

Alberta Resources

Community Organizations

[Pride Centre of Edmonton](#)

The Pride Centre of Edmonton offers resources, education, volunteer opportunities, counselling, and sensitive and expert information and referrals for those seeking help. The Centre also organizes programs to help improve the social, mental, and physical health of the 2SLGBTQIA+ community.

[Raricanow](#)

RaricaNow provides a supportive, empowering, and safe space for LGBTQIA+ refugees and newcomers in Edmonton Alberta as well as networking with others internationally to mobilize. LGBTQIA+ refugees and newcomers have the opportunity to access the bi-weekly gatherings.

[Trans Equality Society of Alberta](#)

A non-profit advocacy group for transgender Albertans. Contains information sheets on topics such as changing identity documents in Alberta, gender reaffirming surgery program and application process.

[AIDS Calgary Awareness Association](#)

AIDS Calgary Awareness Association is an education and resource centre providing community outreach volunteering, support, information and training programs.

[Outlink Calgary's Centre for Gender and Sexual Diversity](#)

Calgary Outlink is a community-based, not-for-profit charity dedicated to providing support, education, outreach, and referrals for the 2SLGBTQIA+ and allied communities in Calgary, Alberta.

[Calgary Pride](#)

Calgary Pride is a not-for-profit organization that exists to promote equality and celebrate Calgary's diversity.

[Central Alberta Pride Society](#)

Central Alberta Pride Society was founded in 2012 to bring 2SLGBTQIA+ awareness and community to Red Deer and surrounding areas.

[The Outloud Foundation for Community LGBTQ Supports and Services](#)

A non-profit organization that provides resources and programming to 2SLGBTQ+ youth and adults in St. Albert, Alberta.

[The Institute for Sexual Minority Studies & Services \(iSMSS\)](#)

The Institute for Sexual Minority Studies & Services (iSMSS) is a non-profit organization and research institute housed in the Faculty of Education at the University of Alberta. iSMSS provides educational programs and services to support the 2SLGBTQ+ community and its allies. Through our partnerships with various local Edmonton organizations such as the Pride Centre, LGBTQ+

Wellness Centre, and Altview we provide direct services from mental health support to 2SLGBTQ+ education to the community.

Education

[Guidelines for Supporting Transgender and Gender-nonconforming Students](#)

These guidelines support the creation of welcoming, caring, respectful and safe learning environments that foster diversity and nurture a sense of belonging and a positive sense of self. Their purpose is to enable school authorities to use best practices in creating and supporting learning environments that respect diverse sexual orientations, gender identities and gender expressions.

[Alberta SOGI Educator Network](#)

The Alberta SOGI Educator Network brings together Alberta educators interested in SOGI-inclusive education. It enables these educators to meet, share resources, co-design programs, and collectively overcome obstacles within and across public school districts, Catholic school districts, independent schools and First Nations schools. Members in public school districts gain access to an expansive collection of emerging SOGI tools to test and evolve with their schools. Key tools are then shared with all members as the SOGI Educator Toolkit.

[Trans Parent Alberta 101 - Education Resources](#)

Ambit offers training and policy support on a variety of topics, including "Gender Diversity in the Workplace: Positive approaches to supporting trans, non-binary, and Two-Spirit colleagues and clients" and "The Major Problem of Microaggressions: Active Allyship in Challenging Moments." These offerings are open to all organizations who are committed to creating accessible and affirming work environments for diverse teams.

[LGBTQ2S+ Teacher Resources](#)

A list of LGBTQ2S+ resources to help educators promote safe and supportive classrooms and learning environments.

Mental Health

[Family Resilience Project](#)

Through a partnership with the LGBTQ Wellness Centre, the Family Resilience Project offers free short-term counselling to sexual and gender minority (LGBTQ) children, youth, and families.

[Inclusive Counselling & Consulting Psychological Services, Inc.](#)

Inclusive Counselling & Consulting Psychological Services, Inc. is committed to providing inclusive and supportive services. Our goal is to create a therapeutic environment that is safe, respectful, and confidential for all clients.

[Connected Counselling](#)

A gender and sexuality affirming, as well as kink and poly friendly team of mental health professionals. They provide individual, virtual, and group counselling, and clinical supervision.

Auschrat Counselling

A gender and sexuality affirming team of mental health professionals that provide individual, virtual, and group counselling to LGBTQ2S+.

TO BE Program

The TO BE Program is an online, community-based, individual and group mental health program for sexual and gender diverse groups. The program runs on a monthly cohort model, with a new mental health topic announced each month. Most monthly groups focus on intersectional minority stress and resilience.

Wellness

Trans Affirming Network

A collection of local businesses who all share the value that it is essential to create spaces that are welcoming, respectful, and inclusive of trans and gender diverse folks and are committed to working to provide these spaces themselves.

Queer YEG

Serving Edmonton's LGBTQ+ community and its supporters by providing a directory of businesses and organizations that are welcoming of all sexual orientations, gender identities and expressions.

Zaetl Electrolysis

Zaetl Electrolysis is a trans-owned business that offers affordable, safe, and permanent hair removal to clients in the Mohkinstsis (Calgary) area.

Benj Salon by Arabella

Trans owned and operated salon that offers gender neutral pricing.

Good Neighbour

A pay-what-you-want thrift store run by volunteers. All money raised used to buy food for the community.

Juniper Limbs

Lindsay (she/her) is a self-taught artist based in Mohkinstsis (Calgary, AB), in Treaty 7 territory. She works primarily as a handpoke tattoo artist in a small tattoo shop in Ramsay and provides a gender-affirming space for gender diverse clients.

Trans Wellness Initiative

The Trans Wellness Initiative aims to improve the health and wellness of trans and nonbinary communities in Alberta by building connections, facilitating access, and fostering capacity. The website is a place for trans folks to get information and resources about health topics that matter to them – whether about gender affirming gear, sexual health, or navigating surgical pathways. It is also a place where healthcare providers can find guidance and education in providing competent care for trans and nonbinary communities.

Support Communities

Skipping Stones

For transgender and gender diverse youth, adults, and families living in Alberta. Offers on-site community cupboard with non-perishable food and personal hygiene supplies. Also provides information sheets, step-by-step guides, access to support groups, 1-on-1 mentorship programs, and gender gear.

OUTreach Southern Alberta

OUTreach provides a broad range of community, social, educational, and recreational services and programs to the 2SLGBTQIA+ Folks in Lethbridge & southern Alberta.

The altView Foundation for Gender Variant and Sexual Minorities

Provides resources and support to sexual minority and gender variant persons in Strathcona County and surrounding regions.

Edmonton Two Spirit Society

Provides social, health, and/or cultural programs and services primarily for 2Spirit, IndigiQueer and/or Indigenous LGBTQIA+ communities.

Fruit Loop

The Fruit Loop Society of Alberta is an Edmonton-based, volunteer-led non-profit social enterprise. They provide inclusive events, dynamic social media, and special initiatives for Alberta's LGBTQ2S+ community.

Trans Parent Alberta 101

Trans Parent Alberta 101 is a compilation of resources for supportive parents, guardians and caregivers of transgender, non-binary and gender expansive children (minor or adult) in Alberta.

Shades of Colour

SOC is a space founded by QTBIPOC (queer and trans, Black, Indigenous, and people of colour) in Edmonton, Alberta on Treaty 6 & Métis territory. They provide ongoing support for individuals who are seeking community, and mutual aid resources, and also who are experiencing violence. They prioritize outreach programming, resource sharing, food security, mental health, and advocacy work.

QTHC

A grassroots health organization run by and for queer and trans community members to ensure equitable opportunity to experience positive health and wellbeing. They provide a representative voice that addresses the specific health determinants and needs of queer and trans community members through community education, support, and capacity-building; provider training and professional development; and community-based research and advisory.

Brite Line - 1-844-70-BRITE

Brite Line is Edmonton's first mental health and wellness helpline dedicated to supporting people in Edmonton's 2SLGBTQIA+ community. Created by members of the community for the

community, Brite Line is a safe place to call to connect with hope, courage, support, understanding and the freedom to be who you are.

[Birthing and Breast or Chestfeeding Trans People and Allies](#)

A group intended for sharing information and experiences about pregnancy, birth, and nursing amongst trans and genderfluid/gender neutral people anywhere on the gender spectrum, at any point in transition (or pre-transition). It is also for allies, especially health care providers, who want to support our community.

[Edmonton LGBTQIA2S+ Pregnancy and Parenting Community](#)

The Edmonton LGBTQIA2S+ Pregnancy and Parenting Group is an online space hosted by the Edmonton Midwifery Cooperative. It is a private group for queer/trans* folks and allies to build community and support one another, anywhere on their journey from conception to parenting.

[TransJourneys](#)

TransJourneys is a drop-in group that provides peer support, education, and resources for the trans community in and around Calgary. This group is open to all who are trans, non-binary, intersex, or questioning their gender identity. This group is for people who are eighteen years of age or older.

[TransFamilies Calgary](#)

This group is exclusively for parents and adult family members of trans identified individuals. It is an adult only group 18+ that offers peer support, resources and a community for education and growth. The objective of the group is to enable families to affirm and support their loved one's gender identity and expression.

[Healthcare](#)

[Alberta Health Services - Funding for Transition Surgeries](#)

Contains application forms for gender affirming services, and provides information on funding, criteria for eligibility, and coverage.

[The LGBTQ+ Wellness Centre](#)

Provides comprehensive care to transgender, non-binary, and gender diverse persons in Northern Alberta, including gynaecology, endocrinology, nursing support, education, pharmacy, referrals to other services, and voice and mannerism coaching program for all ages.

[Centre for Sexuality](#)

The Centre for Sexuality normalizes sexuality and sexual health in Alberta and across Canada by providing evidence-informed, non-judgmental sexual health programs and services. Their work is community-based, prevention-focused, and nationally recognized.

[Alberta Sex Positive Education and Community Centre](#)

ASPECC is a nonprofit organization based in Edmonton that strives to promote healthy views of sex, gender, sexuality and sexual diversity with a strong focus on empowerment and consent.

Edmonton Midwifery Cooperative

A team of seven Registered Midwives, working as a cooperative, in the inner-city of Edmonton, Alberta. They provide care for underserved clientele and families and aim to provide evidence-based care that is respectful and inclusive of all people. They welcome families of any gender, sexual orientation, family structure, faith, age, cognitive or physical ability, socio-economic status, or ethnic background.

Children and Youth

Calgary Outlink – insideOUT Youth Group

Inside Out Youth Group is a fun, casual, and simultaneously supportive group for 2SLGBTQ+ identified or questioning youth ages 13-18 along with their friends, family and allies.

Rainbow Alliance for Youth of Edmonton

An inter-agency committee serving LGBTQ2S+ youth & promoting increased understanding, empathy, and knowledge.

Camp Dragonfly

A summer camp in Edmonton for gender creative, trans+, and gender fluid children, their friends & siblings.

The Rainbow Pages

The Rainbow Pages is a resource guide developed by The Family Centre of Northern Alberta to provide Lesbian Gay Bisexual Transgender Queer+ (LGBTQ+) youth and the youth-serving community with a consolidated guide of supports available in Edmonton.

CHEW Project

The CHEW Project's vision is to provide frontline support, opportunities for health and wellness, and to help find hope for 2SLGBTQ+ youth and emerging adults facing barriers related to: mental health, oppression, poverty, homelessness, substance use, sexual health, sexual exploitation/sex work