplies.

**Centre for Gender Advocacy:** [genderadvocacy.org](http://genderadvocacy.org)

This is a student-funded, independent organization affiliated with Concordia University in Montreal working to promote gender equality and empowerment.

**TransMontréal:** [transumontreal.wordpress.com](http://transumontreal.wordpress.com)

Formerly the Groupe d'Action Trans de l'Université de Montréal, TransMontréal is now a community organisation serving trans people in the Montreal region in addition to Université de Montréal's students.

**GRIS Montréal:** [gris.ca](http://gris.ca)

The Groupe de Recherche et Intervention Sociale provides testimony-based education to high school students across the province and is always seeking volunteers.

## **OTHER REGIONS**

**Trans Outaouais:** [transoutaouais.com](https://transoutaouais.com)

A non-profit organization supporting the LGBTQIA2S+ community and promoting the inclusion and development of transidentitarian people, as well as all other intersections. They maintain a list of various specialists in the Outaouais community.

**Divergenres:** [divergences.org](https://divergences.org)

This is an organization providing support in the Capitale-Nationale region. They offer workshops, conferences, professional mentoring, and a clothing exchange program.

**Trans-Estrie:** [transestrie.org/fr/ressources](https://transestrie.org/fr/ressources)

This is an organization of trans people in the Estrie region. They offer social support, help with medical and social transition, and more.

**Trans Mauricie & Centre du Québec:** [en.transmcdq.com](https://en.transmcdq.com)

This is an organization of trans people in the Mauricie and Centre du Québec region. They offer social support, help with medical and social transition, and more.