

# Gender Clinic Roadmap

Everyone's journey is a bit different.  
This is what the clinic can offer.

## 1. Referral

The clinic requires a referral from a medical doctor or nurse practitioner.

## 2. Intake Appointment

You will meet with a nurse and/or social worker - not the gender doctor. We will explore:

- Your gender goals
- Supports you are interested in to reach your goals, such as:
  - Referral for a readiness assessment
  - Connection to community supports
  - Suggestions for mental health support

## 3. Readiness Assessment

You and your parents/guardians will meet with a psychologist, psychiatrist, or registered clinical social worker to discuss:

- your gender goals,
- talk through treatment options,
- talk about your mental health, and
- learn about ways to support your gender goals.

Learn more about readiness assessments [here](#)

## 4. Treatment options

After your readiness assessment is done and you are ready to move forward, you will be booked for an appointment with the gender doctor. We will talk about:

- your medical history,
- do a basic check-up (heart, breathing, tummy, general health. Genital exams are only needed in some situations)
- We will then talk about medication options. You will not begin any medications at this appointment.

## 5. Begin Treatment

Once consents are signed, you will start puberty blockers and/or gender affirming hormones. If the medication is an injection, we will teach you how to give the injection, or we will talk with you about what other health care provider can do this for you. We will see you regularly during this time.

## 6. Continue to Adult Care

We care for you until a stable dose is reached AND you are 18 years or older. If your primary care provider is not able to continue your treatment, we will refer you to an adult provider.