

Manitoba Resources

Community Organizations

[Trans Manitoba](#)

A non-profit organization representing Manitoba's trans, Two-Spirit, and gender-diverse communities. They provide an online support group, lists of community resources, and plan events and research studies.

[Rainbow Resource Centre](#)

Rainbow Resource Centre offers support to the 2SLGBTQ+ community in the form of counselling, education, and programming for individuals ranging from children through to 55±. It also supports families, friends, and employers of 2SLGBTQ+ individuals.

[Two-Spirit People of Manitoba](#)

A non-profit organization providing educational workshops about the history and contemporary experiences of Indigenous LGBTQI/Two-Spirit people.

[Sexuality Education Resource Centre MB](#)

Sexuality Education Resource Centre is a community-based, non-profit, pro-choice organization. We are dedicated to promoting sexual health through education.

Education

[Two-Spirit Archives](#)

The mission of the Two-Spirit Archives is to develop a centre for research that supports the needs of the Two-Spirit community; makes Two-Spirit people visible in our documentary heritage; and supports the research, teaching, learning, and community mandates of the University. It is guided in its development by the Two-Spirit Archives Advisory Council, which ensures Two-Spirit people are central to preserving the history of their contributions to society and in strengthening their community.

[Supporting Transgender and Gender Diverse Students in Manitoba Schools](#)

A resource and tool for Manitoba school divisions and schools to develop their own policies, protocols, and/or guidelines related to supporting transgender and gender diverse students.

[Collectif LGBTQ* du Manitoba](#)

Le Collectif est un regroupement sans but lucratif ayant pour projet principal la réalisation d'une analyse des besoins telle que mandatée par l'assemblée fondatrice du 23 janvier 2019. Le Collectif est géré entièrement par des bénévoles. / The Collective is a non-profit group mandated to carry out a needs analysis report for the French-speaking 2SLGBTQ+ communities in Manitoba. You can find their Phase 1 report on their webpage.

Mental Health

[Rainbow Resource Centre Drop-In Counselling](#)

The Rainbow Resource Centre provides single-session and short-term counselling to 2SLGBTQ+ people and their partners, parents, or families.

Wellness

[Reaching Out Winnipeg \(ROW\)](#)

Reaching Out Winnipeg (ROW) is a program to help people who face serious persecution and intense discrimination based on sexual orientation or gender identity.

[Reel Pride](#)

Reel Pride is the annual Winnipeg and Manitoba film festival. Running for 6 days in October, they feature over 30 films and movies of every description.

[Pinette Hair](#)

Laser hair removal, hair transplants, laser skin resurfacing. Trans patients report being treated with respect and achieving high quality results.

[Out There Sports](#)

Sports and recreation group for 2SLGBTQ+ community.

Support Communities

[Winnipeg Trans Support Group](#)

This social support group offers a monthly opportunity to meet other gender variant folk, share information and experiences, learn from one another, and support each other. The group is also an opportunity for people to present in their preferred gender in a safe and affirming place. They meet the third Friday of every month, 7:00pm - 10:00pm, year-round in OARS (the room across from The Qube) at Rainbow Resource Centre.

[Gender Café](#)

Gender Cafe is a 100% volunteer-run and donation-funded project. Our intention is to create an 18+ safer space to talk about gender, build community, and celebrate together.

[QPOC Winnipeg](#)

Queer People of Colour Winnipeg creates events for Queer and Trans Identified Black, Indigenous & People of Colour to come together and build community.

[Out There Winnipeg](#)

Out There Winnipeg (OTW) provides a healthy, inclusive, accessible and safe space for adult folks of the LGBT2SQ+ community and allies to meet, socialize, be active and have fun.

Rainbow Harmony Project

Winnipeg's choir for the LGBTQ2S* community and their allies. Singing OUT since 1999!

Sunshine House

Sunshine House is a community drop-in and resource centre focusing on harm reduction and social inclusion. We work to provide programming that fulfills people's social, community, and recreational needs. Participants can come as they are and are not expected to be substance free.

Dykes on Bikes

Dykes on Bikes® Winnipeg, CA Women's Motorcycle Contingent is a registered non-profit organization committed to creating a local, national, and international community of women motorcyclists and friends of women motorcyclists

Rainbow Lounge (UWSA)

The Rainbow Lounge is a safe, social space, open to all students with an open and inclusive view of sexuality and gender diversity. A space provided through the University of Winnipeg Students Association.

The DEN

Diversifying the Enby Network (the DEN) is a space for non-binary and gender-questioning folk to connect with one another in a safe, comfortable, & inclusive environment.

New Pride Of Winnipeg

The Newcomers to Canada (immigrants and folks with refugee experience) is a social support group for individuals who identify as 2SLGBTQ+. At New Pride of Winnipeg they encourage folks to enjoy making connections, practice their English, hang out at movie nights, and indulge in food from all over the world. They meet on the fourth Thursday of the month, 7:00pm - 9:00pm, year-round, in the Qube at Rainbow Resource Centre.

Over The Rainbow

Rainbow Resource Centre's Over The Rainbow (OTR) program is for Two-Spirit, lesbian, gay, bisexual, transgender, queer, and questioning (2SLGBTQ+) folks aged 55±.

Parents, Family and Friends of Transgender Individuals (PFFoTI)

A social support group that is here to talk, listen, support and work to understand the thoughts, feelings, and conflicts that often go hand-in-hand with having a loved one who identifies as trans.

Rainbow Alliance for

Rainbow Alliance for Men is a place for all gay, bisexual, trans, two-spirit, queer, and questioning men who are 18+ to come together in a safe, comfortable, and inclusive environment.

Trans Loveline

A peer group for Trans & GNC people and/or their partners who are 18+, to find support and camaraderie with the special joys and struggles of navigating relationships and dating while Trans.

[Transmasculine Manitoba](#)

The Transmasculine support group is a space exclusive for trans people to connect, share resources and experiences.

[Two-Spirit Michif Local](#)

The Two-Spirit Michif Local is a Manitoba Metis Federation local in the Winnipeg region that serves Métis citizens who identify as two-spirit (2S), lesbian, gay, bisexual, trans, queer, and/or non-binary.

[The Society of OUTstanding Artists](#)

The Society of Outstanding Artists' motivation is to provide a supportive and therapeutic environment through artistic opportunities for Winnipeg's LGBTQ community. Their goal is to empower people through artistic expression, education and health promotion.

Healthcare

[Trans Health Clinic](#)

Community clinic in Manitoba focused on providing gender-affirming care for transgender individuals 16+ years of age. Services offered include care for those seeking to transition, surgery referrals, specialty clinic, online therapy, counselling support, community resources, and an online Transgender Hormone Injection Education Session.

[West Central Women's Resource Centre - Two-Spirit and Non-Binary Resources](#)

A comprehensive list of resources for Two-Spirit and non-binary folks in Manitoba including clinics, hotlines, and a resource list of BIPOC mental health workers.

[Nine Circles Community Health Centre](#)

Nine Circles Community Health Centre, with expertise in the care and treatment of HIV, Hepatitis C and other sexually transmitted infections, delivers comprehensive primary care, social support, education and prevention services – creating healthier communities for Manitobans.

[Our Own Health Centre](#)

Our Own Health Centre expanded from the former Gay Men's Health Clinic, and now offers care to the entire 2SLGBTQ+ community. Services include general medical and sexual healthcare, mental health counselling, diabetes care, smoking cessation support, and financial counselling.

Children and Youth

[Rainbow Resource Centre Youth Program](#)

Rainbow Resource Centre's Youth Program is for Two-Spirit, lesbian, gay, bisexual, transgender, queer, questioning, intersex, and allied (2SLGBTQ+) youth ages 13-21. They offer 2SLGBTQ+ youth a fun, positive space to learn new skills, create projects, and celebrate our identities. Programming focuses on fostering resilience, increasing self-esteem and self-confidence while building social networks, contacts, and peer support.

Blink

BLiNK is a play group for ages 12 and under with a name meant to signify that it is “not only blue and not only pink.” BLiNK is a twice-monthly opportunity for families with gender-creative and trans kids to make friends and participate in fun activities; to be proud of themselves and accepting of each other in an affirming environment, no matter their style.

PRISM

A mentoring program through Big Brothers Big Sisters of Winnipeg designed specifically for the LGBTTQ2IA+ community. The program matches children and youth who identify as LGBTTQ2IA+ with an adult mentor who also identifies as LGBTTQ2IA+ for a one on one mentoring relationship. Through regular outings, the match will foster a friendship that is supportive, empowering and fun!