

Trans Peer Outreach

Resources For Youth

The Rainbow Youth Program (Peterborough AIDS Resource Network) –

<https://parn.ca/community-building/rainbow-youth/>

- Works to make 2SLGBTQ+ youth feel safe, included, and empowered in Peterborough and the four counties by giving them the space to be themselves and tools to lead positive change in their schools, peer groups, and community.
- Weekly drop-in space where 2SLGBTQ+ youth can socialize, make connections, learn about new topics, and explore their sense of self – call 705-749-9110 or 1-800-361-2895 for more information.

Queer Youth Kawartha Lakes (Boys and Girls Club Kawarthas) – www.bgckawarthas.com/

- The virtual Queer Youth Kawartha Lakes program is for youth who identify with the 2SLGBTQ+ community and their allies.
- The group is governed by four pillars: safety, belonging, leadership, & advocacy.
- Email warehouse@bgckl.com or call 705-324-4493 for the Zoom link or more information – club memberships are \$25/year, but can be subsidized if needed.

LGBT Youthline (1-800-268-9688 for phone, 647-694-4275 for text, www.youthline.ca for online chat)

- 2SLGBTQ+ youth can access free and confidential peer support through phone, texting, or online chat services.
- Services available from Sunday to Friday (closed Saturdays), with texting/online chat services open from 4:00 to 9:30 p.m. and phone services open from 6 to 9 p.m.
- All volunteers are trained peer supporters aged 16-29, coming from a diversity of 2SLGBTQ+ identities and lived experiences.
- Their website also has a resource library that covers a wide variety of topics related to gender identity, emotional wellbeing, mental & physical health, etc.

Trans Lifeline (1-877-330-6366) - www.translifeline.org - AVAILABLE 24/7

- Grassroots hotline & microgrants non-profit organization offering direct emotional and financial support to trans people in crisis – run by and for trans people.
- They also offer supports for families and friends of trans people.
- Online resource library covers a variety of topics related to gender identity including transition, health care, coming out, mental health, youth, disability, etc.

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The Trevor Project (1-866-488-7386) - www.thetrevorproject.org - AVAILABLE 24/7

- The leading national organization providing crisis intervention and suicide prevention to 2SLGBTQ+ young people under 25 years of age.
- Phone, texting, and online chat services are available 24/7 – online chat can be accessed through their website and texting services can be accessed by messaging “START” to 678-678.
- TrevorSpace is an affirming online international peer-to-peer community for 2SLGBTQ+ people ages 13-24 – register here: www.trevorspace.org/register/.
- The Trevor Support Centre aims to provide educational resources for 2SLGBTQ+ youth and their allies - www.thetrevorproject.org/resources/trevor-support-center/

Nogojiwanong Friendship Centre (Peterborough) - www.nogofc.ca/services/children-youth/building-gender-diverse-communities-project/

- Working with other friendship centres in Ontario to build capacity to support Two-Spirit and Indigenous LGBTQ+ young people – program objectives include:
 - Increasing the skills, knowledge, attitudes and values of traditional Indigenous ways of life.
 - Providing support to Two-Spirit and Indigenous LGBTQ+ young people.
 - Promoting cultural restoration and preservation.
 - Encouraging and fostering well-being, a positive sense of Indigenous identity, and a sense of belonging in the Friendship Centres.
- Contact the Friendship Centre to inquire about 1:1 services for Two-Spirit people
- More information on the Ontario Federation of Indigenous Friendship Centres can be found here: Ontario Federation of Indigenous Friendship Centres - OFIFC

Friends of Ruby (Toronto) - www.friendsofruby.ca/

- Supports 2SLGBTQ+ youth (aged 16-29) through mental health services, social services, and housing.
- Available mental health supports include 1:1 counselling, group sessions, and crisis supports (must register with the organization in order to receive services).
- Case managers offer practical support to help young people navigate complicated systems and break through the barriers holding them back (can provide helpful information and connection to other resources).
- The Friends of Ruby Home is a transitional house for 2SLGBTQ+ youth aged 16-29 in Toronto that offers supports and programming to help youth on their path towards independent, stable, and empowered living.

The Family & Youth Clinic at Peterborough Regional Health Centre (PRHC)

- An outpatient clinic dedicated to offering treatment to children/adolescent (0-18 years old) that suffer from severe mental health including debilitating body dysphoria and dysmorphia.
- Serves Peterborough County primarily but also provides services to families in Haliburton, City of Kawartha Lakes, and Northumberland County.
- Referral is through a primary care provider via <https://www.prhc.on.ca/wp-content/uploads/2020/02/Mental-Health-and-Addictions-Referral-Form-November-2017.pdf>.



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Queer and Connected (Family Service Toronto) - www.familyserVICEToronto.org/our-services/programs-and-services/queer-and-connected/

- Offers free workshops, peer groups, and facilitated social events for 2SLGBTQ+ youth ages 16-29 – topics of discussion include:
 - o Gender-based violence in 2SLGBTQ+ communities.
 - o Healthy sex and safer sex practices.
 - o Open discussions on drug use in the 2SLGBTQ+ community and strategies to help.
 - o Self-advocacy in navigating counselling and mental health services.
 - o Challenges and barriers related to being 2SLGBTQ+ youth.
 - o Learning to identify needs and boundaries.
 - o Developing supportive, nourishing relationships with self and others
- Visit the website listed above for information on the specific group programming currently available, as well as program registration information.

Trans Youth Mentorship Program (TYMP) (The 519 Toronto) - www.the519.org/programs/trans-youth-mentorship-program

- For trans, Two-Spirit, non-binary and gender diverse youth ages 16-29 who are interested in social and community work, with the passion and drive to be working with our communities and who wants to apply their unique intersections and lived experience.
- Provides meaningful skills and training that increases employability and gives an opportunity to build on existing lived experiences (i.e. skills related to anti-oppression, collective care, team-building, harm reduction, creative facilitation, accessibility, public speaking, conflict resolution, event planning, etc.).
- Register here: <https://the519.formstack.com/forms/transyouthmentorship2017> or visit the website [above for more information](#).
- Visit www.the519.org/programs/category/trans-specific for a full list of The 519's current trans-specific programming.

Gilbert Centre (Simcoe County) - www.gilbertcentre.ca/youth-and-family-programs/

- Offers supportive 1:1 and group programming opportunities for both trans youth and their families/loved ones (see above link for more information).
- Facebook group for 2SLGBTQ+ youth can be found here: LGBT Youth Connection - Simcoe County.
- For more information or for 1:1 supports, contact the centre via email at info@gilbertcentre.ca or call 705-722-6778.

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Trans Wellness Ontario (226-674-4745 or reception@transwellness.ca) – www.transwellness.ca

- A trans and queer community health and support centre that aims to enhance and sustain the health and wellness of the trans/non-binary communities and their families.
- For folks in the Windsor area, they offer an in-person clothing cupboard and food bank.
- They also offer advocacy and housing services, 1:1 counselling, faith and family support, an ID clinic, and peer mentorship (please visit their website for more information).
- Community Workshops: designed predominantly for those within the trans and queer community to learn from fellow trans and queer educators and activists.
 - Provides an opportunity for community members to learn from community members about their trans and queer existence as individuals, within society, and in the world.
 - All workshops include a 10-minute break, interactive activities, and videos.
 - Available topics include:
 - Exploring Trans-Affirming Faith
 - Mental Health & Self-Care
 - Queer & Trans History
 - Sex Education – The Basics
 - The Nature of Consent
 - Violence & Resilience
- Let's Talk Trans: a transition-specific education-based closed group to support trans individuals (ages 15+) who are interested in exploring options for transition
 - Aims to create a space to talk about the joys and complexities of transition
 - Registration begins three weeks prior to the scheduled start date, with intakes conducted in the week before the group starts (each group is limited to 12 people)
 - Please visit Let's Talk Trans — Trans Wellness Ontario to find out when the next group is starting and how to register.