RAISING COMPLEX KIDS CANADA

A companion to the video *"Gender Care in Canada: The Clinics, the Waits, and What Happened to My Kid in Alberta"*

The Gender Care Map

Gender care in Canada is a map with several roads on it. Almost nobody hands you the map. **The families who wait longest are the ones standing on the one road they knew about.** The hospital is the famous door. It's not the only one. Knock on all of them.

PROVINCE _____ REFERRAL SENT _____

Current as of November 2026 — laws and clinics change; check the links in the video description.

ROAD ONE

Children's hospital gender clinic

Your GP or nurse practitioner refers you. **Free. The most comprehensive. Usually the longest wait** — months in most of Canada; in some regions, over a year.

ROAD TWO

A trained community provider

Your GP or NP refers to — or is — a GP or NP trained to provide gender care in an ordinary clinic. **Free. Often much faster. Not available everywhere.** Nobody tells you this one exists.

ROAD THREE

Mental-health referral, in parallel

Not because your child is unwell — because most clinics want a mental-health picture, and because **a trans kid with a therapist who gets it is a well-supported trans kid.**

1 The two questions that get you a map that's true this month

ASK YOUR GP — ***"What are the routes to gender care for adolescents in this province right now — hospital and community?"***

ASK THE PARENT GROUP — ***"Where did your family actually go, and how long did it take?"***

2 Confirm the referral landed

Four to six weeks after it's sent, call the clinic. ***"I'm checking you've received a referral for my child and that we're on the list."*** Referrals go missing in this corridor as often as in any other.

THE DATE I CALL _____

3 Open the parallel doors now

Ask about a trained community provider. Get on a mental-health list — school counsellor, community mental health, a therapist through your benefits. **Join the parent group this week. Not next month. This week.**

THE GROUP I JOINED · THE DATE _____

4 Keep the record — *every clinic will ask; write it down as it happens, with dates*

WHEN MY CHILD FIRST TOLD ME _____

HOW SCHOOL IS GOING _____

HOW LONG THEY'VE LIVED SOCIALLY IN THEIR GENDER _____

HOW THEIR MOOD IS _____

5 Who's on the team — and is each of them actually hearing your child?

You are allowed to ask for a different clinician. Finding the right people to be in your child's corner is a process. It is allowed to include replacing someone.

ROLE	NAME	HEARING MY CHILD?
GP / nurse practitioner		YES · NO
Mental-health clinician		YES · NO
Clinic doctor		YES · NO
Nurse / social worker		YES · NO

The clinic doesn't create your child's needs. They're real today. The social support, the name, the mental-health care, the community — none of that requires an appointment. Most of what helps a trans kid isn't medical at all. You can start all of it tonight.

Alberta is different — the medical road for a child under sixteen is, as of filming, closed to new starts. The dated status line is in the video description.

For information only — not a substitute for care from your own physician, or your child's gender clinic. You already knew that.