

JusticeTrans Resources for Support and Wellbeing

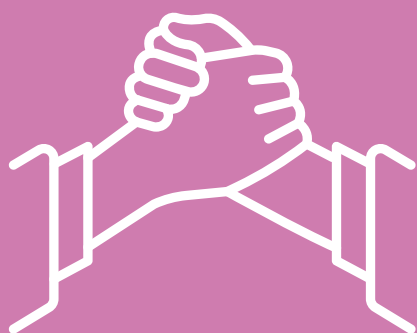


Table of Contents

Canada-Wide Phone Lines -----	3
BC Resources -----	4-5
Alberta Resources -----	6
Saskatchewan Resources -----	7
Manitoba Resources -----	8
Ontario Resources -----	9-13
Quebec Resources -----	14-15
Maritimes Resources -----	16
Newfoundland and Labrador Resources ----	17
Northern Resources -----	18
POC Community Resources -----	19
Indigenous Community Resources -----	20
Black Community Resources -----	21
Muslim Community Resources -----	22
Jewish Community Resources -----	23
Migrant Community Resources -----	24
Sex Worker Community Resources -----	25
Disabled Community Resources -----	26
Additional Spiritual Resources -----	27

The following is a list of Two-Spirit and trans-affirming resources and organizations you can access if you need any support following participation in this research project with JusticeTrans.

If you are participating in a focus group, you will also have access to a trained mental health support worker during the focus group and for one hour after. If you are participating in an interview, your interviewer is trained in suicide intervention and Mental Health First Aid and can assist you. Any conversations had in an explicitly-stated support context will not be transcribed or used for research purposes.



Canada-Wide Phone Lines



Trans Lifeline

- Peer support by and for trans people.
- 1-877-330-6366

The Trevor Project

- Free 2SLGBTQ+ affirming phone and text based support for youth under 25.
- Phone 1-866-488-7386 or text START to 678-678.

Crisis Text Line

- Text HOME to 741741 for free text based crisis counselling.

Interligne

- 2SLGBTQ+ listening hotline in French and in English available toll free at 1-888-505-1010.

Thrive

- A trans led and operated crisis line based in Detroit, but also accepts texts from Canadians.
- Text THRIVE to 1-313-662-8209.



BC Resources - Vancouver

QMunity

- Counselling and wellness services.
- Various support groups.
- www.qmunity.ca



Saige Community Food Bank

- Food bank in Vancouver for Two Spirit, trans, non-binary and gender non-conforming folks.
- www.saigecommunityfoodbank.com/dates

TransCare BC

- Aid in finding mental health and physical health care across BC
- www.phsa.ca/transcarebc

Catherine White Holman Wellness Centre

- Primary care, counselling, hormone readiness appointments, massage therapy, and legal advice for Two Spirit, trans, non-binary, and gender non-conforming folks
- www.cwhwc.com/services

BC Resources - Rest of BC

Etcetera

- Support group for young (11-18 year old) 2SLGBTQ+ folks living in the Okanagan Valley.
- www.thebridgeservices.ca/youth-services/etcetera



Trans Connect

- Peer support groups for trans folks and lists of local trans-affirming services in the Kootenays.
- www.kootenaytransgender.com

Vancouver Island Queer Resource Collective

- Compiled list of support groups for folks in Victoria and the rest of Vancouver Island.
- Also has a list of trans positive community spaces, medical professionals, and other resources.
- www.viqueercollective.com



Alberta Resources



Skipping Stone

- Free support services for 2S and trans folks based in Calgary.
- Programs include mentoring, legal aid clinics, gender affirming products, food and income support, help finding work, counselling, and healthcare support.
- www.skippingstone.ca/all-services

Red Deer Queer Community Association

- Community support in central Alberta.
- Runs support group meetings for adults every Thursday from 5:30-7:30pm and for youth every Saturday from 2:30-4:30pm (MDT).
- www.rdqca.org



Saskatchewan Resources

UR Pride

- Support groups, mental health counselling, and student funding opportunities.
- www.urpride.ca

Lulu's Lodge (run through the John Howard Society)

- 5 bedroom supportive transitional housing for 2SLGBTQ+ folks age 16-21 facing houselessness in Regina.
- www.sk.johnhoward.ca/services/social-programs

TransSask Support Services

- Guides to healthcare providers, accessing hormones, changing legal documents, or changing your name.
- www.transsask.ca

OutSaskatoon

- Social groups, peer support, and counselling.
- www.outsaskatoon.ca



Manitoba Resources

Rainbow Resource Centre

- Health Resources.
- Single session and short term counselling.
- Various social and support groups.
- www.rainbowresourcecentre.org



Sunshine House

- Winnipeg-based COVID-19 resources.
- Community drop in every Monday and Wednesday from 2pm to 4:30pm (CDT) with access to showers, harm reduction supplies, laundry, a cup of coffee, and a meal.
- Social space on Mondays and Wednesdays from 6pm to 8:30pm (CDT) for people exploring their gender identity and sexual orientation.
- www.sunshinehousewpg.org



Ontario Resources - Health Supports

London InterCommunity Health Care

- Clinic for trans healthcare in London.
- www.lihc.on.ca/programs/transhealthcare

Centretown Community Health Centre

- Trans health clinic based in Ottawa.
- Support groups and counselling services.
- www.centretownchc.org/programs-services/lgbtq-trans-health-program

Trans Wellness Ontario

- Food bank, housing support, and support groups based in Windsor.
- www.transwellness.ca

Friends of Ruby

- Counselling services, transitional housing, a drop-in space with food and harm reduction supplies, for 2SLGBTQ+ youth in Toronto.
- www.friendsofruby.ca



Ontario Resources - Social Supports

KindSpace

- Ottawa-based care programs and social groups.
- www.kinspace.ca

Kyle's Place

- Social space for trans folks in Hamilton.
- Mutual aid to help fund name changes fees, food pantry, and clothing swaps.
- www.hamiltontranshealth.ca/kyles-place

LGBT YouthLine

- Peer support for 2SLGBTQ+ youth (age 16-29) across Ontario.
- www.youthline.ca
- Phone 1-800-268-9688 from 6-9pm (EDT).
- Text 647-694-4275 from 4-9:30pm (EDT).
- Chat on their website from 4-9:30pm (EDT).



Ontario Resources - Social Supports

Cont.

Saefty

- Ottawa youth group run entirely by and for trans and gender diverse youth.
- Provides drop-in programming and community events.
- www.saeftyottawa.ca

Trans* Toolkit Collective

- Customized gender-affirming kits for trans folks in Toronto.
- www.toolkitstoronto.com/get-a-kit



Ontario Resources - Legal Supports

Queer Justice Project

- Trans ID clinics based in Hamilton.
- www.hamiltonjustice.ca/en/community-justice/queer-justice/

Human Rights Legal Support Centre

- Free legal advice to anyone in Ontario pertaining to the Human Rights Code, including representation if needed.
- www.hrlsc.on.ca/en/home

Sexual Harassment and Assault Resource Exchange

- Free legal advice on workplace sexual harassment and assault, including gender-based harassment.
- www.hrlsc.on.ca/share/en

Toronto Prisoners' Rights Project

- Food boxes and emergency funds for those impacted by incarceration.
- www.torontoprisonersrightsproject.org
- Prisoner hotline at 416-755-9239



Ontario Resources - Legal Supports

Cont.

The 519

- Over the phone counselling for 2SLGBTQ+ folks based in Toronto.
- Various support groups and social spaces.
- Drop-in meals for lower income, street active, unhoused, and sex working Two Spirit, trans, and gender diverse folks.
- Free legal assistance with ID applications and name and gender marker changes or other needs.
- Legal aid clinic.
- Housing support for youth aged 16-29.
- Many other specific community support programs for 2SLGBTQ+ folks.
- www.the519.org.



Québec Resources - Montréal

Centre for Gender Advocacy

- Help with name and gender marker changes and peer support advocacy.
- www.genderadvocacy.org

Centre Communautaire LGBTQ+

- Legal information and programming for newcomers and asylum seekers.
- www.ccglm.org/en

Projet 10

- Gender affirming gear, active listening, referrals, accompaniment services, and advocacy.
- Various support groups for 2SLGBTQ+ folks between the age of 14-25, based in Montreal.
- www.p10.qc.ca

ASTT(e)Q

- Peer support, advocacy, harm reduction, outreach, referrals, information, and health support.
- www.astteq.org/index.html



Québec Resources - Rest of Québec

Aide aux Trans du Québec

- French support groups and events.
- One on one appointments.
- Emergency assistance (gift cards for food or prescription drug purchases).
- 24/7 helpline and support at 1-855-909-9038 #1
- www.atq1980.org

Diversgenres

- Peer support workshops.
- www.divergenres.org

Trans Estrie (FR)

- French guide to help with legal transition.
- Discussion groups for youth and adults.
- www.transestrie.org/



Maritimes Resources

South House

- Halifax based community space.
- www.southhousehalifax.ca/resources/services

PrideHealth

- Help with access to healthcare for 2SLGBTQ+ folks in Nova Scotia.
- www.nshealth.ca/content/pridehealth

Rainbow Hub

- Drop in spaces for 2SLGBTQ+ folks in PEI, one for adults and one for youth.
- www.rainbowhub.ca/programs



Newfoundland and Labrador Resources

The Quad

- Bi-weekly social gatherings over zoom on Sundays from 2-3pm (NDT).
- Events for the 2SLGBTQ+ community in Newfoundland and Labrador.
- www.thequadnl.com

Trans Support NL

- Peer support groups for East, West, and Central regions of the province.
- Information about transitioning in NL.
- Provides chest binders.
- www.tsnl.org



Northern Resources

Rainbow Coalition of Yellowknife

- Various social groups.
- Peer support.
- www.rainbowcoalitionyk.org

All Genders Yukon

- Up to 2 sessions per month of paid mental health services and lists of trans-affirming mental health professionals.
- General support and social spaces.
- www.allgendersyukon.com

Queer Yukon

- Gender affirming gear.
- Social events.
- www.queeryukon.com

Iqaluit Pride

- Facebook group for 2SLGBTQ+ folks in Iqaluit
- <https://www.facebook.com/groups/419262831545970/>



POC Community Resources

House of Anansi

- Runs regular community events and discussion groups for Black, Indigenous, and POC 2SLGBTQ+ folks.
- www.facebook.com/anansihouse/

The 519 Trans POC Phone Check-Ins

- A part of the organization's Trans POC project.
- www.the519.org/programs/fci-tpoc

Sher Vancouver

- Free counselling and support for South Asian 2SLGBTQ+ folks in Vancouver.
- www.shervancouver.com

Shades of Colour

- QTBIPOC mutual aid, peer support, and harm reduction group in Edmonton.
- www.facebook.com/shadesofcolour.yeg

Queer Yukon QTBIPOC Love

- Monthly virtual social space for 2SLGBTQ+ folks who are also BIPOC.
- www.queeryukon.com/qtibipoc_love.html



Indigenous Community Resources

Wabanaki Two Spirit Alliance

- www.w2sa.ca

Edmonton Two Spirit Society

- www.e2s.ca

Two Spirited People of Manitoba

- www.twospiritmanitoba.ca

2 Spirited People of the First Nations

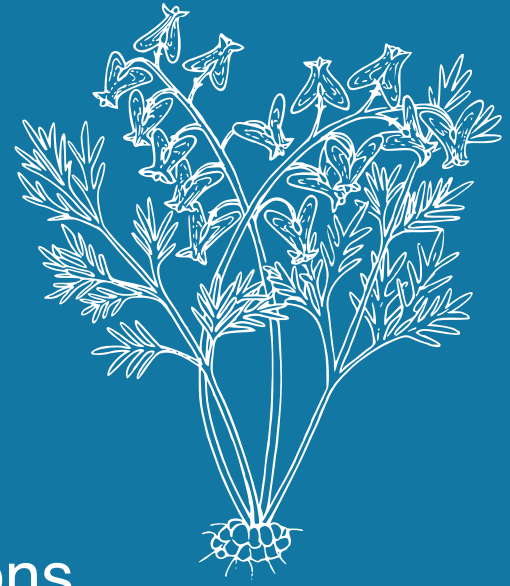
- Based in Toronto, offers various support services.
- (416) 944-9300

Native Women's Shelter of Montreal

- Runs Resilience Montreal (www.resiliencemontreal.com), a day shelter and wellness centre that offers food and both physical and mental health supports.

Urban Native Youth Association

- Two Spirit collective, which has resources for youth aged 15-30 in Vancouver.
- www.unya.bc.ca/programs/2-spirit-collective



Black Community Resources

Black Lives Matter Canada

- Legal resources.
- Mutual aid funds.
- www.blacklivesmatter.ca

Black Healing Fund

- Mutual aid funding for low-income Black folks in Montreal to cover therapy/wellness costs.
- www.blackhealingfund.com/apply

Black Youth Helpline

- Helpline for Black youth, call 416-285-9944 or 1-833-294-8650 from 9am to 10pm (EDT).
- www.blackyouth.ca

Black Legal Action Centre

- Legal resources and information for Black folks in Ontario
- www.blacklegalactioncentre.ca



Muslim Community Resources

Salaam Canada

- 2SLGBTQ+ Muslim discussion groups on the fourth Tuesday of each month.
- www.salaamcanada.info

Queer Muslim Network Toronto

- Resources including Queer Iftar drop offs.
- www.instagram.com/queermuslimnetwork

OutSaskatoon

- Queer Muslim Social Group every third Friday of the month at 5pm (MDT).
- www.outsaskatoon.ca/social_groups



Jewish Community Resources

TransTorah

- Resources, videos, art, and sermons online to help affirm Jewish trans experiences.
- www.transtorah.org/index.html

Lishma

- Space for Jewish study in Toronto.
- www.lishma.ca

Svara

- Queer and trans radical study space and resources.
- www.svara.org

Annex Shul

- Egalitarian synagogue in Toronto.
- www.annexshul.com

Danforth Jewish Circle

- Affirming ritual space in Toronto.
- www.djctoronto.com



Migrant Community Resources

AGIR

- Drop in support services, support groups, and social events based in Montreal.
- www.agirmontreal.org

Rainbow Refugee

- Information and meet-ups in Vancouver.
- www.rainbowrefugee.com

New Pride of Winnipeg

- Social support group for 2SLGBTQ+ newcomers in Manitoba.
- www.rainbowresourcecentre.org/support/groups/new-pride-of-winnipeg

Centretown Community Health Centre

- Ottawa-based organization that runs a 2SLGBTQ+ newcomer support group.
- www.centretownchc.org/programs-services/lgbtq-trans-health-program

RARICA Now!

- Various services for 2SLGBTQ+ refugees in Edmonton
- <https://raricanow.org/>



Sex Worker Community Resources

Maggie's Toronto

- Counselling, legal supports, food boxes, emergency funds, and many other resources.
- www.maggiesto.org

Peers Victoria

- Counselling, housing support, violence response assistance, bad date sheet, scholarship opportunities, social groups, and more.
- www.safersexwork.ca

PACE Vancouver

- Violence prevention, one on one support, drop in space, peer outreach, and assistance with changing a legal name and/or gender marker.
- www.pace-society.org

The 519 Meal Services are available for trans sex workers in Toronto.

- www.the519.org/programs/meal-trans



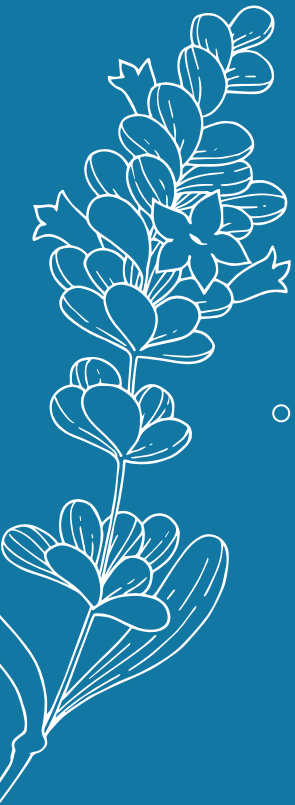
Disabled Community Resources

Neuro/Diversities

- Community space in Montreal for 2SLGBTQ+ Neurodiverse youth (age 14-30).
- www.alterheros.com/en/neurodiversities

Chronically Queer

- Support group for disabled 2SLGBTQ+ folks or folks living with chronic health conditions, meets on the second Wednesday of each month from 6-8pm (PDT) in Burnaby and on the fourth Wednesday of each month from 6-8pm (PDT) in Vancouver.
- www.canbc.org/chronically-queer-support-group.htm



Additional Spiritual Resources

Affirm United

- A coalition of affirming ministries in The United Church of Canada, including guides to finding an affirming ministry near you and online 2SLGBTQ+ affirming spiritual resources.
- www.affirmunited.ause.ca/affirm-unitedsaffirmer-ensemble-3

Metropolitan Community Church of Toronto

- A progressive and 2SLGBTQ+ affirming church in Toronto that offers many support services.
- www.mcctoronto.com

TransBuddhists

- A blog and website that offers resources to improve Two Spirit, trans, non-binary, and gender non-conforming experiences in Buddhism, including in meditation and retreat centres.
- www.transbuddhists.org

