

Trans

Peer Outreach

Resources

for Families and Loved Ones

Crisis and Immediate Supports

Trans Lifeline (1-877-330-6366) - www.translifeline.org

Trans Lifeline is a grassroots hotline run by and for trans and gender nonconforming people.

- **Phones are open from 1:00 PM to 9:00 PM, Monday through Friday.**
- Operates on “Safer Hotlines” principles, and will not involve emergency services without consent.
- Offers microgrants for gender-affirming care. See their website for details.
- Has an extensive online resource library, with topics ranging from post-facial surgery care tips to navigating post-secondary institutions as a trans person.

LGBT Youthline (Text 647-694-4275) - www.youthline.ca

Text and Online Chat for 2SLGBTQIA+ youth (16-29) to speak with peers about issues like coming out, mental health and coping strategies, safer sex information, and identity exploration.

- **Open Sunday through Friday from 4:00 PM to 9:30 PM.**
- Online chat is also available via their website

The Trevor Project (1-866-488-7386) - www.thetrevorproject.com

24/7 crisis line and peer supports for queer youth (13-24) worldwide. Connect via phone, text (text START to 678-678), or online chat via their website

- TrevorSpace, an online social space for queer youth is available via their website. Connect with other 2SLGBTQIA+ young people!
- Many resources on coming out, gender exploration, safer sex, safety planning and living as a queer person on their website.

If you or a loved one are experiencing thoughts of suicide or emotional distress and cannot access one of these services, please call 9-8-8.



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Group and Individual Supports - Peterborough

Trans Peer Outreach

Trans Peer Outreach offers in-person and virtual one on one and group supports for trans, non-binary, two spirit, and questioning folks and their loved ones.

- One on one meetings with a peer outreach worker to discuss transition, gender identity, medical and social transition options, and related challenges
- Semi-monthly drop-in informative and social groups
- Online social drop-in groups for trans folks and their loved ones
- To register, email transpeeroutreach@cmhahkpr.ca or call 705-748-6711

PFLAG Peterborough

A volunteer-run organization for 2SLGBTQIA+ folks and their families, friends, and loved ones. PFLAG provides support, education, social and community connections through regular events and outreach.

- Monthly meetups to connect with 2SLGBTQIA+ community, family, and friends
- Information about other queer-positive events in the Peterborough/Nogojwanong region
- Volunteer and other opportunities to take part in community action projects
- Check out www.pflagpeterborough.com, or Instagram @pflagpeterborough for events and registration

Nogojwanong Friendship Centre

An Indigenous-run community centre that has regular Indigenous community programming, and family supports from early infancy to elder connections.

- The Building Gender-Diverse Communities program runs regular drop-ins, one on one support, cultural programming, and other events for Two Spirit, Indigiqueer, and LGBTQIA+ Indigenous folks and their families.
- Contact cgdc@nogofc.ca or check @nogofcptbo on Instagram for details



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Group and Individual Supports - Outside Peterborough

The 519 Church Street Community Centre - www.the519.org

A 2SLGBTQIA+ focused community centre in the heart of Toronto, providing queer-focused and queer-run services for over 50 years. Most services are in-person.

- A huge range of community services including support groups, community supports, drop-ins, and social events.
- Programs available across all age ranges, and in many different languages.

The Gilbert Centre

A volunteer-run organization for 2SLGBTQIA+ folks and their families, friends, and loved ones. PFLAG provides support, education, social and community connections through regular events and outreach.

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2-Spirited People of the First Nations - www.2spirits.org

2SPFN offers a range of in-person and hybrid/online programming and for Two Spirit-Indigenous people in the Toronto/Tkaronto area. Community, cultural, and social events, HIV-positive supports and resources, and other supports available.

- Keep up to date with current program opportunities on their website or Instagram (@2spiritstoronto)
- Maintains a directory of Two Spirit and Indigenous friendly queer services across Ontario.
- Educational supports, study groups, and other connections available.

