

TRANSGENDER AWARENESS WEEK AND DAY OF REMEMBRANCE

ACROSS CANADA AND GLOBALLY WE OBSERVE TRANSGENDER AWARENESS WEEK FROM NOV. 13 TO 19

to increase support for and visibility of transgender and Two-Spirit people. The week leads into Transgender Day of Remembrance (TDOR) on Nov. 20, a day to honour and remember those whose lives were lost to anti-transgender violence.

Transgender Awareness Week is about listening to trans voices, amplifying stories of resilience, and addressing the inequities and systemic barriers transgender and Two-Spirit people face in accessing safe, affirming care. Transgender Day of Remembrance reminds us that transphobia continues to have life-threatening consequences and emphasizes the urgent need for action across health systems and society.

Connection to Doctors Nova Scotia's Work

Access to gender-affirming care is vital for the health and well-being of transgender and Two-Spirit people, yet barriers remain in Nova Scotia and across Canada. Healthcare providers have an essential role in creating culturally safe, inclusive spaces where patients feel respected, affirmed and free from discrimination.

This includes:

- recognizing and respecting a patient's name, pronouns and identity
- understanding that gender-affirming care is medically necessary, not optional
- building competency in gender-affirming care available in Nova Scotia, such as hormone therapy, chest surgeries and readiness assessments, and knowing when and how to make referrals
- acknowledging the unique experiences of Two-Spirit patients and the need for culturally safe approaches grounded in Indigenous knowledge and healing

Doctors Nova Scotia encourages members and staff to reflect on how they can provide care that affirms the dignity and humanity of 2SLGBTQ+ patients, while addressing systemic inequities that continue to put transgender and Two-Spirit people at risk.

Resources

- Gender Affirming Care Nova Scotia – tinyurl.com/DNS-GACNS
- Wabanaki Two Spirit Alliance – tinyurl.com/DNS-W2SA
- Nova Scotia Health: Gender Affirming Care – tinyurl.com/DNS-NSH-GAC
- Transcare BC (provider resource hub) – tinyurl.com/TranscareBC-EdCentre
- Egale Canada: tinyurl.com/Egale-Resources
- International Transgender Day of Remembrance: glaad.org/tdor



Did you know?

Gender-affirming care isn't only for transgender and Two-Spirit people. Many cisgender people also access gender-affirming procedures and treatments. For example:

- breast augmentations or reductions
- hairline surgeries
- hormone therapy (for example, for menopause or low testosterone)
- fertility treatments



Find more EDIRA resources, videos and tools in the DNS SharePoint EDIRA Hub.