

New Brunswick Resources

Community Organizations

Imprint Youth Association

Imprint Youth Association Inc. is a Fredericton-based registered non-profit that supports LGBTQIA2S+ youth and young adults in their efforts to build a vibrant and engaged community. They offer educational sessions for allies, drop-in sessions for youth, and an annual pride prom. They are dedicated to serving Fredericton-region LGBTQIA2S+ youth and young adults under 30.

Chroma Pride Inclusion Equality Inc.

Chroma: Pride, Inclusion, Equality Inc. is a community organization focusing on advocating for 2SLGBTQIA+ people in the Saint John Region. Their goal is to promote initiatives and highlight issues impacting their community by maintaining a strong cohesive voice. They promote inclusion through programs and services, and address community needs including basic human rights, employment equality, health and well-being, and housing in collaboration with their local community partners.

AIDS NB

AIDS New Brunswick is a registered charity, membership-driven organization. AIDS New Brunswick has two main focuses: the education, support, and prevention of STBBIs (sexually transmitted and bloodborne infections) and harm reduction that supports safer sex and safer drug use. AIDS NB has a main office in [Fredericton and satellite offices in Bathurst and Miramichi](#). All three sites supply equipment for safer drug use and safer sex such as sterile needles, pipe kits for safer smoking, fentanyl testing strips, condoms, lube, and more.

River of Pride

River of Pride is a non-profit organization for and by LGBTQ+ people based in Moncton, New-Brunswick, Canada. Their mission is to guarantee the presence of the LGBTQ+ community in the region of the South-East of New-Brunswick. They organize events, workshops, and more on everything LGBTQ+.

Education

Sex Ed East

Sex Ed East provides sex education for parents, professionals, and people who want to increase their sexual understanding and comfort levels. They offer workshops and 1-on-1 education on various sex-related topics.

Beam Diversity Consulting

Beam Diversity Consulting bridges understanding about gender diversity and then finds professional opportunities to value and celebrate queer, trans, and gender diverse colleagues and clients. Beam Diversity Consulting provides educational workshops, and direct coaching with CEOs and HR teams.

[New Brunswick LGBTQ Inclusive Education Resource](#)

This resource is intended to support students, teachers, administrators, parents/guardians and districts to develop and maintain safe school communities.

[Trans-Inclusive Abortion Services](#)

This manual has been created for professionals working in the fields of sexual and reproductive health in New Brunswick, which is on unceded Mi'kmaq, Passamaquoddy and Wolastoqiyik territories, especially those working in abortion service provision.

[Queer Heritage Initiative of New Brunswick](#)

QHINB-IPQNB is an archival research initiative that aims to collect and preserve 2LBGTQ+ content and provides opportunities for public education throughout the province.

Mental Health

[Blockhouse Counselling - Nathan Thompson](#)

Using an affirmative model of therapy, Nathan works with young people and adults around issues of sexual and gender identity. They are also a professional member of the Canadian Professional Association for Transgender Health (CPATH) and is able to complete bio-psycho-social assessments with regard to writing support letters for hormone replacement therapy and the Prior-Approval Form for accessing Medicare coverage for gender-affirming surgeries in the province of New Brunswick.

[Stel Raven](#)

Stel Raven is a two-spirit, queer, and trans therapist based in New Brunswick, Canada. They have a Master of Social Work and over 10 years of experience working as a therapist. They have worked with hundreds of individuals, groups, and couples navigating trauma and topics connected to LGBT identity. They are qualified to write letters of referral for hormone therapy and gender-affirming surgeries.

[Otteson Psychological Services - Amy Otteson](#)

Amy Otteson has expertise in issues related to transgender health and is a member of the Canadian Professional Association for Transgender Health (CPATH). They are also a founding member of the NB Transgender Health Network. Amy especially enjoys working with gender nonconforming youth and their families. Their therapeutic approach is integrative, which means they try to find the treatment approach that will best suit the individual needs of their clients. They practice evidence based psychotherapy (psychological approaches that are based on scientific evidence) such as Cognitive Behavioural Therapy (CBT), Dialectical Behaviour Therapy (DBT), Cognitive Processing Therapy (CPT), Motivational Interviewing and Acceptance and Commitment Therapy (ACT).

[Lee Thomas](#)

Lee is a Master of Social Work (Clinical Specialization) therapist based in Fredericton, New Brunswick. They work with individual adults on a variety of issues including anxiety, addictions, eating disorders, self-esteem, and shame. Their counselling approach is informed by queer theories

and harm-reduction philosophies -- therapy that meets you where you're at, wherever that might be in your journey.

Valerya (Val) Edelman

Val provides a non-judgmental space where you can talk about your problems, life events, relationships, values, thoughts, feelings, and aspirations. Val aims to provide a space where you feel listened to, where there is compassion, and where your strengths and wisdom are centered. Val's is skilled in many approaches and methods to help you including: Narrative therapy, CBT (Cognitive Behavioural Therapy), Trauma Informed Care, Gender Celebratory and Affirming Care, Brief Solution Focused Counselling, DBT Skills (Dialectical Behavioural Skills), Mindfulness, Awareness of Coast Salish and Wolastoqiyik cultural teachings and Pregnancy options counselling.

Balance Counselling - Craig Shaw

Craig Shaw is a Registered Social Worker (RSW) and Therapist at Balance Counselling in Fredericton, New Brunswick. Their specialities are anxiety disorders, mood disorders, personality disorders, trauma, and 2SLGBTQ+ issues. They have received formal training in/primarily use Cognitive-Behavioural Therapy (CBT), Dialectical Behavior Therapy (DBT), Cognitive Processing Therapy (CPT), and Eye Movement Desensitization and Reprocessing in their practice with children aged 10 and older, adults, and families.

Ricky Joel McIntyre

Ricky Joel McIntyre's expertise is working with children and youth on issues related to anxiety, depression, coping skills, and trauma. They offer support around behaviors, school issues, parenting, and mental health. Their main approaches are Acceptance and Commitment Therapy, CBT, mindfulness, Internal Family Systems, art-based therapy and play-based therapy. They also do a lot of work with the LGBTQ+ community and are certified by WPATH and CPATH to write gender reassignment letters.

Wellness

UNB Imprint Trans ID Clinic

The Trans ID Clinic provides free legal information, form-filling services, and referrals in a learning space that strives to be trans-positive, non-judgemental, anti-oppressive and inclusive. Pro Bono Student Clinic law student volunteers and lawyer volunteers from the community work collaboratively with Imprint Youth Association to assist trans and gender diverse individuals with obtaining new pieces of identification.

DermaEnvy Skincare

DermaEnvy Skincare clinics foster a safe space for the LGBT2Q+ community. They are here to help everybody feel comfortable in their own skin and body regardless of how they identify - for many individuals in the trans community, being able to control hair growth – where it is and where it isn't – is more than just a cosmetic preference, it's a gender-affirming act. Sites in Moncton, Saint John, and Fredericton.

Quality Block Barbershop

A barber shop in the heart of uptown Saint John, featuring world class barbers for your grooming needs. The shop is openly affirming to queer and trans communities and aims to provide a safe space for LGBTQ+ clients.

Support Communities

UBU Atlantic - Transgender Action Community

A trans support & action group that seeks to affirm identities in a way that will positively influence the individual's transition at home, school, and in the workplace. They look to help trans community comfortably and confidently integrate into society. Serving Moncton, Saint John, Amherst, and everywhere we can in between.

Queer + Trans Fatties

A grassroots collective by and for 2SLGBTQ+ fat folks in New Brunswick. They host meetups online and virtual, clothing swaps, share resources and more.

The 203 Centre

The 203 Centre for Gender and Sexual Diversity is a student led resource centre that focuses on information sharing, education & advocacy by providing a safe, supportive, and inviting space for LGBTQIA2S+ identifying students, faculty & staff. The 203 is a LGBTQIA2S+ dedicated space to study, to socialize, and a resource for LGBTQIA2S+ related information & support from peers.

Fredericton Gender Minorities Group

The Fredericton Gender Minorities Group (FGMG) is a group for trans people, gender minorities, and allies to get together as a community at weekly meetings and special events, and an online community to share information.

Reproductive Justice New Brunswick

RJNB is an advocacy group that is working to make New Brunswick a province where each person can decide if, when, and how to parent. RJNB works to build connections with community partners, lobby the government, and educate and inform the public regarding the issues related to reproductive health and justice in the province.

Fierté Acadie Love

A great francophone group in the Acadian Peninsula (based in Caraquet) Not for profit advocacy organization that organizes yearly La Rendez-vous de la Fierté Acadie Love / Le Rendez-vous de la fierté Acadie Love veut célébrer la diversité par le biais d'activités culturelles comprenant un volet éducatif. Nous avons pour mission de promouvoir l'inclusion, la solidarité et la sensibilisation à la communauté LGBBTQ+.

Safe Spaces Moncton

A weekly drop-in for LGBTQ+ youth (ages 13-18) and their friends, where they can socialize, make crafts, play games, have group discussions, watch movies, etc. in a positive environment that celebrates diversity. The drop-in takes place at Youth Quest (199 St. George St.) on Tuesday nights from 6 PM – 8 PM.

[Wabanaki Two Spirit Alliance](#)

The W2SA is a group of volunteers, researchers, academics, knowledge holders, youth and Elder Wabanaki Two-Spirits and Allies. Their mission is to represent the emotional, spiritual, mental and physical well-being and interests of Two Spirits and Indigenous LGBTQ+ individuals and groups in Wabanaki Territory (Nova Scotia, New Brunswick, Prince Edward Island, Newfoundland/Labrador, Gaspé region of Quebec, and Maine (northern areas in Passamaquoddy and Penobscot Tribal territories) based on our beliefs and values in the framework within the Peace and Friendship Treaty.

[Fredericton LGBTQIA+ Safe Housing Network](#)

A platform where individuals can post about LGBTQIA+ safe housing opportunities and express the need for housing.

Healthcare

[NB Transgender Health Network](#)

An interdisciplinary group of healthcare professionals and community partners seeking to improve services for trans people in NB.

[Clinic 554](#)

Clinic 554 is skilled in feminist, trauma-informed, harm reduction, and anti-racist practices and aims to provide the best experience of care to all our patients. Clinic 554 is a family practice and includes services under all scopes of medicine, from pediatrics to geriatrics with a focus on reproductive, trans*, LGBT/Queer, and HIV care. They offer service focused on prevention, rather than treatment of ill-health. Clinic 554 offers contraception counselling, access to safe abortions, and after-hours access to fit with your schedule.

[Gender-Confirming Surgery - Medicare](#)

A list outlining the process for accessing gender affirming surgery in the province of New Brunswick.

[Transgender Care Moncton](#)

The purpose of this website is to educate local primary care physicians in the Moncton, New Brunswick area to take better care for their transgender and gender non-conforming patients by providing them with access to comprehensive and Moncton-focused information regarding transgender care.

[LGBTQ+ NURSE PRACTITIONER](#)

EvisitNB offers primary healthcare services to lesbian, gay, bisexual, trans, Two-Spirit, intersex, queer or questioning individuals. Their goal is to provide dignified, non-judgmental services to help clients feel better, cope better with day-to-day challenges and address specific LGBTQ+ health issues. (\$0.00 . . . with valid New Brunswick Medicare Card).