

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 trans/non-binary 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



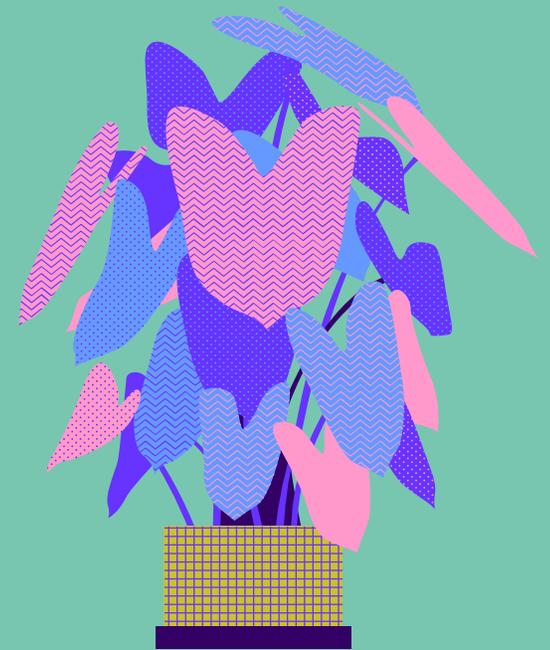
SASN
ABORTION SUPPORT

Saskatoon, Saskatchewan

saskabortionnetwork@gmail.com

www.sasn.ca

TRANS & NON-BINARY PEOPLE AND ABORTION



ARE YOU TRANS AND/OR NON-BINARY AND GETTING AN ABORTION? YOU'RE NOT ALONE.

While we don't have statistics on how many trans, Two-Spirit, and non-binary people access abortion services, we know that they do. Your 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 trans and/or non-binary person. Remember, you do not need to go through this process alone.

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, including those that provide care to transgender people..

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?
Some abortion providers may use language that implies that you are a woman, or that your body is that of a woman. At the beginning of your appointment, you can ask them to use language that you are comfortable with to refer to your body.

WHAT CAN I DO TO REDUCE ANY DYSPHORIA I MAY FEEL?
Some trans/non-binary people experience dysphoria when getting an abortion because our society connects pregnancy to womanhood. Remember, getting an abortion does not make you any less trans/non-binary.

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.