



Resource Guide for 2SLGBTQ+ Fertility and Family Building

A helpful resource of trainings, handouts, media, and research for healthcare providers and professionals working in perinatal care

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In affiliation with:
The Canadian Fertility and Andrology Society (CFAS)

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Introduction

As access to family-building pathways expands, the need for inclusive, informed, and affirming care for 2SLGBTQ+ individuals and families is more needed than ever. This resource guide was developed by the 2SLGBTQ+ Special Interest Group at the Canadian Fertility and Andrology Society (CFAS) to support healthcare providers, fertility specialists, mental health practitioners, and allied professionals in delivering equitable, culturally competent, and evidence-based care.

The materials compiled reflect a diversity of 2SLGBTQ+ experiences in fertility, conception, pregnancy, and postpartum. They are grounded in current research, community-informed practices, and educational tools designed to strengthen provider knowledge, challenge bias, and address systemic gaps in reproductive health services. Resources include clinical guidelines, patient education materials, training modules, peer-reviewed scholarship, and practical tools for inclusive communication.

This document is not exhaustive. It is a living resource, intended to grow alongside the evolving needs of queer and trans communities accessing assisted reproduction and perinatal care. We encourage all users to approach this work with curiosity, openness to learning, and a commitment to reproductive justice.

Healthcare Provider Training

Rainbow Health Ontario Foundations Course:

<https://learn.rainbowhealthontario.ca/learn/courses/33/2slgbtq-foundations-course>

Combating Implicit and Unconscious Bias Toward Transgender and Gender Diverse People

<https://www.lgbtqihealtheducation.org/courses/combating-implicit-and-unconscious-bias-toward-transgender-and-gender-diverse-people/>

Implicit Bias

<https://www.lgbtqihealtheducation.org/courses/implicit-bias-and-power-imbalances/>

Queering the Compass: Pathways to 2S/LGBTQIA+ Sexual & Reproductive Health

<https://cbrc.learn.trakstar.com/catalog/?ca=5116495476764>

Harvard Medical School's Sexual and Gender Minority Health Teaching Module Series

<https://www.lgbtqihealtheducation.org/collection/hms-sgm-health-teaching-module-series/>

Reproductive Health Equity Project Perinatal Training, Birth Mark

<https://birthmarksupport.com/rhep>

Provider Handouts

Providing Inclusive, Affirming and Safer Perinatal Care to 2SLGBTQIA+ Individuals
https://www.pcmch.on.ca/wp-content/uploads/PCMCH-Tip-Sheet_Providing-Inclusive-Affirming-and-Safer-Perinatal-Care_Mar2023.pdf

Tip Sheet - Providing Care to Trans Men and All “Trans Masculine Spectrum” Clients
<https://genderminorities.com/wp-content/uploads/2016/06/midwives-tip-sheet-for-working-with-trans-clients.pdf>

Pathways to Parenthood LGBTQ People
<https://www.lgbtqiahealtheducation.org/publication/pathways-parenthood-lgbt-people/>

Glossary: Foundational LGBTQIA+ Concepts and Terminology
<https://www.lgbtqiahealtheducation.org/publication/foundational-lgbtqia-concepts-and-terminology/>

Creating Welcoming and Affirming Clinical Studies for LGBTQIA+ Participants Toolkit
<https://www.lgbtqiahealtheducation.org/collection/clinical-studies-toolkit/>

Learning to Address Implicit Bias Towards LGBTQ Patients: Case Scenarios
<https://www.lgbtqiahealtheducation.org/publication/learning-to-address-implicit-bias-towards-lgbtq-patients-case-scenarios/>

Sherbourne’s Guidelines for gender-affirming primary care with trans and non-binary patients
<https://www.rainbowhealthontario.ca/product/4th-edition-sherbournes-guidelines-for-gender-affirming-primary-care-with-trans-and-non-binary-patients/>

Patient Handouts

Starting a Family with Donor Gametes, CBRC, Laine Halpern Zisman (2024)
https://www.cbrc.net/family_guide_to_donor_eggs_and_sperm

Your Family, Your Way, CBRC (2024)
https://www.cbrc.net/your_family_your_way

Preconception Health for Queer and Transgender People
<https://www.rainbowhealthontario.ca/resource-library/preconception-health-for-2slgbtq-people/>

Reproductive Options for Trans People

<https://www.rainbowhealthontario.ca/wp-content/uploads/2024/04/Reproductive-Options-for-Trans-People-1.pdf>

Fertility Preservation for Trans People who Produce Eggs

<https://www.rainbowhealthontario.ca/resource-library/fertility-preservation-for-trans-people-who-produce-eggs/>

Fertility Preservation for Trans People who produce sperm

<https://www.rainbowhealthontario.ca/resource-library/fertility-preservation-for-trans-people-who-produce-sperm/>

Assisted Human Reproduction Options and Funding Available Across Canada (2024)

<https://www.rainbowhealthontario.ca/resource-library/assisted-human-reproduction-options-and-funding-available-across-canada/>

*Note: funding availability continues to shift across provinces. Some information may be out of date.

Books

Craven, C. (2019). *Reproductive losses: Challenges to LGBTQ family-making*. Routledge.

Goodman, M., & Ray Rachlin, L. M. (2023). *Baby making for everybody: Family building and fertility for LGBTQ+ and solo parents*. Balance.

Greenfield, M., Luxion, K., Molloy, E., & Hinton, A. A. (2025). *A Guide to Providing LGBTQ+ Inclusive Reproductive Health Care: Pride in Birth* (p. 292). Taylor & Francis.

Epstein, B. J. (2022). *We're Here! A Practical Guide to Becoming an LGBTQ+ Parent*. Praeclarus.

Epstein, R. (Ed.). (2009). *Who's your daddy? And other writings on queer parenting*. Toronto, ON: Sumach Press.

Epstein-Fine, S., & Zook, M. (Eds.). (2018). *Spawning generations: Rants and reflections on growing up with LGBTQ+ parents*. Demeter Press.

Halpern Zisman, L. (2024). *Conceivable: A Guide to Making 2SLGBTQ+ Family*. Fernwood Publishing.

Kali, L. (2022). *Queer conception: The complete fertility guide for queer and trans parents-to-be*. Sasquatch Books.

Lowik, A. J. (2023). *Trans People and the Choreography of Reproductive Healthcare: Dancing Outside the Lines*. Bloomsbury Publishing PLC.

Children's Book:

Kluger-Bell, K. (2013). *The pea that was me: A sperm donation story*. Createspace Independent Publishing Platform

Kluger-Bell, K. (2013). *The very kind koala: A surrogacy story for children*. CreateSpace Independent Publishing Platform.

Lang, S., Lang, (2019). *All kinds of families*. Random house LLC. Chicago / Turabian

Silverberg, C. Fiona Smyth (Illustrator). (2023) *What Makes a Baby: A Book for Every Kind of Family and Every Kind of Kid*. Seven Stories Press. Chicago.

Tyner, Christy. *Zak's safari: A story about donor-conceived kids of two-mom families*. CreateSpace Independent Publishing Platform, 2015.

Resources & Websites

Thinking about pregnancy as a nonbinary trans person

<https://hellocue.com/articles/cycle-a-z/thinking-about-pregnancy-as-a-nonbinary-trans-person>

Fertility Details for Trans Women

<https://www.fertilityiq.com/fertilityiq/trans-feminine-fertility/fertility-details-for-trans-women>

A Guidebook for Lesbian, Gay, Bisexual, Trans and Queer People

https://www.rainbowhealthontario.ca/wp-content/uploads/2012/09/AHRC_BOOKLET_ENGLISH.pdf

Spencer and Kelly's Pregnancy and Fatherhood Journey

<https://www.moothermag.com/spencer-and-kelly-dezart-smith-second-trimester/>

Trans Men don't need to choose

<https://www.vice.com/en/article/can-trans-men-get-pregnant-using-reproductive-technology/>

Egg Freezing for Transgender Men

<https://extendfertility.com/egg-freezing-for-transgender-men/>

Your Family your Way, CBRC (2024)

https://www.cbrc.net/your_family_your_way_supplemental_information

Health Care Considerations for Two Spirit and LGBTQIA+ Indigenous Communities

<https://www.lgbtqiahealtheducation.org/publication/health-care-considerations-for-two-spirit-and-lgbtqia-indigenous-communities/>

Affirmative Services for Transgender and Gender Diverse People – Best Practices for Frontline Health Care Staff

<https://www.lgbtqiahealtheducation.org/publication/affirmative-services-for-transgender-and-gender-diverse-people-best-practices-for-frontline-health-care-staff/>

Answer to Common LGBTQ Legal Questions Regarding Sperm/Egg Donors (CANADA)

<https://egale.ca/awareness/answers-to-common-lgbtq-legal-questions-regarding-spermegg-donors/>

Trans Fertility Resources:

transfertility.co

Podcasts

The Queer Family Podcast

<https://www.thequeerfamilypodcast.com/>

Becoming Baby Ready

<https://www.babyready.info/becomingpodcast>

"Modern Birth: The man who had a baby (Spotify)

<https://www.bbc.co.uk/sounds/play/p07nnr7k>

"Highs and lows, Hedwig, and "the dad who gave birth" QMmunity

<https://open.spotify.com/episode/5KBe9NSwa18W41jz2GLzZP>

Videos:

Egales Family Building Series:

https://www.youtube.com/playlist?list=PL8ks0nPuh3_P_qPhlzuziw85FeL47IAuF

FTM Transgender: Egg Freezing and Fertility Talk

<https://www.youtube.com/watch?v=faJpzKjS6KI>

Why I didn't Store My Eggs | Transgender Fertility Discussion

<https://www.youtube.com/watch?v=C0nS0GGSLfg>

Family Planning for Queer and Trans Parents

<https://www.tv.org/video/family-planning-for-queer-trans-parents>

2SLGBTQ+ Family Roundtable: How our families began and thrive!

<https://www.youtube.com/watch?v=i02j7BWCwgk>

coparenting and family law - seed & sprout

<https://www.youtube.com/watch?v=hrD61wyGPuU>

eggs, sperm and a place to grow - roundtable

<https://www.youtube.com/watch?v=udFVANbyAyc>

A womb of their own

<https://www.youtube.com/watch?v=WPNY37exVjk>

Seahorse: The Dad who Gave Birth

<https://seahorsefilm.com/>

Support Groups & Workshops

Planting the Seed:

<https://birthmarksupport.com/planting-the-seed>

2SLGBTQ+ Family Building Canada

<https://familybuildingcanada.com/>

Sherbourne Health:

<https://sherbourne.on.ca/community-health-programs/2slgbtq-family-resources/>

Baby Ready:

<https://www.babyready.info/>

Birth Beyond the Binary

<https://www.facebook.com/groups/1225482460806425/>

Birth and Breast or Chestfeeding Trans People and Allies

<https://www.facebook.com/groups/TransReproductiveSupport/>

Pregnant Together (US Based)

<https://www.pregnanttogether.com/>

Queer Families of Vancouver Facebook group:

<https://www.facebook.com/groups/1418626981698968/>

Moss the Doula:

<https://www.mossthedoula.com/>

Relevant Scholarship

Adams, R. B. (2024). Reimagining the Future of Reproduction from a Black Queer Lens: An Art-Based Approach to the Study of Reproductive Health Care. *Health Communication*, 1-11.

Albar, M., Koziarz, A., McMahon, E., Chan, C., & Liu, K. (2023). Timing of testosterone discontinuation and assisted reproductive technology outcomes in transgender patients: a cohort study. *F&S Reports*, 4(1), 55-60.

Alvero, R. (2024). LGBTQ+ family building: progress but lots more to do. *Fertility and Sterility*, 122(5), 772-773.

Antonio, M., Lau, F., Davison, K., Devor, A., Queen, R., & Courtney, K. (2022). Toward an inclusive digital health system for sexual and gender minorities in Canada. *Journal of the American Medical Informatics Association*, 29(2), 379–384.

Avshman, E. G., Jalili, D., Penfield, C., Domogauer, J., Shaw, J., Lilly, A. G., ... & Quinn, G. P. (2025). Barriers and facilitators in access to reproductive health services for

sexual and gender minority populations in the United States: A focus group study. *Patient Education and Counseling*, 137, 108793.

Comeau, D., Johnson, C., & Bouhamdani, N. (2023). Review of current 2SLGBTQIA+ inequities in the Canadian health care system. *Frontiers in Public Health*, 11, 1183284.

de Nie, I., van Mello, N. M., Vlahakis, E., Cooper, C., Peri, A., den Heijer, M., Meibner, A., Huirne, J., & Pang, K. C. (2023). Successful restoration of spermatogenesis following gender-affirming hormone therapy in transgender women. *Cell Reports Medicine*, 4, 100858.

Baines, H. K., Quinn, G. P., Chen, D., & Nahata, L. (2024). Reproductive Health in Trans and Gender Diverse Patients: fertility related knowledge, attitudes, and decision-making among gender diverse youth—a narrative review. *Reproduction*, 168(2).

De Roo, C., Schneider, F., Stolk, T. H. R., Van Vugt, W. L. J., Stoop, D., & Van Mello, N. M. (2025). Fertility in transgender and gender diverse people: systematic review of the effects of gender-affirming hormones on reproductive organs and fertility. *Human Reproduction Update*, 31(3), 183-217.

Dorri, A. A., & Russell, S. T. (2022). Future parenting aspirations and minority stress in US sexual minority adults. *Journal of Family Psychology*, 36(7), 1173–1182. Epstein, R. (2014). Queer parenting in Canada: looking backward, looking forward. *Queerly Canadian: An introductory reader in sexuality studies*, 2nd Edition, Scott Rayter and L. Halpern Zisman (Ed), 367-385. Canadian Scholar

Epstein, R., & Carr, R. (2024). Community building. In L. Halpern Zisman (Ed.), *Conceivable: A Guide to Making 2SLGBTQ+ Families*. Fernwood Publishing.

Florensa, M., Galdú, M., Ballesteros, A., & Esbert, M. (2025). Fertility treatments in transgender individuals: trends, clinical outcomes, and impact of testosterone on ovarian stimulation. *Journal of Assisted Reproduction and Genetics*, 1-10.

Gisondi, M. A., & Bigham, B. (2021). LGBTQ+ health: A failure of medical education. *Canadian Journal of Emergency Medicine*, 23, 577–578.

Goldberg, A. E. (2022). LGBTQ-parent families: Diversity, intersectionality, and social context. *Current Opinion in Psychology*, 101517.

Gregory K. B., Mielke J. G., Neiterman E. (2022). Building families through healthcare: Experiences of lesbians using reproductive services. *Journal of Patient Experience*, 9. doi: 10.1177/23743735221089459.

Greenfield, M., Luxion, K., Molloy, E., & Hinton, A. A. (2025). *A Guide to Providing LGBTQ+ Inclusive Reproductive Health Care: Pride in Birth* (p. 292). Taylor & Francis.

Halpern Zisman, L. (2024). Building Our Families: Navigating Barriers in 2SLGBTQ+ Family Building Through Doula Supports. *New Area Studies*, 4(2).

Howat, A., Masterson, C., & Darwin, Z. (2023). Non-birthing mothers' experiences of perinatal anxiety and depression: Understanding the perspectives of the non-birthing mothers in female same-sex parented families. *Midwifery*, 120, 103650

Kali, L. (2024). Therapeutic donor insemination for LGBTQ+ families: a systematic review. *Fertility and Sterility*, 122(5), 783-788.

Kelley, E. L., Gillani, B., Feerasta, G. F., & Banik, S. (2024). ACCESS TO, AND USE OF, FERTILITY PRESERVATION SERVICES AMONG TRANSGENDER INDIVIDUALS. *Fertility and Sterility*, 122(4), e242.

Kirubarajan, A., Patel, P., Leung, S., Park, B., & Sierra, S. (2021). Cultural competence in fertility care for lesbian, gay, bisexual, transgender, and queer people: a systematic review of patient and provider perspectives. *Fertility and sterility*, 115(5), 1294-1301.

Le, K., Ghofranian, A., & Devine, K. (2025). Fertility Care in Transgender and Gender Diverse Individuals: the Possibility of Oocyte and Sperm Cryopreservation after Medical Transition. *F&S Reviews*, 100093.

Lee, M., Tasa-Vinyals, E., & Gahagan, J. (2021). Improving the LGBTQ2S+ cultural competency of healthcare trainees: Advancing health professional education. *Canadian Medical Education Journal*, 12(1), e7–e20.

Leung, A., Sakkas, D., Pang, S., Thornton, K. & Resetkova, N. (2019). Assisted reproductive technology outcomes in female-to-male transgender patients compared with cisgender patients: A new frontier in reproductive medicine. *Fertility and Sterility*, 112(5), 858–865.

Lipkin, P., Monseur, B., Mayo, J., Moravek, M., Nahata, L., Amato, P., ... & Obedin-Maliver, J. (2023). Reproductive endocrinologist and infertility specialists' knowledge,

skills, behaviors, and attitudes regarding the care for transgender and gender-diverse individuals. *F&S Reports*, 4(2), 213-223.

Lowik, A. J. (2018). Reproducing eugenics, reproducing while trans: The state sterilization of trans people. *Journal of GLBT Family Studies*, 14(5), 425-445.

Maiorano, M. F. P., Cormio, G., Loizzi, V., Maiorano, B. A., Arezzo, F., & Silvestris, E. (2025). Fertility preservation for transgender and non-binary individuals: a systematic review and thematic synthesis of clinical, psychosocial, and structural challenges. *Human Fertility*, 28(1), 2527383.

Minturn, M. S., Martinez, E. I., Le, T., Nokoff, N., Fitch, L., Little, C. E., & Lee, R. S. (2021). Early intervention for LGBTQ health: A 10-hour curriculum for preclinical health professions students. *MedEdPORTAL*, 17, 11072.

Moxley, R. (2023). Affirming pregnancy care for transgender and gender-diverse patients. *Canadian Family Physician*, 69(6), 407-408.

Nadgauda, A. S., & Butts, S. (2024). Barriers to fertility preservation access in transgender and gender diverse adolescents: a narrative review. *Therapeutic Advances in Reproductive Health*, 18, 26334941231222120.

Ostler, B. (2021). Queer Bodies, Queer Technologies, and Queer Policies. *Dialogue: A Journal of Mormon Thought*, 54(4), 99-109.

Parikh, N., Chattha, A., Fredrickson, J. R., Walker, D., Zhao, Y., Gargollo, P., & Granberg, C. (2025). The importance of fertility preservation in the transgender population. *Urology*, 195, 91-95.

Powers, W. J., Costescu, D., Massarella, C., Gale, J., & Singh, S. S. (2024). A gender-affirming approach to fertility care for transgender and gender-diverse patients. *O&G Open*, 1(1), e002.

Practice Committee of the American Society for Reproductive Medicine. (2024). Inclusive language and environment to welcome lesbian, gay, bisexual, transgender, queer, questioning, intersex, and asexual+ patients. *Fertility and Sterility*, 121(6), 954-960.

Rodriguez-Wallberg, K., Obedin-Maliver, J., Taylor, B., Van Mello, N., Tilleman, K., & Nahata, L. (2023). Reproductive health in transgender and gender diverse individuals: A

narrative review to guide clinical care and international guidelines. *International journal of transgender health*, 24(1), 7-25.

Rubin, E., Palmor, M., & Amato, P. (2025). REPRODUCTIVE HEALTH IN TRANS AND GENDER DIVERSE PATIENTS: Fertility treatment and preservation options for transgender and gender diverse people. *Reproduction*, 169(1).

Siegel, M., Legler, M., Neziraj, F., Goldberg, A. E., & Zemp, M. (2022). Minority stress and positive identity aspects in members of LGBTQ+ parent families: Literature review and a study protocol for a mixed-methods evidence synthesis. *Children*, 9(9), 1364.

Stroumsa, D., Raja, N. S., & Russell, C. B. (2024). REPRODUCTIVE HEALTH IN TRANS AND GENDER-DIVERSE PATIENTS: Trauma-informed reproductive care for transgender and nonbinary people. *Reproduction*, 168(6).

Tam, M. W. (2021). Queering reproductive access: reproductive justice in assisted reproductive technologies. *Reproductive Health*, 18(1), 164.

Tam, M. W., Perez-Brumer, A., & Ross, L. E. (2025). Queer Tax: Examining 2SLGBTQ+ Black, Indigenous, and People of Colour's experiences of accessing assisted reproductive technologies. *Social Science & Medicine*, 376, 118053.

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Tammiste, T., Kask, K., Padrik, P., Idla, K., Rosenstein, K., Jatsenko, T., ... & Salumets, A. (2019). A case report and follow-up of the first live birth after heterotopic transplantation of cryopreserved ovarian tissue in Eastern Europe. *BMC women's health*, 19(1), 65.

Wiesenthal, E., Cho, K., Roberts, J., & Dunne, C. (2022). Fertility options for transgender and gender-diverse people: Comprehensive fertility counseling is critical to the equitable provision of care to transgender and gender-diverse patients and should be the standard of care. *British Columbia Medical Journal*, 64(2).

Conclusion

This resource list is intended as a practical tool for doctors, nurses, midwives, fertility specialists, mental health providers, and allied professionals engaged in perinatal and reproductive care. The materials offer practical tools for communication, clinical protocols, and community supports, with the goal of improving patient experiences and outcomes. Providers are encouraged to use this list as a foundation for ongoing learning and to integrate inclusive practices into everyday care.

Ultimately, the resource guide is intended as more than a reading list, it is a set of tools to be actively integrated into practice. Providers are encouraged to:

- **Incorporate handouts** into patient visits to normalize 2SLGBTQ+ family structures and easily offer accessible information.
- **Integrate training and education** into your practice and clinic so that staff and providers continue to learn about inclusion and equity protocol.
- **Use training modules and scholarship** to update clinic information, intake forms, protocols and patient education materials so they reflect inclusive language and practices.
- **Engage in team discussions** with colleagues to reflect on these materials and identify opportunities for systemic improvements in care delivery.
- **Familiarize yourself with available resources for patients** and offer suggestions and recommendations to your patient population for where to go for community support, system navigation, and education.
- **Commit to ongoing learning and patient centred care** so that patients are seen as individuals embarking on a fertility or family building journey and not universalized or deemed representative of the communities they belong to.

By putting these resources into action, healthcare teams can move beyond awareness to practice change, strengthening their ability to provide affirming, patient-centered perinatal care and reducing barriers for 2SLGBTQ+ families.