

Community Resources for ONTARIO



LGBTQ Youth and Families –

(See separate list for Toronto)

ONTARIO-WIDE RESOURCES			Youth Specific
AIDS and Sexual Health Info Line	1 (800) 668-2437 publichealth@toronto.ca www.toronto.ca/health	A province-wide, free, anonymous service. Assistance in different languages. All ages. Monday - Friday: 10 a.m. - 10:30 p.m. Saturday & Sunday: 11 a.m. - 3 p.m. Statutory holidays: closed	NO
Egale Canada – “My GSA” Campaign	(416) 964-7887 1 (888) 204-7777 egale.canada@egale.ca www.egale.ca www.mygsa.ca	Advances LGBT human rights in Canada. “Safe Schools” Campaign researches LGBT youth school experiences. “My GSA” Campaign supports “gay/straight” alliances in schools. Toronto housing support program.	YES
Five/Fourteen	1 (844) 514-0514 info@fivefourteen.ca www.fivefourteen.ca	Foster agency dedicated solely to providing services and support to LGBTQ2S and gender independent children and youth in foster care, by LGBTQ2S foster parents.	YES
Gender Creative Kids	info@gendercreativekids.ca www.gendercreativekids.ca	The website provides resources for supporting and affirming gender creative kids.	NO
Griffin Centre- Reach Out	(416) 222-1153 contact@griffincentre.org www.griffin-centre.org	Connects LGBTQ people labelled with intellectual disabilities across Ontario. Fun events, workshops, training, consultation.	SOME
Kids Help Phone	1 (800) 668-6868 info@kidshelp.sympatico.ca www.kidshelpphone.ca	Confidential, anonymous, bilingual. 24 hours a day, 7 days a week. Additional resources available on the website, such as the Always There app.	YES
Lesbian Gay Bi Trans Youth Line	1 (800) 268-9688; Text 647) 694-4275 outreach@youthline.ca www.youthline.ca	Confidential, free, non-judgemental peer support. Phone, Text, or online chat support. Open Sunday to Friday, 4:00 - 9:30 pm.	YES
Ontario Council of Agencies Serving Immigrants (OCASI) - Positive Space Initiative	(416) 322-4950 x 265 or x252 TTY: (416) 322-1498 PSI@ocasi.org www.OCASI.org www.PositiveSpaces.ca	Support for organizations serving immigrants and refugees to share resources and increase organizational capacity to more effectively serve LGBTQ+ newcomers. Free agency trainings.	NO
Ontario Rainbow Alliance of the Deaf	(416) 392-6874 orad.cro@gmail.com www.facebook.com/OntarioRAD	Serves Deaf, deaf, deafened, hard of hearing and hearing people in Ontario who are queer and trans.	NO
PFLAG - Canada	1 (888) 530-6777 inquiries@pflagcanada.ca www.pflagcanada.ca	Support, education. Promotes health and well-being for LGBTQ individuals and their families. Find local chapters. All ages.	NO
Sherbourne Health Centre - Rainbow Health Ontario	(416) 324-4100 x 5058 info@rainbowhealthontario.ca www.rainbowhealthontario.ca	Province-wide education, research, outreach and public policy advocacy to improve the health, well-being of LGBTQ people in Ontario. Free/low-fee agency trainings. Find local resources.	NO

ONTARIO-WIDE RESOURCES

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SickKids Hospital, Toronto - Transgender Youth Clinic	(416) 813-7654 x203569 kate.stadelman@sickkids.ca www.sickkids.ca	Medical care to support trans youth considering transition. Assessments, pubertal suppression, hormone therapy, etc.	YES
Planned Parenthood Toronto - Teen Health Source	(416) 961-3200 Text (647) 933-5399 teenhealthsource@ppt.on.ca www.teenhealthsource.com www.ppt.on.ca	Confidential and anonymous sexual health information for Teens, via phone, web, text or email. By youth, for youth.	YES
Trans Lifeline	1 (877) 330-6366 www.translifeline.org	Canada-wide peer support line for trans people in crisis or who may be questioning their gender identity.	NO

YORK REGION (Markham, Newmarket, Richmond Hill, Thornhill, & Vaughan)

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Family Services York Region - York Rainbow Support Line - York Rainbow Network	York Rainbow Support Line 1 (888) 967-5542 York Rainbow Network 1 (866) 415-9723; (905) 475-9717 www.fsyrc.ca	Individual, Couple and Family Counselling York Rainbow Support – online counselling; training, education; York Rainbow Support Line -- info, referrals, support phone line York Rainbow Network – builds community links and capacity FREE to BE Group; Trans Support Group	SOME
Gay/Straight Alliance (GSA)	Thornhill thornhillgsa@hotmail.com www.thornhillgsa.2ya.com	Advocacy and monthly meetings for LGBTQ youth and friends.	YES
GAY – York Region	1 (888) 905-5428 x71 www.gayyorkregion.com	Promotes communication between the LGBTQ community groups. All ages	SOME
Home Base	Thornhill (647) 465-0738 homebase@pathwaysyorkregion.org www.pathwaysyorkregion.org	LGBTQ-positive drop-in and shelter for all youth. Focus on street-involved and homeless youth. 4pm – 8pm	YES
Krasman Centre Family and Community Outreach	Richmond Hill (905) 780-0491 1 (888) 780-0724 postmaster@krasmancentre.com www.krasmancentre.com	Peer-based mental health and addiction support available. A place to be label free.	YES
PFLAG Canada - York Region	1 (888) 905-5428 x 73 www.pflagyork.ca	Support, education for families of LGBTQ people. Promotes health, well-being for LGBTQ individuals and families. All ages.	NO
Rainbow Youth York Region	1 (888) 905-5428 x 74 info@rainbowyouthyork.com www.rainbowyouthyork.com	Twice monthly group meetings for LGBTQ youth and friends, ages 26 and under. First and third Monday of every month.	YES
TG Aesthetics	Richmond Hill (647) 836-6000 tgaesth@ca.inter.net www.tgaesthetics.com	Richmond Hill trans services and support. Transition help. All ages.	NO

PEEL AREA (Brampton, Caledon, & Mississauga)			Youth Specific
Associated Youth Services of Peel - LGBT Youth Beyond Barriers	Mississauga 1 (800) 762-8377 x460, (905) 890-5222 (905) 451-4655 (self-referral) general@aysp.ca www.aysp.ca	Weekly support groups for LGBT youth and trans youth, ages 12-18. Ongoing one-on-one support, education and training. Requires intake, but individuals can self-refer.	YES
East Mississauga Community Health Centre	(905) 602-4082 x455 http://eastmississaugachc.org/	Primary health care for LGBTQ people, including trans and QX drop ins. LGBTQ support groups.	NO
Family Services of Peel	(905) 453-5775 fsp@fspeel.org www.fspeel.org	Individual and family counselling re. sexual orientation. Educational workshops on LGBTQ issues to community partners. Ongoing groups. Generations group.	NO
Peel HIV/AIDS Network	(905)361-0523 x 219 gavinb@phan.ca (905) 361-0523 x 222 nataliek@phan.ca	Groups, service providers, youth groups, schools, community organizations as well as one-on-one education and counselling for sexual health and HIV/AIDS prevention	NO
Peel Pride	prideeventspeel@gmail.com www.peelpride.wixsite.com/peelpride	Serving Brampton, Mississauga and Caledon areas. The Pride Committee is a volunteer organization, with the goal of bringing LGBTQ people and allies together.	NO
PFLAG - Peel Region	(647) 931-8180 pflagpeel@gmail.com www.pflag.ca	Support, education. Promotes health and well-being for LGBTQ individuals and families. Monthly group meetings. All ages.	NO

HALTON AREA (Burlington, Halton Hills, Milton, & Oakville)			Youth Specific
Halton Organization for Pride Education (HOPE)	www.facebook.com/pg/HOPEanewdawn/about/?ref=page_internal	Social organization that arranges events throughout Halton Region.	NO
Halton Region Sexual Health Clinic	1 (866) 442-5866 TTY: (905) 827-9833 sexualhealth@halton.ca www.webaps.halton.ca/forms/sexualhealthclinics.cfm	Regional sexual health clinic – confidential, inclusive to LGBTQ individuals.	NO
Peer Outreach Support Services and Education Project (POSSE)	(905) 636-7740 info@posseproject.ca www.posseproject.ca	LGBTQ accepting and youth driven harm-reduction support services and outreach project.	YES
Reach Out Centre for Kids (ROCK) - Positive Space Network	(905) 339-3525 x 295 jessk@rockonline.ca (289) 208-0886 beckhamr@rockonline.ca	LGBTQ+ youth and trans specific programming, various drop-in programs and social groups throughout Halton Region - Burlington, Oakville, Milton, Acton, Georgetown,	YES

WINDSOR / ESSEX COUNTY			Youth Specific
AIDS Committee of Windsor - Young and Proud	(519) 973-0222 sarmstrong@aidswindsor.org www.aidswindsor.org	LGBTQ and allied youth support group ages 13-18. Every Tuesday.	SOME

Can-Am Indian Friendship Centre	(519) 253-3243 admin@caifc.ca www.caifc.ca	All programming is LGBTQQ and two-spirited welcoming.	NO
PFLAG - Windsor/Essex County	(519) 978-2777 windsoron@pflagcanada.ca www.facebook.com/groups/PFLAGWindsorEssex/	Support, education. Promotes health and well-being for LGBTQ individuals and families. Monthly support meetings.	NO
Windsor Family Health	(519) 250-5656 www.windsorfht.ca/lgbt	Family Health Team trained to serve trans patients. Runs LGBT programming periodically.	NO
Windsor Pride Community	(519) 973-4656 information@windsorpride.com www.windsorpride.com	SchoolsOUT – Bi-weekly annual Summer program for high school students in GSA's. Various other community programs.	SOME
The Windsor Youth Centre - Gender & Sexualities Alliance GSA	(226) 674-0006 info@windsoryouthcentre.org www.thewindsoryouthcentre.org	A safe space for youth to connect, listen, laugh, meet new friends and be proud to be yourself. Every Friday.	YES
Windsor/Essex Youthline	(519) 973-7671	Support line for LGBTQ youth. Parents, families and friends may also call.	YES

CORNWALL AND SURROUNDING AREA

			Youth Specific
PFLAG - Cornwall/Hawksbury	(613) 524-4085 Lornacr@gmail.com www.facebook.com/groups/25888693326/?fref=nf	Support, education. Promotes health and well-being for LGBTQ individuals and families. Monthly support meetings.	NO
Seaway Valley Community Health Centre	613-936-0306 info@seawayvalleychc.ca www.seawayvalleychc.ca	LGBTQ Gatherings for Youth and Young Adults - Support, education, activities and fun for youth within a safe environment.	YES

HALDIMAND-NORFOLK AREA

			Youth Specific
GaBaLot	Norfolk (519) 426 6170 x3225 Haldimand (905) 318 5367 x346 hn_gabalot@hotmail.com www.gabalot.ca	Peer Support for LGBTQ and questioning youth ages 14- 24.	YES

KITCHENER/WATERLOO/CAMBRIDGE/GUELPH AREA

			Youth Specific
AIDS Committee of Cambridge/ Kitchener/Waterloo Area (ACCKWA)	K/W/Cambridge (519) 570-3687 support@acckwa.com www.acckwa.com	Info, resources for LGBTQ youth and friends. Confidential counselling and sexual health referrals.	NO

Gender Intersect: Trans and Non-Binary Hub of Guelph	Guelph www.facebook.com/groups/170579512997452/?ref=ts&fref=ts genderintersect@gmail.com	Hub for trans and gender-independent folks to come together to find support and community in Guelph. Monthly meet-ups as well as a variety of other workshops, events, and programming.	NO
Glow Centre for Sexual and Gender Diversity	Waterloo (519) 888-4567 x 38569 glow@glow.feds.ca www.feds.ca/glow/	Safe space and support for LGBTQ students (18-26) and friends. Resources, community links, advocacy, support.	YES
HIV/AIDS Resources and Community Health (ARCH)	Guelph (519) 763-2255 support@archguelph.ca www.archguelph.ca/	Offers hormonal treatment options for those looking for medical support through transitioning. Patients can self-refer or be referred to ARCH by a health care provider	NO
OK2BME	Kitchener (519) 884-0000 ok2bme@kwcounselling.com www.ok2bme.ca	Support groups for LGBTQ youth, trans youth. Counselling for youth and families. Training, education, consultation.	YES
Guelph Public Library - Out on the Shelf	(519) 515-0691 outontheshelf@gmail.com www.outontheshelf.com/	LGBTQ and health resources available. Safe space for reading.	NO
OUTline	outline@uofguelph.ca www.uoguelph.ca/~outline	Online chat with support workers available Sept. – April. Web based resources.	YES
PFLAG - Waterloo/Wellington/Perth	waterloo@pflagcanada.ca www.facebook.com/PFLAG.WWP	Support, education. Promotes health and well-being for LGBTQ individuals and families. All ages.	NO
SHORE Centre – Planned Parenthood of Waterloo Region	Kitchener (519) 743-9360 info@shorecentre.ca www.shorecentre.ca	Info, resources for LGBTQ youth and parents. Confidential counselling, many volunteer opportunities.	NO
Torchlight Gender Support Group	Cambridge grsmedia@hotmail.com	For trans & gender-questioning people, family, friends & employers. Meets first Monday monthly. All ages welcome.	NO

DURHAM/OSHAWA/PETERBOROUGH/HALIBURTON AREA			Youth Specific
Boys & Girls Club Of Durham - Open Doors (Oshawa)	(905) 728-5121x501 (905) 576-1445 x16 www.facebook.com/groups/9275105686/	A drop in centre for LGBTQ youth and their allies ages 15-21. Second and fourth Tuesday every month from 7-8:30pm	YES
Canadian Mental Health Association - Haliburton, Kawartha and Pine Ridge Branch	(705) 748-6711 x2102 jan@cmhahkpr.ca www.cmhahkpr.ca/	Gender Journeys groups for Trans and Gender Non-conforming people. Also groups for Families, Friends, Partners, Allies of Trans people.	NO
PFLAG - Durham Region - Lindsay/Kawartha Lakes	Oshawa (905) 231-0533 Inquiries@PFLAGDurhamRegion.com www.pflagdurhamregion.com/ Lindsay (705) 374-5801 pflaglindsay@hotmail.com	Support, education for families and friends of LGBTQ people. Promotes health, well-being for LGBTQ individuals and their families. Groups for youth. All ages.	NO
AIDS Committee of Durham Region	Oshawa (905) 576-1445 support@aidsdurham.com www.aidsdurham.com/	Support and educations services.	NO

Peterborough Aids Resource Network (PARN) - Rainbow Youth	Peterborough (705) 749-9110 getinformed@parn.ca www.parn.ca/	Support group and online information for LGBTQ and questioning youth. Confidential counselling.	YES
Rainbow Service Organization (RSO)	Peterborough (705) 754-4623 rso@rainbowservice.org www.rainbowservice.org/	Promoting, advocating and celebrating the LGBTQ community. All ages.	NO
The Youth Centre (Ajax) - Colours LGBTQ Youth Group Ajax	(905) 428-1212 www.Theyouthcentre.ca	A drop-in group for LGBTQ youth ages 13-20. Thursday evenings from 6:30-8pm	YES

NIAGARA Region (Niagara Falls, Port Colborne, St. Catharines, Thorold, & Welland)			Youth Specific
Positive Living Niagara	St. Catharines (905) 984-8684 info@positivelivingniagara.com www.positivelivingniagara.com	Support, education and advocacy for all who are infected or affected by HIV and AIDS.	NO
LGBT Youth Group	St. Catharines (905) 685-8178	Positive space, resources and support for LGBTQ youth.	YES
PFLAG Canada - Niagara Chapter	(289) 690-3889 joann.theobald1@gmail.com	Monthly support group for parents. Phone referrals and information is available at all times.	NO
Quest Community Health Centre (St. Catharine's)	(905) 688-2558 Rainbow Niagara x 222 www.questchc.ca	Rainbow Niagara – Support for LGBTQ people; health promotion, community presentations. Gender Quest – support group for adults in transition.	NO
Transgendered of Niagara	St Catharines (905) 359-4486 transgenderedofniagara@yahoo.ca www.transgenderedofniagara.com	All ages support group and drop-in for Transgendered people.	NO

SUDBURY AREA			Youth Specific
Pride Laurentian U	Sudbury pride@Laurentian.ca www.facebook.com/pride.laurentian/	Resources for LGBTQ students, youth and friends.	YES
Reseau ACCESS Network	Sudbury (705) 688-0500 aaninfo@reseauaccessnetwork.com www.accessaidsnetwork.com	Promotes wellness, education, harm and risk reduction through various programs/services relating to HIV/AIDS and Hepatitis C. Direct client services, education and prevention services.	NO
The HAVEN Program	Sudbury 1 (800) 410-1814 ilatendrepaguette@hrsrh.on.ca www.hsnsudbury.ca/portalen/haven/	Providing safe space and shelter services for all youth, LGBTQ-affirming.	YES

MUSKOKA/HUNTSVILLE AREA			Youth Specific
Algonquin Pride	Pembroke/Perth blueq@algonquincollege.com www.algonquinsa.com/services/sa-services/pride-centre/	Safe space, peer-counselling group for LGBTQ youth, families and friends.	NO

PFLAG - Fenelon Falls - Muskoka	Fenelon Falls (705) 887-6830 milroycarol@hotmail.com www.pflag.ca Muskoka 1 (866) 848-6369 muskokaon@pflagcanada.ca	Support, education. Promotes health and well-being for LGBTQ individuals and families. All ages.	NO
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HAMILTON AREA			Youth Specific
Brantford Pride	brantfordpride@gmail.com http://brantfordpride.ca/contact-us/	Online community for the LGBTQ population of Brantford. Resources, contacts, information.	NO
BentQ	Hamilton http://bentq.ca/	Multimedia company run by Hamilton's LGBTQ2SI+ communities. Develops content & a platform to connect queer Hamiltonians.	
Hamilton Pride	pridehamilton2017@gmail.com https://www.facebook.com/pridehamilton/	Grassroots LGBTQ+ community members who live and/or work in Hamilton, who serve LGBTQ+ communities, and LGBTQ+ allies.	NO
NGen Youth Centre - Hamilton Transgender Community - Kaleidoscope	(905) 524-2222 info@ngenyouth.ca www.ngenyouth.ca hamiltontransgendercommunity.wordpress.com/	Hamilton Transgender Community – monthly peer support group for youth who are trans*, non-binary, questioning their gender. Kaleidoscope - LGBTQ* youth circle, a safe(r) and positive space. Casual conversation, check-in with peers, and have some snacks.	YES
LGBT Centre -- McMaster University	Hamilton (905) 525 9140 x 27397 glbt@msu.mcmaster.ca	Open centre for LGBTQ and questioning students, youth and friends.	YES
PFLAG - Hamilton - Brantford	1 (888) 530-6777 x 564 hamiltonwentworth@pflagcanada.ca 1 (888) 530-6777 x 540 brantford@pflagcanada.ca	Support, education. Promotes health and well-being for LGBTQ individuals and families. All ages.	NO
UniQorn Coffee House	Dundas https://www.facebook.com/profile.php?id=100014009828987	Free LGBTQ+ monthly social event. All ages. Youth welcome. At Carnegie Gallery	SOME

KINGSTON AREA			Youth Specific
Education on Queer Issues Project (EQUIP)	Kingston equip@ams.queensu.ca www.facebook.com/equipqueens	Group meetings around LGBTQ issues and advocacy. Youth welcome to join and participate. At Queen's University.	NO
PFLAG - Quinte	Belleville (613) 378-6436 erichar@kos.net www.pflag.ca	Support, education. Promotes health and well-being for LGBTQ individuals and families. All ages.	NO

LONDON AREA			Youth Specific
Alphabet Community Centre - Trans Youth London	(519) 765-5000 info@acclondon.ca www.acclondon.ca	Support groups, crisis support, employment support, advocacy, education, esp. for trans people.	NO

LONDON AREA			Youth Specific
Cross Cultural Learner Centre	(519) 432-1133 cclc@lcclc.org www.lcclc.org	Info, referrals, LGBT friendly services for newcomers.	NO
London InterCommunity Health Centre - Gender Journeys	(519) 660-0874 www.lihc.on.ca for Gender Journeys Program gnash@lihc.on.ca	Trans health care team. Gender Journeys - support group for adults at any stage of gender transition.	NO
PFLAG - London	(519) 686-7691 londonon@pflagcanada.ca www.facebook.com/groups/pflaglondon	Support, education. Promotes health and well-being for LGBTQ individuals and families. All ages.	NO
Regional HIV/AIDS Connection - Open Closet	(519) 434-1601 www.hivaidsconnection.ca Open Closet mfraser@hivaidsconnection.ca	Promotes wellness, education, harm/risk reduction through a variety of programs and services relating to HIV/AIDS and Hepatitis C. Offers direct client services and education and prevention services. Open Closet - Social support group for LGBT2SQ youth (14-18)	YES

OTTAWA			Youth Specific
Camp Ten Oaks - Project Acorn	(613) 614-1537 www.tenoaksproject.org	1 week annual camp for LGBTQ kids and youth or who live in LGBTQ families.	YES
Children's Hospital of Eastern Ontario - Gender Identity and Diversity	(613) 737-7600 webmaster@cheo.on.ca www.cheo.on.ca/en/genderidentity	Support, counselling and hormone therapies for trans and gender diverse children and youth.	YES
Family Services Ottawa (LGBTQ and Around The Rainbow)	(613) 725-3601 fsfo@familyservicesottawa.org www.familyservicesottawa.org	Education, couples counselling and support groups for parents and caregivers.	NO
Carleton University - Gender and Sexuality Resource Centre	(613) 520-2600 x 3723 gsrc@cusaonline.ca www.cusaonline.ca/services/servicecentres/gsrc/	Center for sexual and gender diversity. Safe space for LGBTQ youth.	YES
Ottawa Youth Services Bureau	(613) 729-1000 www.ysb.on.ca	LGBTQ youth drop-in and support.	YES
Ottawa Bisexual Women 's Group	(613) 237-9872 x2117	Support group for bisexual women. All ages.	NO
PFLAG Ottawa	(613) 860-7138 contact@pflagottawa.ca www.facebook.com/groups/57658815636	Support, education. Promotes health and well-being for LGBTQ individuals and families. All ages.	NO
Ottawa University - Pride Center	(613) 562-5800 x3161 uopride@sfuo.ca www.sfuoc.ca/pride/	Support, advocacy groups for LGBTQ students, youth and friends.	YES
Kind Space	(613) 563-4818 www.kindspace.ca	Community outreach, counselling/therapy, information and referral, support groups, workshops. QTY group for youth up to age 25. Formerly Pink Triangle Services.	NO

Trans Youth Ottawa	trans_youth_ottawa-subscribe@yahoogroups.com www.transyouthottawa.ca	Trans youth support, group monthly meetings.	YES
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NORTHERN ONTARIO			Youth Specific
Children's Centre - Other 10% Youth Group	Thunder Bay (807) 343-5000 or (807) 343-637 www.childrenscentre.ca	Children's mental health centre providing mental health services and support children, adolescents and their families, including LGBTQ. Supports "The Other 10%" Youth group.	YES
Norwest Community Health Centre	(807) 622-8235 www.norwestchc.org	Community Health Centre. Sites in Longlac, Armstrong, Thunder Bay. LGBTQ primary health care, incl. trans, 2-Spirit. Resource list. "The Other 10%" Youth group.	SOME
PFLAG - Timmins - Kenora	Timmins (705) 268-0706 timminson@pflagcanada.ca Kenora 1 (888) 530-6777 x 224 president@pflagcanada.ca	Support, education. Promotes health and well-being for LGBTQ individuals and families. All ages.	NO
Rainbow Camp - Welcome Friend Association	Thessalon 1 (888) 909-2234 www.welcomefriend.ca/camp	Annual 1-week camp for LGBTQ and allied youth ages 13-17 in July at Camp McDougall.	YES
Sexuality and Gender Equity (SAGE)	Thunder Bay (807) 626-7856 jkurzhals@norwestchc.org	Referrals to LGBTQ competent services in Thunder Bay. Gender Journeys group at Norwest Community Centre.	NO

The Out & Proud Program at the Children's Aid Society of Toronto has attempted to verify all resources. We apologize for any errors or omissions but cannot be held responsible. Please contact us with additions or corrections at (416) 924-4640 x 2986 or x 2987 or outandproud@torontocas.ca.