



COALITION DES
FAMILLES LGBT+
LGBT+ Family Coalition

A Little
Guide

ABOUT SURROGACY

2nd edition

Indigenous land acknowledgement

The LGBT+ Family Coalition recognizes that our offices are located on unceded Indigenous territory. We recognize that the Kanien'kehá:ka Nation is the steward of the lands and waters on which part of our team works. Tiohtiá:ke (known as Montréal by the colonial state) is historically known as a gathering place for many First Nations. Today, a diverse Indigenous population lives on this territory. The LGBT+ Family Coalition also recognizes that part of our team works from Nionwetsio, known under its colonial name as Québec City. We recognize that the Huron-Wendat Nation is the steward of these lands and waters. It is in the spirit of reconciliation with Indigenous peoples that we recognize the harms of the past. We hope to create space for respectful and friendly collaborations today and in the future.

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ABOUT THE LGBT+ FAMILY COALITION

The LGBT+ Family Coalition is a community advocacy organization that works toward the social and legal recognition of families with 2SLGBTQ+ parents and the wellbeing of sexually and gender-diverse youth. The Coalition is working to build a world where all families are celebrated and valued. Our actions are inspired by our values of equity, inclusion, kindness and solidarity.

OUR AREAS OF ACTION

1. Support for (future) families

The Coalition gives workshops for 2SLGBTQ+ people who want to become parents to inform them about the options available to them and equip them to understand their rights. We also organize activities that bring together 2SLGBTQ+ parents and their children.

2. Awareness-raising for professionals

The Coalition believes in the power of education to change people's mentalities. This is why our team of professional trainers gives some 200 trainings each year in schools and health and social services organizations to teach about the lives of 2SLGBTQ+ families.

3. Rights advocacy

To advocate for the rights of 2SLGBTQ+ parents, their children and all 2SLGBTQ+ people who want to start a family, the Coalition meets with institutions and decision-makers, presents white papers and testimonies, undertakes legal actions and speaks to the media.

INTRODUCTION

In the following pages, you will find an **overview** of the procedures in Québec surrounding surrogacy as a method for starting a family. The information in this guide is up to date as of December 2024; however, the legal situation continues to evolve, and while we plan to update this guide regularly, we recommend that you consult various sources when setting up your plan to start a family to ensure that you have the most recent information (for example, the Québec government website)*

As well, since this is a basic guide on surrogacy, **we recommend that you sign up for one of the LGBT+ Family Coalition's workshops for future parents** to get more detailed information. Contact the Coalition to reserve your spot now! (familieslgbt.org/en/) !

* <https://www.quebec.ca/en/family-and-support-for-individuals/pregnancy-parenthood/surrogacy>

Becoming parents: A personal journey

We often hear that being a parent is a public matter. But for a 2SLGBTQ+ parent, your decision is public well before your child is conceived!

As soon as you announce your plans to people around you, it sparks reactions, and even if people are very supportive, they will have a ton of questions, which you'll continue to hear after your child is born. To answer them, it's important that you be comfortable with the decisions you've made about how to start your family.

How do you plan to conceive? Who will carry the baby? Why? What made you choose one option (surrogacy, adoption, insemination and so on) over another? How will you raise a child with three or four parents? Does your family consider each parent (social or biological) as a full parent? Can you talk about your family plan at work? How will your child talk about their family at school?

Obviously, you're not obliged to answer every question—you can judge what is and isn't other people's business! But keep in mind that answering gives you the opportunity to show your child that they don't have to hide anything about where they come from or be ashamed of it. This also lets you raise awareness among the people around you about the vast diversity of families. There are no good or bad answers. Above all, take the time to figure out the answers for yourself and underscore the idea that your plan to start a family is carefully thought-out, legitimate and wonderful.

Who is involved in a surrogate pregnancy?

The intended parents: These are the people who initiate the surrogacy project and will become the parents of the child who's born. The most common example is that of a couple made up of two cisgender men who want to have a baby using one of the men's sperm. But surrogacy is an option for many families where pregnancy is not desired or not possible, such as cisgender women or trans or nonbinary people who can't or don't want to carry a baby.

The surrogate: This is the person who carries the fetus. You may sometimes hear terms such as "surrogate mother" or "gestating mother" to refer to this role, but those expressions are fairly dated. The word "mother" is very symbolically laden, and a gestating mother is not always the intended mother. As well, using the word "mother" as part of these terms implies that the person carrying the fetus is a woman, which is also not always the case.

The person providing the sperm: This is, of course, the person who is providing the sperm to conceive the child. Sometimes, sperm comes from a third person (a friend, a sperm bank), but sometimes it comes from the gametes of the intended parents. When the sperm comes from one of the intended parents, we avoid the word "donor," which can make it seem as though we're reducing the person's role to just the one donation.

The person providing the egg: Lastly, the person who gives their eggs is sometimes one of the intended parents and sometimes the surrogate, but it may be someone whose only role will be to donate eggs for conception. When the egg comes from one of the intended parents, we avoid the word "donor," which can make it seem as though we're reducing the person's role to just the one donation.

What is surrogacy?

Surrogacy is one of the many ways to start a family for a wide range of future parents, including LGBTQ+ people. Here, we discuss two types of surrogacy:

1. **“Genetic” or “traditional” surrogacy**, which refers to a situation in which the person carrying the baby is also the one whose eggs were used to create the embryo.

Normally, this type of surrogacy is begun by inseminating the surrogate at home or in a fertility clinic.¹ The surrogate will thus be genetically related to the child.

2. **“Gestational” surrogacy** refers to a pregnancy where the person carrying the baby has no genetic ties to that baby.

The egg is donated by a third person and the embryo is implanted into the surrogate’s uterus using in vitro fertilization (IVF).

¹ To learn more about insemination, see our Insemination Guide for Future LGBTQ+ Parents: <https://familleslgbt.org/wp-content/uploads/2022/03/Insemination-guide-for-future-LGBTQ-parents.pdf>

The difference between the two types of surrogate pregnancy **is the source of the gametes (sperm and eggs).**

Traditional surrogacy can be done with:

- sperm from one of the intended parents or
- sperm from a third party.

Gestational surrogacy can be done with:

- gametes from both intended parents
- donated gametes or
- a combination of both.

How should you choose the right type of surrogacy for you?

Traditional surrogacy

This type of surrogacy can provide a number of benefits. First, you don't need an egg donation, which reduces costs. Next, since traditional surrogacy requires less medical intervention, it is less physically taxing for the surrogate and also reduces the costs for the intended parents

Gestational surrogacy

Most surrogacies in Canada are done with no genetic ties, meaning the surrogate carries a pregnancy with an embryo created by in vitro fertilization using a donated egg. Surrogacy agencies in Canada work with surrogates who have no genetic ties to the pregnancy. The reasoning is that the psychological connection to the fetus will be weaker in the absence of biological ties and the surrogate will have an easier time entrusting the baby to the intended parents.

SURROGACY IN QUÉBEC

On June 6, 2023, the Assemblée nationale du Québec passed Bill 12, *An Act to reform family law with regard to filiation and to protect children born as a result of sexual assault and the victims of that assault as well as the rights of surrogates and of children born of a surrogacy project*, **which provides a clear legal framework for people who want to start families through surrogacy**. Among other things, this law allows intended parents to establish filiation with their surrogacy-born children without the involvement of a judge, but only if the surrogate resides in Québec. Other procedures apply if the surrogate resides outside of Québec.

PLEASE NOTE: Some of the new rules only apply to pregnancies that began after June 6, 2024. For pregnancies that began before that date, some of the previous procedures apply. The Québec government website provides information on the various example cases based on the date when a pregnancy began and the location where it took place: <https://www.quebec.ca/en/family-and-support-for-individuals/pregnancy-parenthood/surrogacy>.

Conditions to respect

There are certain basic conditions for **all surrogacy arrangements** in Québec:

- The intended parents must have resided in Québec for at least one year before signing the surrogacy agreement.
- The surrogate must be age 21 or older.
- The surrogate may not be paid but has the right to certain reimbursements.²
- The surrogate must reside in Québec or in another state designated by the government.
- The surrogate must give birth to the child in Québec or in another state designated by the government.
- The intended parents must have a meeting with a professional about the ethical and psycho-social issues related to surrogate pregnancy. If the surrogate resides in Québec, she must also attend a similar meeting.
- The surrogacy agreement must be prepared and signed **before** a notary before the pregnancy begins.
- The surrogate must also give their written consent between the eighth and thirtieth day **after** the birth for filiation to be established only with the intended parents.

Specific procedures if the surrogate resides in Québec

The process is entirely administrative if all the basic conditions described here are met. In other words, the baby's parents do not need to go to court to be recognized as such.

² At the federal level, assisted reproduction is governed by the *Assisted Human Reproduction Act* (2004). This Act states that it is illegal to pay a person to carry a baby. However, the law authorizes intended parents to reimburse certain expenses related to conception, pregnancy and birth.

After the baby is born, it is given to the intended parents, unless the surrogate opposes this. Then, starting seven days after the birth, the surrogate may give her written consent for filiation to be established exclusively for the intended parents.

The consent of the surrogate may be either notarized or signed by two witnesses who do not hold an interest in the surrogacy project. If the consent document is not in French, it must be accompanied by a certified translation to be official.

Once the intended parents have obtained the document establishing the surrogate's consent, the birth must be declared to the registrar of civil status in the 30 days following the birth. If everything is in order, the act of birth will name only the intended parent or parents.

SURROGACY OUTSIDE QUÉBEC : As of June 6, 2024, the Québec government only authorizes surrogacies with surrogates residing in specific other provinces: Alberta, British Columbia, Prince Edward Island, Manitoba, Nova Scotia, Ontario and Saskatchewan. Québec law does not currently recognize surrogacies that take place outside of Canada. Therefore, the LGBT+ Family Coalition does not recommend international surrogacy, because it is a risky option when it comes to the legal recognition of the future family.

Even some Canadian provinces are not authorized under current Québec law; however, the list of states designated by the government may develop further. Make sure that you have the most up-to-date information possible before starting a process outside of Québec, as the situation may change.

Specific procedures if the surrogate resides outside of Québec

The intended parents must obtain several authorizations at various steps of the project:

- The intended parents must obtain **prior authorization** for their surrogacy project from the Ministère de la Santé et des Services sociaux **before undertaking other steps**. The Ministère will verify, among other things, that the intended parents meet the Québec residency conditions and that the chosen country or province is on the government's list.
- The intended parents then contact the surrogate to establish a surrogacy agreement with her. The agreement must be sent to the Ministère **before being signed**.
- If the surrogacy project and agreement are in order, the intended parents will receive **authorization to proceed**. Once this second authorization is obtained, the agreement may be signed and the surrogacy may begin.
- **After the baby is born**, the intended parents must obtain a **certificate of compliance** from the Ministère, which will verify the project's compliance a final time, in particular whether the baby was indeed born in a designated state.
- To **officially establish filiation**, the intended parents must then **appear before the court**. A judge will verify that the Ministère has issued a certificate of compliance. If that has not happened or if other conditions have not been respected, the court must, in principle, refuse to recognize filiation with the intended parents. The judge may recognize filiation even if the conditions have not been met, "for serious reasons and if the interest of the child demands it."³

Note: Filiation will only be recognized if the surrogate resides in one of the states designated by the Québec government and if the child is born in one of these states. As such, it is not possible to work with a surrogate who resides in a non-designated province or state, regardless of where the agency operates. Similarly, the birth may not have taken place in a non-designated province or state regardless of where the surrogate resides.

The Ministère de la Santé et des Services sociaux (MSSS) is responsible for monitoring surrogacy projects outside Québec. The government has created an online platform to simplify the process: [Surrogacy outside Quebec](#).

This list of procedures is intended only to give you an overview of the steps. We encourage you to seek legal advice if you choose to work with a surrogate outside Québec, because failing to follow the procedures can result in serious consequences.

Steps to follow

A surrogacy project is generally composed of the following steps:

- Learn about surrogacy in Québec (see the Resources section at the end of this guide).
- Determine whether the surrogacy will be one with or without genetic ties.
- Decide whether you will undertake the project with the help of an agency or independently.
- If the surrogacy will take place outside Québec, obtain prior authorization from the MSSS.
- Choose a fertility clinic.
- Choose an egg donor and a sperm donor, as needed.
- Have a fertility assessment done for the chosen donors.
- Establish a contract with the person donating the eggs or sperm (if a contract has not already been created in a medical context).⁴
- Determine who the surrogate will be.
- Talk with the surrogate to determine whether they are a good match with you as intended parents.
- Meet with a professional designated by the Québec government for a mandatory information session about the ethical and psychosocial issues surrounding surrogacy. This applies to both the intended parents and the surrogate. (Note: The meeting is mandatory in all cases for intended parents, whether the surrogacy project is independent or done through an agency, but it is not mandatory for the surrogate if they live outside Québec.)

⁴ For at-home insemination, you can find a sample contract in our Insemination Guide for Future LGBTQ+ Parents: <https://familieslgbt.org/wp-content/uploads/2022/03/Insemination-guide-for-future-LGBTQ-parents.pdf>.

- With the help of a notary, establish a surrogacy agreement between the surrogate and you as the intended parents.
- If the surrogate does not reside in Québec, obtain authorization from the MSSS before signing the contract.
- Write or update your will in order to set out your wishes regarding custody of the child who will be born if one or more of the intended parents dies during the pregnancy.
- Carry out insemination in a clinic or at home (for traditional surrogacy) or through in vitro fertilization (for surrogacy without genetic ties).
- Check in regularly with the surrogate during the pregnancy.
- After the birth, ask the surrogate for written consent to establish filiation for the child exclusively with the intended parent or parents (in front of a notary or two witnesses who do not hold an interest in the surrogacy project).
- If the surrogate resides in Québec and the surrogacy project has followed all the mandatory steps, declare the birth to the registrar of civil status. Only the intended parents will appear on the act of birth.
- If the surrogate does not reside in Québec, obtain a certificate of compliance for the surrogacy project from the MSSS and ask the court to recognize filiation.

THE DONOR

(EGG OR SPERM DONATION)

Choosing a donor

You have many options for obtaining the gametes that will help create your baby. The intended parents may:

- Use their own gametes.
- Ask friends or family members to donate sperm or eggs.
- Contact a sperm or egg donor through an online group (see the Resources section at the end of this guide).
- Work with a fertility clinic to find donors.

If you choose to use gametes from a sperm or egg bank, they may only be ordered through an authorized fertility clinic. Each clinic chooses the banks they work with. By working with a fertility clinic or an agency, you will have access to their gamete donor profiles (medical history, physical characteristics, ethnic origin, education level and so on). See our Resources section at the end of this guide to learn about the most widely used sperm and egg banks. **Note that you may work with an agency to find a donor even if you work independently with the surrogate, and vice versa.**

FINDING A DONOR ONLINE: While this option is less costly, the person will not have undergone a selection procedure or a psychological evaluation. This will probably need to be done at the fertility clinic you choose.

Your contract with the donor

Contracts with egg donors can be very simple but should address important issues, such as:

- A declaration of intention
- The donor's motivations
- Custody and parental rights
- Relationship with the child after birth
- Medical exams and medications
- Expenses related to fertility treatments, including travel costs
- Risk acceptance
- Breaking the contract
- Confidentiality

Your relationship with the donor

If the person providing sperm or eggs is not also the intended parent, their level of involvement in the project—and in your life—can vary widely. If possible and if all parties wish, it can be gratifying for all involved when the surrogate, the parents and the child maintain a relationship. Children who know the story of their birth may develop a stronger sense of identity.⁵ If your child or children ask to meet their donor or donors at some point in their life, having an ongoing relationship can contribute to a good experience. Of course, this also depends on the preferences of the donors themselves.

It is interesting to note that people in the LGBTQ+ community who work with surrogates don't talk as often about building a relationship with their gamete donors, even though this person—and not the surrogate—has a genetic tie with the child. One possible reason is that the contact with gamete donors is limited to a short time frame.

⁵ Golombok, S., Jones, C., Hall, P., Foley, S., Imrie, S., & Jadva, V. (2023). A Longitudinal Study of Families Formed Through Third-Party Assisted Reproduction: Mother—Child Relationships and Child Adjustment From Infancy to Adulthood. *Developmental Psychology* 59(6), 1059—1073. <https://doi.org/10.1037/dev0001526>

Québec law specifies that children who are born through assisted reproduction (medically assisted reproduction or surrogacy) may obtain certain kinds of information about their birth. Starting at age 14 (or earlier, with parental authorization), a child is allowed to obtain the names of the people who contributed to their conception. The child also has the option to contact these people unless they refuse. As of June 6th 2025 a governmental registry around access to origins will be created.

THE SURROGATE

Choosing a surrogate

To choose the person who will carry your baby to term, as intended parents you may work with an agency or find someone yourselves.

If the intended parents choose the surrogate themselves, the surrogate is considered *independent*, meaning the intended parents and the surrogate draw up a contract with their notary but without using the services of an agency. The parents must find the surrogate and the professionals they work with by their own means.

Note that the mandatory steps for the surrogacy project do not change regardless of whether an agency is involved. For example, intended parents must in all cases attend an information session on the ethical and psychosocial issues and must sign a notarized contract.

Working with an independent surrogate is less costly, as there are no agency fees, but other expenses remain necessary (legal and medical services for various aspects of the surrogacy, support for the surrogate, and so on).

People who decide to draw up an independent surrogacy agreement must ensure that the surrogate receives support (therapeutic support, emotional support, independent legal counsel) throughout the process.

If the intended parents work with an agency to find a surrogate, the agency can facilitate matches among intended parents and surrogates. They also offer other services, such as psychological support and logistical planning for the surrogacy. They can help coordinate the necessary legal and medical processes and suggest professionals to work with.

Note that agencies are **for-profit** companies. They may charge high fees, and it is important to carefully read the agency's payment terms.

Just like intended parents, agencies are prohibited from paying surrogates, whether directly or through reimbursements that exceed the surrogate's real expenses. In the case of a surrogacy project carried out in Quebec, it is the notary who will verify the legality of the reimbursements. On the other hand, for GPAs outside Quebec, the intended parents are responsible for proving that reimbursements comply with the regulations, in particular by providing detailed invoices.

Your contract with the surrogate

Before the pregnancy begins and **after** the mandatory meeting about the ethical and psychosocial issues surrounding surrogacy, the intended parents and the surrogate must sign a contract called a surrogacy agreement.

This agreement must be established with the help of a notary to be valid. It will contain information on the various parts of the surrogacy project, including the surrogate and all the people who are providing reproductive materials.

The agreement will also list the cost reimbursements to the surrogate related to her pregnancy, and depending on the situation, the payment of compensation for lost wages. Reimbursements will be made through the notary as an intermediary. When the contract is signed, the intended parents must deposit an amount in reserve under the notary's control. Then, the surrogate will ask for reimbursements directly from the notary, who will verify that each request is in compliance. Since 2022, some medical reimbursements are eligible for a tax credit if the surrogate receives medical services in Canada.

The agreement must also include declarations in which the parties state that they understand their rights and obligations under the law.

The law does not require that other subjects be addressed in the surrogacy agreement (medical exams, vaccines, restrictions on alcohol or tobacco, and so on). The intended parents and the surrogate may agree in writing on their wishes regarding the pregnancy, but these will not be considered legal obligations.

The surrogate may break the surrogacy contract at any time before giving birth. However, the intended parents may only break the contract with the surrogate's agreement. If the pregnancy is terminated before birth, the contract is automatically broken.

Note that you can work with an agency for the surrogate while working independently with regard to a donor, and vice versa.

Your relationship with the surrogate

Starting a family with the help of a surrogate can be a very emotionally charged process for the intended parents, for the surrogate and for the baby. For this reason, communication between the surrogate and the intended parents must be ongoing and transparent from the very beginning of the project.

Throughout the highs and lows of fertility treatments and the nine months of pregnancy, the intended parents have a lot of time to build a relationship with the surrogate and her family. Regular contact is generally maintained throughout this whole period. This way, when the child is born, the intended parents and the surrogate will have already shared many experiences, visits and video calls. These meetings may continue after the birth of the child depending on what each person wants.

Here is a non-exhaustive list of some topics we recommend discussing with the surrogate involved in your project:

- What will your relationship with the surrogate be like during the pregnancy?
 - Will you visit (in person or online), and at what frequency?
 - Will the surrogate's family (partner(s), children) be present?
- How will you talk to your child about their origins when they ask you questions?
- Can you speak openly about the surrogate with your friends, family members and work colleagues?
- Has the surrogate had previous experience with surrogacy? Does she know people who have had experience with surrogacy whom she can talk to?
- Would the surrogate be open to the idea of carrying a second child for you?

- What will the relationship be between the surrogate and the child?
 - Will she maintain regular contact with the child?
 - Will there be correspondence through photos or letters?
- How do the surrogate's partner or partners feel about the surrogacy project?
- What kind of support will the surrogate have access to in her municipality or region?
- Will the surrogate breastfeed the baby after it's born?
- How many embryos will the surrogate accept for implantation?⁶
- What type of medical intervention does the surrogate prefer when giving birth?
 - Would she want to receive epidural anesthetic?
 - Does she want to give birth at home, in a birthing centre or in a hospital?
 - Can the intended parents be present?
 - What would an ideal birth look like?
- Would the surrogate want to have a selective abortion if it's a multiple pregnancy (twins or triplets)?
- How would you react if you learned that the baby had a genetic anomaly?

⁶Note that in some jurisdictions, the law sets rules regarding the number of embryos that can be implanted. In Québec, the transfer is limited to a single embryo, with some exceptions.

FREQUENTLY ASKED QUESTIONS

1. What does the mandatory information session cover?

The new law mandates that intended parents must meet with a professional to learn about the ethical and psychosocial issues related to surrogate pregnancy.

If the surrogate resides in Québec, she must also attend an information meeting. In this case, two meetings must take place: one with the intended parents, and one with the surrogate. The intended parents may not attend the meeting with the surrogate. The meetings must take place before the surrogacy contract is signed in front of the notary.

If the surrogate resides outside of Québec, the information meeting is not mandatory for her. However, the meeting remains mandatory for the intended parents. Intended parents who want to work with someone outside Québec must attend the information meeting before submitting their request for prior authorization.

Currently, the government expects that the meeting must take at least three hours and be held with a member from a Québec professional order for psychologists, social workers, midwives or sexologists.

The topics addressed include:

- The emotional aspects of surrogate pregnancy for parents, surrogates, children and the people around them.
- The importance of the surrogate's autonomy and consent and that of the other parties in the surrogacy project at every step of the process.
- If the surrogate lives outside of Québec, the meeting with the intended parents will also address the specific aspects of these surrogacy projects (cultural and language differences, geographical distance and so on).

2. Can we take parental leave after the child is born?

Yes. Under the new law, the parents of children born through surrogacy are allowed the same number of weeks of parental leave as the parents of children who come by other means (assisted reproduction, adoption, sexual relations).⁷

The parents have access to a maximum of 55 weeks, in total, of parental leave, which can be divided in various ways between the parents. There are three categories of parental leave available: five weeks of benefits exclusive to each of the parents, 32 weeks of parental benefits that can be shared, and 13 weeks of welcome benefits, also shareable. If more than one child is born from a single surrogate pregnancy, the parents each receive five additional weeks. If there is just one parent on the act of birth, this parent is entitled to five extra weeks of benefits.

The surrogate, for her part, can receive up to 18 weeks of benefits.

⁷ <https://www.rqap.gouv.qc.ca/en/wage-earner/benefits-surrogacy-project>

3. How much does surrogacy cost?

Surrogacy, even if it's done as independently as possible, is generally an expensive process. The costs may include

- *agency fees,*
- *travel costs,*
- *the reimbursement of various expenses for the surrogate,*
- *the purchase of sperm or eggs provided by a donor,*
- *medical fees,*
- *legal fees,*
- *costs for psychological support*
- *and more.*

These expenses may vary greatly depending on the number of transfers required or whether you need to change surrogates during the process.

Some medical procedures are covered for people insured under the Régie de l'assurance maladie du Québec (RAMQ). This includes one cycle of in vitro fertilization and up to six artificial inseminations.

Many members of the LGBT+ Family Coalition have told us that surrogacy through the services of an agency outside Québec can cost over \$100,000, spread over two to three years. A surrogacy done independently within Québec costs less, potentially up to half the costs of doing it through an agency.

4. What reimbursements is a surrogate entitled to?⁸

In Québec, a surrogate must be reimbursed for the payment of certain fees related to the surrogate pregnancy. Currently, the government specifies that these mandatory reimbursements include medical costs, the costs related to the information session, and legal services.

The surrogate is also entitled to compensation for the loss of wages incurred by taking part in the surrogacy project. Two specific cases are set out: attending a medical appointment for the pregnancy or stopping work because of health risks for the surrogate or for the baby.

The surrogate's requests for reimbursement or compensation must be accompanied by supporting documents. The reimbursement is done through the notary as an intermediary, who verifies that the requests are in compliance.

The surrogate and the intended parents may also agree on reimbursements for certain non-mandatory costs: health insurance, maternity clothing, some grocery costs related to the pregnancy, travel costs, doulas, and so on.

⁸ <https://laws-lois.justice.gc.ca/eng/regulations/SOR-2019-193/page-1.html>

5. Does it happen that a surrogate wants to keep the baby?

Research shows that it is extremely rare that a surrogate does not want to give the baby to the intended parents.⁹ Intended parents (and the agencies) sometimes prefer to deal with surrogates who have already given birth to a child in order to make sure the experience isn't just an abstract concept. As well, as discussed earlier, most surrogates are not genetically related to the children they bear. **All the people who take part in a surrogacy project must communicate with one another to clarify their expectations and make the distinction between the role of the surrogate and the role of the parents.**

⁹ Carsley, S. (2022). Surrogacy in Canada: Lawyers' experiences and practices. *Canadian Journal of Women and the Law* 34(1), p. 41–81.

6. How should we prepare to get involved in a surrogacy project?

Surrogacy is a wonderful process, but it can sometimes be complicated! For people who are used to having control over all the details of their lives, it may be a frustrating experience, because it's necessarily full of unknowns and unexpected events. It's important to prepare for the unexpected. The administrative process is complex and the wait times can be discouraging. Unexpected costs may also arise (medical costs, travel costs, failed transfers, miscarriage and more).

Naturally, emotions can run high when something so important is at play. Sometimes, communication between the intended parents and the surrogate can become more difficult. Surrogates don't always get pregnant on the first try. Gamete donors and surrogates sometimes change their minds along the way, which increases costs and the length of time invested.

Trying to start a family can also create tensions in your personal relationships. Don't hesitate to seek out support, whether from professionals, friends, family members or the LGBT+ Family Coalition.

Tip: Be flexible and let go! Understand that this process requires that you release control over things you thought you could control. See it as training for the future, because releasing control is an integral part of being a parent!

**GOOD LUCK
AND ENJOY
THE JOURNEY!**

RESOURCES

This is a non-exhaustive list of resources that may be useful to you in your surrogacy project. This does not constitute a seal of approval from the Coalition; our members have had a range of experiences using these resources, some positive and some negative.

Many Facebook groups and other resources are available online. Some of these provide excellent information; others are debatable. We recommend that you look at several sources to verify all the information shared in these groups. For example, a given directive might not apply to your province or country of residence.

The LGBT+ Family Coalition is not responsible for the content or information provided by these independent online resources.

Fertility clinics that offer surrogacy in Québec

- McGill University Health Centre Reproductive Centre, muhc.ca/reproductivecentre
 - Clinique Ovo, cliniqueovo.com/en/
 - Procréa Québec, <https://procrea.ca>
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Fertility clinics in Ontario

- CReATe Fertility Centre, createivf.com/index.html
 - Hannam Fertility Centre, hannamfertility.com
 - ReproMed, repromed.ca
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Surrogacy agencies in Ontario

- Canadian Surrogacy Options (CSO), canadiansurrogacyoptions.com
 - Canadian Fertility Consulting (CFC), fertilityconsultants.ca
 - New Hope Surrogacy, newhopesurrogacy.ca
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Agencies elsewhere in Canada

- Alberta Surrogacy, albertasurrogacy.com
- Pacific Centre for Reproductive Medicine, pacificfertility.ca
- JA Surrogacy Canada, jasurrogacy.com

Sperm and egg banks

- CAN-AM Cryoservices (sperm and eggs), canamcryo.com
 - Fertility Matters Canada (sperm only), fertilitymatters.ca
 - ReproMed (sperm only), repromed.ca
 - Little Miracles (eggs only, related to Canadian Surrogacy Options), little-miracles.ca
 - Egg Helpers (eggs only), egghelpers.com
-

Sites for finding egg donors and surrogates

- My Surrogate Mom, mysurrogatemom.com
- Donneuses D'ovules, Mères Porteuses et Dons D'embryons du Québec, facebook.com/groups/1475805792646556
- Donneur de sperme et mère porteuse au Québec, facebook.com/groups/649303998508679
- Surrogacy Canada, facebook.com/groups/233516807027907
- Canadian Independent Surrogates and Intended Parents – No agency staff, facebook.com/groups/994236127437644
- Surrogacy Canada for LGBTQ+, facebook.com/groups/1561423460787765
- Surrogacy Canada Support Group, facebook.com/groups/surrogacycanada

Information session providers

- Ordre des psychologues du Québec, <https://www.ordrepsy.qc.ca/english>
 - Ordre professionnel des sexologues du Québec (in French only) <https://www.opsq.org/fr/>
 - Ordre des sages femmes du Québec (in French only), <https://www.osfq.org>
 - Ordre des travailleurs sociaux et des thérapeutes conjugaux et familiaux du Québec (in French only) <https://www.otstcfq.org>
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Contracts

- Chambre de notaires du Québec, <https://www.cnq.org/en/>
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Other useful resources

- Surrogacy in Canada Online, surrogacy.ca
 - Canadian Surrogacy Community, surrogacycommunity.ca
 - McGill University Health Centre booklet on surrogacy, muhc.ca/sites/default/files/users/user187/SUR_Surrogacy_Booklet_EN_042318.pdf
 - Info-Procréation (in French only), <https://info-procreation.ca/fr/>
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Blogs about surrogacy

- Les aventures d'une mère porteuse au Québec (blog by a surrogate, in French only), [facebook.com/profile.php?id=100063491317522](https://www.facebook.com/profile.php?id=100063491317522)
- Aventures d'une mère porteuse (blog by a surrogate, in French only), [facebook.com/groups/442885607082761](https://www.facebook.com/groups/442885607082761)
- JoeyAndAli.Blog (blog by intended parents), <https://joeyandali.wordpress.com/parcours/>

A LITTLE GUIDE ABOUT SURROGACY

2nd edition



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