

Who we are

Skipping Stone is a one of a kind, nationally recognized agency that connects trans and gender diverse youth, adults and families with the comprehensive and low barrier access to the support they need and deserve.

In the past year,
we've supported
over **1000 families**
in **17 communities**
across **Alberta.**

First steps are scary, but we're right here with you. No matter if you are looking for help for yourself, for your child or family member, we are here to meet you wherever you're at. There is no wrong place to be and we're here to honour that and support you without judgement.



#1250 – 407 2 St SW
Calgary, AB • Treaty 7



587.333.4342



skippingstone.ca



info@skippingstone.ca



Our services are made possible through the support of our incredible Skipping Stone family, including:



Supports & Services

Skipping Stone operates on the territory of the indigenous people of Treaty 7 which includes the Siksika, Piikani, Kainai, Tsuut'ina and the Stoney-Nakoda first nations of the Chiniki, Bearspaw and Wesley. It is also the home of the people of the Metis Nation of Alberta, Region 3.

Empowering
trans folks.
Every. Single. Day.

Our services & supports include:

Health Care

We collaborate with a network of providers to link clients with services including:

- Affirming Family Physicians
- Hormone Therapy (HRT)
- Gender Affirming Surgeries
- Injection Teaching

Counselling

We provide access to free, short-term counselling which is offered in a variety of formats including:

- Individual Counselling
- Family Counselling
- Group-based Counselling

ID Change & Legal Help

We assist in accessing trans affirming legal services and support including providing support around:

- Name & Gender Marker changes
- Human Rights Matters
- Harassment & Discrimination

Transportation

We support clients in accessing low barrier transportation options, including Calgary Transit's 'Fair Entry program'.

Income

We assist clients in accessing various social and income support avenues, including Alberta Supports applications which provide access to multiple provincial programs.

Food

We have an on-site community cupboard with non-perishable food & personal hygiene supplies and can provide referrals to the Calgary Food Bank and other low barrier sources.

Work

We collaborate with our partners to provide our clients with employment opportunities such as: support with resume building, interviewing, and connecting them with potential jobs.

Mentoring

We provide one on one peer support where clients can connect with another community member that has shared lived experience.

Gender Gear

We provide high quality gear at cost including:

- binders and breastforms
- gaffs and packers

Gear can be provided at no cost for those with financial barriers.

Expressions

We help people express themselves the way they want through hosting safe and fun opportunities to learn skills around:

- style and wardrobe,
- hair and makeup,
- general grooming and hygiene.

Recreation

We help provide information and connect our clients with recreational events and activities that are accessible and inclusive in their communities.