

Newfoundland & Labrador Resources

Support Communities

[PFLAG Canada - NL Chapter](#)

PFLAG Canada - NL Chapter is part of the national Chapter and Contact network. They actively assist in the recognition and growth of gay, lesbian, bisexual, transgender, transsexual, Two-Spirit, intersex, queer and questioning persons and their families and friends, within their diverse cultures and societies. Chapters in Grandfalls, Windsor NL and St. John's NL.

[Trans Support NL Inc.](#)

Trans Support NL Inc. aims to improve the experiences of trans, non-binary, Two-Spirit, and gender diverse folks in NL through advocacy, community building, and expanding gender diversity awareness and inclusion. Services include monthly peer support groups in the Eastern, Western, and Central regions including groups for: parents, gender creative kids, trans youth, trans adults, and Two-Spirit people (varying by region).

[The Quadrangle](#)

The Quadrangle aims to create a community centre for 2SLGBTQAI+ individuals and organizations, a space that is a resource for building community resilience and connection, and that provides supports for existing and future initiatives of our 2SLGBTQIA+ community. Their vision is building sustainable community connections through cooperative communal space as a provincial charity with the sole mandate to serve community.

[MUN Intersections - Memorial University's Resource Center for Marginalized Genders](#)

At the centre, volunteers trained in crisis intervention are available for informal peer support and can provide referrals to various campus and community services. They have a Trans support group and an Asexual and Aromantic support group. Anyone needing a safe space, a confidential source of information, or simply someone to talk to is welcome to stop by!

[Parents of Trans, Two-Spirit & Gender Diverse Kids - NL](#)

This is a public page for a peer support group for parents of trans, Two Spirit, and gender diverse children and youth, located in Newfoundland (Ktaqmuk).

[Port Rexton Pride](#)

Dedicated to building awareness, support & education around LGBTQ+ issues in Port Rexton & area.

[Memorial University's Sexual and Gender Advocacy Resource Centre \(MUN SAGA\)](#)

MUN SAGA provides a support and social group for lesbian, bisexual, gay, transgender, questioning, and other members of the Memorial LGBTQ+ community. Their office is a safe (and confidential) place to be yourself, hang out with other LGBTQ+ people, and meet new people! They also have a growing library of resource materials and LGBTQ+-themed fiction and poetry that is available to anyone who needs it.

[Spectrum](#)

Spectrum is the first and only community choir in Newfoundland and Labrador for lesbian, gay, bisexual, transgender, and queer people and our allies. Founded in 2011, the choir's mandate is to create a space of safety, community, and celebration for LGBTQ people. There are no auditions to join Spectrum and the choir welcomes all who want to sing with us, regardless of experience or identity.

[Homes for Queers Newfoundland](#)

A Facebook group dedicated to helping queer and trans people find roommates or find places to live.

[Mokami Status of Women Council](#)

Mokami Status of Women Council is an equality seeking feminist organization that links women and gender diverse individuals by sharing ideas, resources, skills, experience and knowledge. Mokami Status of Women Council is dedicated to serving the needs of the women in its community. They speak out publicly on issues such as gender-based violence, sexual harassment, poverty, employment opportunities and pay equity, equal marriage, and reproductive freedom.

[Odds & Ends LGBTQ+ Curling Association & League](#)

Odds & Ends Curling is the St. John's queer-friendly curling association and league. Founded in 2016, the association organizes an annual bonspiel as well as non-competitive curling events for those who identify as queer, questioning, family, and allies. They usually have about 50 members who meet regularly to curl and socialize. Odds and Ends aims to offer a safe, active and fun social environment and acts as a queer presence within the City's and Province's larger sports community.

[Camp Eclipse](#)

Camp Eclipse is a four-day leadership retreat for LGBTQ+ youth and their allies, held each August at the Brother Brennan Environmental Centre. Through their participation in a variety of workshops and activities, campers, youth leaders, and mentors develop and enhance their leadership skills and their knowledge of LGBTQ+ history, activism, sexual health, healthy coping strategies, and so on. The nature of the workshops, facilitated by the mentors and youth leaders, varies from year to year, while maintaining a focus on leadership, personal growth, activism, and advocacy.

Healthcare & Mental Health

[Planned Parenthood](#)

Planned Parenthood Newfoundland and Labrador Sexual Health Centre is a non-profit charitable organization that promotes positive sexual health and 2SLGBTQIA+ inclusion through education, community partnership, information and services within an environment that supports and respects individual choice.

[Planned Parenthood 2SLGBTQIA+ Warm Line](#)

Planned Parenthood NL's 2SLGBTQIA+ Warm Line is a peer support service run by and for 2SLGBTQIA+ people in Newfoundland and Labrador. If you need someone to talk to, call us and

we will do our best to support you and provide you resources. The goals of the Warm Line are as follows: Create a safer space for 2SLGBTQIA+ people in NL to talk through their problems/concerns; take pressure off of existing crisis or warmlines that 2SLGBTQIA+ people may be using in the absence of specific warm line; and connect those in the 2SLGBTQIA+ community with more experience and more to give with those seeking help or someone to talk to.

[Dr. Tanya L. Lentz, R. Psych.](#)

Dr. Lentz has 15+ years experience providing psychological and neuropsychological assessments to adults, adolescents, and children with neurological, developmental, and psychological conditions as well as evidence-based therapeutic intervention and cognitive rehabilitation. They are a WPATH member and able to provide surgical and hormone readiness assessments.

[Carla Condon Barton](#)

Carla is a clinical social worker focused on queer and trans communities, with sliding scale options for BIPOC community members. Their psychotherapy practice leans heavily on the ethics of anti-oppression and centres individual struggles against larger systemic barriers. Their primary therapeutic modalities are: Narrative Therapy, Somatic Experiencing (in training), Acceptance and Commitment Therapy and Sex Therapy.

[Dr. Mari-Lynne Sinnott](#)

Dr. Sinnott operates as a family doctor out of Proactive Wellness and provides surgical readiness assessments to trans and gender diverse folks.

[Krista Benson](#)

Krista Benson is a registered nurse/clinical sexologist and provides surgical readiness assessments to trans and gender diverse folks.