

Sexual and Gender Diversity + Cancer

A guide to resources in the community



@PMChosenFamily
Sexual and Gender Diversity in Cancer Care

Developed by the
**Sexual and Gender Diversity
in Cancer Care Program**
Princess Margaret Cancer Centre

June 2023

Land Acknowledgement

UHN acknowledges that it operates on the traditional territory of many nations. For tens of thousands of years this land has been taken care of by the Anishnaabe, the Haudenosaunee, the Huron-Wendat, and the current Treaty holders, the Mississaugas of the Credit River and the Williams Treaties signed with multiple Mississaugas and Chippewa bands. Today, this meeting place we call Toronto (or Tkaronto) is still the home to many Indigenous people from across Turtle Island and we are so grateful to have the opportunity to learn and work in community on this land. 2 spirit indigenous people of North America and Canada have a long history of gender fluidity and played a sacred and honoured role in their communities before colonization. We give thanks to our ancestors.



About this Guide

At the Princess Margaret, we take **PRIDE** in caring for patients of all sexual orientations and genders. The Sexual and Gender Diversity and Cancer Care Program created this guide to share community resources, which provide physical, mental health, social and spiritual support services with patients, families, chosen families and health care providers.

We mainly chose organizations whose websites included the 2SLGBTQIA+ community or listed specific resources related to our community at Princess Margaret Cancer Centre.

In this guide, Sexual and Gender Diversity or the short form “SGD” means anyone who is not straight or whose gender identity differs from their assigned sex at birth. This includes people who are Two Spirit, Lesbian, Gay, Bisexual, Transgender, Queer, Intersex, Asexual, plus all identities not listed in the acronym (2SLGBTQIA+).

Due to discrimination and barriers to health services, 2SLGBTQIA+ communities can often experience:

- a higher risk of some cancers
- less access to screening and prevention services
- unique mental health challenges
- worry about sharing their gender identity and sexual orientation to their health care team because of discrimination based on past experiences
- concern about being cared for by health care providers who may not understand or know how to address their needs

The goal of this guide is to help remove barriers to health services by connecting patients and health care providers to organizations that offer supportive and inclusive programs.

If you need help in an emergency or are in crisis:

- **Go to your local emergency department or call 911.**
- **Contact a distress centre in Ontario near you. See phone numbers and contact information listed on page 23.**

How to Use This Guide

The organizations listed in this guide are grouped by topic. You will find the website and a short description for each organization. Patients with cancer can also find organizations that offer programs for all sexual orientations and genders. Although we included as many organizations and agencies as possible, this guide is not exhaustive.

To find more programs and services, you can call **2-1-1** or visit www.211Ontario.ca. 211 is a free and confidential service available 24 hours a day, 7 days a week. You can speak to someone live in English or ask to speak to someone in your language.

Please contact agencies or organizations directly to make sure the information is correct or to find out more about their services.

For More Support

The Sexual and Gender Diversity in Cancer Care Working Group now has a phone line for patients and staff of Princess Margaret Cancer Centre. Call to receive cancer information, navigation and support for diverse sexual and gender communities.

- **Phone: 416 946 4500 extension 4728**
- **Email: SGD+c@uhn.ca**

If you have questions about this guide or you would like to suggest adding an organization, please email the Sexual and Gender Diversity in Cancer Care Working Group at SGD+c@uhn.ca.

We would like to thank:

We would like to thank...



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Sexual & Gender Diversity + Cancer

Information, programs, and organizations supporting sexual and gender diversity in the cancer experience.



Sexual and Gender Diversity in Cancer Care Program

Email: SGD+c@uhn.ca

Phone line: 416 946 4500 x 4728

Receive support for the unique issues related to sexual and gender diversity and cancer. Information, navigation and support tailored to 2SLGBTQIA+ patients receiving cancer care at UHN and their chosen families and caregivers.

Two new patient support groups coming soon!

In partnership with Wellspring, we will be jointly offering a cancer support group for Gay Men and another support group for lesbians, bi, trans women, all folks who identify as women, queer or non-binary. Check our SGDc website for updates.



Canadian
Cancer
Society

Canadian Cancer Society

<https://www.cancer.ca>

Online information related to the LGBTQ community and cancer screening. CancerConnection.ca is an online moderated community where people with cancer can connect, share experiences and exchange information. Online and phone-based information specialists.

Canadian Cancer Society – Cancer Screening in LGBTQ communities

<https://cancer.ca/en/cancer-information/find-cancer-early/screening-in-lgbtq-communities>

Information on cancer screening for LGBTQ communities. Information about breast, cervical, and colorectal cancers, as well as resources and links for more information.



Canadian Virtual Hospice: Two-Spirit and LGBTQ+ Proud, Prepared, and Protected

<https://www.virtualhospice.ca/2SLGBTQ#>

Online resources for people who identify as 2SLGBTQ+ to access and receive inclusive, respectful care. This information is also helpful for allies, and people working in healthcare, education and in the community. Find guide books, tools and video stories about LGBTQ+ palliative care planning and end of life issues.



Cancer Care Ontario: Palliative Care Toolkit for Indigenous Communities

Email: Benoit2@uhn.ca

Phone: 647 309 1794

Supports patients and families across UHN who are First Nations, Inuit or Métis to navigate the cancer system. You can self-refer or a clinician can refer you.

The Indigenous Patient Navigator can:

- answer questions about what to expect with upcoming appointments or tests
- support a patient at clinic visits (attends with patient or family)
- introduce a patient to health care providers
- find more information about cancer and treatment
- connect a patient or family member with spiritual support, and support in the community
- help with applications for financial and transportation services
- advocate with a patient or family member to equitably and rightfully conduct ceremonial practices, such as smudging, cedar bath, pipe ceremony, qulliq/ kudlik



Cancer Care Ontario: Palliative Care Toolkit for Indigenous Communities

<https://www.cancercareontario.ca/en/guidelines-advice/treatment-modality/palliative-care/toolkit-aboriginal-communities>

Tools for the Journey: Palliative Care in First Nations, Inuit and Métis Communities. Toolkit includes resources and reference material for people with advanced cancer.



Cancer's Margins

<https://www.lgbtcancer.ca>

Arts and community-based LGBTQ+ research project explores sexual and gender diversity, experiences of breast and gynecologic cancer health, support and care. Videos and stories related to a number of cancer topics and themes.



CoppaFeel!

<https://coppafeel.org>

Resources for Trans and Non-Binary People. Founded to give all young people the best chance of surviving breast cancer by ensuring early detection. Provide tools to get to know what's normal for your body and the confidence to seek help if a change is noticed. Provide trans and non-binary inclusive chest-checking resources and information.



Escape: LGBTQIA+ Cancer Support Community

<https://www.escapeayac.org>

A space for adolescent and young adult cancer patients to feel represented and to highlight LGBTQIA+ voices. Provide resources and support to LGBTQIA+ patients, survivors and caregivers. Provide a safe environment for self-expression within the cancer community. Virtual meet ups and private Facebook support groups. Located in Michigan, US.



Live Through This

<https://livethroughthis.co.uk/>

Cancer support and advocacy for the LGBTIQ+ community. Located in the UK. Provide support, online information, resources and education for health care providers.



Malecare

<https://malecare.org>

Located in the UK, cancer support and advocacy organization for men with prostate cancer. Information for gay men, gay men's support group, sexual health information for MSM following cancer treatment.



National LGBT Cancer Project

<https://www.lgbtcancer.org>

US based organization, provides LGBT cancer survivors with peer to peer support, patient navigation, education and advocacy. Website contains information and about common LGBTQ issues and cancer, research, references and resources.



The National LGBT Cancer Network

<https://cancer-network.org>

Works to improve the lives of LGBT cancer survivors and those at risk through education, health provider cultural competency training and advocacy for LGBT survivors in mainstream cancer organizations. Website has a searchable data base with many articles related to LGBTQ issues and cancer.



Queering Cancer

<https://queeringcancer.ca>

Provides LGBTQ2S+ information, blog, patient stories and education resources for healthcare providers. Database of LGBTQ2S+ cancer resources including research articles, webinars, videos, news and media stories.



Rainbow Health Ontario

<https://www.rainbowhealthontario.ca>

Provincial program run by Sherbourne Health. Promotes access to health care services for LGBTQ communities. Provides programs for youth and cancer screening information and has education for health care providers. Directory of LGBTQ2S+ resources available in Ontario. .



Rethink Breast Cancer

<https://rethinkbreastcancer.com>

Provides closed online groups for young women with breast cancer. A place to learn, inspire and connect with others. Includes information, resources and advocacy initiatives. LGBTQ stories and articles also available.



Gay Men's Cancer Support Group

<https://wellspring.ca>

An opportunity for gay men with cancer and their male partners to meet others and share their experiences after a cancer diagnosis.



Young Adult Cancer Canada

<https://www.youngadultcancer.ca/>

Interactive chat-based website to find online support, discussion groups and local meet ups. Has an annual conference and retreats. Website includes articles and profiles young adults.

Out With Cancer Group: provides a safe space for 2SLGBTQIA+ people to connect with others diagnosed with cancer in a private, affirming, empowering online space. Virtual Chat Group every other Friday.



The Bloom Club

<https://www.bloomclub.ca/>

A space for young women to discuss the challenges of a cancer diagnosis while also enjoying adventures and experiences with other young women who understand. Organise outings and events in the Hamilton – London Ontario area. LGBTQ+ inclusive space.

For more details contact: hello@bloomclub.ca

Instagram: https://www.instagram.com/the.bloomclub/?utm_medium=copy_link



Pink Pearl

<https://pinkpearlcanada.org/>

Support for young women ages 18-40 who have an experience of any type of cancer diagnosis, at any stage and at any point in treatment/post-treatment. Provide peer support programs, virtual programs and pod casts, individual counselling. LGBTQ+ inclusive.



Melanoma Canada

<https://www.melanomanetwork.ca>

Provide crucial education and prevention programs and support services to the patient and caregiver community. Advocate for improved access to care and access to improved treatment options for the melanoma and skin cancer community. Committed to health equity and providing inclusive services to everyone. Participate in Toronto Pride with the "Mole Mobile" to provide free skin checks to 2SLGBTQIA+ community.



Cactus Cancer Society

<https://cactuscancer.org/>

Cactus Cancer Society provides a safe space where young adults (ages 18-45) facing cancer can connect, cope, and thrive with one another in an online community through creativity and expression. Our vision is to end isolation among young adults facing cancer. Encourage, empower, and connect a diverse and growing community of YAs around the world. See website for online programs. Queer inclusive.

Health and Sexual Health

Organizations that have a respectful and positive view about sexuality, relationships, general health and well-being. Sexual health includes feeling empowered to make your own choices so that you can have safe and satisfying sexual experiences.



Action Canada
for Sexual Health & Rights

Action Canada for Sexual Health & Rights

<https://www.actioncanadashr.org>

Promotes sexual and reproductive rights in Canada and around the world. Provides support, referrals and information. Works to make progressive policies on access to abortion, stigma-free healthcare, gender equality, LGBTQ rights and inclusive sex-education.



Acute Respite Care; Sherbourne Health Centre

<https://sherbourne.on.ca/acute-respite-care/>

Sherbourne's Acute Respite Care (ARC) Program, formerly 'the Infirmary', is a short-term health care unit offering 24/7 care for individuals who are homeless, under-housed and/or socially isolated (aged 16 and older) who need a safe place to recuperate from an acute medical condition, illness, injury or surgery, including gender affirming surgeries.

ARC offers a comfortable, supportive environment for clients to rest and recover. It is an inclusive space that welcomes all people of diverse social, cultural and gender identities.

The 14 bed unit provides medical support, nursing care, case management and social support from a multi disciplinary team. Contact 414 324 4108 for intake.



CAMH Adult Gender Identity Clinic

<https://www.camh.ca>

Offers consultations and support to anyone over 18 who wants to explore gender identity. Support for any degree of transgender expression. Provides mental health assessments and referrals for people interested in transition-related surgery. Provides consultation to primary care providers throughout the province and their patients regarding transition issues.



Equitas Health Institute

<https://equitashealthinstitute.com/breast-chest-health-guide/>

Work to reduce health disparities in the LGBTQ+ community. Develop and deliver education and training to health and community organisations. Develop patient resources such as the Breast Chest Health Guide for LGBTQ+. Resources available on website.



Gay Men's Sexual Health Alliance

<http://www.gmsh.ca>

Network of HIV/AIDS organizations in Ontario. Provides sexual health, HIV, and other services to meet the needs of cis and transgender, gay, bisexual, queer, Two Spirit and other men who have sex with men.



Human Rights Campaign

<https://www.hrc.org>

Work in the US, nationally and globally on issues that affect the LGBTQ+ community. Strong focus on health issues, resources on website, Healthcare Equity Index which evaluates LGBTQ+ inclusive practices and policies in healthcare organisations in the US. Information and resources on website including a wide range of topics such as HIV and Health Equality, Health and Aging, Transgender Inclusion, Communities of Colour, Hate Crimes, etc.



HQ

<https://hqtoronto.ca>

Accessible, welcoming healthcare for guys into guys and trans and non-binary people. Provide integrated, person-centred services related to sexual health, social health, mental health and cancer screening programs. PrEP and PEP Clinic, HIV and STI testing.



The Sex You Want

<https://thesexyouwant.ca>

The Sex You Want is a partnership between GMSH and ACT for gay and bisexual men. It offers the community answers to questions for men who have sex with men in a comprehensive resource. Works to increase access to sexual health information in a sex-positive way.



Rainbow Health Ontario

<https://www.rainbowhealthontario.ca>

Provincial program run by Sherbourne Health. Promotes access to health care services for LGBTQ communities. Provides programs for youth and cancer screening information. Directory of LGBTQ2S+ resources available in Ontario. LGBTQ2S+ health information available electronically on website.



Hassle Free Clinic

<https://www.hasslefreeclinic.org>

Sexual health medical and counseling services. Testing, treatment and education about a wide range of sexual health issues. Offers clinics for men, women and the trans community. Contact the clinic for an appointment.



Planned Parenthood Toronto

<http://ppt.on.ca>

Provides primary care, sexual, reproductive and mental health services for youth ages 13 to 29. Provides care to the trans community and sex workers. Offers low-cost birth control, IUDs, emergency contraception, pregnancy testing and options, medical abortion, STI testing and treatment, PReP and anonymous HIV testing. Workshops and a peer sexual health information line available.



Sherbourne Health

<https://sherbourne.on.ca>

Offers a range of LGBTQ programs and services. Provides primary care, chronic disease management, health promotion and education, outreach and social support programs, mental health and counselling services. Welcomes newcomers and helps people under-served by conventional health care. Youth programs available.



Sexual Health Infoline Ontario & eChat

<https://www.toronto.ca/community-people/health-wellness-care/sexual-health-infoline-ontario/>

eChat or speak with a live counsellor from anywhere in Ontario about sexual health topics. Anonymous and free.

Toll-free: 1-800-668-2437

Local: 416-392-2437

Monday – Friday: 10 a.m. – 10:30 p.m.

Saturday & Sunday: 11 a.m. – 3 p.m.



Women's Health In Women's Hands Community Health Centre

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

Provides holistic health services to racialized women in the GTA. Access to healthcare caused by poverty, gender, race, violence, sexual orientation, religion, culture, language, disability, class, and socio-economic circumstances. Provides primary health services, counselling, group sessions and workshops to women from our priority populations. Offers netWORKING Mentorship Project for women ages 16 to 25 focusing on leadership, education and positive health outcomes for young Black women.



LGBTQ Healthlink

<https://lgbthealthlink.org/>

Community-driven national network of experts and professionals enhancing LGBTQ health. Their mission is to create more socially just and healthier communities for LGBTQ people. The website includes a resource library, blog, and projects



LGBTQ+ Youth HeLP

<https://www.youthhelp.net/resources>

Provide an inclusive, non-judgmental, queer-oriented space where youth can find sexual health information that is applicable and relevant. Include a diverse range of sexualities, gender identities, and sexual desires. Website has a large variety of topics and information, including gender identity and sexual orientation, puberty, consent, and different types of sex. Information about sexually transmitted infections, contraception, healthy relationships and self-esteem.



Community-Based Research Centre (CBRC)

<https://www.cbrc.net>

Promotes the health of people of diverse sexualities and genders through research and intervention development. Have a number of projects and initiatives to strengthen the health of Two-Spirit, queer, trans and non-binary people in Canada. Develop community-based research, knowledge exchange, leadership development, campaigns and initiatives and free webinars for health care providers.



Obstetrics and Gynecology Women's Equity Clinic

<https://www.womenscollegehospital.ca/care-programs/gynecology/>

The Clinic is within the Department of Obstetrics and Gynecology at Women's College Hospital. Accept referrals for Obstetrics and Gynecology concerns for women from the following vulnerable and/or marginalized communities: Immigrants and refugees, Indigenous women, LGBTQ women, Homeless and/or street-connected women, Women with addiction and substance use challenges.



BIPOC Women's Health Network

<https://bipocwomenshealth.com/2slgbtq-care/>

Led by a group of medical students who aim to provide healthcare resources and improve health experiences for racialized women in local Canadian communities. Website provides information about gender-affirming care, how to make your practice inclusive for 2SLGBTQ+ BIPOC patients, Culturally sensitive care, A trans Health Primer, contraception information, and a list of transgender services and support in Canada.

HIV/AIDS

Information and organisations about HIV/AIDS prevention, education, testing, treatment and support.



UHN Immunodeficiency Clinic

<https://hivclinic.ca>

Provides specialized outpatient consultation to you and your family doctor about your HIV care. Information on the latest HIV treatments. Accessible, comprehensive care with a multidisciplinary team, including medical specialists, nurses, pharmacists, social workers, dietitians and psychiatrists.



Aids Committee of Toronto

<https://www.actoronto.org>

Serves diverse groups of cisgender and transgender, lesbian, gay, bisexual and queer folks. Provides wellness and mental health services and programs, counselling, support groups, HIV and sexual health education, prevention and outreach. Offers a range of services for people living with HIV and anonymous rapid HIV testing. Job search resources, career coaching and return-to-work counselling also available.

Positive Youth Outreach: PYO

Provides opportunities for young people living with and affected by HIV to meet and learn with their peers. Outreach and education about HIV, STIs, Hep C and sexual health available.



CATIE: Canadian AIDS Treatment Information Exchange

<https://www.catie.ca>

Connects healthcare and community-based service providers. Promotes prevention and treatment programs for HIV and hepatitis C. Articles and more available on website. Workshops and training for care providers available.

Multilingual website for newcomers and immigrants about hepatitis C.

See www.hepcinfo.ca.



Casey House

<https://www.caseyhouse.com>

Canada's first and only stand-alone hospital for people with HIV/AIDS with a multidisciplinary approach to health and well-being. Provides inpatient and day health programs, community care and outreach, social and community engagement, research and education.



Fife House

<https://www.fifehouse.org>

Supportive Housing Programs for people with HIV/ AIDS. Provides Transitional Housing Programs and a Homeless Outreach Program. Mental health and addictions services available.



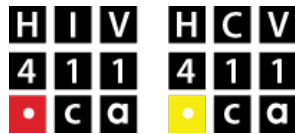
HIV & AIDS Legal Clinic Ontario (HALCO)

<https://www.halco.org>

Phone: 416-340-7790

E-mail: talklaw@halco.org

Provides free legal services for people living with HIV in Ontario on any legal issue, such as income security, housing, employment, immigration, family and criminal law, HIV-related issues and human rights. Call or email to make an appointment.



HIV411.ca

<https://hiv411.ca> - Program of CATIE

Online listings for local HIV and hepatitis C services, from prevention programs and testing to clinics and support services. Search by location or type of service needed.



Ontario AIDS Network

<https://oan.red>

A directory of HIV and AIDS resources and community organizations across Ontario. 41 member agencies. Provides information about community services in your local area. Connects you to language-specific and culturally based AIDS organizations, including:

- Action Positive (Francophone community)
- Alliance for South Asian AIDS Prevention
- Black Coalition For Aids Prevention
- Canadian Aboriginal AIDS Network (CAAN)
- The Centre for Spanish Speaking Peoples HIV/AIDS awareness and prevention program



Toronto People with AIDS Foundation

<https://www.pwatoronto.org/>

Programs and services for people living with HIV/AIDS in 4 areas: Practical Support, Community Access, Health & Therapeutic Care and Dreaming & Engagement.



The Blue Door Clinic

<https://www.bluedoorclinic.org>

The Blue Door Clinic provides short-term HIV treatment, ongoing community support and referrals to community and health services for people living with HIV who are **precariously insured or uninsured in Ontario**. The program then seeks to connect patients to ongoing HIV primary care through a network of providers in the community. Precariously insured or uninsured people can include (among others) international students, people with expired work visas and migrant workers. The Blue Door Clinic is located at Regent Park Community Health Centre.



Women & HIV/AIDS Initiative

<https://whai.ca>

Promotes local community's ability to address HIV and AIDS. Located in 16 AIDS Service Organizations (ASOs) in Ontario. Builds safe environments to support women and their HIV and AIDS related needs. Addresses issues such as harm reduction, gender-based violence, trans inclusion and the needs of racialized women, Indigenous women and women doing sex work.



Gilbert Centre

<https://gilbertcentre.ca/>

LGBTQ+ programs and services in Simcoe Muskoka region. Provides social and support services to empower, promote health, and celebrate the lives of people living with and affected by HIV and other sexually transmitted infections (STI) and the individuals and families from LGBTQ communities. Provide individual and group support, Sexual Health programming, HIV Support, and social events.



TransWomen HIV Research Initiative

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

Made up of a diverse team of researchers, clinicians, community workers, and advocates working to promote the health and social welfare of trans women living with and affected by HIV. Work from an intersectional feminist anti-oppressive framework and use principles of community-based research. See website for projects and initiatives.

Counselling and Mental Health

Resources and organizations providing counselling and therapy. Some organizations provide tools and resources to strengthen mental health and manage stress, anxiety and depression.



519 One-on-One Counselling

<https://www.the519.org>

Provides free short-term counselling (up to 8 sessions) to people over 16, prioritizing the needs of LGBTQ2S+. Supervised counsellors with training and experience in mental health and psychotherapy. Counselling services are trauma-informed and promote safety. Referrals for longer term trauma-specific therapy available.



Across Boundaries

<https://www.acrossboundaries.ca>

Provides mental health and addictions services for racialized communities. Urgent mental health support services for 2SLGBTQ+ and QTBIPOC (Queer & Trans Black, Indigenous, and Person of Colour). Has community and in-house programs, individual support, support groups, alternative and complementary therapies, skill building, social and recreational activities. Practices harm reduction, sex-positivity, queer positivity, trans-inclusivity and compassionate and trauma-informed counselling.



Canadian Mental Health Association (CMHA)

<https://cmha.ca/about-cmha>

CMHA provides advocacy, programs and resources to help prevent mental health illnesses, and support recovery and resilience. Branches located across Ontario and Canada.



BounceBack® is a free skill-building program managed by CMHA. Designed to help adults and youth 15 years and older to manage low mood, mild to moderate depression and anxiety, stress or worry.



Canadian Centre for Victims of Torture

<http://ccvt.org>

Provide services and support to refugees who have been forced to flee their country because of persecution, war, or violence. Assist refugees who have come to Canada because of fear of persecution or experiences of persecution for reasons of race, religion, nationality, political opinion or due to sexual orientation and gender identity. LGBTQ+ inclusive supportive programs. Provide treatment, tools and support that allow refugees to heal from trauma and become active community members.



David Kelly Services, Family Service Toronto

<https://familyservicetoronto.org/our-services/programs-and-services/david-kelley-services>

The David Kelly LGBTQ Counselling Program provides short-term individual, couples and family counselling. Helps people facing a broad range of issues such as coming out, sexual orientation and gender identity, isolation, discrimination, relationship issues, parenting, transitioning, self-esteem and violence. Services for people living with, affected by HIV/AIDS available.



Health Initiative for Men

<https://checkhimout.ca/mind/#selfcare>

Located in Vancouver. Website provides mental health articles, resources and information for gay men. Information about yoga, counselling, coaching, spiritual groups, arts, fitness, social groups, sex and intimacy.



Goodhead

<https://goodhead.ca>

A website for guys into guys (G2G), gay, bisexual, queer, questioning, or men who have sex with men. Provides information about mental health issues and helps to locate mental health services in the community.



Psychology Today

<https://www.psychologytoday.com/ca>

Online directory of psychotherapists, therapists and counsellors in private practice. Provides a search function to filter based on LGBTQ or non-binary counsellors, BIPOC and more. Fee for service.



Rainbow Health Ontario

www.rainbowhealthontario.ca

Provincial program run by Sherbourne Health. Promotes access to health care services for LGBTQ communities. Provides programs for youth and cancer screening information. Directory of LGBTQ2S+ resources available in Ontario.



The Mood Disorders Association of Ontario

<https://mooddisorders.ca>

LGBTQ Peer Support Group. Free peer support drop-in group for those in the Lesbian, Gay, Bisexual, Transgender, and Queer community who are living with a mood disorder. Meet virtually twice a month. Register to receive the meeting link.



Umbrella Mental Health Network

<https://www.umhn.ca>

A network of queer and trans-identified mental health professionals who work primarily in LGBTQIA2S community within Toronto. Psychologists, psychotherapists and social workers provide services to individuals, couples and families. Fee for services.

Wellness Together Canada

<https://wellnesstogether.ca>

Phone. 1-866-585-0445 (Adults) or 1-888-668-6810 (Youth)

Text: WELLNESS to 741741 (Adults) or 686868 (Youth) to connect to with a trained volunteer crisis responder for support

Indigenous people can contact Hope for Wellness at 1-855-242-3310

Wellness Together Canada resources can improve mental wellbeing and address substance use concerns. Provides a variety of resources to motivate and support wellness. Self-guided courses and apps related to managing stress, building resilience, managing substance use, coping with COVID 19, online community support and coaching. Access to professional counsellors by phone, text or video.

No Conversion Canada

No Conversion Canada

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

Coalition advocating for a ban on conversion therapy; the subtle or blatant pressure to change sexual orientation or gender identity-expression. Promote awareness and public education around conversion practices in Canada. Conduct research and have a toolkit on their website including supports for survivors.



CT Survivors Connect

<https://www.ctsurvivorsconnect.ca/>

CTSC is a Canadian, survivor led, online support group and service development program for survivors of conversion “therapy” (traumas)—a space for survivors to connect with other survivors.



Conversion Therapy Dropout Network

<https://www.conversiontherapydropout.org/>

Provide a virtual group “Survivor Sunday” specifically for conversion therapy survivors. Discuss topics surrounding the unique experiences of survivors. See website to register



Therapy Tribe

<https://www.therapytribe.com>

LGBTQ+ affirmative therapy can help empower individuals and help navigate challenges related to stigma and discrimination. The Tribe offers an LGBTQIA+ peer-to-peer support group, a group forum, live chat and a range of wellness activities. While not transgender-specific, these activities can help develop coping skills and improve mental health and well-being.

Provide a directory of fee for service LGBTQIA+ licensed therapists.

Substance Use and Harm Reduction

Organizations which provide information, group, or individual support to people with questions or concerns about their use of alcohol or other recreational substances.



UHN Addiction Services

https://www.uhn.ca/MCC/Clinics/Addictions_Outpatient

Provides services to people interested in making changes to their alcohol and/or other substance use. Offers a specialized services such as assessment and referral, individual psychotherapy/counselling, acupuncture for addictions and psychiatric consultation.

Rapid Access Addiction Medicine (RAAM) Clinic Provides to treatment for any substance use disorder. Patients are seen on a walk-in basis, no appointment needed. Clinic provides brief counselling, prescribes medications (including anti-craving medications for alcohol and buprenorphine/naloxone for opiate use disorder) and connects patients with community treatment programs.

Phone: 416 603 5490

Monday and Wednesday 9:00 – 11:00 am, Friday 1:30 – 3:30 pm



Alcoholics Anonymous

<https://www.aatoronto.org/meetings/>

Supports the 12-step AA groups in the Toronto area. Provides website lists of all AA groups meeting each day. Some meetings are specifically for LGBTQ communities, such as the group meetings at the 519 Church St. Community Centre.

Call toll-free Hotline: 1 877 404 5591.



CAMH Rainbow Services (LGBTQ)

<https://www.camh.ca>

Provides group therapy to LGBTQ2S people who are concerned about their drug and alcohol use. Virtual and in person individual support for substance use related goals. Provides relapse prevention, psychiatric consultations and concurrent disorders. See website to register.



ConnexOntario

<https://www.connexontario.ca>

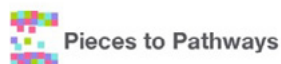
Provides free and confidential information about health services for people experiencing problems with alcohol and drugs, mental health and/or gambling.



Crystal Meth Anonymous Toronto

<https://www.crystalmeth.org/>

People can share their experience, strength and hope with each other to recover from crystal meth addiction. See website for list of meetings in Toronto, including LGBTQ meetings.



Pieces to Pathways (P2P)

<https://piecestopathways.wordpress.com/>

A peer-led LGBTTTQQ2SIA initiative for substance use to support youth ages 16 to 29 in Toronto. Includes community drop-in spaces, case management and support groups. Sponsored by Breakaway Addiction Services.



Toronto Public Health: The Works

<https://www.toronto.ca/community-people/health-wellness-care/health-programs-advice/services-provided-by-the-works/>

Harm reduction supplies and counselling, methadone clinic, and testing and vaccinations. Naloxone kits and overdose response training, supervised injection services, mobile and street outreach.

The MAINLINE deals with issues related to harm reduction, injection drug use, and needle exchange programs.

Call 1 800 686 7544 for nearest location.



Toronto Vibe.com

<http://torontovibe.com/>

Website with safer drug use information for people partying in Toronto's gay, Bi, queer men's party scenes. Safety tips and overdose prevention information. Provides the support group Spunk that helps gay, bi, queer and trans men dealing with any and all substance use related problems.



Women's College Hospital Substance Use Service

<https://www.womenscollegehospital.ca/care-programs/substance-use-service>

Offers assessments, individual and group counselling, withdrawal management and overdose education for people who use alcohol, opioids, benzodiazepines, cannabis or other drugs. Self-referrals accepted.



Women for Sobriety

<https://womenforsobriety.org/>

Women for Sobriety (WFS) is the first peer-support program tailored specifically for women overcoming substance use disorders. With both in-person and online meetings, the New Life Program provides supportive, empowering, secular, and life-affirming principles that address the unique needs and challenges of women in recovery. Groups and discussion forums provide mutual support online. See website.

Distress and Crisis Lines: Finding Help

If you need help in an emergency or are in crisis:

- Go to your local emergency department or call 911. Or contact a distress centre in Ontario near you. See phone numbers and contact information by area.



Assaulted Women's Helpline

<https://www.awhl.org>

Toll-free, 24-hour telephone crisis counselling line 1-866-863-0511

Online counselling available Monday to Friday 11:00am to 8:00pm.

Anonymous and confidential 24-hour phone and TTY crisis phone line for women in Ontario who have experienced any form of abuse. AWHL's team of trained counsellors provide crisis counselling, safety planning, emotional support, information and referrals, accessible 7 days a week.



The Canada Suicide Prevention Service

<https://www.crisisservicescanada.ca>

Phone: 1 833 456-4566

Text: 45645 (4PM – midnight EST)

Phone or text support for people thinking about suicide or worried about a friend or loved one. Service available in English and French.

The CSPA text service (**TEXT: 45645**) allows you to get help without having to speak over the phone. The crisis and suicide text support is available from 4:00 pm to 12 midnight.



Durham Mental Health Crisis Services

<https://dmhs.ca/>

905-666-0483

Telephone crisis line support, mobile crisis team, crisis and mental health beds, referral to other community supports. Offers many mental health services at locations throughout the Durham Region.



Distress Centres of Greater Toronto

<https://www.dcoqt.com>

Phone Lines:

- GTA: 416 408-4357 or 408- HELP
- Peel: 905 459-7777
- TEXT: 45645 (4PM- MIDNIGHT)
- TTY: 905 278-4890

Crisis, emotional support and suicide prevention services available in Cantonese, Mandarin, Portuguese, Spanish, Hindi, Punjabi and Urdu.

Multilingual Distress Lines available Monday to Friday - 10:00am to 10:00pm:

- 905-459-7777 (Brampton & Mississauga)
- 1-877-298-5444 (Caledon)
- 905-278-4890 (TTY)



Fem'aide

<https://femaide.ca>

Téléphone: 1 877 336 2433

Fem'aide – ligne de crise pour les femmes francophones et celles qui identifient comme femme. Fem'Aide fonctionne 24 heures par jour, 7 jours par semaine toute l'année et est entièrement confidentiel et gratuit. Fem'Aide fournit des services de conseil, counseling et de soutien essentiels à ceux qui ont été victimes de violences de toute nature (violence conjugale, abus sexuels et d'agression) mais agit aussi comme un point d'aiguillage pour les femmes qui recherchent des services en français en Ontario.

Fem'aide – crisis helpline that serves francophone women and those who identify as women. Fem'aide operates 24 hours a day, 7 days a week all year round, is fully confidential and free of charge. Fem'Aide provides essential counselling and support services to those who have been victims of violence of any kind (intimate partner abuse, sexual abuse and assault) but also acts as a resource point for women looking for French services in Ontario.



Gerstein Crisis Centre

<https://gersteincentre.org/>

416 929-5200.

Telephone crisis line support, mobile crisis team, community-based crisis beds, short-term follow up and referrals to social services. Over-the-phone interpretation available 24 hours a day, 7 days a week in over 180 languages.



LGBT Youthline

<https://www.youthline.ca>

647 694-4275

A queer, trans, Two Spirit youth-led organization for youth 29 years and under across Ontario. Offers confidential and non-judgmental peer support through telephone, text and live chat. Contact a peer support volunteer from Sunday to Friday, 4:00 pm to 9:30 pm.



Seniors Safety Line

<https://torontoseniorshelpline.ca/>

1-866-299-1011

24 hour crisis and support line for seniors in Ontario who have experienced any type of abuse or neglect. Callers receive emotional support, safety planning, information and referrals.



Scarborough Health Network Community Crisis Program

<https://www.shn.ca/mental-health/crisis-support/>

Telephone crisis support: 416-495-2891

Serves Scarborough and East York. Provides telephone crisis support, mental health assessments and referrals, brief psychotherapy and community visits.



Toronto Rape Crisis Centre / Multicultural Women Against Rape (TRCC/MWAR)

<https://trccmwar.ca/>

24H CRISIS LINE: 416-597-8808

A grassroots, women and non-binary people run collective. Provides anti-oppressive, feminist peer, individual and group support to survivors of gender-based or sexualized violence.



Victim Services Toronto

<https://victimservicestoronto.com/>

416-808-7066

24 Hours, 7 Days A Week

Provides immediate crisis response, intervention and prevention services to individuals, families and communities affected by crime and sudden tragedies.

Hope for Wellness Helpline

Hope for Wellness Helpline

Website: <https://www.hopeforwellness.ca/>

Live chat on website

Phone: 1-855-242-3310

Helpline available to all Indigenous people across Canada. Experienced and culturally competent counsellors are reachable by telephone and online 'chat' 24 hours a day, 7 days a week. Both telephone and online chat services are available in English and French, as well as Cree, Ojibway (Anishinaabemowin) and Inuktitut.



9-8-8 Mental health and Suicide Prevention

<https://www.canada.ca/en/radio-television-telecommunications/news/2022/08/crtc-to-implement-new-9-8-8-number-for-mental-health-crisis-and-suicide-prevention.html>

9-8-8 will be the new 3 digit as the number to call or text for Canadians who are in need of immediate mental health crisis and suicide prevention intervention.

Calls and texts to 9-8-8 will be directed to a mental health crisis or suicide prevention service, free of charge. The implementation of 9-8-8 as an easy-to-remember three-digit number will help reduce barriers to mental health and suicide prevention resources. The number will enable greater access regardless of geographic location or socioeconomic status as it will be available from coast to coast, 24/7 and free of charge

9-8-8 will be launched across Canada at the same time, on November 30th, 2023



Talking4Healing - Beendigen

<https://www.beendigen.com/programs/talk4healing/>

24 Hour indigenous crisis line. Services are fully grounded in Indigenous culture, wisdom and tradition and are available in 14 indigenous languages.

Resources for Trans and Non-binary Communities

Resources for Trans and Non-binary Communities; Organizations, services, programs, and resources especially for trans and non-binary communities.

Note: many resources in this guide are inclusive to members of trans and non-binary communities



Toronto's Queer & Trans Therapists Directory 2021, Pandemic Edition v2.0

<https://tinyurl.com/Tqtt2021>

Compiled by Rahim Thawer, MSW, RSW

AFFECTIVE CONSULTING & PSYCHOTHERAPY SERVICES

<https://affectiveconsult.ca>

Directory of 170 queer and trans therapists located in the Toronto area. All therapists listed identify, in some part, with the 2SLGBTQ+ community. Therapist fee is included, sometimes a range might indicate a sliding scale option. This database is updated once yearly.



CAMH Adult Gender Identity Clinic

<https://www.camh.ca>

Offer consultations and support to anyone over 18 who wishes to explore issues related to their gender identity, which may include any degree of transgender expression, as well as comprehensive mental health assessments, support and referrals for surgery for clients seeking transition-related surgeries. The clinic provides consultation to primary care providers throughout the province and their patients regarding transition issues.



METRAC Action on Violence

<https://www.metrac.org/>

The TransFormed Project: Addressing Partner Violence from Two-Spirit, Nonbinary and Trans Perspective.

Research and education initiative led by METRAC and community organizations. See website for symposium, webinars and health promotion tools for service providers and community members. Provides affirming, supportive services to Two Spirit, non-binary and trans survivors of violence.



Prim3d: A Sex Guide for Trans Men Into Men

<https://getprimed.ca>

Provides sexual health information and resources for queer trans men, transmasculine and non-binary people.



Sherbourne Health

<https://sherbourne.on.ca>

Offers many healthcare programs and services specifically for the trans community. Provides primary health care, social support programs, mental health and counselling services. See website for more about the Supporting Our Youth Program (SOY).



The Get Real Movement

<https://www.thegetrealmovement.com/bindsafe>

Work to combat 2SLGBTQ+ discrimination and bullying through education and creative means. **Bind Safe** is a webpage promoting safe binding practices, and education around the basics of gender dysphoria. Videos showcase real lived experiences and perspectives of individuals who bind, as well as professionals from the medical community. A tutorial video, a downloadable PDF of binding tips, and a list of binding-related resources for continued learning and support are included.



The 519

<https://www.the519.org>

A community centre for LGBTQ2S communities. Offers counselling services and trans programming.

Meal Trans: A drop-in program serving nutritious meals to lower-income, street-active, homeless and sex-working trans women, trans men, genderqueer and questioning people.



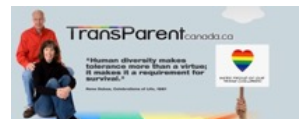
Trans Lifeline

<https://translifeline.org>

Canada (877) 330-6366

US (877) 565-8860

Non-judgmental support from a trans or non-binary peer. Run by and for trans people providing trans peer support services in English and Spanish.



TransParent Canada

www.transparentcanada.ca

An associate group of Pflag

Provides support and information for parents and families of trans and gender diverse individuals. Provides a private face group to share support and information.



Trans Pulse Canada

<https://transpulsecanada.ca>

A national community-based survey of the health and well-being of trans and non-binary people in Canada. Results shared through reports, e-bulletins and academic papers to change policy in Canada.



The Toronto Kiki Ballroom Alliance

tkba.ca

Grass roots organisation for youth bringing a Ballroom arts space to racialized LGBTQI+ youth. TKBA is modelled after the underground 1960's ballroom scene. Host weekly events such as beginner vogue classes and shows. Provide LGBT+POC youth opportunities and activities that build positive relationships, strengthen the community-at-large and develop self-esteem/confidence.



Transition-Related Surgery (TRS) Program

<https://www.womenscollegehospital.ca/care-programs/surgery/transition-related-surgery/>

Dedicated to supporting the health and wellness of transgender and gender diverse clients. The surgical team of the Transition-Related Surgery (TRS) Program includes specialists in plastic surgery, urology, gynecology and anesthesiology as well as nurse practitioners, nurses and other health care providers. This program represents the first public hospital-based surgical program in Canada focused on providing safe and timely access to transition-related surgical care.

For more information contact: 416-323-6148 or transitionrelatedsurgery@wchospital.ca.



Point of Pride

<https://www.pointofpride.org/free-chest-binders>

Provides free chest binders (specially-designed chest compression garments) to any trans person who needs one and cannot afford or safely obtain one. A binder can be requested from anyone who identifies as transgender (genderqueer, non-binary, genderfluid, gender non-conforming, and every other non-cis identity within the trans umbrella) and in financial need or not able to safely obtain a binder. See website for request.



McLean Clinic

<https://www.topsurgery.ca>

Providers of gender-affirming surgery, providing safe and comfortable top surgery and body contouring procedures. Team of surgeons with more than 20 years of experience perform gender affirming procedures. Provide a caring and relaxed approach, coupled with understanding how much gender confirmation surgery means to patients. See website for more information.



Transbucket

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

Transbucket offers free information for trans individuals seeking information on medical transitions. They have extensive resources about various procedures, surgeries, and treatments that can help anyone who is considering these options. US information but applicable stories for everyone.



trans-LINK Network

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

Network brings together community and healthcare organisations across Ontario to enhance care and support to trans sexual assault survivors. Have an e learning program on providing trans sexual assault care. See website for more information.



Trans Wellness Ontario

<https://www.transwellness.ca/>

Support individuals who are questioning their gender identity or who identify as part of the queer and trans* community. Serve individuals 13 years or older. Offer a range of mental health services and individual counselling to members of the 2SLGBTQIA+ community residing in Windsor – Essex. Provide educational resource for families, friends, and allies who want to learn how to best support their loved ones. See website for more information.

Community Organizations

Community agencies offering social, recreational and support programs.



2 Spirits in Motion Society

<https://2spiritsinmotion.com/>

Supports Two Spirit peoples, organizations and communities across Turtle Island. The first national 2SLGBTQI organization. Creates safe and supportive environments for Two Spirit people and provides virtual workshops to the Two Spirit Indigenous community and programs for youth.



The 519

<https://www.the519.org>

A community centre for LGBTQ2S communities. Offers counselling services, queer parenting resources to coming out groups, trans programming, and seniors support. Provides a meeting space for many culturally based LGBTQ associations. Free legal clinic. See website for more info.



Black Gay Men's Network of Ontario

<http://bgmn.ca>

A centralized hub for same-gender-loving men of African, African diaspora, Afro-Latino, Caribbean and Black identities. Provides cultural, intergenerational and leadership/mentorship opportunities, self-development and empowerment. Activism to improve the lives of Black queer people in Ontario.



MAKERSPACE: A Virtual Craft Hangout

<https://www.queerevents.ca/events/london/virtual/makerspace-virtual-craft-hangout>

This event is to create a safe, inclusive space for members of our Queer community to get together and have fun crafting. All crafts welcome! This is a space where all sexualities and gender identities are welcome and respected. Meet monthly on the second Sunday at 4:00pm.



Inside Out: 2SLGBTQ+ film

<https://insideout.ca/screeningroom/>

Development, promotion and exhibition of film by and about 2SLGBTQ+ persons of all sexual and gender identities, ages, races and abilities. On line films available throughout the year, annual film festival, volunteer opportunities. For Youth (24 and under) and Seniors (65+) free tickets for weekday in person screenings that begin before 6pm.



Out & Out Club Toronto: Gay & Lesbian (LGBT) Social Club

<https://outandout.ca>

North America's largest LGBT activities club. Established in 1980, not-for-profit, volunteer-run organization offers a range of activities to lesbian, gay, bisexual, transgender, and other queer adults (19+ years). Visit the website for information about events and activities



FrancoQueer

<https://www.francoqueer.ca>

Social group for French-speaking Francophone gays, lesbians, bisexual, transgender-identified people and queers.

FrancoQueer est l'association des personnes gaies, lesbiennes, bisexuelles, bispirituelles, transsexuelles, transgenres, en questionnement, queer, intersexuées, asexuelles et leurs alliés (LGBTQIA) francophones à Toronto et en Ontario.



Canadian Centre for Gender and Sexual Diversity

www.ccgds-ccdgs.org

Promotes diversity in gender identity, gender expression and sexual orientation on a national level. Provides education, prevention and inclusion programs for 2SLGBTQ+ communities. See website for trans resources, teaching resources, allyship/GSA, intimate partner violence, anti-discrimination and sports inclusion.



Fred Victor Centre

<https://www.fredvictor.org>

Provides affordable housing, Women's Hostel and emergency shelters. Other services for people experiencing homelessness and unstable housing, including arts-based programs, seniors services, ID replacement program, employment and skills training.

Women's 24/7 Drop-in Program: Located in the Adelaide Resource Centre.

Programs support basic needs such as clothing and meals, education and training, and support around housing, health, legal, immigration, income, mental health and addiction. LGBTQ affirming spaces.



Latino Group Hola/El Grupo Latino HOLA

www.the519.org/programs/latino-group-hola

Community-based organization serving Spanish-speaking LGBTTIQ2SA community. Provides support network, friendships, guidance on immigration issues, workshops, celebrations and cultural events.



Miles Nadal JCC

<https://www.mnjcc.org/lgbtq>

Provides queer Jews opportunities to gather, celebrate and thrive. Promotes the full inclusion of LGBTQ+ Jews across Jewish institutions, arts and cultural initiatives, health and wellness, informal and formal education. Offers social and networking events where queer Jews can engage with Jewish holidays and traditions. Website provides links to other Jewish cultural organizations.



The Ontario Native Women's Association (ONWA)

<https://www.onwa.ca>

Guided by the Seven Sacred teachings: Wisdom, Love, Respect, Bravery, Honesty, Humility, and Truth. ONWA brings its teachings, traditions and cultures into their programming, events and ways of being. They welcome all self-identifying Aboriginal women (cisgender, transgender, and Two Spirited people) and their children. ONWA delivers programs and services to Indigenous women regardless of their status or where they live.

Indigenous Anti-Human Trafficking: This program supports Indigenous communities by responding to the needs of survivors to end Human Trafficking.



Out Sport Toronto

<https://outsporttoronto.org>

Promotes healthy living and well-being through amateur sport and recreation in the LGBTQ community. Includes list of LGBTQ sports organizations, teams, clubs and leagues in the GTA.



The Senior Pride Network

<http://seniorpridenetwork.ca>

The Network meets quarterly to share experiences and to work collaboratively on activities and projects designed to enhance appropriate and caring services for older 2SLGBTQI+ people in Toronto.



Sistering

<https://sistering.org>

A multi-service agency for at-risk, socially isolated women and trans people in Toronto who are homeless or precariously housed.

Serves community members from diverse backgrounds and include women and trans people who are experiencing, or have experiences with: substance use and mental health issues; disability; trauma and violence; immigration, refugee, and undocumented status. Offers a wide variety of programs and services, practical assistance, drop-in program, employment and income, housing and advocacy.



The ArQuives

<https://arquives.ca>

The ArQuives is one of the largest independent LGBTQ2S+ archives in the world. House historical records and collections of LGBTQ+ history in Canada. Free programming including LGBTQ+ historic walking tours around Toronto, Queer trivia nights, special guest speakers.



Toronto Bisexual Network

<https://www.torontobinet.org/>

Offer peer-support, a social network, information and other resources. Engage in outreach, advocacy and education around bisexual/pansexual/fluid and queer issues.



Queer Events

<https://www.queerevents.ca>

Website promoting LGBTQ+ community events across Ontario. Create opportunities to connect through events, programs and initiatives.



Queer Book Club

<https://www.queerevents.ca/queer-book-club>

Queer Events hosts an all inclusive Queer Book Club for members of our community to connect and engage with each other over Queer literature. Queer-facilitated discussion group dedicated to reading novels by queer authors that tackle a variety of interest and subject matters. Queer Book Club aims to bring all members of our community together in a safe, supportive and inclusive space to enjoy literature, conversation and most of all engage with each other. QBC meets every other month virtually using Zoom.

Faith, Religion & Spirituality

Faith, religious and spiritual groups that are welcoming and inclusive of people from diverse sexual orientation and gender identities.



All Inclusive Ministries (AIM)

<https://www.allinclusiveministries.org/>

AIM hosts a monthly gathering of LGBT Catholics who meet to share their stories, connect with others and celebrate Mass in a supportive environment. Provides opportunities for community, outreach, education and spiritual growth.



Dharma Friends

<https://www.dharmafriends.ca>

Dharma Friends offers meditation practice in Toronto's LGBTQ community, based in diverse philosophies and practices. LGBT positive weekly meditation group.



Dignity Canada

<https://www.dignitycanada.org>

Roman Catholics concerned about the Church's sexual theology, particularly as it pertains to LGBTQ communities. Works collaboratively with other Catholic organizations. Seeks reform in the Church's leadership and teachings. Membership is open to all who share these concerns.



Keshet

<https://www.keshetonline.org>

Kshet works for the full equality of all LGBTQ Jews and families in Jewish life. Promotes the development of skills and knowledge to build LGBT affirming communities where all queer Jewish youth feel seen and valued. Advances LGBTQ rights nation-wide.



Proud Anglicans

<http://www.proudanglicans.ca>

LGBTQ site for inclusive Anglican churches. Site lists gay-positive parishes compiled by Integrity, a group of gay and lesbian Anglicans and friends.



Metropolitan Community Church: MCCT

www.mcctoronto.com

A place of worship and action. MCC Toronto is a vibrant and progressive church rooted in the Christianity and the LGBTQ2S+ community. Open and welcoming to everyone. A Human Rights Centre committed to social justice. Provides programs for refugees, children, youth, young adults and seniors.



Rainbow Faith & Freedom

<https://rainbowfaithandfreedom.org>

Multi-faith organization that provides information and resources to address and decrease religious-based LGBTQ discrimination. Spreads a message of inclusive, hate-free religion.



Salaam: Queer Muslim Community

<https://www.salaamcanada.info>

Offer supports and programs for those in the queer/trans Muslim community. Advocates for social justice. Provides religious and spiritual support, monthly discussion groups, peer support, refugee and settlement support.



S.A.G.A (Presbyterian)

<https://standrewstoronto.org/connect/saga/>

A fellowship group for all people. Monthly get together of LGBT Presbyterians that meet for a potluck supper and discussion group.



Shir Libeynu

<https://shirlibeynu.ca/>

Welcomes all interfaith, LGBTQ+ and non-traditional individuals and families. Inclusive and diverse, Shir Libeynu embraces an egalitarian and progressive Judaism. Shabbat services at the MNJCC and other holiday celebrations, programs and events.



United Church of Canada

<https://united-church.ca>

Affirms that all genders and sexualities are gifts of God and welcomes all people. Provides The United Church trans Network is for trans people and allies.

Legal & Settlement Services

Community agencies that provide information about legal issues (criminal or family law), the immigration or refugee process and support to SGD people who are newcomers to Canada.



The 519's Access to Justice and Legal Initiatives program

<https://www.the519.org>

Support LGBTQ2S communities to reduce barriers to accessing relevant legal services and educational resources. Drop-in clinic. Free and confidential summary legal advice and referrals. Program for new comers and refugees related to legal issues.

The 519 Bashing Reporting Line Phone: 416 392 6877

A service for LGBTQ people to report incidents of homophobic, transphobic violence and harassment. Calls are confidential. Callers can remain anonymous.



Access Alliance

<https://accessalliance.ca/>

Offers programs and services for LGBTQ+ newcomers. Recognizes that LGBTQ+ people who are new to Canada face specific challenges including language barriers, lack of information about systems/services, social isolation, poverty, and barriers to employment. They also face discrimination due to sexual orientation and gender identity.



Egale

<https://egale.ca>

National organization that promotes human rights and inclusion of 2SLGBTQI people in Canada through research, education, awareness and legal advocacy. Informs public policy to inspire change and promote human rights and inclusion.



International Railroad for Queer Refugees

<http://irqr.ca/>

IRQR assist LGBTQ refugees who face persecution based on sexual orientation and gender identity from Iran. Provides support and counselling, financial aid for shelter, food and healthcare, help with refugee claims from the time a person leaves until they arrive in a safe country.



Legal Aid Ontario

<https://www.legalaid.on.ca/>

Legal Aid is available to low income individuals for a variety of legal issues related to criminal or family law, refugee and immigration issues. Also provide specialty legal clinics. Apply online for Legal Aid Certificate or call 416 979-1446 to help cover legal expenses. Referrals to community legal clinics.



Ontario Council of Agencies Serving Immigrants (OCASI)

<https://ocasi.org>

Works with more than 200 community organizations in Ontario who provide services to immigrants. Supports agencies and newcomers directly. Promotes projects, initiatives, training and research. Use the website search bar to find LGBTQ information. Provides resources to help organizations more effectively serve LGBTQI2S+ newcomers, including the Positive Space Program, and an agency self-assessment tool at.

Visit www.PositiveSpaces.ca.



Rainbow Railroad

<https://www.rainbowrailroad.org/>

International organization that helps LGBTQI people escape persecution and violence. Coordinates travel to the destination country and provides support upon arrival.



Settlement.Org

<https://settlement.org>

Online community for newcomers. Get information, news, ask questions and share experiences plus access a database of community organizations. Website lists LGBTQ+ support groups for newcomers throughout Ontario. Offers referrals to many different services.



Toronto Police Services Hate Crime Unit

www.torontopolice.on.ca

A hate crime is a criminal offence committed against a person or property based on the victim's race, national or ethnic origin, language, colour, religion, sex, age, mental or physical disability, sexual orientation, or any other similar factor.

Reach Police Officers of the Hate Crime Unit through Intelligence Services at: 416 808 3500.

Financial

Services that may be able to provide some financial support or income replacement if you are not receiving paid employment or unable to work due to illness.



Government of Canada

Employment Insurance Benefits and Leave

<https://www.canada.ca/en/services/benefits/ei.html>

Provides information about eligibility and applying for Employment Insurance, EI Sickness Benefits, Family Caregiver Leave, Compassionate Care Leave and other income replacement. See website for eligibility criteria and how to apply.

Canada Pension Plan Disability Benefit

<https://www.canada.ca/en/services/benefits/publicpensions/cpp.html>

Information about eligibility and applying for CPP-D. See website for specific eligibility criteria and how to apply.



Social Assistance

<https://www.ontario.ca/page/social-assistance>

Financial and employment assistance if you don't have enough money for things like food and housing, or if you are in financial need due to a disability. See website for information about how to apply for Ontario Works or Ontario Disability Support Program.



Money Matters Program

<https://wellspring.ca>

Professional Case Managers help people with cancer find income replacement programs, including help to assess eligibility and find federal, provincial and employer programs. Also provides help with options for drug coverage and advice about returning to work.



Will Munro Fund for Queer and Trans People Living with Cancer

<https://www.the519.org/programs/will-munro-fund/>

The 519 is trustee for this legacy fund created through donations from Will's family and friends. Provides up to \$800 every 2 months for LGBTQ2S community members of all ages receiving cancer treatment. See website for how to apply.

Emergency Shelters and Food Banks

Where to call if you need emergency shelter or food.



Food Link Hotline

<http://foodshare.net>

416-392-6655

Volunteer operated referral service that connects community members with local low-cost food programs. Provides information about food banks, including those which offer delivery services for people limited by disability or quarantine restrictions. Also see information about GoodFood box programs and community gardens.



Feed it Forward

<https://feeditforward.ca>

Canada's first and only Pay-What-You-Can Grocery Store, bakery and coffee shop. All food rescued by Feed It Forward is diverted to the grocery store where it is available for customers. Customers pay what they can afford based on their budget or can take what they need free of charge.

**Pay What You Can Grocery Store, Cafe, and Bakery is located at
2770 Dundas St West, Unit A, Toronto ON M6P 1Y3.**

The Feed it Forward Free Food App builds stronger communities and healthier individuals by allowing users to share food instead of discarding it. Down load the app and receive notices when free food is available and the times and locations for pick up.



EMERGENCY SHELTERS

<https://www.toronto.ca/community-people/housing-shelter/homeless-help/>

Toronto Shelter, Support and Housing Administration. Homelessness Initiatives and Prevention Services - Central Intake

Central Intake Line: 416-338-4766, 1-877-338-3398 toll-free or 311 to be referred to available shelter and respites spaces

Centralized system for people who are homeless and families who need emergency shelter. Coordinates shelter placement with family shelters, shelters for single people, and youth 16 years and older. Intake staff can provide information about specific shelters that are inclusive and safe for trans people.



Homes First Society: Pacewood Shelter

<https://homesfirst.on.ca/>

On November 30th, 2022, Homes First and The 519 opened the first transitional shelter dedicated for 2SLGBTQ+ adults, ages 18 and over. 20 beds for 2SLGBTQ+ people, with a focus on refugees and trans women. Emergency shelter, includes individualized support and group programs, meals, settlement support, assistance in securing and maintaining permanent housing, follow-up.

For intake, call 519 Church Street Community Centre 416-392-6874

Housing

Organizations that can support you with applying to and accessing subsidized housing.



Access to Housing Resource Centre

(Formerly Housing Connections)

<https://www.toronto.ca/community-people/employment-social-support/housing-support/rent-geared-to-income-subsidy/>

Housing Help Centres

- **Toronto Social Housing: 416-981-6111**
- **East York Housing: 416-424-2008**
- **York Housing: 416 653-5400**
- **Scarborough Housing: 416-285-8070 ext. 302**
- **Community Resource of Connection Toronto: 416-482-4103**

Subsidized housing or Rent-Geared-to-Income housing (RGI) is a subsidy offered by the City of Toronto to make rent more affordable. Usually the rent at a subsidized unit is set to be 30 per cent of a household's total monthly income before taxes. Currently the number of people who need subsidized housing is greater than the number of units available. It can take years for an applicant to get housing. We encourage applicants to consider subsidized housing as a long-term housing plan, not an immediate solution to housing needs or emergency situations. Submit your application online.

Housing Help Centres

Call **416-285-8070** or visit a location close to you for assistance to find housing.

The Housing Help Centres are non-profit agencies that help people find and keep housing and avoid eviction. Applying for a housing subsidy can be confusing because of the different types of housing, different housing providers and different eligibility criteria. Access to most of the subsidized or rent-geared-to-income housing units in Toronto is managed through 1 centralized waiting list coordinated by Access to Housing. The number of people who need subsidized housing is greater than the number of units available. So, it can take years for an applicant to get housing. We encourage applicants to consider subsidized housing as a long-term housing plan, not an immediate solution to housing needs or emergency situations.



YMCA Sprott House: LGBTQ2S+ Transitional Housing Program for Youth

<https://ymcagta.org/youth-programs/youth-housing>

Provides 1 year of supported residential living for up to 25 young people between 16 and 24. Fill out the application and complete the interview process to be eligible. Participants are expected to take part in-house activities and work with a Case Manager towards their goals.

For questions email sprott@ymcagta.org.

For more information about YMCA Sprott House, please call 647 438 8383.

Adolescent & Young Adult

Agencies that serve or have specific programs and resources for adolescents, youth and young adults.

Kids Help Phone

Kid Help Phone

<https://kidshelpphone.ca/>

1 800 668 6868

Text: 686868

National support service available 24 hours a day. Serving young people up to the age of 20. Offers professional counselling, information and referrals. Volunteer-led, text-based support to young people in both English and French. Provides support by phone, text, mobile app or through the website. Service is confidential.



Canadian Centre for Gender and Sexual Diversity (CCGSD)

2SLGBTQ+ Youth Mental Health Project

<https://ccgsd-ccdgs.org/youth-mental-health-project/>

New project which will create a collection of resources that support the well-being of gender and sexually diverse youth. Resources are intended to encourage feelings of comfort and confidence as well as feelings of support and resilience to overcome any obstacles that may impact Canadian youth, specifically within queer communities. They will be posting the majority of the content through their TikTok and Instagram pages.



CTYS

<https://ctys.org>

Mental Health Centre for at-risk youth, ages 13 to 24. Provides a variety of programs and services to help youth, young adults and their families in resolving social and psychological challenges. Provides many programs and supports to LGBTQ youth and families. Also available, counselling, education and support services for parents of trans youth, and family counselling services for trans youth and their families.



Friends of Ruby

<https://www.friendsofruby.ca>

Dedicated to the well-being of LGBTQI2S youth (aged 16 to 29) through mental health and social services and housing. Mental health and drop-in services, case management and transitional housing. The Friends of Ruby Home opened in 2020. Provides a transitional house for 33 LGBTQI2S youth (aged 16 to 29). Funded by Egale Canada.



GEGI.CA

<https://www.gegi.ca/>

LGBTQ+ learning resource for students about legal rights and responsibilities of school boards in Ontario to provide environments free from discrimination on the basis of gender identity and gender expression. gegi.ca was created to empower students from K – grade 12 to self-advocate for their gender expression and gender identity human rights. Information, worksheets and templates available on the website.



Help Ahead

<https://helpahead.ca/>

1-866-585-6486

MHTO connects you to a therapist from the What's Up Walk In® network for a phone or video session for children, youth, and young adults up to the age of 29, and families with infants.

Monday to Friday 9:00 am – 7:00 pm, Saturday 9:00am - 5:00pm

Six What's Up locations across Toronto-no health card, no appointment needed. Coordinates 30 community-based youth mental health services in the GTA.



Supporting Our Youth (SOY)

<https://soytoronto.com/>

An innovative community development program of Sherbourne Health. SOY supports the health and well-being of all queer and trans spectrum youth 29 years old and under through groups, programs and events. Provides one-on-one support.



Stella's Place

<https://stellasplace.ca>

Designed by young adults, their families and professionals, Stella's Place provides mental health services for 16 to 29 year olds. Programs include peer supports, clinical services, employment, wellness and recovery services. Explore creativity through studio programs. Assists young adults to learn skills, connect with others and become empowered to manage your own health.



The Triangle Program

<https://triangleprogram.ca>

The Triangle Program is a high school that hosts LGBTQ2S+ youth who are in need of a smaller and safer space to find and build community. Reflects students' experiences in an LGBTQ2S+ and social justice-focused curriculum. Offers caring and flexible supports to help students earn their high school diploma.



Lumenus Community Services

(formally Griffin Centre)

<https://lumenus.ca/>

ReachOUT is a program in Lumenus Community Services. It is a creative, inclusive and accessible program for 2SLGBTQ+ youth ages 12 to 17. Provides family and individual counselling. Offers a welcoming environment and is committed to social justice, community building, education and advocacy to increase access, visibility and to strengthen 2SLGBTQ+ communities.



Native Youth Sexual Health Network (NYSHN)

<http://www.nativeyouthsexualhealth.com>

An Indigenous youth organization that works on issues of sexual and reproductive health, rights, and justice throughout the United States and Canada. Staff and advisories are all Indigenous youth under the age of 30, many are Two Spirit or identify as Indigenous LGBT. Promotes many projects about Two Spirited and LGBTTIQQA advocacy and awareness. Links to A First Nations Sexual Health Toolkit, Two Spirit Mentors Support Circle, and Indigenous Young Women's Leadership Project available at this site.



Toby's Place

<https://tobysplace33.wixsite.com/website>

Provide a Monday Drop in program for LGBTQ2SIA+ youth and young adults, ages 13-29 years, who live in Scarborough or the GTA. Snacks, dinner (vegetarian options), facilitated group discussions, job search help, workshops and recreational activities. Transportation fare available. Provide services to youth and young adults, particularly those who are homeless, under-housed, at risk of homelessness, newcomers and refugees.

**Drop in, call, text, or email for information. 647 915 2475,
tobys.place33@gmail.com**



Reach Out Centre for Kids

<https://rockonline.ca/>

Queer@ROCK provides prevention-based programming and supports for 2SLGBTQIA+ children, youth, and families through ROCK. The goal for Queer@ROCK is to focus on supporting access to safer spaces, while building self-esteem, creating opportunities for connection to community, and focus on feeling affirmed and seen. These are all incredibly important factors to building strong, resilient mental health, and in protecting against some mental health challenges that folks in the 2SLGBTQIA+ community are more at risk of developing. See website for program details. Located in Oakville and Burlington.

Parenting

Organizations that provide resources and support to parents, guardians, supporters and caregivers of SGD children.



The 519

<https://www.the519.org>

Provide many programs for families, children and youth. Specific programs for children 0 to 6 years old. Family events, social, arts and music events for a variety of ages. Promotes inclusion and affirmation of gender and sexual diversity in children and families.



LGBT+ Family Coalition

<https://www.familleslgbt.org>

Advocates for the social and legal recognition of sexual and gender diverse families. Located in Quebec, material is available in English and French. Focuses on defending rights, raising awareness and services to members. Promotes networking among LGBT+ families. See website for tools and resources.



Gender Creative Kids

<https://gendercreativekids.com>

Based in Montreal, GCK supports families of transgender and non-binary youth through peer support. Many resources and videos available on their website to celebrate self-determination. Materials available in English and French.



My Kid Is Gay: Helping Families Understand Their LGBTQ Kids

<https://www.mykidisgay.com>

Website includes videos, advice and resources about helping parents understand their lesbian, gay, bisexual, transgender, queer, intersex, and asexual children. Answers many questions parents have about the LGBTQIA young people in their life. Includes advice for parents and youth.



Toronto Pflag

<https://www.torontopflag.org>

Supports parents, families and individuals to grow in their understanding of gender diversity and sexual orientation. Shares information about diversity, promoting acceptance, how to be an ally and personal experiences of gender inclusive families. Has workshops for schools, businesses and community groups. PFLAG Chapters in Ontario are listed on the PFLAG Canada website.



Gender Spectrum

<https://www.genderspectrum.org/>

Organization based in California. Provides online groups for trans, non-binary, gender expansive youth and their parents. Programs for parents and families with tips, information and advice. Available in English and Spanish. Join by audio, video or chat. See website for more articles, stories and videos.



Rainbow Health Ontario

www.rainbowhealthontario.ca

Provincial program run by Sherbourne Health. Promotes access to health care services for LGBTQ communities. Provides LGBTQ-friendly physical and mental health services in Ontario. Directory of LGBTQ2S+ resources available in Ontario covering many parenting topics.



TransParent Canada

An associate group of Pflag

www.transparentcanada.ca

An associate group of Pflag. Provides support and information for parents and families of trans and gender diverse individuals. Provides a private face group to share support and information.

Caregiver Resources

Information about supporting or being a caregiver to a SGD friend or family member



Caregiver Exchange

<https://www.caregiverexchange.ca/>

A search tool to find support services in communities across Ontario. See website for practical information, articles and videos to teach family caregivers hands-on care skills.



The Ontario Caregiver Organization

<https://ontariocaregiver.ca>

Shares the lived experiences of caregivers to co-create programs, services and educational resources that meet the unique challenges of caregivers across Ontario. Caregiver helpline available 24 hours a day, 7 days a week to provide information about respite care in your area.

Peer support and a Live Chat available 7:00am – 9:00pm (Monday to Friday).

Visit website to learn more.



Gilda's Club Toronto; Caregiver Support Group

<https://gildasclubtoronto.org>

Eight-week support group for caregivers who have a loved one with cancer. Discuss topics such as managing at home, relationships, dealing with emotion and self care. See website to register.



Rainbow Caregivers Network

<http://www.transforumquinte.ca/rcn/>

Peer support group for people who care for individuals who identify within the LGBTQ+ community. For caregivers who are parents, grandparents, teachers, friends or care providers. Provide support to caregivers, discussion about communicating with loved ones, and understanding the challenges faced in the LGBTQ+ community.



Sage

<https://www.sageusa.org>

An advocacy organization for LGBT elders based in the United States. Educate policy makers about LGBT aging issues and develop policy. See website to download the guide "Prepare to Care: A Planning Guide for Caregivers in the LGBT Community".



Wellspring Caregivers Connect: Support and Relaxation

<https://wellspring.ca>

Combined support group and relaxation program for caregivers to meet with others and talk about the challenges of the caregiving role. See website to register.



Young Caregivers Connect

<http://youngcaregiversconnect.ca>

Learn self-care strategies and see tips to help you manage emotions and more. Provides an online forum, 24/7 helpline, live chats and stories about young people who are caring for a loved one while trying to balance school, work and life.



Young Caregivers Association

<https://youngcaregivers.ca/>

Support for young caregivers and their families. Provides online support, activities and programs, and phone or video counselling services. See website for more resources.



LGBTQ+ Community Support: Caregiving for our Families and Friends

<https://www.caregiver.org>

Online support group for LGBTQ+ Community. Provide support to LGBTQ+ caregivers, families and friends. Based in San Francisco. This group is in e-mail format. Participants send and receive e-mail to take part in discussions. To subscribe to LGBTQ+ Community Online Support Group, register on the link in website.

lists.caregiver.org/mailman/listinfo/lgbt-caregiver_lists.caregiver.org.



Grief in 2SLGBTQ+ Communities Resource

<https://www.mygrief.ca/mod/lesson/view.php?id=1105&pageid=2694>

MyGrief.ca has developed 8 new models related to grief as a 2SLGBTQ+ person. If you are someone who identifies as 2SLGBTQ+ and who is grieving the death of someone you care about, your grief is likely to include other losses, which may be unrecognized and unsupported, or might include having to disclose your sexual orientation or gender identity. When grief is dismissed, unacknowledged or unrecognized, it can lead to a sense of invisibility, isolation, or invalidation. These other losses may be connected to your gender identity and expression, or to other parts of your identity such as race, age, and life experiences. E-learning modules provide tailored information to caregivers and chosen family.



More Information:
linktr.ee/PMChosenFamily



Social Media:  
[@PMChosenFamily](https://www.instagram.com/PMChosenFamily)