

Ontario Resources

Table of Contents

Ontario Wide	5
Rainbow Health	5
Rainbow Health Ontario – Service Provider Directory.....	5
Umbrella Mental Health	5
Trans PULSE Project (Ontario)	5
Greater Toronto Area	5
Healthcare	5
East Mississauga Community Health Centre	5
CAMH Gender Identity Clinic (Toronto)	5
Sherbourne Health – Trans Care.....	6
Connect Clinic (Toronto).....	6
Trans Youth Clinic – Sick Kids.....	6
Toronto People With AIDS Foundation.....	6
Planned Parenthood Toronto	6
Children and Youth	6
The Pozzy	6
Central Toronto Youth Services	6
Central Toronto Youth Services – Transceptance	6
Central Toronto Youth Services - Families in TRANSition (FIT).....	7
Central Toronto Youth Services - Boyoboy	7
Central Toronto Youth Services - Youth-Gender Action Project Y-GAP.....	7
Queer Asian Youth.....	7
Project Youth AFFIRM	7
Triangle Program	7
Teen Health Source	8
SKETCH Working Arts - Trans ID Clinic	8
YMCA Sprott House	8
Trans Fusion Crew	8
Griffin Centre - Reach Out.....	8
Black Queer Youth	8
Black Queer Youth Collective	8
Support Communities	8
Toronto PFLAG.....	8
trans-Link Network.....	9
The 519	9
Trans Partner Network.....	9
Salaam Canada	9
PFLAG Durham Region	9
Toronto Bi+ Network.....	9
Non Binary Colour Collective	9
Toronto Gaymers.....	9
Rainbow Space.....	9
Maggie's Toronto Sex Workers Action Project.....	10

BindersOUT	10
Black Women in Motion	10
Sistering	10
Toronto Trans Coalition Project	10
Trans Toolkit Collective	10
Rainbow Salad	10
The Dresscode Project	10
Senior Pride Network	11
GetREAL	11
Eastern	11
Healthcare	11
Ottawa CHC Trans Health Program	11
Planned Parenthood Ottawa	11
Transgender Health Clinic (Kingston)	11
Maltby Centre LGBTQ+ Services	11
Sexual Assault Centre Kingston	11
Centertown Community Health Centre Trans Health Service	11
Support Communities	12
HARS (HIV/AIDS Regional Services) - Kingston	12
Pflag Canada Renfrew County	12
Dandelion Allyship	12
Around the Rainbow	12
*KIND	12
20 Something Group	12
Ace/Aro Space	12
BIPOCalypse Now!	13
Queering Faith	13
GenderQuest	13
Polybilities	13
QueerAmore	13
Trans Family Kingston	13
Reelout Arts Project	13
Kingston Pride	14
Rainbow Caregivers Network	14
Bay of Quinte Pride	14
Transforum	14
Salon My Place (Ottawa)	14
Capital Rainbow Refuge	14
Psychiatric Survivors of Ottawa	14
MAX Ottawa	15
AIDS Committee of Ottawa	15
Ottawa Time Out Hiking Club	15
Ottawa Q-Ball	15
QTPOC++ Social Bees	15
MAXQueering613	15
Children and Youth	15
FUSE Youth Group	15
SAEFTY Ottawa	15
Cafe Q	16
Kind Space Youth - Discord	16

Rainbow Youth Outreach (Quinte)	16
Say OutLoud!	16
Queerios LGBTQ+ *Youth Drop-In.....	16
QT Youth Garden Group	16
The Ten Oaks Project	16
Northern	17
Healthcare & Mental Health.....	17
Dorset Pier Mental Health	17
Umbrella Medical Clinic (Thunder Bay)	17
NorWest Community Health Centres	17
Support Communities.....	17
Rainbow Collective of Thunder Bay.....	17
Elevate NWO	17
Thunder Bay Gender Journeys.....	17
SAGE - Sexuality & Gender Equity Community	18
Gender Issues Centre – Lakehead University.....	18
Borderland Pride	18
Kenora Pride	18
Rainbow Alliance Dryden	18
Red Lake Pride	18
Elliot Lake Pride	18
Fierte Timmins Pride	19
Fierte Sudbury Pride.....	19
North Bay Pride	19
Rainy River Pride	19
Thunder Pride.....	19
Northern Ontario Pride Network	19
TG Innerselves	19
Algoma - The Pride Project.....	19
Wellness.....	19
Thunder Bay Gender Journeys	19
The Other 10%	20
Southwest.....	20
Healthcare	20
London InterCommunity Health Centre	20
Poizitive Pathways	20
Support Communities.....	20
Pride Western	20
QT Haus	20
Windsor Essex Transgender and Allied Support	20
Sarnia Pride And Transgender Association (Spata)	21
CCLC-LGBTQ Social/Support Group.....	21
Trans* London.....	21
Forest City Queerios.....	21
Trans Wellness Ontario	21
Ingersoll Gender Center	21
AIDS Committee of Windsor	21
Wellness.....	21

Regional HIV AIDS Connection - Open Closet	21
London InterCommunity Health Centre - Youth Outreach Worker Program	22
Spectrum - Sarnia Lambton Rebound	22
FiveFourteen	22
Prism Space.....	22
Central.....	22
Healthcare	22
ARCH – HIV/AIDS Resources and Community Health	22
Shelter Health Network – Trans Community Health (Hamilton)	22
North Simcoe Trans Health Program.....	23
SHORE Centre	23
Quest Community Health Centre, Rainbow Niagara Program.....	23
ACCKWA the AIDS Committee of Cambridge, Kitchener, Waterloo and Area.....	23
Sexual Assault Centre Hamilton and Area (SACHA).....	23
Sexual Assault Centre of Brant.....	23
The Gilbert Centre	23
Streetworks	23
St. Joseph's Hamilton - Youth Wellness Centre.....	24
Support Communities.....	24
Muskoka Pride.....	24
Trans Peer Outreach (Haliburton, Kawartha, Pine Ridge)	24
Rainbow Service Organization (RSO).....	24
MSU Pride Community Centre.....	24
Wilfred Laurier University - Rainbow Centre	24
Out on the Shelf: Queer Library and Resource Centre.....	24
Hamilton Trans Health Coalition	24
Laurier University - Brantford Queer Sphere.....	24
The Bridge.....	25
Occupy: Queer Racialized Alliance	25
Friends of Dorothy Bowling League.....	25
Guelph Resource Centre for Gender Empowerment And Diversity.....	25
SPECTRUM.....	25
Positive Living Niagara.....	25
The Queer Justice Project.....	25
Children and Youth.....	26
Big Brothers Big Sisters of Muskoka - PRISM Program	26
LGBTQ Youth Connection - Simcoe County	26
The Rainbow Youth Program	26
speqtrum Hamilton	26
Rainbow Pals LGBTQ2S+ Summer Camp.....	26
Transcend.....	26
MOGAI Mentors	26
Doin' It.....	27

Ontario Wide

Rainbow Health

A program of Sherbourne Health, Rainbow Health Ontario creates opportunities for the healthcare system to better serve LGBT2SQ communities. RHO offers training for healthcare providers across the province to feel more clinically and culturally competent in caring for their LGBT2SQ service users. RHO also supports system change by producing evidence-based print and web resources, contributing an LGBT2SQ health perspective to public policy processes, acting as a research catalyst and hosting Canada's largest LGBT2SQ health conference.

Rainbow Health Ontario – Service Provider Directory

This directory is designed to help you find health and social service providers who have expressed a commitment to providing competent and welcoming care to LGBT2SQ people in Ontario.

Umbrella Mental Health

A network of queer and trans-identified mental health professionals who serve the 2SLGBTQIA community. They offer psychology and psychotherapy services to individuals, couples, and families in the 2SLGBTQIA community.

Trans PULSE Project (Ontario)

The Trans PULSE Project (Ontario) was a community-based research (CBR) project that investigated the impact of social exclusion and discrimination on the health of trans people in Ontario, Canada.

Greater Toronto Area

Healthcare

East Mississauga Community Health Centre

A set of support services for, but not limited to, lesbian, gay, bisexual, transgender, transsexual, intersex, queer, questioning and Two-Spirit (LGBTTIQQ2S+) people in Peel Region. Services include support and social drop-ins, one-to-one support and referral sessions, primary health care that strives to be inclusive to trans and gender diverse people, advocacy around trans and gender diverse issues, referral to trans and gender diverse positive services including counseling, consultations with service provider allies and families of trans and gender diverse folks, and collaboration with community organizations on joint initiatives including education and trainings.

CAMH Gender Identity Clinic (Toronto)

The Adult Gender Identity Clinic at CAMH offers specialty services to both individuals and their primary care practitioners in Ontario with regard to issues related to gender identity and expression, including gender expansive, trans and non-binary identities. The program offers a comprehensive response to the variety of clinical issues experienced by clients. The clinical team is interdisciplinary and includes social work, psychiatry and psychology staff with specialized expertise in trauma-informed mental health and addiction care.

Sherbourne Health – Trans Care

Located in Toronto Sherbourne Health offers transition-related surgery (TRS) support & referrals, transition related care at the acute respite care (ARC) program, and trans support groups.

Connect Clinic (Toronto)

Connect-Clinic offers specialty services to trans and gender diverse individuals, including non-binary and genderqueer folk. Different medical treatment plans and supports are offered in order to meet individual needs and goals. This program offers telemedicine-based medical consultations, advice and treatment related to trans care, including general health and wellness services, hormone therapy, and surgery referrals. Referrals to this program are appreciated and accepted, though they are not necessary.

Trans Youth Clinic – Sick Kids

The primary function of the clinic is to provide information on medical options and a treatment plan for puberty blocking and medical transition. The Transgender Youth Clinic (TYC) at SickKids provides access to an endocrinologist, nurse practitioner, endocrine nurse, social worker, and psychiatrist. Requires referral from primary health care provider.

Toronto People With AIDS Foundation

PWA engages people living with HIV/AIDS in enhancing their health and well-being through practical and therapeutic support services and broader social change, and we inspire them to live into their dreams and discoveries.

Planned Parenthood Toronto

A community health centre providing accessible and inclusive programs and services that promote healthy sexuality and informed decision-making. In their clinic, they offer primary, sexual, and mental healthcare. In the community, they offer workshops, groups, and peer education.

Children and Youth

The Pozzy

A support group for HIV positive youth ages 13-29 to connect with other youths in their areas that's living with HIV.

Central Toronto Youth Services

Central Toronto Youth Services (CTYS) is a community-based, accredited Children's Mental Health Centre that serves many of Toronto's most vulnerable youth. Provides services related to mental health issues, conflicts with the law, and issues of sexual orientation and gender identity.

Central Toronto Youth Services – Transceptance

TRANSceptance is an ongoing peer-support group for parents and caregivers of transgender and non-binary youth and young adults. TRANSceptance provides support and education while reducing isolation and stress.

Central Toronto Youth Services - Families in TRANSition (FIT)

Families in TRANSition (FIT) is a 10-week, closed group for parents/caregivers of trans and gender-questioning youth (age 13 – 21) who have recently learned of their child's gender identity. Participants will be supported to gain tools and knowledge to help improve communication and strengthen their relationship with their youth, learn about social, legal and physical transition options, strengthen skills for managing strong emotions (fear, sadness, worry, etc.), and explore societal/cultural/religious beliefs that impact trans youth and their families.

Central Toronto Youth Services - Boyoboy

For folks 16-24 who identify as two-spirit, intersex, trans, non-binary, gay, bi, queer. Through discussions of health, arts & culture, and current events, Boyoboy explores the intersections and issues of GBTQ2S youth identity and experiences. Always entertaining and educational, each workshop focuses on a specific topic or theme.

Central Toronto Youth Services - Youth-Gender Action Project Y-GAP

A community-based research project among CTYS, Pride & Prejudice, and Rebecca Hammond of Dalhousie University, which was funded through the Ontario HIV Treatment Network. The project was committed to understanding and improving the lives of trans youth living in Toronto and across Ontario through identifying gaps in knowledge about their lives and in current program/service delivery.

Queer Asian Youth

ACAS' Youth Program strives to prevent the spread of HIV/AIDS and Sexually Transmitted Infections (STIs) by providing culturally and linguistically appropriate education and outreach to East and Southeast Asian youths, including lesbian, gay, bisexual, transsexual, transgender, queer, questioning (LGBTQQ), curious or undecided youth, across Toronto. All our activities are based on a non-judgmental peer education approach. Queer Asian Youth (QAY) is an initiative of the ACAS Youth Program that has been providing social spaces, capacity development, and peer support for LGBTQQ, curious and undecided East and Southeast Asian youths and their friends since 2000.

Project Youth AFFIRM

Project Youth AFFIRM seeks to integrate identity affirmation with cognitive-behavioural interventions that are already known to work. This combined intervention is presented in the form of eight sessions targeted at LGBTQQ2SA* youth and geared towards reducing risky sexual behaviour and depression. AFFIRM is a eight module, manualized intervention. It is focused on reducing depression and improving coping and sexual self-efficacy for LGBTQQ2SA* youth by providing them opportunities to develop identity cognition (self-awareness, identifying risk), mood (recognizing the link between thoughts and feelings), and behaviour (identifying strengths and ways of coping), as well as equipping them with the tools to manage and influence those factors by themselves.

Triangle Program

The Triangle Program hosts LGBTQ2+ youth who are in need of a smaller and safer space where they can find and build community. They strive to reflect our students' experiences in an

LGBTQ2+ and social justice-focused curriculum. They offer caring and flexible supports to help our students earn their high school diploma.

[Teen Health Source](#)

Teen Health Source is a sexual health information service run for and by youth. You can phone/text/email/chat online with volunteers about things like birth control, STIs, pregnancy, coming out, sexual pleasure, healthy relationships, puberty, and more. Information is provided in a non-judgmental, sex-positive, pro-choice, and inclusive manner.

[SKETCH Working Arts - Trans ID Clinic](#)

Free legal assistance for trans youth 16-29 with ID applications, name changes, gender marker changes and other related issues.

[YMCA Sprott House](#)

Transitional housing and intensive case management for 2SLGBTQ youth for one year.

[Trans Fusion Crew](#)

Trans Fusion Crew is a weekly drop-in group to explore, learn about and share experiences of gender and everything else. They offer a space for youth under 29 to connect, build community, and access support for topics related to gender, (a)sexuality, coming out, different ways of transitioning, race and being trans, finding community, issues with family, mental/physical/emotional health, housing, and referrals.

[Griffin Centre - Reach Out](#)

reachOUT is a creative, inclusive & accessible program for lesbian, gay, bisexual, trans, two-spirit, gender nonconforming and queer (LGBTTGNCQ) people in the Greater Toronto Area. They offer individual and family counselling for youth 12-18, consultation and training to service providers and external agencies, accessible workshops, drop-in groups, outreach services, advocacy, arts programming, and sports and recreational activities.

[Black Queer Youth](#)

Black Queer Youth (BQY) is a weekly drop-in group where we celebrate Black queer and trans spectrum people's experiences and accomplishments.

[Black Queer Youth Collective](#)

The BQYC was co-founded by a Black Transwoman and is still actively working with Black Queer and Trans people in Toronto and the Greater Toronto Area. They started in the fall of 2017, with the intent to better support the needs of Black LGBTTQ+ youth in the City of Toronto and the GTA by developing a culturally anchored program to address service gaps for youth. Check out their site or email them anytime to find out more about what they're up to.

Support Communities

[Toronto PFLAG](#)

Toronto PFLAG promotes the health and well-being of LGBTQ2S+ people by helping to keep families together through Support and Education.

trans-Link Network

trans-LINK: an intersectoral network bringing together community and healthcare organizations across Ontario to enhance supports for trans sexual assault survivors.

The 519

Provides a wide variety of programs and services for the LGBTQ2S+ community. Art programs for trans kids, clothing exchanges, social events, housing assistance, mentorship, and much more.

Trans Partner Network

The Trans Partner Network is a Toronto-based program and supportive network. They offer a workshop series where partners can learn, share, explore, and express their unique experience in a structured, supportive, interactive and creative environment.

Salaam Canada

Salaam Canada is a volunteer-run national organization dedicated to creating space for people who identify as both Muslim and queer and trans. This group has a drop-in model and primarily focuses on discussions related to coming out, sexuality, spirituality, and religion and offers social support to its attendees.

PFLAG Durham Region

PFLAG Canada Durham Region supports all persons within our reach with their journeys through gender identity, gender expression and sexual orientation. They seek to provide education and resources to the greater Durham community to help encourage inclusion, diversity and equity.

Toronto Bi+ Network

Toronto Bi+ Network provides a community where bisexuals, pansexuals, omnisexual, fluid and other non-monosexual people, as well as people questioning their sexuality, can share diverse perspectives on bi+ issues and experiences. They offer peer-support, a social network, information and resources.

Non Binary Colour Collective

An art community focused on 2SQTBIPOC creatives in Tkarón:to (Toronto) and the GTA.

Toronto Gaymers

Toronto Gaymers welcome all LGBTQ+ and allied geeks and gamers. They are primarily a social group providing inclusive safe spaces for gaming (tabletop, board, card, PC, console) as well as related culture expression (cosplay, anime, pride). They strengthen local community and commercial relationships via our events including cafe and pub socials, conventions, outreach events, and much more.

Rainbow Space

Building Safer, inclusive social and recreational spaces for the 2SLGBTQ+ Community in York Region. They provide opportunities to build social networks, organize and participate in

recreational activities, information and resources about health and social services, harm reduction and sexual health education, lending library of queer literature, volunteer and leadership opportunities, and peer learning and wellness promotion groups.

Maggie's Toronto Sex Workers Action Project

Maggie's Toronto Sex Workers Action Project is one of Canada's oldest sex worker justice organizations serving Toronto's downtown east for nearly 40 years. They support local sex workers through legal advocacy, political organizing, peer support and education.

BindersOUT

BindersOUT is a binder exchange program created to give trans and nonbinary folks access to affordable (and safe!) chestbinding. They are currently based in Toronto, Ontario.

Black Women in Motion

This Toronto-based organization empowers and supports the advancement of Black womxn and survivors of sexual violence. They've started the Love Offering Community Emergency Relief Fund for Black Womxn (Trans and Cis), Femmes, Non-Binary and Gender-non-Confirming folx experiencing food and income insecurity and who live within the City of Toronto or Greater Toronto Areas. Priority is given to Black trans womxn and black 2SLBGQTQ+ identifying and your donation helps provide financial support and food support.

Sistering

Sistering is a multi-service agency for at-risk, socially isolated women and trans people in Toronto who are homeless or precariously housed. They have a drop-in centre, provide harm reduction and do year-round advocacy work. They've been serving the community for over 35 years, validating the experiences of women and trans people regardless of outcomes.

Toronto Trans Coalition Project

This group is a partnership of trans and gender non-binary support and advocacy groups in Toronto. They aim to improve the everyday lives of trans and non-binary people in Toronto and across Ontario and Canada. Trans and non-binary people create, implement, and make decisions in all aspects of this project which focuses on improving access for trans and gender non-binary people to the social determinants of health.

Trans Toolkit Collective

A local Toronto collective that builds and delivers customized gender essentials to those in need. Each toolkit is customized to fit the request and they're always looking for volunteers to help put them together.

Rainbow Salad

A Peel-based directory of social, mental health, and medical resources for 2SLBGQTQ+ individuals. See their [Service Provider Directory](#) and [Events](#) pages for more information on community resources and events.

The Dresscode Project

A listing of hair salons that are LGBTQ-welcoming, safe, and non-judgmental.

Senior Pride Network

A blog and a listing of resources, programs and events for age 50+ LGBTQ+ folks.

GetREAL

A Canadian non-profit organization whose mission is to support LGBTQ+ youth and create allies in schools across Canada. LGBTQ university students offer inclusivity workshops to schools, camps, and businesses.

Eastern

Healthcare

Ottawa CHC Trans Health Program

The Ottawa CHC Trans Health program offers assistance connecting to a medical professional for hormones and/or ongoing primary care, access to a Community Support Worker for assistance with I.D and name change processes; referrals and links to community-based resources; social transitioning support, and access to a trans positive counsellor for transition support, counselling and/or therapy.

Planned Parenthood Ottawa

Planned Parenthood Ottawa (PPO) is a not-for-profit organization that provides a range of services and information for people in the Ottawa area to make healthy decisions about their health, bodies and relationships. Education, counselling, information, and referral services are provided in a safe environment, free of judgment, with a full understanding of options and choices that best suit you.

Transgender Health Clinic (Kingston)

A clinic with a NP and social worker to provide service to the transgender community. They can help with counselling, navigating resources, name and sex designation change forms, medical transition, and surgical referrals.

Maltby Centre LGBTQ+ Services

Maltby provides community-based mental health and autism services to children and youth in Kingston, Frontenac and Lennox & Addington (KFL&A). They provide counselling and resource support for kids, youth and families around any issue and we have dedicated supports for LGBTQ+ folks, including individual or family counselling.

Sexual Assault Centre Kingston

Sexual Assault Centre Kingston is a not-for-profit organization providing free, confidential, non-judgmental support for all survivors 12+ regardless of gender or identity of recent and/or historic sexual violence in Kingston, Frontenac, Lennox & Addington (KFL&A).

Centertown Community Health Centre Trans Health Service

The Trans Health Program offers hormone starts, surgery referral support, and counselling to trans and non-binary people ages 17 and up from Ottawa and surrounding areas. They take a gender-

affirming and informed consent approach, which meets the standards outlined in the Sherbourne Health Guideline for Gender-Affirming Primary Care.

Support Communities

[HARS \(HIV/AIDS Regional Services\) - Kingston](#)

HARS (HIV/AIDS Regional Services) provides comprehensive services including education, prevention, and support for people living with, at risk of, or affected by HIV/AIDS and other sexually transmitted bloodborne infections (STBBIs), in addition to advocating for broader social change to reduce stigma and discrimination.

[Pflag Canada Renfrew County](#)

Monthly peer support meetings for LGBTQ2S youth and adults, and/or their family members, in Pembroke, Renfrew and Arnprior. Telephone support and information line. In Transition Clothesline to provide clothing for transgender kids, youth and adults in need. Community events and presentations.

[Dandelion Allyship](#)

Dandelion Allyship is composed of four main members: Emily Dalton, Reya Hanspal, Lauren Wamboldt, and Nazanin Soghraat (All are attending Queen's University in the Queen's University Accelerated Route to Medical School (QuARMS) Program). The Dandelion Allyship - in partnership with the Maltby Centre in Kingston, Ontario - was born out of a necessity to educate older generations and the families of LGBTQ2S+ individuals about terms, expressions, and phrases important to this community.

[Around the Rainbow](#)

Around the Rainbow provides education, counselling and support services to 2SLGBTQI+ families and individuals. Their objective is always to improve 2SLGBTQI+ inclusion in all environments. Family services Ottawa offers the following programs: 2SLGBTQI+ rainbow families' art and play group, parent and caregiver group, transcend youth group, public education and professional development, and 2SLGBTQI+ counselling.

[*KIND](#)

Kind Space is committed to providing Ottawa – located on unceded Algonquin territory, accessible resources, events, social, and educational programming to celebrate and support people of all sexual orientations, gender identities and expressions.

[20 Something Group](#)

The 20 Something Meet-Up, is a blend of drop in and discussion based group. Come and Meet other 2SLGBTQIA folks who are navigating their queerness in their twenties every month on the second and fourth Tuesday.

[Ace/Aro Space](#)

This in-person group is open to anyone who identifies under the asexual or aromantic umbrellas (including grey, demi, quoi, alloaro, etc). Each month they will have a loose theme or event to bring everyone together. This group is for those ages 18+.

BIPOCalypse Now!

BIPOCALYPSE Now! is a closed film discussion group that is open to all those who are Black, Indigenous and People of Colour in Ottawa. Join Kado and Jade explore and discuss new and older films with psychological, physical and intellectual horror and thrillers that are directed by and/or starring people of colour. They decompress with refreshments and share thoughts, post reflections and conversations on tropes, colonialism, and other themes.

Queering Faith

Queering Faith is a discussion group for diverse queer people who experience a variety of different faiths. This group is also those in the process of reclaiming, resettling or repairing from faith, while being proudly queer or 2SLGBTQIA+. This group works to dismantle religious based harm; pursue intersectional justice; celebrate all queer people who experience faith and spirituality; and be a gentle sharing space in your independent journey!

GenderQuest

GenderQuest is a support and social group for trans, non-binary, gender diverse and two-spirit adults. This is a diverse, peer-led social group for those at any stage of transition: come share, learn, and socialize in a safer space. All trans, two-spirit, and gender-diverse people are welcome to attend. Join Taryn and others who are on their gender quest!

Polybilities

Polybilities is an open forum for exploring relationship dynamics beyond the standard societal norms (i.e., monogamy). The Pandemic has changed the way the community engages in life, love and relationships during this time. Join Christiane and Anona as we come together to share our stories, experiences, strategies and healthy relationships during a pandemic and beyond. This space will be centring 2SLGBTQIA+ Folks, but is to all polyamous folks.

QueerAmore

Queer Amore aims to create a comfortable space to gather and talk about issues related to being bisexual, pansexual, bi-curious and questioning. Queer Amore with Ben and Tova, takes a fresh look at exploring and enjoying your sexuality. Previously known as BiAmore, this group strives to be a safe space for those who are processing their identity or want to meet others who are on their journey.

Trans Family Kingston

A diverse group of transgender people, family members, friends and allies in the Kingston Ontario area. They gather at least once a month to share stories and experiences, provide peer support, and assist each other in navigating the various barriers faced by trans people and by their supporters.

Reelout Arts Project

Reelout exists to celebrate queer media arts and to contribute to community vitality by programming materials that focus on issues of sexuality, race, culture, religion, class, gender, ability, health and age, thereby purposefully drawing together and initiating challenging dialogue among disparate members of the queer communities in Kingston and the surrounding area as well as between the larger Kingston community and the queer community.

Kingston Pride

Kingston Pride is a grassroots organization established in 1989 that works to promote awareness and inclusion of the LGBTTIQQ2SA* community. Kingston Pride coordinates a wide range of activities, including: an annual Pride parade, social gatherings, dances, sporting events, educational workshops, speaker events, film showings, theatrical performances, art exhibitions and more.

Rainbow Caregivers Network

Rainbow Caregivers Network is a peer support group for people who care for individuals who identify within the LGBTQ+ community. Whether you are a parent, grandparent, teacher, or care provider.

Bay of Quinte Pride

Bay of Quinte Pride is a dedicated group of volunteers committed to building a better more inclusive region for the LGBTQ2S++ who choose this great place to call home or visit. They facilitate and organize outreach groups, scholarship for LGBTQ2S++ locals, municipal advocacy and more!

Transforum

Transforum offers safe, confidential, free support and a recreational group for transgender individuals, questioning or in transition.

Salon My Place (Ottawa)

Salon My Place offers genderless pricing and charge for time and products used. The team at Salon My Place is dedicated to creating a healthy, relaxed and happy environment. Salon My Place is committed to taking care of their community both behind the chair and through charitable action. They proudly run fundraisers for individual folks, donate to our local Westboro & Parkdale Foodbanks, Westfest, Black Lives Matter, Cuts for Kids, Ottawa Rape Crisis centre, and Habitat for Humanity.

Capital Rainbow Refuge

Capital Rainbow Refuge is a registered non-profit organization founded in 2010 to support and sponsor LGBTQI+ refugees. Through volunteer-led sponsor groups, advocacy, community building and outreach, we help LGBTQI+ refugees and newcomers arrive and thrive in Eastern Ontario.

Psychiatric Survivors of Ottawa

Psychiatric Survivors of Ottawa is a community of peers using their lived experiences with the mental health system to support one another. They offer a safe and non-judgmental environment

for consumer/survivors and their families to come together, support one another and build upon their skills.

MAX Ottawa

MAX Ottawa is a community-based organization that focuses on maximising the health and wellness of gay, bisexual, Two-spirit, queer, and other guys who are into guys both cis and trans in the Ottawa Region. They provide personal services, programs for the community, and various health and wellness campaigns.

AIDS Committee of Ottawa

Their vision is to provide support, prevention, education and outreach services from an integrated anti-racism anti-oppression social justice framework that promotes the holistic wellbeing of those living with, affected by, impacted by and at risk of HIV/AIDS in Ottawa.

Ottawa Time Out Hiking Club

Ottawa Time Out Hiking Club is a hiking club for members of the gay, lesbian, bisexual and trans community. Trail destinations are mostly parks in Eastern Ontario and West Quebec ranging from nearby Gatineau Park to as far as the Adirondack Mountains in New York state.

Ottawa Q-Ball

Ottawa Q-Ball Softball League is an inclusive recreational softball league for GLBTQ persons and supporters that aims to refine your softball skills in a fun, safe and social environment.

QTPOC++ Social Bees

This is a social networking forum, for use by qt poc++ for building solidarity in the Ottawa-Gatineau area. This is the place where you can shout out for someone to join you for tea or a walk, or at a community event, when you're tired of feeling alone in the hegemony.

MAX

MAX Ottawa is a community-based organization that focuses on maximising the health and wellness of gay, bisexual, Two-spirit, queer, and other guys who are into guys both cis and trans in the Ottawa Region. They provide personal services, programs for the community, and various health and wellness campaigns.

Children and Youth

FUSE Youth Group

FUSE is a group for queer, transgender, genderqueer, agender, genderfluid, pangender, intergender, non-binary, gender non-conforming, gender variant, two spirit, lesbian, bisexual, asexual, gay, pansexual, intersex, and questioning youth ages 24 and under in the Kingston area.

SAEFTY Ottawa

SAEFTY Ottawa (Support And Education For Trans Youth Ottawa) is an independent organization created and run by and for trans and gender diverse youth. We aim to bridge the gap between trans and gender diverse people of all ages, by giving them the chance to connect in a space that is free from transphobia, homophobia, heterosexism, sexism, racism, ableism,

islamophobia, colonialism, and other forms of oppression. Some events may intentionally centre on youth who are younger (eg. elementary school aged) or older (eg. high school aged and beyond), but all events are open to trans people of all ages. As a community organization, SAEFTY is committed to providing a safer space for all trans and gender diverse youth where they can meet and connect with each other in a non-medical environment. We aim to provide positive and relatable role models to trans kids and youth in a supportive space where they can be themselves.

Cafe Q

Every Friday, a diverse and dynamic group of youth (13-19) would meet at Kind Space for an evening of low-pressure hanging out. During the Pandemic we have been on our Kind Space Youth Discord Server. Care, support and harm reduction are a key practice at Café Q and is run by Jo and their support facilitators. Join other youth for game nights, events or to check in with friends and mentors. Select In-Person meet-ups will take place during the fall.

Kind Space Youth - Discord

At the beginning of the pandemic, the youth at Kind Space made the decision to stay as connected as possible and asked that a Discord server to be created. Since then the server has grown to over 120+ members between 13-25. The server is an adult moderated space by long-time volunteers and board members of the organization.

Rainbow Youth Outreach (Quinte)

A non-profit LGBTQ community that builds connections, offers resources, information, and support to queer youth in HPE and surrounding communities.

Say OutLoud!

Say OutLoud! is an alternative youth group that offers a warm, inviting and safe place in the community for gay, lesbian, bisexual, transgender, inter-sex, two-spirited, queer, questioning youth and their allies.

Queerios LGBTQ+ *Youth Drop-In

Queerios is a social space for LGBTQ+* youth, run by LGBTQ+ staff. Youth can hang out and meet new people, access resources, gain support from staff, and learn about their history. The program runs online on Thursdays from 7 pm-9 pm. Run out of Western Ottawa Community resource centre.

QT Youth Garden Group

The QT Youth Garden Club is a community organization that aims to create a safe space for Queer & Trans youth, their families and friends in Ottawa through environmental education, healthy eating, and food security.

The Ten Oaks Project

The Ten Oaks Project is a charitable, volunteer-driven organization that engages and connects children and youth from 2SLGBTQ+ (Two-Spirit, lesbian, gay, bisexual, trans, queer) identities, families, and communities. Based in Ottawa, the Ten Oaks Project was founded in 2004 and continues to offer a variety of essential programming each year. Their work is inspired by camp

and grounded in social justice as they strive to create safer spaces and grow positive peer networks for all children and youth.

Northern

Healthcare & Mental Health

Dorset Pier Mental Health

A private mental health clinic located in Thunder Bay, Ontario that focuses primarily on comfort and well-being while incorporating trauma-informed, evidence-based practice. Dorset Pier Mental Health provides tools for clients to empower themselves to cope with the stressors of everyday life and trauma.

Umbrella Medical Clinic (Thunder Bay)

Umbrella Medical Clinic provides Sexual Health services for all ages, all genders, and all orientations.

NorWest Community Health Centres

NorWest Community Health Centres provides individuals with safe, supportive, and non-judgemental health and counselling services to Lesbian, Gay, Bisexual, Transgender & Queer (LGBTQ2S) clients. Services include primary health care, counselling and support groups (peer support) for individuals, their partners, and family members, education and information, sexual health and screening, medical support during transition for transgender clients, and access to Telemedicine for long-distance appointments.

Support Communities

Rainbow Collective of Thunder Bay

An inclusive, supportive and empowering home for the Gender and Sexual Diversity (GSD) communities, including those in the Two-Spirit and Intersex community with various forms of attractions and other intersecting identities of Thunder Bay & Northwestern Ontario.

Elevate NWO

A community-based, not-for-profit organization that provides services, opportunities and programs to improve the lives and empower people living with, affected by or at risk of HIV, AIDS, and Hepatitis C in Thunder Bay and Northwestern Ontario.

Thunder Bay Gender Journeys

Gender Journeys Adult Group is a free 8-session group for adult trans-gender and questioning people (18 years and older). This group explores gender identity and expression and will provide reliable, up to date information on these topics. The group is designed to create a space to foster community support and connection.

SAGE - Sexuality & Gender Equity Community

The Sexuality and Gender Equity (SAGE) Working Group was formed to help raise awareness and make it easier for those who are in the process of understanding their own sexuality. The committee is made up of members from various organizations in Thunder Bay including the Thunder Bay District Health Unit. Its role is to: support initiatives which promote safety and equity for the lesbian, gay, bisexual, transgendered, and Two-Spirited community, provide support to individuals, school boards and other agencies, offer feedback and advice with respect to the implementation of LGBTQ initiatives, including research projects, policies or new programs, act as advocates and information brokers, and establish Task Groups when needed to deal with specific issues.

Gender Issues Centre – Lakehead University

The Gender Equity Centre is a centre for all Lakehead University students. They initiate and support positive Feminist-Womanist action concerning gender, socio-economic status, ethnicity, religion, culture, family life, sexual orientation, gender identity and difference in physical or mental abilities. Working from an anti-oppressive and feminist framework, this is a safe and inclusive place to meet new people, access resources, and get involved. They provide peer support, babysitting co-op, parent locator program, condoms, dental dams, pads, accompaniment, resource library, workshop and discussion groups, and referral services.

Borderland Pride

Borderland Pride is the LGBTQ2A Pride organization for the Rainy River District in Northwestern Ontario, Koochiching County in Northern Minnesota, and the southeast of Treaty #3 territory.

Kenora Pride

Kenora Pride takes place on the Traditional Territory of the Anishinabek of Treaty 3. Kenora Pride is a celebration of the diversity of Kenora's Two-Spirit, Lesbian, Gay, Bisexual, Transgender, Queer community. They aim to celebrate Kenora's 2SLGBTQ+ community with an annual festival that is inclusive and reflective of our diversity.

Rainbow Alliance Dryden

Rainbow Alliance Dryden aims to provide support, education and awareness for the 2SLGBTQIA+ community in Dryden.

Red Lake Pride

The objective of Red Lake Pride is to unite and empower Two-Spirit LGBTQ community through a supportive, fun and accepting gathering. Red Lake Pride is a community event that will bring families, friends and supports together to celebrate the diversity of their community.

Elliot Lake Pride

Elliot Lake Pride is an annual Lesbian, Gay, Bisexual, Trans, Queer, 2-Spirit, and Intersex (LGBTQ2SI) Pride festival in the City of Elliot Lake. Elliot Lake welcomes all visitors and residents without discrimination.

Fierte Timmins Pride

Fierté Timmins Pride unites and engages individuals and organizations to educate, advocate, and support the 2SLGBTQ+ community in Timmins and its surrounding areas.

Fierte Sudbury Pride

Fierté Sudbury Pride (FSP) is a not for profit community based organization dedicated to supporting, educating, and celebrating the 2SLGBTQ+ population of the City of Greater Sudbury. They foster understanding and diversity by showcasing 2SLGBTQ+ culture at events such as art shows, festivals, and concerts. They aim to provide services free of stigma and discrimination for EVERYONE, regardless of religion, creed, race, gender or sexual orientation (including non-2SLGBTQ+ people).

North Bay Pride

North Bay Pride engages individuals and organizations to educate, advocate, and support the 2SLGBTQ+ community in North Bay.

Rainy River Pride

A small group of community members have come together in support of LGBTQ2SIA people to help raise awareness and end stigma in the Rainy River area.

Thunder Pride

A small group of community members have come together in support of LGBTQ2SIA people to help raise awareness and end stigma in the Rainy River area.

Northern Ontario Pride Network

Northern Ontario Pride Network is an umbrella organization for all of the LGBTQ2SI organizations in Northern Ontario. Membership is open any non-profit organization serving the LGBTQ2SI communities in Northern Ontario.

TG Innerselves

TG Innerselves is Northern Ontario's transgender support site and offers peer support, informal discussion, and assistance in finding professional services in your area.

Algoma - The Pride Project

A trans and queer resource hub for the Sault Ste Marie area.

Wellness

Thunder Bay Gender Journeys

Gender Adventures Youth Summer Day Camp is a free 6-day program for gender creative youth 14-17 years old. This group explores gender and sexual identity and provides reliable, up to date information on these topics. The group is designed to create a space to foster community support and connection.

The Other 10%

The Other 10% is a group supported by Children's Centre Thunder Bay for 2SLGBTQ youth and young adults between the ages of 12 and 25. Group meetings are adult-facilitated, but youth-driven and provide a safe space for participants to meet, discuss, and educate one another. The group also provides information and access to other community activities and resources to those who are interested.

Southwest

Healthcare

London InterCommunity Health Centre

The London Intercommunity Health Centre's Trans Health Program offers a variety of services including hormone replacement therapy, blood (serum) monitoring for therapeutic effect of hormones, referral for trans related surgery through MOHLTC and surgical services, collaboration with trans affirming surgeons and post trans related surgical assessment and support, mental health support regarding transition, pubertal suppression, counselling and support to children/prepubescent adolescents, clinical mentoring support to regional partners and services, referral to endocrinology – gynecology or other specialties when indicated, and identity remediation supports.

Pozitive Pathways

Pozitive Pathways provides client advocacy, support, harm reduction, health promotion and education services for people living with, affected by, or at-risk of HIV, Hepatitis C and other sexually transmitted blood borne infections (STBBIs) in Windsor-Essex and Chatham-Kent.

Support Communities

Pride Western

PrideWestern is a University Students' Council service dedicated to the gender and sexually diverse community on campus at Western University.

QT Haus

QT Haus is an anti-colonial, anti-oppressive trans art collective in Windsor. As a collective their goals is to provide a safe, sober, inclusive, anti-oppressive, 13+ space from which members can come together and showcase their creative work and talents as musicians, poets, artists and writers of varying degrees.

Windsor Essex Transgender and Allied Support

The mission of Windsor-Essex Transgender and Allied Support is to enhance and sustain the health and well-being of transgender, gender queer, two spirit, gender non-binary, sexual diverse and gender and sexual questioning communities and their families, by providing activities, programs and services that create community; empower community members; provide essential resources; advocate for civil and human rights; and embrace, promote and support our cultural diversity.

Sarnia Pride And Transgender Association (Spata)

Sarnia Pride and Transgender Association was created to respect and celebrate the diversity of the LGBTQ2+ community through peer support and organize fun and educational events for everyone.

CCLC-LGBTQ Social/Support Group

A social group that provides a warm, safe, and welcoming environment for LGBTQ newcomers. If you are LGBTQ and wish to meet other newcomers in the community for coffee, conversation, education, social activities, peer support and fun times.

Trans* London

TRANS* London functions as a social and networking group for the trans population of the London Ontario Region.

Forest City Queerios

Forest City Queerios is a social group for queer folks in London, Ontario. This is a super inclusive group and a safe space. Their aim is to create a group that will help build the queer community in London by bringing people together for some awesome social events.

Trans Wellness Ontario

The mission of Trans Wellness Ontario is to enhance and sustain the health and wellness of Transgender, Genderqueer, Two-Spirit, Non-Binary, Queer and Questioning communities and their families. They have a community centre in Windsor, Ontario and offer affirming counselling and peer support services, a barrier-free food and clothing bank, advocacy support for people navigating social, medical, and legal systems, and providing educational training to the community, businesses, organizations, and institutions.

Ingersoll Gender Center

An organization by and for transgender and gender nonconforming people providing mutual support through peer led support groups, advocating in navigating resources, community organizing, and education — all in the pursuit of our collective self-determination.

AIDS Committee of Windsor

AIDS Committee of Windsor is an AIDS Service Organization that services people living with, at risk of or affected by HIV/AIDS. They offer client services, harm reduction, youth programming, ACB, GBMSM, and Women centric programs.

Wellness

Regional HIV AIDS Connection - Open Closet

Open Closet is a social support group for LGBTQ2Q+ (lesbian, gay, bi, trans, 2-spirit, queer) youth between 14 and 18 years of age. OC is open to youth from each of the six counties RHAC serves - Perth, Huron, Lambton, Elgin, Middlesex and Oxford. The group includes discussions related to coming out, queer identities, LGBTQ2Q+ histories, survival strategies, safer sex and healthy relationships. They also bring in guest speakers, do arts-based activities, and provide information about HIV/AIDS and other sexually transmitted infections (STIs), harm reduction, and community services/resources according to participants' individual needs.

London InterCommunity Health Centre - Youth Outreach Worker Program

In various community settings in North East and East London, the Youth Outreach Workers (YOW) work together with youth, ages 12-21 (aprx), to build their resiliency and skills. Workers build trust with youth, families, and the community, and support them to find appropriate programs and services. The YOW team enhances and promotes the development of community based services and leadership opportunities for young people in the community. This program is LGBTQ+ friendly and offers advocacy and support for LGBTQ youth.

Spectrum - Sarnia Lambton Rebound

Spectrum is a safe and positive drop-in space open to all Lesbian, Gay, Bisexual, transgender, two spirit and questioning (LGBT2SQ+) youth ages 12-24.

FiveFourteen

FiveFourteen is a foster care agency for LGBTQ2S youth in Ontario, and the only one in Canada. They are Queer-owned and operated, and we believe in supporting the youth of their community. They have LGBTQ2S-positive foster homes in Windsor, and London. They connect youth and their foster families to their network of LGBTQ2S positive and specialist supports and services, and we help them build strong and lasting connections in LGBTQ2S communities.

Prism Space

A group for LGBTQ+ youth every Monday from 4-5:30pm. Every week looks different from the next. Some weeks they play games, other weeks they do arts and crafts, watch movies, or sit and talk about their weeks.

Central

Healthcare

ARCH – HIV/AIDS Resources and Community Health

ARCH provides anti-oppressive, sex-positive, inclusive care, treatment, and prevention services in the area of HIV/AIDS and other sexually transmitted blood-borne infections through innovative health promotion strategies and community engagement. They provide programs, services, education, and support to people living in Guelph, Wellington County, Dufferin, Grey and Bruce Counties.

Shelter Health Network – Trans Community Health (Hamilton)

Trans Community Health (TCH) is a weekly clinic for trans and gender non-conforming Hamiltonians. The clinic facilitates gender transitioning and hormone therapy for people 18 years and older. While the mandate of the Shelter Health Network is to work with people who do not have family physicians, the reality is that many trans individuals find that their physician is unwilling or feels ill-equipped to provide gender transition and hormone therapy.

North Simcoe Trans Health Program

Geometry is an LGBTQ owned and operated integrated health clinic. We strive to provide an inclusive and welcoming space for naturopathic medicine, acupuncture, massage therapy, and chiropractic care.

SHORE Centre

The Sexual Health Options, Resources & Education – SHORE Centre offers exceptional and inclusive sexual and reproductive health services in our community that uphold the dignity of everyone.

Quest Community Health Centre, Rainbow Niagara Program

Quest's Rainbow Niagara Services services include: primary health care, trans specific health care, support and care for gender independent children, assessment/referral, and follow-up for gender confirming surgery, mental health support/counseling, outreach, support groups, health promotion/community capacity initiatives such as: Pride Prom, community presentations to social services, schools, and medical providers, support to Gay Straight Alliances, and collaborating with various 2SLGBTQ+ groups/coalitions such as Niagara's Senior Pride Network.

ACCKWA the AIDS Committee of Cambridge, Kitchener, Waterloo and Area

ACCKWA provides HIV support and prevention services in the Waterloo Region. They provide support to people living with HIV, community development services, education and outreach to key populations, clinical services, and a needle-syringe program.

Sexual Assault Centre Hamilton and Area (SACHA)

SACHA supports survivors of sexual assault while working to end violence in their community. SACHA's Programs are: 24 Hour support Line, counselling and advocacy, diverse communities outreach, and public education.

Sexual Assault Centre of Brant

SACB supports survivors of sexual assault while working to end violence in their community. SACHA's Programs are: 24 Hour support Line, counselling and advocacy, diverse communities outreach, and public education.

The Gilbert Centre

The Gilbert Centre 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 the lesbian, gay, bisexual, transgender, queer (LGBTQ) communities of Simcoe Muskoka.

Streetworks

Streetworks provides harm reduction services including safer injection and safer inhalation supplies. They also provide overdose response training and supply naloxone kits. Information on safer drug using and overdose prevention is also available.

St. Joseph's Hamilton - Youth Wellness Centre

The Youth Wellness Centre works with youth ages 17-25 who are struggling with mental health and substance use concerns. They have staff who are from the LGBTQ2S+ community on their team and all their staff provide a safe(er) space for LGBTQ2S+ youth. Their psychiatrists have expertise in working with trans youth in particular, and they provide trans peer support.

Support Communities

Muskoka Pride

Muskoka Pride aims to provide visibility of and positive inclusion for the LGBTQA community of Muskoka through planning and hosting pride events throughout the community.

Trans Peer Outreach (Haliburton, Kawartha, Pine Ridge)

Trans Peer Outreach's one-on-one programming provides support with achieving specific goal(s) related to your gender identity, an advocate to assist with accessing gender affirming healthcare and other helpful resources, and the development of wellness tools & strategies to address challenges related to your gender identity and mental health.

Rainbow Service Organization (RSO)

RSO is a volunteer-run non-profit community organization based in Peterborough, Ontario, and is committed to promoting, advocating, and celebrating the interests of the Queer, Questioning, Lesbian, Bisexual, Two-Spirited, Transgender, and Gay community.

MSU Pride Community Centre

The Pride Community Centre is a service of the McMaster Students Union. We provide a contact point for McMaster students that may identify as LGBTQ2SI+ but anyone may access our services. They provide one on one peer support, support groups, educational events, advocacy, and social events.

Wilfred Laurier University - Rainbow Centre

Offers a safer space on WLU campus, run by and for LGBTQ2S+ students. Also runs programming such as trans allyship workshops, clothing swaps, etc.

Out on the Shelf: Queer Library and Resource Centre

Out on the Shelf is Guelph's only volunteer-run LGBTQ2+ library and resource center. They offer a warm friendly environment to enjoy monthly social programs, events and over 3000 titles written by and/or for LGBTQ2+ people.

Hamilton Trans Health Coalition

Hamilton Trans Health Coalition is a non-profit coalition of health care providers, advocates, and community members working to increase the capacity of health systems in Hamilton, Ontario to meet the needs of trans, gender-diverse, and non-binary people.

Laurier University - Brantford Queer Sphere

Queer Sphere is a committee under the Diversity & Equity Office that promotes the awareness, acceptance and social advocacy for Queer members on campus with the aim for students to meet

and socialize with their peers, as well as to impact the university in a positive way. Regular events and meetings include discussions, games night, movie night and guest speakers.

The Bridge

The Bridge is a volunteer grassroots committee that works to identify and address inequities that are experienced by the Lesbian, Gay, Bisexual, Trans, Queer, Two-Spirit + (LGBTQ2S+) communities with Brantford and Brant County. They work to promote acceptance and inclusion, primarily through their Safer Spaces trainings, and access to accurate information including up-to-date lists of LGBTQ2S+ friendly spaces and programs, resources and organizations that support diverse sexual and gender identified communities.

Occupy: Queer Racialized Alliance

OQRA is a social and informal support group for QTBIPOC. OQRA offers the chance to connect with other racialized LGBTQIA2+ folks in a private and empowering community setting where confidentiality is valued. If you are looking for community, please contact a staff member at The SPACE for more information.

Friends of Dorothy Bowling League

LGBTQ positive bowling on Sunday afternoons, from September - May.

Guelph Resource Centre for Gender Empowerment And Diversity

GRCGED is an intersectional feminist group and community space dedicated to fighting oppression and promoting diversity through education, advocacy, activism, resource provision, skill-building, outreach and community-building on campus and in the region.

SPECTRUM

SPECTRUM is an organization that serves, affirms, and supports the well-being of 2SLGBTQ+ individuals in Waterloo Region and the broader community through peer support, community partnerships, education and training, resources, and events.

Positive Living Niagara

A community-based organization made up of dedicated, caring, committed individuals. Staff and volunteers alike provide support, education, and advocacy in a safe and confidential environment for HIV-positive individuals, their families, and their friends.

The Queer Justice Project

The Queer Justice Project is designed to address unmet legal needs of the LGBTQ+ and Two Spirit ['queer'] community in Hamilton. It serves as a resource for education, system navigation, and access to justice for queer people. This is a francophone project that has an accompanying English component, and centres the experience of community members living in the margins and intersections. This includes queer newcomers, queer people with disabilities, queer street workers, queer people of colour and Two Spirit people.

Children and Youth

Big Brothers Big Sisters of Muskoka - PRISM Program

PRISM (Pride, Respect, Identity, Safety, Mentoring) is a mentoring program designed specifically for the LGBTQ+ community in Muskoka. Provides role models for LGBTQ+ children and youth, fosters pride and self-confidence, creates connections within Muskoka's LGBTQ2S+ community, and offers LGBTQ2S+ children and youth a safe adult mentor to discuss identity and similar life experiences with.

LGBTQ Youth Connection - Simcoe County

The Gilbert Centre runs a program called, QT Youth Connection which is a drop-in and social space for Queer, Trans, Intersex, Questioning and Non-Binary youth. Groups take place in Barrie, Orillia, Midland, Bradford, and Stayner and are a place for youth to connect with each other and to community.

The Rainbow Youth Program

The Rainbow Youth Program strives to make lesbian, gay, bisexual, transgender, 2-Spirit, queer and questioning (LGBTQ+) youth feel safe, included, and empowered in Peterborough and the four counties. They give LGBTQ+ youth the space to be themselves and the tools to lead positive change in their schools, peer groups, and community. Weekly Drop In for LGBTQ+ youth is on Thursdays at 3:30-5:30pm. They also provide workshops on LGBTQ+ inclusion for students, educators, and service providers, and support for LGBTQ+ individuals, community groups, and GSAs.

speqtrum Hamilton

speqtrum Hamilton is a youth organization providing peer support and community building opportunities for queer, trans, and two-spirit young people 17-29.

Rainbow Pals LGBTQ2S+ Summer Camp

A summer camp focused on LGBTQ2S+ youth and youth in LGBTQ2S+ families. This is a martial arts summer camp run through run out of Determination Martial Arts by queer and trans identified staff.

Transcend

Transcend is a social and support group for trans, non-binary, gender non-conforming and gender questioning children and youth. These meetings take place at the same time as a group for parents/guardians/caregivers of trans, non-binary, gender non-conforming and gender questioning children and youth meet in another room in the same location to discuss how to help support their children.

MOGAI Mentors

2SLGBTQIA+ Mentoring for children and youth, age up to 15 years old, through art, and recreational programming. Family counselling support around gender and sexual identity, workshops and training for community on issues pertaining to the 2SLGBTQIA+ community. Peer activity groups for children and youth age up to 15.

Doin' It

Doin' It is a sex-positive, queer-positive, pleasure-positive, body-positive sexual health resource for youth in Waterloo Region. We support youth, young adults, service providers for youth and other caring adults in an anonymous, confidential and inclusive environment through the Anonymous Text Line, Instagram, Twitter, and email or visit our website.