

Introduction

This document is a summary and sample of content found in the MTAM Member Portal.

As part of the MTAM Inclusive Practice Committee's purpose, they work to facilitate learning and provide resources which support RMTs in identifying and reducing barriers some individuals experience when accessing massage therapy care. These learning opportunities and resources help RMTs create more inclusive practices and clinic spaces.

Gender identity, gender expression, and sexual orientation are protected rights under the Canadian Charter of Rights and Freedoms and the Manitoba Human Rights Code.

Research demonstrates people who identify as a sexual or gender minority have many unmet health needs and a reduced likelihood of accessing routine, emergency, and preventative healthcare services. This happens because of the fear of discrimination experienced and reported by others along with the shame that may have been experienced in their past. As a result, many people do not provide information regarding their sexual orientation and gender identity to health care providers. The result of this is that they may not receive the care they need.

MTAM is committed to helping practitioners provide a respectful and safe environment along with quality care to everyone. The value of diversity will always be at the forefront of this goal. Creating safer, more welcoming spaces increases the quality of care and value of the experience offered to everyone.

Many provinces have created advisories, set up guidelines, and provide recommendations, consultations, and even leadership to promote, advocate, and work towards inclusive spaces for all sexual and gender minority people and families.

LGBT2SQ+ RESOURCES

Massage Therapy
Association of Manitoba

Resource

The following images are samples of the resources found in the MTAM Member Portal. Please contact the [MTAM office](#) if you would like to access any of them.

Inclusive Practice Resources

Safer Places Toolkit



Posters



LGBT2SQ+ RESOURCES

*Massage Therapy
Association of Manitoba*

Resource

Additional links and resources:

- Sexuality Education Resource Centre <https://serc.mb.ca/>
- Trans-informed Care <https://klinik.mb.ca/health-care/transhealthklinik/health-care-providers/>
- Klinik Community Health <https://klinik.mb.ca/>
- Rainbow Resource Centre <https://rainbowresourcecentre.org/>
- Pride Winnipeg <https://pridewinnipeg.com/>
- <https://women-gender-equality.canada.ca/en/pride-season.html>
- <https://mb-lgbt.biz/directory/#!directory>
- <https://www.tourismwinnipeg.com/things-to-do/lgbt>