

Sexual and Gender Diversity + Cancer

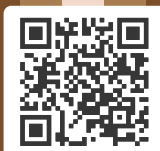
A guide to resources in the community



Developed by: The Sexual and Gender Diversity in Cancer Care Program
Princess Margaret Cancer Centre

More information: linktr.ee/PMChosenFamily

 **@PMChosenFamily**



February 2025

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 (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 Canada have a long history of gender fluidity and played a sacred and honoured role in their communities before colonization. We are grateful to have the opportunity to work on this land, and by doing so, give our respect to its first inhabitants.



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 in Cancer Program created this guide to share community resources with patients, families, chosen families, and healthcare providers. The resources relate to physical, mental health, social and practical resources with a focus on 2SLGBTQIA+ communities and cancer. We recognise and appreciate the multiple intersectional identities which everyone brings to their cancer experience, and sometimes there is a need to just connect to queer communities to take a break from cancer.

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 33.**

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 program has a phone line with voice mail. Messages can be left and will be returned within 2-3 business days. Our program provides information, navigation and support to SGD patients and chosen families at The Princess Margaret. Consultations can also be provided to staff members. Call to receive cancer information, navigation and support for diverse sexual and gender communities.

- **Phone: 416 946 4500 extension 4728**
- **Email: SGDc@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 Program at SGDc@uhn.ca.

We would like to thank:

- Members of the Sexual and Gender Diversity in Cancer Care Program
- UHN Patient Education and Princess Margaret Cancer Education for their invaluable support in keeping this guide updated and available to patients
- Princess Margaret Cancer Centre, Department of Supportive Care, for their generous Funding of the SGDC Program, the Young Leaders Program, Cancer Experience Program, and the Princess Margaret Foundation for their support and program funding
- Our UHN Patient Partners who took the time to provide their insights and feedback, and Leonard Benoit, Indigenous Patient Navigator.

Warm regards from the SGDC Program executive team,

Christian Schulz-Quach, Margo Kennedy, Jennifer Croke, and Samatha Scime

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Sexual & Gender Diversity + Cancer

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



The Sexual and Gender Diversity in Cancer Care Program

Email: SGDc@uhn.ca

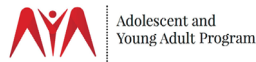
Phone line: 416 946 4500 x 4728

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.

Queermunity: A support group for LGBTQ+ folks with cancer

An in-person drop-in group held the second and fourth Thursday of the month from 4:00–5:30 for patients of the Princess Margaret Cancer. An opportunity to meet other queer people going through cancer. Each group focuses on a theme with lots of time for sharing and discussion. Open to all patients who identify as part of the sexual and gender diverse community. See our website for the group poster of dates and topics.

Email SGDc@uhn.ca for information about the group location. Please provide your medical record number.



Adolescent and Young Adult (AYA) Program at the Princess Margaret

Email: aya@uhn.ca

The AYA Program provides personalized, supportive care related to concerns common to adolescents and young adults with cancer. These concerns can include fertility, sexual health, body image, mental health, school and work, peer connection, family support and wellness. For patients age 39 or younger, inclusive of all gender and sexual identities



Allure

<https://www.allure.com/story/top-surgery-mastectomy-difference>

Article that explains the differences between top surgery and having a mastectomy.



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

THE BOTTOM LINE

The Bottom Line

<https://thebottomline.org.au/>

This website from Australia, is intended as a resource for gay and other men who have sex with men. Gay men (and particularly HIV-positive gay men) are at a greater risk of developing some HPV-related cancers, compared to the general population. While, for most people the virus is harmless and their immune systems are able to clear it, it can also cause a range of cancers, including cancers of the anus, cervix, penis, vagina, vulva, and the neck and throat. Website provides information about prevention, screening and treatment of anal cancer.



Breast
Cancer
Network
Australia

Breast Cancer Network Australia

<https://www.bcna.org.au>

Information for LGBTIQ+ people diagnosed with breast cancer. The My Journey tab has good information and stories about people in the queer community diagnosed with breast cancer. Also have information about Trans and gender diverse people with breast cancer.

BreastFree

BreastFree

<https://krissfoundation.org/breastfree/index.php>

Information from “Breast Free” about alternatives to reconstruction surgery.



Canadian Breast Cancer Network
Réseau canadien du cancer du sein

Canadian Breast Cancer Network

<https://www.cbcn.ca/en/surgeryguide>

Information from the Canadian Breast Cancer Network about helping you understand your surgical options.



**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 phonebased information specialists.

Use the community services locator to find services and programs nearby. People can filter for services specific for 2SLGBTQIA+ communities by searching.

<https://csl.cancer.ca/en>

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.



Cancer Council NSW

<https://www.cancercouncil.com.au/>

Australia's leading cancer charity, working across every area of every cancer. Website provides information about Challenges LGBTQIA+ people may face. Discuss how to manage practical, physical and emotional issues, and ways to find inclusive cancer care. See link below to the excellent guide which they developed:

<https://www.cancercouncil.com.au/wp-content/uploads/2023/02/LGBTQI-People-and-Cancer-2023.pdf>



Cancer Queers: Cancer Resources Beyond the Binary

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

Cancer Queers is a resource beyond the gender binary for LGBTQ+ people with cancer. A space for people seeking prevention, who are recently diagnosed, are currently in treatment or are a cancer survivor. Share art, stories, and voices to build a new kind of support network for our queer cancer community. On Instagram and hold in-person support groups in Portland Oregon.



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: Indigenous Cancer Program

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.



Canada's LGBTQ Arts- and Community-Based Project

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.



Cedars Sinai Cancer Research Center for Health Equity- LGBTQ+ Guide for Cancer Screening

<https://createyourguide.com/>

Create your personalized guide to cancer screening. Helpful information for anyone who is transgender, non-binary, or part of the LGBTQ+ community. Complete a questionnaire and receive customised recommendations by email to discuss with your health care provider about cancer screening.



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.



Colorectal Cancer and LGBTTTQQAAP Community

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

Facebook group for members of the LGBTQ+ community with colorectal cancer. See link to join the group.



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.



People fighting
cancer,
together.

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.



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.



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.



OUTPatients

<https://outpatients.org.uk/>

OUTpatients (formerly 'Live Through This') provides a safe space for anyone who identifies as part of the queer spectrum and has had an experience with any kind of cancer – at any stage. Website provides tailored information and guides for queer patients and excellent information for HPCs.



Ovacome

<https://www.ovacome.org.uk/information-for-transgender-intersex-and-non-binary-people>

Based in the UK. This organisation produced an excellent booklet about ovarian cancer for trans, intersex and non-binary people. It explains the signs and symptoms of ovarian cancer, has tips for planning for GP appointments, and explains possible risk factors.



Pink Pearl

<https://pinkpearlcanada.org/>

Support for women ages 18-40 who experience 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.



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.



Transgender Cancer Network

<https://www.facebook.com/groups/177551336181029/>

Private Facebook group to make connections with people in the trans cancer community. Group promotes discussion, sharing stories, and finding friendships. Discuss research, art, and writings regardless of what type of cancer you have, all trans people are welcome. See link to join.



The Transgender Cancer Patient Project

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

Support and provide community for fellow transgender cancer patients. Create and collaborate on community led sources of education and activism in order to de-stigmatize patient experiences and de-gender healthcare. This project has resources, groups, and zines! Some of the zines you'll find in the Zine Library and shop inherited from a partner Lex Rivers who helped run this project, and a dear trans cancer zinester friend Aster K. Foley, both of whom passed away due to cancer in the fall of 2022. Any trans cancer patients who make zines are welcome to collaborate with and/or add their cancer related zines to the collection.



Wellspring

<https://wellspring.ca>

Gay Men's Cancer Support Group

This program is open to gay and queer men, as well as trans, agender, and non-binary individuals who are looking for a welcoming space to find support and care.

Cancer often raises family and relationship issues that can be difficult to navigate, and this is especially true for members of the 2SLGBTQIA+ community. This program provides an opportunity for gay and queer men with cancer, as well as non-binary individuals, to meet with one another to discuss and address the unique experiences and challenges of a cancer diagnosis. Virtual Group. See website for details to register.

Lesbians and Queer Support Group

Cancer often raises individual, family and relationship issues that can be difficult to navigate, and this is especially true for members of the 2SLGBTQIA+ community. This program provides an opportunity for lesbian and queer females, as well as non-binary individuals, with cancer to meet with one another to discuss and address the unique experiences and challenges of a cancer diagnosis. Virtual Group. See website for details to register.



Women's College Hospital

https://www.youtube.com/playlist?list=PL_4s78SvOBP_HdOm8QbB_7MinLsm8IYD

Video clips of speakers from 2023 "BRA DAY" at Women's College regarding considerations for breast reconstruction surgery.



Young Adult Cancer Canada (YACC)

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.

YACC LGBTQ+ Chats

YACC Chats provide a confidential and secure way for young adults affected by cancer to connect and support one another. These peer-led virtual conversations are offered over Zoom by a team of trained and compassionate YACC leaders who prioritize creating a safe and supportive environment. See website for specific LGBTQ+ Chats offered each month.



Young Adult Survivors United

<https://yasurvivors.org/>

An organisation based in the US, hold a monthly online LGBTQ+ Cancer Support group, cohosted by F**k Cancer for people 18 – 45. See website to register as a member.



Young Survival Coalition

<https://youngsurvival.org/>

A US organisation that supports young breast cancer survivors and families. Hold a monthly online meet ups for young LGBTQ+people with breast cancer. <https://yasurvivors.org/>

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-respice-care/>

Contact 414 324 4108 for intake.

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.



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.



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.



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.



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.



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.



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.



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.



Queerly Nutrition

<https://queerlynutrition.com/>

2SLGBTQ+ focused and inclusive organisation that provides information and counselling about nutrition.

Provides one-on-one counselling, person-centered care, and trauma-informed nutrition services. Fee for service. Please see website for more information.



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.



sherbourne HEALTH

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 underserved by conventional health care. Youth programs available.



Sexual Health Infoline Ontario (SHILO) & 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.



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.



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.

HIV/AIDS

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



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.



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.



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.



freddie

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

freddie makes access to HIV prevention medication (PrEP) easy by offering online care, financial assistance and free discreet delivery, or prescription that can be sent in the mail or for pickup at your local pharmacy. 2SLGBTQ+ trained clinicians.

The process involves a short questionnaire and a phone call with a Freddie clinician, then a visit to a lab for blood work. Results are reviewed by a Freddie clinician. If HIV PrEP is safe for you, your prescription will be issued. Freddie is available in Alberta, British Columbia, Manitoba, Ontario, Quebec, Saskatchewan (Only available to patients with private insurance in BC and Quebec). Website includes information about PrEP, sexual health, Trans Health, resources and guides.



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.



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.



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.



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.

Disability

Resources and organisations which provide information, group or individual support related to being 2SLGBTQIA+ and having a disability.



Autism & Intellectual Disability Resources

<https://aidecanada.ca/about/about-aide>

The Autism and/or Intellectual Disability Knowledge Exchange Network (AIDE Canada) is a tool to connect members of our community to the information and resources that they need. AIDE has an online LGBTQ+ toolkit for individuals with neurodiversity and for their caregivers, see link below.

<https://aidecanada.ca/resources/learn/education/lgbtq-toolkit>



Autistic Women & Nonbinary Network (AWN)

<https://awnnetwork.org/>

Support disability, reproductive and gender justice issues. Developed an excellent guide for trans folks with autism called **Before You Go: Know Your Rights & What to Expect at the Doctor and in the Hospital**.

<https://awnnetwork.org/wp-content/uploads/2020/10/Final-Version-Before-You-Go-Know-Your-Rights-Booklet.pdf>

This guide will help trans and autistic community members know better what to expect when going to doctors or hospitals, understand rights and responsibilities, and strategize for safety planning, effective communication, accommodations, and more.



Brain Injury Society of Toronto

<https://bist.ca/about/programs-and-services/>

Queer Brain Injury Support Group

Brain injury support groups for adults: women, mixed gender, people who identify as LGBTQI.

Contact Communications and Programs Manager, Meri Perra, with any questions: mperra@bist.ca OR 416-407-6634.



City of Toronto

<https://www.toronto.ca/city-government/accessibility-human-rights/accessibility-at-the-city-of-toronto/city-services-for-people-with-disabilities/accessible-recreation-facilities-equipment/>

Accessible swimming pools

The city of Toronto has a number of swimming pools with accessible features. Contact the individual facilities listed on the website for more information.

Accessible features may include:

- Aquatic Chairs - plastic waterproof chairs used to transfer people from the change room to the pool, and the pool to the change room. This prevents people from getting their own wheelchairs wet.
- Lift Chairs - mechanical devices that transfer people from the deck to the swimming pool, and the swimming pool to the deck.
- Portable Lift with Sling - a mobile device that aids the caregiver in transferring the participant from one piece of equipment to another. This device is available at Douglas Snow Aquatic Centre.
- Accessible change rooms and washrooms
- Level entry to pool deck from change rooms
- Ramp into pool from pool deck
- Wheel-Trans drop-off
- Some have family change rooms or single stall change rooms

Warm Water

Some Aquatic Facilities have specific pools designated as Warm Pools. These pools have a minimum temperature of 88 degrees Fahrenheit to accommodate those with muscular, circulatory or neurological impairments requiring warmer temperatures.



CNIB

<https://www.cnib.ca/en/event/pride-connection?region=gt>

Pride Connection Peer Support Group

Monthly peer support program, intended for adults who are blind or partially sighted and are members of the LGBTQ2S+ community. Participants from across the country meet monthly to share experiences, listen to guest speakers, and discuss topics chosen by the group.



Dori Zener & Associates

<https://www.dorizener.com/groups/rainbow-spectrum-pride>

Rainbow Spectrum Pride

Rainbow Spectrum Pride is an autistic-led support and social group for 2SLGBTQIA+ autistic adults. This group is a place to discuss these intersecting identities and experiences. We hope to provide a space for people to connect and feel validated through sharing stories and perspectives.



Ontario Rainbow Alliance for the Deaf (ORAD)

<https://www.facebook.com/oradeaf/>

Email: infoorad@gmail.com for more information

Serving Deaf, deaf, deafened, hard of hearing and hearing people who are LGBTTIQQ2S* communities in the Province of Ontario. Coordinate social events, and provide educational and social outreach workshops through our LGBTTIQQ2S communities. Provide referral resources to individuals during the coming-out process, and attempt through educational and social outreach to reduce homophobia, heterosexism, transphobia, biphobia, lesbophobia, audism and any other forms of discrimination and racism.



Disability Belongs

<https://www.respectability.org/resources/lgbtq/>

Provides information, resources from national organisations, and a list of books and articles about being LGBTQ+ and living with a disability.



Vibrant Healthcare Alliance

<https://www.vibranthealthcare.ca/healthcare>

Formally called the Anne Johnston Health Station. Provides accessible primary health care and services for people with physical disabilities. Interdisciplinary team including physicians, nurse practitioner, registered nurse, occupational therapist, physiotherapist, social workers, chiropract and registered dietitian. Integrates an accessibility positive approach by providing:

- Knowledgeable clinical and program staff
- Accessible pap testing for women with physical disabilities
- Full-time onsite attendant care services
- Height adjustable examination tables
- Ceiling lifts
- Fully accessible and barrier free facility

Youth Health Clinic

Our free and confidential services include the following:

- Birth control options
- Birth control and prescriptions at reduced rates
- Emergency contraception (Plan B)
- Pregnancy options counselling
- STI treatment and testing
- HIV testing
- Free condoms and lube

Complex Older Adults

Available to seniors 55+ and needing a family doctor or nurse practitioner.

Seniors Home Health Program (SHHP)

The Seniors Home Health Program provides primary health care services to frail and homebound seniors with complex needs, ages 55 and up.

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.



Affordable Therapy Network

<https://affordabletherapynetwork.com/?s=LGBTQ>

A Directory of Therapists offering low cost and sliding scale counselling across Canada. Therapists offer virtual or in person therapy. Search the directory for LGBTQ+, non binary, kink aware, poly, BIPOC, illness, cancer, sex positive and trans specific experienced therapists.



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 Mental Health Association – Peel Dufferin

Queer Minds: CMHA Peel Dufferin and MOYO Community Services

Queer Minds is a social space for individuals that identify as LGBTQ+. The group allows individuals to connect with community and gain knowledge and support on various LGBTQ+ topics/issues. This group is a community collaboration between CMHA Peel Dufferin and MOYO Community Services.

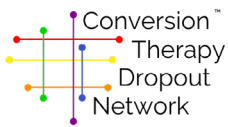
Options are available for both virtual and call in. Every Wednesday 5:30-7:00pm



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.



Conversion Therapy Dropout Network

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

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



CT Survivors Connect (CTSC)

<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.



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.



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.



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.



imi

<https://imi.guide/>

imi helps address elements contributing to the growing mental health crisis affecting LGBTQ+ youth by providing free, accessible, and research-backed support, built in to a safe digital space. Content about stress, stigma, gender identity and expression, intersections of identity, and how your experiences shape your LGBTQ+ identity (or queerness). Has activities and resources that uplift, support, and affirm young people who are exploring their LGBTQ+ identity, guided by research. Designed with input and contributions from hundreds of LGBTQ+ teens focusing on representation from BIPOC, trans, non-binary, and gender non-conforming youth. imi is full of stories, tools, and contributions from teens; sharing powerful experiences, voices, art, and vulnerability.



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.

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.



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.



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.

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.



Alcoholics Anonymous

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

Call toll-free Hotline: 1 877 404 5591.

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.



Breaking the Ice (BTI)

<https://www.the519.org/programs/bti/>

Breaking The Ice (BTI) is a community engagement and outreach program focused on supporting people who use crystal meth in Toronto's Downtown East. The team has a specific focus on understanding the needs and barriers faced by 2SLGBTQ+ people who use drugs.

Peer-led and rooted in principles of harm reduction and anti-violence, the team engages in regular street outreach, develops and delivers groups, workshops, and activities. BTI team also acts as a hub for referrals to case management, housing, mental and physical health services, and broadly supports diverse community needs for people who use drugs.



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.



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

Pieces to Pathways (P2P)

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

A peer-led LGTBTTQQ2SIA 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.



SMART Recovery

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

SMART Recovery embraces self-empowerment to learn tools to address harmful substance use issues in a mutually supportive and non-judgmental group. Offers in person and virtual meetings for LGBTQ communities

Mondays IN-PERSON at 6:30 pm at HQ 790 Bay Street, Suite 820 in Toronto.

Thursdays ONLINE at 6 pm. Contact Brian Cope, 647-225-2899 or brianatsmart@gmail.com for more information and the password.



Toronto Public Health: The Works

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

Call 1 800 686 7544 for nearest location.

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.



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.



UHN Addiction Services

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

Phone: 416 603 5490

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

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.



One Team Recovery Substance Abuse Programs

<https://www.connexontario.ca/Program-Details?ProgramId=37428>

2SLGBTQ+ Outpatient Group

The Windsor Team Care Centre, in collaboration with Windsor Pride Community, offers a specially tailored program for the 2SLGBTQ+ community. Provides a safe space for the 2SLGBTQ+ community to participate in and receive dedicated outpatient care for substance use. Referrals are accepted from all sources, including self referral.

The group is for people ages 16 and up in Essex County



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.

Distress & 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.

9-8-8

Suicide Crisis Helpline

9-8-8 The Canada Suicide Prevention Service

988.ca

Call 9-8-8 or Text 9-8-8 24/7

9-8-8 is the 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.



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.



Durham Mental Health Crisis Services

<https://dmhs.ca/>

905-666-0483 or 1-800-742-1890

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

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.

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.



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/>

Phone: 416-217-2077

Long distance phone: 1-877-621-2077

Monday to Friday, 9am - 8pm;
Saturday-Sunday and Statutory Holidays: 10am - 6pm

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.



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.



Toronto Community Crisis Service

<https://www.toronto.ca/community-people/public-safety-alerts/community-safety-programs/toronto-community-crisis-service/>

Call 211 to be connected to the service

The Toronto Community Crisis Service (TCCS) is a community-based service of trained teams of crisis workers who respond to people experiencing a mental health crisis. It is a non-police response to mental health crisis calls and well-being checks that is client centred, trauma-informed and focuses on harm reduction.



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

<https://trccmwar.ca/>

24H CRISIS LINE: 416-597-8808

Web & Text Chat: Wednesdays to Fridays, 7pm to 12am

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.

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



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.



The 519: FTM, Transmasc & Non-binary Support Group

<https://www.the519.org/programs/ftm-support-group/>

Group meets every Friday from 7:00pm-8:30pm at the 519, (519 Church St).

Meet with other trans and non-binary folx to share experiences, get peer advice and meet other members of the community. Participants can expect a safe space to explore all things related to being trans, gender nonconforming and non-binary with peers of the same community. This is a volunteer based group, facilitated by various volunteers in our community. No registration is required to attend.



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.



Foria Clinic

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

Foria Clinic provides access to expert gender-affirming care & hormone therapy. Assistance is provided to get a surgery referral, surgical assessment, and funding approval. Foria will apply on your behalf, track the process, and make sure the Ministry of Health responds. This process may take up to 6-8 months. Website contains some excellent information. Fee for service.



Free to Move

<https://www.befreetomove.ca/shop/trans-masc-training-program>

Trans Masc Training Program

The Trans Masc Training Program is a 6 week program designed to be completed before and/or after top surgery with the focus on building muscle in the upper body and core to help recover easier, as well as create a more masc physique.

The program combines both functional movement needs (for example: core strength for post-surgery) as well as more aesthetic training goals (for example: more defined pecs or delts). A 30+ page training plan is provided including training tips to help prepare for top surgery, post-recovery training recommendations, mindset tips, general strength training recommendations. Cost for program.



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.



METRAC Action on Violence

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

The TransFormed Project: Addressing Partner Violence from Two-Spirit, Non-binary 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.



Barrie and Community
Family Health Team

North Simcoe Muskoka Transgender Health Service

<https://barriefht.ca/north-simcoe-muskoka-trans-health-services/>

For more information please contact Shanna at 705-329-3649 ext. 207

Based out of the Couchiching Family Health Team and offers visits at our Barrie and Community Family Health Team Bayview campus location.

This regional program provides comprehensive and supportive care to Trans individuals seeking health care. The following services are provided: comprehensive health assessments, health promotion and illness/disease prevention, hormone treatment, surgical referral, community resource navigation, social transition support, and mental health services. A Peer Support Navigator and team of health care professionals provide inclusive medical care and support to help clients identify and achieve their transition goals. Clients may self-refer. No physician referral is required.



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.



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>

Trans and Non-Binary Programs

Sherbourne Health offers provides primary healthcare and offers a number of programs and groups for Trans and non-binary people. Groups address issues such as building community, mental health, gender transitions, employment and mentorship programs, etc. See website for further information.



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.



Toronto Purple Fins

<https://www.torontopurplefins.com>

Swimming for gender non-conforming folks seeking a team training opportunity. Practices take place at The Wellesley Community Aquatic Center, at Sherbourne near Wellesley. It has universal change rooms and is an accessible facility. Membership fee to join. See website for further information.



Toronto's Queer & Trans Therapists Directory 2024

<https://www.affectiveconsult.ca/s/tqtt-Dec-2024.pdf>

Compiled by Rahim Thawer, MSW, RSW

AFFECTIVE CONSULTING & PSYCHOTHERAPY SERVICES

<https://affectiveconsult.ca>

Directory of 300 queer and trans therapists located in the Toronto area. All therapists identify, in some part, with the 2SLGBTQ+ community. Therapist fee is included, where a range may indicate a sliding scale option. This database is updated yearly.



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.



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.



Trans Wellness Ontario

<https://www.transwellness.ca/about-two>

Call: 226-674-4745

Email: info@transwellness.ca

A mental wellness organization that provides low barrier support to transgender, genderqueer, two-spirit, non-binary, queer and questioning communities and their families. Serves people 13 years and older. Services include individual counselling, peer support, community game nights, parent peer mentoring a clothing cupboard, and a range of special events. See website for more information about programs currently available.



The Queer & Trans Health Collective (QTHC)

<https://ourhealthyeg.ca/>

Based in Alberta, a grassroots health organization run by and for queer and trans community members. Empowers queer and trans well-being through programming which promotes equitable access to health education, support, capacity building, community-based research, and provider training.



U of T: Trans Swim Program

<https://kpe.utoronto.ca/drop-trans-pool-hours>

Trans-Pool Hours run every Thursday from 5:35 - 6:50 p.m

The Benson Pool is located on the main floor of the Athletic Centre. Trans Pool Hours swim program is available for trans, gender non-conforming, non-binary and 2-spirit students and members. Privacy change spaces are available. Pre-registration is required for this Drop-in program. Community members can take out a membership for a fee.



VODA

<https://www.voda.co/>

A mental health app for LGBTQIA+ people. Self-guided therapy programmes designed by leading LGBTQIA+ psychotherapists. Free to download. Discover a fresh approach to address the challenges of living in a heteronormative and cisnormative society.

VODA has a trans+ library. 52 free self-guided therapy programs for the trans+ community, with topics like coming out, gender dysphoria, body image, LGBTQIA+ relationships, shame, stigma, family rejection, transitioning, finding LGBTQIA+ friends, political anxiety, bullying, and more.

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.

Mindful Crochet

<https://www.the519.org/programs/mindful-croch>

Connect and craft with 2SLGBTQ+ community participants. Learn crochet and mindfulness skills. See website for more information.



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.



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.



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.



COUNTERPOINT
COMMUNITY
ORCHESTRA

Counterpoint Community Orchestra

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

LGTBQ community orchestra. Unique in Canada and in North America and is an important artistic, cultural, and educational outlet for music in the Toronto 2SLGBTQIA+ community. See website for more information about events and how to get involved.



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.



fred victor

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.



Front Runners Toronto

<https://fronrunners-toronto.square.site/>

torontofronrunners@gmail.com

A friendly, inclusive running crew of diverse runners deep in the heart of Toronto's Gay Village. Welcome all runners of different levels and backgrounds across the 2SLGBTQIA+ community, including allies. Contact them for weekly run schedule. \$20 membership fee.



Inkloosiv voices

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

Queer gospel & R'n'B choir that celebrates diversity and inclusion through the power of music. Diverse backgrounds and musical styles come together to create something truly special. See website for more information.

Inside Out

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.



Latino Group HOLA/El Grupo Latino HOLA

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

Community-based organization serving Spanish-speaking LGBTTIQQ2SA community. Provides support network, friendships, guidance on immigration issues, workshops, celebrations and cultural events.



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.



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.



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



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.



Pink Turf Soccer League

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

Welcomes members from across the 2SLGBTQ+ spectrum, including Indigenous two-spirit people, intersex people, and trans folks. This league began in 1985 with four teams and has grown over the years to include 250 members of diverse ages, races, experience and athletic abilities. Not-for-profit league run by a volunteer collective.



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.



Queers for Dinner

<http://www.queersfordinner.com/>

Queers for Dinner is about creating new friendships based on a mutual love of good food and good conversation. Queers for dinner helps organize meals by picking delicious, local restaurants and inviting awesome LGBTQ folks (and allies) to sign-up and hopefully meet some new amazing people! Queers for Dinner is currently based in Toronto.

Each month, meals are organised at local restaurants. The dates are posted on the website with details on the location, payment options, and washroom situation. Each meal will have no more than 4-6 guests so that people get a chance to talk to each other. See website for more information.



Queer Events

<https://www.queerevents.ca>

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



Queer Pickleball Club

<https://queerpickleballclub.ca/>

A not-for-profit pickleball collective providing a safe and welcoming space for queer women, trans and non-binary folk in the Toronto Pickleball community. All levels are welcome. See website for more information



Rainbow Ballroom Toronto

<https://www.rainbowballroomtoronto.com/menu>

Waltz and Salsa dancing classes for LGBTQ community. No partner required. Beginners and experienced dancers take the lesson(s) together.

Classes held at the 519 Church Street Community Centre, 7:00-8:30 pm. There is a fee for classes. See website to register.



Rusty Dragons Adventures

<https://www.rustydragons.ca>

Two teams now called Liberty Waves and One Gorgeous Boat. LGBTQ2S+ community-based dragon boat teams, that aim to provide a social and fitness-focused sporting outlet for the gay and lesbian community, as well as their friends, family and supporters. See website, membership fee.



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.



Singing Out

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

Toronto's largest 2SLGBTQIA+ choir. A non-auditioned, mixed-voice choir and anyone who loves to sing is encouraged to join. Singing Out has two shows a year and a cabaret. See website for more information.

SISTERING 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.



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.



Toronto Gay Pickleball Association

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

A safe pickleball space for gay, lesbian, bisexual, trans, and queer individuals as well as their allies. See website to register.



Toronto Public Library

The Pride Collection

<https://www.torontopubliclibrary.ca/books-video-music/specialized-collections/pride-collection.jsp>

The Pride Collection highlights books and movies of special interest to people in Toronto's Two-Spirit, lesbian, gay, bisexual, transgender, queer and other sexual and gender diverse communities (2SLGBTQ+). While there are 2SLGBTQ+ materials available at every branch in the city, the most complete collection is held at the Yorkville branch.

The Pride Collection is the largest circulating 2SLGBTQ+ collection in Canada, featuring some 4,500 adult, teen and children's titles in multiple formats. Materials are available to borrow free of charge.



Uplift Black

<https://upliftblack.org/>

Uplift Black is a Black and 2SLGBTQI+ led not for profit centre for social justice and inclusion. Based in Simcoe County, Barrie, Ontario. Provides local and national education on combating anti-Black racism and discrimination based on gender and sexual orientation. Connects to the community through community engagement initiatives, arts, wellness, and professional development programs.

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.



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.



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.



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.



CLEO Connect

<https://cleoconnect.ca/>

Provides legal rights education and information to help people understand and exercise their legal rights. Website contains a number of LGBTQ+ webinars on topics such as family law issues, parenting, changing your name and gender on identification, human rights, etc.



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.



Justice Trans

<https://justicetrans.org/>

Justice Trans is a website containing Canada wide public legal information related to the rights of 2S/TNBDG people. Information is searchable by topic and province.



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

Reach Police Officers of the Hate Crime Unit through Intelligence Services at: 416 808 2222

To report anonymously, call Crime Stoppers at 416 222 8477 (TIPS)

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.

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.

Scholarships & Grants

Scholarship and grants available to people who are going back to school after cancer treatment or returning to school while managing a disability.



AMI Scholarship Program

<https://www.ami.ca/scholarship/>

AMI Scholarship Program was created to celebrate AMI's commitment to making accessible media for all Canadians. The scholarship program is open to Canadian citizens or permanent residents of Canada with a permanent disability who are currently registered in and returning to a full-time program of study at an accredited Canadian post-secondary college or university. Each year AMI will award two \$5,000 bursaries to two deserving students with a permanent disability; one from the English community and one from the French.



Emmy Duff Scholarship Foundation

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

The \$2,000 Emmy Duff Scholarship is a one-time award for full-time students in a college or university program in Canada. Students may be in any year of their studies provided that they are enrolled in a college or university for the 2024 fall term. Open to students who have demonstrated an ongoing volunteer commitment and have undergone treatment or are currently being treated for cancer. See website for more details.

The Lorna Rosenstein Youth Volunteer Leadership Award

<https://www.gildasclubtoronto.org/wp-content/uploads/2022/04/Lorna-Rosenstein-Youth-Volunteer-Leadership-Award-Nomination-Fillable-Form.pdf>



This award is presented to a youth between 14 and 24 who has been impacted by cancer and has shown volunteer leadership in the community. The award recognizes the strength and resilience that can develop in a young leader who has lived with a person with cancer or is bereaved from losing someone close to them. The successful Nominee will be presented with the Lorna Rosenstein Youth Volunteer Leadership Award and \$1,500. The award recipient will be connected to a mentor who will provide guidance and advice to develop their leadership skills and support them through their educational and professional endeavours. The mentor will have experienced the impact of cancer and share insights about navigating through challenges to achieve personal success. See Guilda's Club website for more details.



Ontario Student Assistance Program (OSAP)

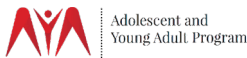
<http://osap.gov.on.ca>

Information and applications for government funding for post-secondary education are available from the Ontario Student Assistance Program (OSAP). Depending on your financial situation, you may qualify for loans and/or grants from the provincial and/or federal government. To get an idea of how much you could get, use the OSAP aid estimator. Even if you qualify for as little as \$1 in loans from OSAP, this opens the door to other scholarships and bursaries within the loan program.

Students with Disabilities

When completing an OSAP application, indicate that you have a disability. You will need a physician or nurse practitioner to complete the OSAP disability forms. If you qualify for financial assistance through OSAP, you may also qualify for OSAP's Bursary for Students with Disabilities (BSWD) and Canada Student Grant for Services and Equipment for Persons with Permanent Disabilities. These programs may provide money for things like tutoring, equipment, etc. You can apply for the BSWD through your Accessibility Services Counsellor.

[You can find out about scholarships and bursaries for students with disabilities studying at Canadian universities and colleges at www.disabilityawards.ca and www.neads.ca.](http://www.disabilityawards.ca)



POGO & AYA School and Work Transitions Program

Email: aya@uhn.ca

Meet with the program counsellor for support in returning to school, information about grants and scholarships, assistance in filling out applications, and support in preparing for employment and retuning to work.



Princess Margaret Cancer Centre, Michael Kamin Hart Scholarship

https://www.uhn.ca/PrincessMargaret/Clinics/Adolescent_Young_Adult_Oncology/Pages/michael_kamin_hart_scholarship.aspx

This scholarship supports students who are between the ages of 18 and 39 who have or have had cancer. The scholarship will support post-secondary academic endeavours and will take into account the personal achievements and triumphs of students. The \$1,000 Michael Kamin Hart Scholarship is a one-time award for full- or part-time students in a college or university program in Ontario, Canada. Students may be in any year of their studies provided that they are enrolled for school for the upcoming Fall semester.



Tamara Gordon Foundation

<https://tgfoundation.ca/apply/>

This scholarship is awarded based on academic record, community service, references, an essay on the role of enhancing the experience of physically disabled students at their university/college, and demonstrated financial need.

Emergency Shelters & Food Banks

Where to call if you need emergency shelter or food.



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.

COMMUNITY FRIDGES TORONTO Community Fridges Toronto

communityfridgestoronto.org

info@communityfridgesto.org

<https://linktr.ee/cfto>

Instagram @cf__to

A mutual aid initiative around the downtown area of Toronto. There are different fridges and pantries available for people to drop off food items, and take what they need. The fridges are accessible 24/7.



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. Download the app and receive notices when free food is available and the times and locations for pick up.



Homes First Society: Bloor Street 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



The People's Pantry

<https://www.thepeoplespantryto.com>

Founded during the pandemic by mostly Black and Brown queer, trans, and feminist graduate students and community organizers in Toronto. Delivers meals and grocery care packages to food-insecure families across Toronto, the Greater Toronto-Hamilton Area, and Tri-Cities-Guelph. Their website indicates that they have currently reached capacity and have a waitng list to accept new applicants.



Sai Dham Emergency Assistance Food Bank

<https://saidhamfoodbank.com/emergency-food-assistance/>

Service is available 7 days a week. For families or individuals facing hunger in difficult situations with no easy access to food. One-time basis assistance provided with a short verification process. Free delivery of food to your doorstep once qualified.

Housing

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



Access to Housing Resource Centre

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

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

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

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 the emergency situations.



YMCA Sprott House: LGBTQ2S+ Transitional Housing Program for Youth

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

For questions email sprott@ymcagta.org.

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

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.

Adolescent & Young Adult

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



Canadian Centre for Gender and Sexual Diversity (CCGSD)

2SLGBTQ+ Youth Mental Health Project

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

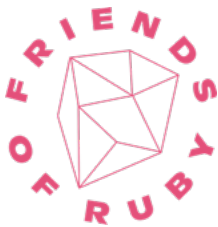
New project which will create a collection of resources that support the well-being of gender and sexually diverse youth. Resources are intended to encourage feelings of comfort and confidence as well as feelings of support and resilience to overcome any obstacles that may impact Canadian youth, specifically 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. geqi.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

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.

IT GETS BETTER CANADA

It Gets Better – Canada

<https://itgetsbettercanada.org/videos/>

Why Queer Stories Matter: It Gets Better Canada is proud to continue to uplift 2SLGBTQ+ voices across our nation. Positive inspiring stories and experiences celebrating sexual orientation and gender identity.



It Gets Better – USA

<https://itgetsbetter.org/>

View the hundreds of It Gets Better videos and blogs along with original content series. The diversity of this of community hopes to inspire and empower you. You are not alone.

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.



Lumenus Community Services

<https://lumenus.ca/>

Formally the Griffin Centre. 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.



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.



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



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.

Fertility, Family Planning, Lactation and Infant Feeding and Parenting

Resources related to fertility and building a family, lactation and infant feeding, and Parenting Organizations that provide resources and support to parents, guardians, supporters and caregivers of SGD children.

Fertility and Building a Family



2SLGBTQI Family Planning

Information videos developed by Egale Canada

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

Series of 10 videos addressing common questions around 2SLGBTQI family planning and assisted reproductive technologies, covering topics such as surrogacy, sperm and egg donation, adoption, and much more. This series is intended for 2SLGBTQI community members who are thinking about starting a family using assisted reproduction.

Egale also has LGBTQ parenting information available on their website. Link below is a guide about parental rights which they developed: LGBT Parental Recognition in Ontario

<https://egale.ca/wp-content/uploads/2014/12/LGBT-Parental-Recognition-in-Ontario-web.pdf>



CLEO Connect

<https://cleoconnect.ca/>

Provide legal rights education and information to help people understand and exercise their legal rights. Website contains a number of LGBTQ+ webinars on topics such as family law issues and parenting.



sherbourne HEALTH

Sherbourne Health

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

2SLGBTQ Family Resources Program

The 2SLGBTQ Family Resources program assists queer and trans people learn more about building and supporting their families. Offers workshops for those interested in family planning through surrogacy, adoption, or pregnancy. These sessions cover practical, emotional, social, and legal aspects in Ontario, including third-party reproduction, midwife services, surrogacy, supporting adoptees who are aging out of the welfare system. Presentations, discussions, and guest speakers. Registration is required for in-person attendance. See website for more information.



Canadian Oncofertility Referral Network

<https://oncofertility.msu.edu/locations/ckn-oncofertility-referral-network/>

Canadian Oncofertility Referral Network is a database that assists oncologists in locating fertility clinics, facilitates online referrals and houses an online library of fertility resources for both physicians and patients.



Mount Sinai Fertility (MSF)

<https://mountsinaifertility.com/fertility-treatments/2slgbtqi/>

Mount Sinai Fertility (MSF) is committed to ensuring a safe, welcoming and inclusive environment for all people who are two-spirit, lesbian, gay, bisexual, transgender, non-binary, gender fluid, gender expansive, queer, intersex and all other orientations or identities not listed. Provides a range of assisted-reproductive technologies to help 2SLGBTQI+ individuals in building their families, or preserving their fertility for the future. These options include: Donor eggs, Donor sperm, Gestational carrier options, Intrauterine insemination (IUI)/Donor Insemination (DI), IVF, Reciprocal IVF, Fertility preservation for trans/non-binary/gender people who produce sperm, Fertility preservation for trans/non-binary/gender people with ovaries and uteri. Contact MSF for an intake appointment.



FERTILE FUTURE

Fertile Future

Power of Hope Cost Reduction Program

<https://fertilefuture.ca/programs/power-of-hope/>

Fertile Future is a Canadian national non-profit organization that provides fertility preservation information and support services to cancer patients and oncology professionals. Offers financial assistance to qualifying cancer patients, providing a substantial reduction in the overall cost required to pursue fertility preservation treatment. See website to request an application form for the Power of Hope Cost Reduction Program.

Lactation and Infant Feeding



Birthing and Breast or Chestfeeding Trans support group

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

Birthing and Breast or Chestfeeding support group for Trans people and their allies. Private group. Register on the Facebook page.



La Leche League (LLL)

Support for Transgender and Non-binary Patients

<https://llli.org/breastfeeding-info/transgender-non-binary-parents/>

Facebook group: https://www.facebook.com/groups/TransReproductiveSupport/?fref=gc&hc_location=ufi

La Leche League is an international, nonprofit, nonsectarian organisation. LLL supports everyone who wants to breastfeed or chestfeed in reaching their goals.

Trans men, trans women, and non-binary individuals may choose to breastfeed or chestfeed their babies. You do not need to have given birth to breastfeed or chestfeed, as we can also see in the experiences of those nursing adopted babies. Canadian LLL Leader and transgender dad Trevor MacDonald writes that, "It is equally important to note that some trans people experience severe gender dysphoria when breast or chestfeeding, and that they may decide not to nurse their babies for mental health reasons." Some parents with gender dysphoria choose to pump and bottlefeed their milk to their baby. Whether you are pregnant, nursing your baby, pumping your milk, using donor milk, mixed feeding or considering your options La Leche League is here for you.

Parenting



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.



Gay Fathers of Toronto

<http://gayfathers-toronto.com/>

GFT provides a space for gay fathers to listen, ask questions, gain valuable information and support, and hear and share stories and experiences with other gay fathers. See website for events and meeting schedule.



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.



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.



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.



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.



Rainbow Health Ontario

www.rainbowhealthontario.ca

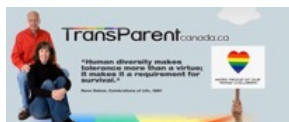
Provincial program run by Sherbourne Health. Promotes access to health care services for LGBTQ communities. Provides LGBTQ-friendly physical and mental health services in Ontario. Directory of LGBTQ2S+ resources available in Ontario covering many parenting topics.



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.



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

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.



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.



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.



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.



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. Visit website to learn more.

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



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 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



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.