

ADDITIONAL RESOURCES

Sorry, we cannot at this time give assurances as to which clinics in Canada are safer to go to for trans-affirming care.

Abortion Rights Coalition of Canada

ARCC maintains a list of abortion clinics and supports throughout Canada.
www.arcc-cdac.ca/clinics

Action Canada for Sexual Health & Rights

Action Canada has a toll-free, confidential phone line for abortion referrals. They also keep a list of sexual and reproductive health services throughout Canada.
www.actioncanadashr.org/resources/services
1-888-642-2725

National Abortion Federation Canada

NAF runs a toll-free, confidential hotline that provides options counselling and abortion referrals, as well as some financial assistance.
<https://nafcanada.org/>
1-800-772-9100

Choice Connect

Choice Connect is an online app that helps you find the nearest abortion provider to you who meets your needs.
www.choiceconnect.ca

AFFIRMATIONS

I am no less queer for getting an abortion.

I can make the decisions that are best for me, my body, and my health.

I deserve to be supported in my decisions.

There is no "right" way for me to feel.
Whatever emotions I have are okay.

I have a wider community I can turn to who will support me.



Abortion Rights
Coalition of Canada

info@arcc-cdac.ca

www.arcc-cdac.ca



Saskatoon, Saskatchewan

saskabortionnetwork@gmail.com

www.sasn.ca

2SLGBTQ+ PEOPLE AND ABORTION



ARE YOU 2SLGBTQ+ AND GETTING AN ABORTION? YOU'RE NOT ALONE.

2SLGBTQ+ cis women are more likely to have unintended pregnancies that end in abortion than straight women.¹ While we don't have statistics on how many trans and non-binary people access abortion services, we know that they do. Your sexual orientation and/or gender should not prevent you from having a safe and supported abortion experience.

This brochure will walk you through the process of getting an abortion, and mention some things you may want to consider as a 2SLGBTQ+ person. Remember, you do not need to go through this process alone.

¹Hartnett, C. S., Lindley, L. L., & Walsemann, K. M. (2017). Congruence across sexual orientation dimensions and risk for unintended pregnancy among adult U.S. women. *Women's Health Issues, 27*(2), 145-151.e2. <https://doi.org/10.1016/j.whi.2016.10.010>

THE ABORTION PROCESS

1. Make an appointment at a clinic that provides abortion services

There are clinics throughout Canada that offer abortion services. Some of these clinics may ask you for a referral from your doctor. You can check arcc-cdac.ca/clinics for a list of abortion clinics and services in Canada.

2. Your First Appointment

At your first appointment, your provider will have you do some blood tests and/or an ultrasound to see how far along in your pregnancy you are. You will also talk to your provider about your pregnancy options: parenting, adoption, and abortion. Your health history and plans for contraception will be discussed, and your provider may give you a clinical exam. At the end, you may see a counselor or a specialist if you would like.

3. The Abortion

If you get a medical abortion, you will usually take the medications at home. You may have cramping and bleeding for up to four weeks. You will need follow-up appointments to make sure the abortion is complete.

If you have a surgical abortion, you will have to go to the clinic for the procedure. You will be cared for by an anaesthesiologist or a nurse, and your provider will put medical instruments in your vagina and uterus to remove the pregnancy. The actual procedure takes 10-15 minutes.

SELF-ADVOCACY: THINGS TO CONSIDER

IS MY ABORTION PROVIDER USING LANGUAGE I AM COMFORTABLE WITH?

Sometimes, abortion providers may use language that implies that your partner is a cisgender man, or that you are dating the other person involved in the pregnancy. If you want, you can ask them to use neutral words such as "partner" or "other parent".

DO I WANT MY ABORTION PROVIDER TO KNOW THAT I AM 2SLGBTQ+?

Some people find it helpful and affirming to have abortion providers who know that they are not heterosexual and/or cisgender. Some people do not want their abortion providers to know. It is up to you to decide how much you want to disclose.

DO I WANT A SUPPORT PERSON WITH ME?

A support person (friend, family member, partner, Elder, abortion doula, etc.) can advocate for you, help you work through any difficult emotions, and help you with any practical issues you may have during your abortion.

CULTURAL CONSIDERATIONS

If you are Two-Spirit, engaging in cultural practices such as smudging or seeking support from an Elder can help you through the process.