

EXISTING RESOURCES

BOTH PARENTS AND YOUTH			
RESOURCE	LOCATION	ABOUT	CONTACT
Family Services Ottawa: Around the Rainbow	Ottawa	Offer a variety of programming for LBTTQ+ youth and their parents and caregivers.	CLICK HERE TO VIEW WEBSITE
Centretown Community Health Centre	Ottawa	Offer support and counselling for LGBTQ+ youth, ages 12-25 and their families. Call to book an appointment.	CLICK HERE TO VIEW WEBSITE Phone: 613-233-4443 x 2171
Central Toronto Youth Services (CTYS): Pride and Prejudice	Toronto	Offer individual and group counselling for 2SLGBTQI youth, ages 13-24. As well as family counselling and parent support and education through their Families in TRANSition (FIT) and Transceptance groups.	CLICK HERE TO VIEW WEBSITE
Toronto District School Board: Gender Independent Group (GIG)	Toronto	Monthly peer and social support group for parents and children (from kindergarten to grade 9) through the TDSB's Gender Based Violence Prevention Office.	Phone: (416) 898-0895
Chimo Youth and Family Services	Lindsay	Community mental health organization which is inclusive of LGBTQ children, youth and families.	CLICK HERE TO VIEW WEBSITE
Alphabet Community Centre	London	Offers access to gender affirming medical care, mental health support and social support resources to individuals and families.	CLICK HERE TO VIEW WEBSITE
Quest Community Health Centre	St. Catherines	Offers access to gender affirming medical care and mental health support for individuals and families.	CLICK HERE TO VIEW WEBSITE

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NorWest Community Healthy Centre: The Other 10%	Thunder Bay	Provides 2SLGBTQI inclusive services such as peer support and counselling, sexual health and screening services and referrals, medical support during transition, and referrals to other specialized services in the Thunder Bay area. Includes a 2SLGBTQI youth group for folks 12-25 years old.	CLICK HERE TO VIEW WEBSITE
Family Services of York Region: York Rainbow Support	Newmarket, Markham, Richmond Hill, Georgina	Supports LGBTQ folks through one-on-one counselling, family counselling, and support through the phone - York Rainbow support: 1-888-York-LGBT (1-888-967-5542).	CLICK HERE TO VIEW WEBSITE York Rainbow support: 1-888-York-LGBT (1-888-967-5542).
My House – Rainbow Resources of York Region	Richmond Hill	Offers social support resources for LGBTQ in the Richmond Hill area.	CLICK HERE TO VIEW WEBSITE
North Bay Counselling Services	North Bay	Offers individual counselling services through a 2SLGBTQI+ positive lens.	CLICK HERE TO VIEW WEBSITE
Children’s Hospital of Eastern Ontario (CHEO)	Ottawa	Offers access to gender affirming medical care for children (under 18) in the Ottawa area. Requires a physician referral.	CLICK HERE TO VIEW WEBSITE
Trans Family Kingston: Monthly Gathering	Kingston	A grassroots social network of transgender individuals and their families, which hosts events including a monthly gathering.	CLICK HERE TO VIEW WEBSITE Email: transfamilykingston@gmail.com

EXISTING RESOURCES CONT'D

PARENTS – IN PERSON SERVICES

RESOURCE	ABOUT	CONTACT
<p>PFLAG Ontario Chapters in: Barrie-Simcoe County, Brantford, Cobourg- Northumberland, Cornwall/ Hawkesbury, Durham Region, Fenelon Falls, Hamilton/ Wentworth, Kenora, Lindsay – Kawartha Lakes, London, Niagara, Muskoka, Ottawa, Owen Sound, Peel Region, Quinte – Belleville, Sarnia – Bluewater, Sault Ste. Marie, Sittsville, Timmins, Toronto, Waterloo/ Wellington/ Perth, Windsor/ Essex County, and York Region</p>	<p>Direct supports for LGBTQ people and their families, in various local chapters across Canada.</p>	<p>PFLAG website: CLICK HERE TO VIEW WEBSITE</p> <p>PFLAG Chapters website: CLICK HERE TO VIEW WEBSITE</p> <p>Phone: 1-888-530-6777 ext. 226. Email: gender@pflafcanada.ca</p>

PARENTS – ONLINE RESOURCES

RESOURCE	ABOUT	CONTACT
<p>Canadian Parents of Trans and Gender Creative Kids</p>	<p>National Canadian parents of trans and gender creative kids website and Facebook group.</p>	<p>Gender Creative Kids website: CLICK HERE TO VIEW WEBSITE</p> <p>Gender Creative Kids Facebook: CLICK HERE TO VIEW WEBSITE</p>
<p>Trans Parent Canada</p>	<p>National online resource for parents of trans children in Canada.</p>	<p>CLICK HERE TO VIEW WEBSITE</p>
<p>Families in TRANSition: A Resource Guide for Families of Transgender Youth</p>	<p>Online resource guide for families of trans youth, created by Central Toronto Youth Services.</p>	<p>CLICK HERE TO VIEW PDF</p>

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PARENTS – ONLINE RESOURCES

RESOURCE	ABOUT	CONTACT
Gender Spectrum	US-based online resource to support creating gender sensitive and inclusive environments.	CLICK HERE TO VIEW WEBSITE
Family Acceptance Project	US-based online research, intervention, education and policy initiative for families of LGBT children.	CLICK HERE TO VIEW WEBSITE
The Gender Book	Online illustrated resource that gives a fun introduction to understanding basic concepts around gender.	CLICK HERE TO VIEW WEBSITE
Becoming the Support Person Your Trans Child Needs: A Webinar for Caregivers	The recording of a webinar for caregivers of trans youth around how to best support your trans child. It is paired with a webinar for educators and additional resources.	CLICK HERE TO VIEW WEBSITE

YOUTH (13 + YEARS OLD)

RESOURCE	LOCATION	ABOUT	CONTACT
Youthline	Ontario	Peer support for 2SLGBTQI youth in Ontario through phone, text, instant messaging and email.	Phone: 1-800-268-9688 Text: 647-694-4275 Instant Messaging: www.youthline.ca Email: askus@youthline.ca
Trans Lifeline	National	Crisis support through phone across Canada for trans folks experiencing a mental health crisis.	CLICK HERE TO VIEW WEBSITE Phone: 1-877-330-6366

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YOUTH (13 + YEARS OLD)			
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Central Toronto Youth Services (CTYS): Pride and Prejudice	Toronto	Offer individual and group counselling programs for 2SLGBTQI youth ages 13-24, and parents and caregivers of trans youth.	CLICK HERE TO VIEW WEBSITE
Skylark Youth	Toronto	After-school drop-in program for 2SLGBTQI youth and allies, ages 13-21	CLICK HERE TO VIEW WEBSITE
Supporting Our Youth (SOY)	Toronto	Offer a variety of programming for LGBTQ youth who are 29 years old and under.	CLICK HERE TO VIEW WEBSITE
Egale Youth Outreach (EYO)	Toronto	Offers individual mental health, homelessness and crisis counselling for 2SLGBTQI youth up to 29 years old, as well as a drop-in centre.	CLICK HERE TO VIEW WEBSITE Phone: 1-844-44-Egale
Griffen Centre: reachOUT	Toronto	Offer a variety of programming and groups for 2SLGBTQI youth (ages 12-18) and their families.	CLICK HERE TO VIEW WEBSITE
Native Youth Sexual Health Network: Two Spirit & Indigenous LGBTQIA Mentors, Elders & Grandparents Support Circle	Toronto	Brought together and supported by the Native Youth Sexual Health Network, the Circle offers an opportunity to share information about community and cultural activities, including ceremonies, gatherings, events and workshops.	CLICK HERE TO VIEW WEBSITE Email: twospiritcircle@gmail.com
Open Closet	London	Social support group for 2SLGBTQI youth 14-18.	CLICK HERE TO VIEW WEBSITE
OK2BME	Kitchener and Waterloo	Community mental health services organization for LGBTQ youth, children (ages 13-18) and their families. Includes individual counselling and youth group.	CLICK HERE TO VIEW WEBSITE

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YOUTH (13 + YEARS OLD)			
RESOURCE	LOCATION	ABOUT	CONTACT
Positive Space Network Halton	Oakville	Provides drop-in sessions and various social supports and resources for youth and other members of LGBTQ community.	CLICK HERE TO VIEW WEBSITE
Ten Oaks Project	Ottawa	Offers two annual summer camps for 2SLGBTQI children (ages 8-17) and youth (ages 16-24).	CLICK HERE TO VIEW WEBSITE
KIND	Ottawa	Offers a variety of peer support groups for LGBTQ folks in the Ottawa area.	CLICK HERE TO VIEW WEBSITE
Spectrum Waterloo	Waterloo	Hosts a variety of drop-ins and social support groups for the LGBTQ community.	CLICK HERE TO VIEW WEBSITE
Reseau ACCESS Network	Sudbury	Provides sexual health and mental health services that are inclusive of LGBTQ folks.	CLICK HERE TO VIEW WEBSITE
The Well	Hamilton	Offers social support groups for LGBTQ folks in the Hamilton area.	CLICK HERE TO VIEW WEBSITE
Out on the Shelf	Guelph	Offers social support resources for LGBTQ folks in the Guelph area.	CLICK HERE TO VIEW WEBSITE

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CHILDREN (12 YEARS OLD AND YOUNGER)

RESOURCE	ABOUT	CONTACT
Flamingo Rampant Books	A series of feminist, racially-diverse, LGBTQ-positive books for children and families.	CLICK HERE TO VIEW WEBSITE
Camp Ten Oaks	A one week sleep-away summer camp for children ages 8-17 in the Ottawa area.	CLICK HERE TO VIEW WEBSITE

EDUCATORS

RESOURCE	ABOUT	CONTACT
Draw the Line Against Transphobic Violence	Anti-transphobic violence campaign which include videos, posters, and lesson plans for educators. Accompanying workshops are available upon request.	CLICK HERE TO VIEW WEBSITE
Egale's Introductory E-Modules	A series of e-modules developed by Egale to give introductory information about gender and components of human identity, trans identities, and systems of oppression and privilege.	CLICK HERE TO VIEW WEBSITE
Working with Families of Trans Students: A Webinar for Educators and School Staff	The recordings of two webinars that discuss how educators and school staff can work with families and caregivers of trans and gender diverse students to best support the student in the school environment.	CLICK HERE TO VIEW WEBSITE

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EDUCATORS		
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Egale's Safer Schools Training	Egale's Safer Schools Training works with a grant from the Ministry of Education, to support Ontario's vision of safer and accepting schools by delivering free professional development workshops to every school in Ontario.	CLICK HERE TO VIEW WEBSITE
MyGSA: Equity and Inclusive Education Resource Kit for Ontario High Schools	Egale's resource guide for Ontario high schools to support equitable and inclusive education for LGBTQ students. Includes resources that support educators in creating an active, visible and inclusive GSA in their own schools.	CLICK HERE TO VIEW WEBSITE
Supporting Transgender and Transsexual Students in K-12 Schools Guide	Information guide created by the Canadian Teachers Federation to inform educators and school staff about how they can support trans and gender diverse students in their classrooms and schools.	CLICK HERE TO VIEW PDF
Welcoming Schools Guide	Website which offers a number of resources for educators and school staff to support and promote a positive and inclusive learning environment for LGBTQ children and youth.	CLICK HERE TO VIEW WEBSITE