

LGBTQ Resource List

General Therapy Resources:

Umbrella Network <https://www.umhn.ca/services/>

Email: info@umhn.ca | Call or text: 647.687.6543

- This is a **private therapy clinic** that offers psychology and psychotherapy services to individuals, couples, and families in the 2SLGBTQIA community
- They can offer sliding scale fees (\$70-90 is the low-end of sliding scale rate) to those with financial need.
- They also offer a bursary program for individuals who identify as QTBIPOC and/or as transfeminine. They can offer up to 10 free therapy sessions. There is a waitlist for this program, typically between 4-6 months, but this can vary.

The 519

- This is a downtown agency (located near Church & Wellesley) that supports the LGBTQ2S community with a variety of services.
- They have some trans-specific programs and groups:
<https://www.the519.org/programs/category/trans-specific>
- They also offer more general counselling services, including single-session phone support:
<https://www.the519.org/programs/category/counselling-services>
- Contact: 416-392-6874 or Info@The519.org

Sherbourne Health Centre

- This is a community health centre that serves the LGBTQ community specifically. They have primary care services as well as mental health services. Their wait time for individual counselling is always quite long and is **currently closed**.
- They offer various groups and drop-in programming: <https://sherbourne.on.ca/get-involved/community-groups/>

Trans Resources:

Connect Clinic - <https://www.connect-clinic.com/register>

- Connect-Clinic is a telemedicine-based trans health care program, connecting people all across Ontario to physicians specialized in LGBTQIA2S+ medical care.
- They are a trans-specialty virtual clinic. The term trans refers to transgender, transsexual, gender non-conforming, and gender questioning individuals. They serve gender diverse people, including non-binary and genderqueer folx.
- Family physicians can contact Dr. Greenaway for e-consult if they have any questions around trans-related care (such as HRT).
- Self-referral is accepted online at website above.
- All services are OHIP-covered
- Current wait time: Roughly 6-8 months

Trans Lifeline - 1-877-330-6366 - <https://translifeline.org/>

- Trans peer support offered via 24/7 phone line. They also offer a family & friends phone line (accessed through the same phone number above)
- The website also has self-care and educational resources that address a variety of topics related to trans identity and concerns

Toronto PFLAG – Trans Femme & Nonbinary Virtual Support Group

Phone: 416-406-6378 - <https://www.torontopflag.org/three-monthly-support-mtg>

- Group meets on the third Thursday of each month from 7-9:30 pm over Zoom.
- All the facilitators and volunteers are trans women or nonbinary, and only trans femme and nonbinary folks can attend.
- The meeting operates as peer support, the facilitators and volunteers are not professionals, they support attendees from their lived experience. Each group attendee is given an opportunity to talk about their identity, their journey, their victories, and anything they'd like help with. Alternatively, it's fine to just listen and learn.
- **Referral Process:** Contact transfem.enby@torontopflag.org to ask any questions and to receive the registration link
- No cost, group is drop-in so you can attend whenever you'd like.

Trans Wellness Ontario - <https://www.transwellness.ca/trans-formation>

- Windsor-based organization that is currently offering virtual programming for 2STNB folks around Ontario. Services include: virtual groups and drop-ins, counselling services and legal assistance
- **Trans Formation Group:** An education-based group to support transgender individuals who are interested in exploring options for transition. This group is for anyone who is part of the trans community (including transfeminine, transmasculine, genderqueer, nonbinary, agender, bigender, two-spirit, gender fluid, gender flux, gender questioning folks), and is for anyone who is 13+.
- **Individual counselling:** <https://www.transwellness.ca/counseling>

Q-Link – Drop-in support group: www.Qlinkwe.ca

- This is another Windsor-based organization. They run a drop-in group for 2STNB young adults, between the ages of 12 to 29. They also host a lot of social events
- For more information about their programming, visit: <https://www.qlinkwe.ca/programs>

Peer Support

Toronto PFLAG - <https://www.torontopflag.org>

Phone: 416-406-6378

- PFLAG offers a **phone support line (416-406-6378), open 9am-9pm, 7 days a week**. They also run several online support groups.
- All services are peer support, offered by trained volunteers who are parents of children who are part of the LGBTQ community. They offer support to parents/family as well as LGBTQ individuals.

Youth Resources

Youthline:

1-800-268-9688 or text 647-694-4275 or live chat www.youthline.ca

- Confidential and non-judgmental peer support, Sunday to Friday 4-9:30pm

Central Toronto Youth Services 65 Wellesley Street East; www.ctys.org ; 416-924-2100

- Offer individual, group and family counseling through their Pride and Prejudice (P&P) Program
- For those within the GTA ages 12-24
- Waitlist is currently year and couple months (March 2022)

Supporting our Youth

333 Sherbourne Street, 2070; www.soytoronto.com ; 416-324-5077

- An innovative community development program supporting the health and wellbeing of queer and trans spectrum youth (ages 29 and under)
- Variety of groups and programming available.
- Youth can attend a walk-in intake session M,W,TH,F 11am to 5pm or Tues 1-7pm.

Friends of Ruby

416-359-0237; <https://www.friendsofruby.ca/programs-and-services/>; info@friendsofruby.ca

- Online counselling and case management (including transitional housing support) for LGBTQI2S+ youth (ages 16-29)
- Drop-in, peer support for BIPOC (Wednesdays, 1:30 to 5pm), and all LGBTQI2S+ (Thursdays, 1:30 to 5pm)

2SLGBTQIA+ & Friends Youth Drop-in: Thursdays

<https://www.conccommunity.org/lgbtq2sipprograms/>

- Contact information:
 - Located at George Chuvalo Neighbourhood Centre, but currently being offered online
 - Call or Text: 416-826-0864
 - Youth Program General Inbox: gcnclgbtq@conc.ca
 - Program Facilitator: chloe@conc.ca
- This is a social support group for youth between 12 to 18 (although participants generally tend to be on the younger end of this scale).
- It's offered as a drop-in on Thursdays from 4-6pm

The Studio at Lumenus - <https://www.lumenus.ca/programs-and-services/the-studio/>

- Located at Yonge and Eglinton
- The Studio is an inclusive, youth-driven drop-in centre that openly celebrates 2SLGBTQ+ youth and youth of colour. It is a safe place for all youth to express themselves, build community, access one-on-one support and have fun
- You can visit the website for more information

Specific Populations

Rainbow Spectrum Pride - <https://dorizener.com/rainbow-spectrum/>

- This is an autistic-led support and social group for 2SLGBTQIA+ autistic adults. This virtual group is a place to discuss these intersecting identities and experiences.
- This group is for adults ages 30 and older. It's a drop-in group, so you can attend as often as you'd like.
- **When:** The 4th Thursday of each month from 6:30-8:30pm.
- **Cost:** The cost is "pay what you can" with a suggestion of \$10/group, but they are flexible and accommodating to each individual's unique circumstances
- **Registration Process:** Self-referral. You can complete a request form at the website above, they will then send you an intake form to complete.