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**LGBTQ+**

**RESOURCE GUIDE**

## **LGBTQ+ RESOURCE GUIDE**

This guide was compiled by staff, students, and volunteers at Humber College for students and community members looking for programs and services for LGBTQ+ identified people. We recognize that the organizations and resources collected here are not exhaustive of all of the programs and services available to LGBTQ+ communities in the Greater Toronto Area (GTA), and we welcome suggestions that will make this guide more useful and comprehensive. It is important to note that while there is a lot of fantastic work happening in the community, we unfortunately cannot guarantee the quality of services and programs included in this guide. We do however hope that sharing this information will bring folks closer to accessing the resources they are looking for.

We welcome your questions, comments, and feedback!

Contact [LGBTQ@humber.ca](mailto:LGBTQ@humber.ca) for any additions or suggestions.

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# ADVOCACY

Resource	Online Resources	Educational Workshops
1. EGALE Canada	✓	✓
2. PFLAG	✓	✓
3. 519 Community Centre	✓	✓
4. Metropolitan Community	✓	✓
5. Queer Ontario	✓	✗
6. FIERCE NYC	✓	✓
7. Rupert Raj Resources	✓	✓

## 1. EGALE CANADA

**SOURCE:** [WWW.EGALE.CA/](http://www.egale.ca/)

EGALE offers Egales Youth OUTreach program, which is provided for youth up to the age of 29. This program offers individual counselling, family counselling, school based educational services, and crisis intervention. This program also provides advocates for LGBTQ kids who are either at risk of being homeless, or are homeless.

## 2. PARENTS AND FRIENDS OF LESBIANS AND GAYS (PFLAG)

**SOURCE:** [WWW.PFLAGTORONTO.ORG](http://www.pflagtoronto.org)

Parents and Friends of Lesbian and Gays (PFLAG) provides support, education, and resources for parents, friends, and LGBTQ members. They have monthly support meetings, lending library, and community outreach. They cover areas all across South Ontario.

## 3. 519 COMMUNITY CENTRE

**SOURCE:** [HTTP://WWW.THE519.ORG/](http://www.the519.org/)

The 519 has worked for inclusion, acceptance and awareness of LGBTQ rights in Toronto and beyond. We are a City of Toronto agency with a unique approach to community building that allows us to deliver direct service, accessible space and ongoing leadership that makes a real difference in people's lives while promoting broader understanding and respect.

## 4. 4METROPOLITAN COMMUNITY CHURCHES

**SOURCE:** [HTTP://MCCCHURCH.ORG/](http://mccchurch.org/)

MCC began in 1968 as a small home church to provide a Christian sanctuary for LGBT people. Today, they have grown in numbers and purpose, and are now an international denomination committed to radical inclusivity in all areas.

**5. QUEER ONTARIO**

**SOURCE:** [HTTP://QUEERONTARIO.ORG/](http://queerontario.org/)

Queer Ontario is a provincial network of gender and sexually diverse individuals — and their allies — who are committed to questioning, challenging, and reforming the laws, institutional practices, and social norms that regulate queer people. Operating under liberationist and sex-positive principles, they fight for accessibility, recognition, and pluralism, using social media and other tactics to engage in political action, public education, and coalition-building.

**6. FIERCE NYC**

**SOURCE:** [WWW.FIERCENYC.ORG](http://www.fierceny.org)

Fierce is a membership-based organization building the leadership and power of (LGBTQ) lesbians, gay, bi-sexual, transgender, and queer youth of color in New York City.

**7. RUPERT RAJ RESOURCES: TRANS RIGHTS AND ACTIVISM**

**SOURCE:** [HTTP://WWW.RRCONSULTING.CA/DOCS/RRCONSULTING\\_TRANSACTIVISM\\_2014.PDF](http://www.rrconsulting.ca/docs/rrconsulting_transactivism_2014.pdf)

A list of trans rights and trans activism.

# COUNSELLING

Resource	Drop Ins/ Appointments	Emergency Contact	Support Programs
1. Humber College Services	✓	✓	✗
2. EGALE Youth	✓	✓	✓
3. SOY	✓	✗	✓
4. Family Service Toronto	✓	✓	✓
5. Youth Beyond Barriers	✗	✗	✓
6. Family Services of Peel	✓	✗	✓
7. York Region Family	✓	✗	✓
8. Central Toronto Youth...	✓	✓	✓
9. Across Boundaries	✗	✗	✓
10. Rupert Raj Resources	✓	✓	✓

## 1. HUMBER COLLEGE COUNSELLING SERVICES

**SOURCE:** [HTTP://WWW.HUMBER.CA/STUDENT-LIFE/SWAC/HEALTH-COUNSELLING](http://www.humber.ca/student-life/swac/health-counselling)

Health & Counselling services at Humber are confidential and available to all registered students. Our goal is to promote student success by providing care that supports well-being.

## 2. TORONTO EGALE YOUTH OUTREACH

**SOURCE:** [HTTP://EGALE.CA/OUTREACH/](http://egale.ca/outreach/)

Individual counselling, homelessness and suicide crisis services for LGBTIQ2S youth up to age 29 provided by three full time counsellors. Call to schedule an appointment

**\*\* VIEW ADVOCACY SECTION FOR MORE INFORMATION ON EGALE CANADA**

## 3. SHERBORNE HEALTH CENTRE - SUPPORTING OUR YOUTH (SOY)

**SOURCE:** [HTTP://WWW.SOYTORONTO.ORG/](http://www.soytoronto.org/)

**\*\* VIEW HEALTH CARE SECTION FOR MORE INFORMATION ON THE SHERBORNE HEALTH CENTRE**

## 4. DAVID KELLY SERVICES VIA FAMILY SERVICE TORONTO

**SOURCE:** [HTTP://WWW.FAMILYSERVICETORONTO.ORG/PROGRAMS/DKSLESYGAY.HTM](http://www.familyserVICETORONTO.ORG/PROGRAMS/DKSLESYGAY.HTM)

The David Kelley Lesbian, Gay, Bisexual, Trans, Queer (LGBTQ) Counselling Program provides professional, short-term, individual, couple and family counselling to people who identify as lesbian, gay, bisexual, trans or queer. Group services and educational forums may be offered from time to time. The David Kelley program also provides Partner Assault Response (PAR) services for court- and probation-mandated individuals charged with assault to a same-sex partner.

**5. PEEL ASSOCIATED YOUTH SERVICES OF PEEL; YOUTH BEYOND BARRIERS (YBB)**

**SOURCE:** [HTTP://WWW.AYSP.CA/PROGRAMS-GROUPS/CHILD-YOUTH-PROGRAMS/YBB/](http://www.aysp.ca/PROGRAMS-GROUPS/CHILD-YOUTH-PROGRAMS/YBB/)

The YBB Program provides confidential services for youth who identify as Lesbian, Gay, Bisexual, Transgender, Transsexual, Intersex, Queer, Questioning, 2-Spirited (LGBTTIQQ2S) through a support and education group, individual counselling, and through social media. The YBB group brings together LGBTTIQQ2S youth to share their experiences and talk about issues that matter to them.

**6. FAMILY SERVICES OF PEEL; LGBTIQ COUNSELLING**

**SOURCE:** [HTTP://FSPEEL.ORG/?PAGE\\_ID=263](http://fspeel.org/?PAGE_ID=263)

In this program, counselling is provided to individuals questioning their sexual identity, “coming out”, family members seeking information on how to support a gay family member and teenagers experiencing interpersonal challenges. They also provide educational workshops on gay issues to community partners and run ongoing groups.

**7. YORK REGION FAMILY SERVICES OF YORK REGION; COUNSELLING FOR LGBT2SQ+ INDIVIDUALS**

**SOURCE:** [HTTP://WWW.FSYR.CA/COUNSELLING-FOR-LESBIAN-GAY-BISEXUAL-TRANSGENDER-TWO-SPIRIT-AND-QUEER-INDIVIDUALS](http://www.fsyrr.ca/counselling-for-lesbian-gay-bisexual-transgender-two-spirit-and-queer-individuals)

York Rainbow Support provides Individual, Couple and Family Counselling Services for Lesbian, Gay, Bisexual, Transgender, Two Spirit, Queer & Questioning.

**8. LGBTQ+ SERVICES VIA CENTRAL TORONTO YOUTH SERVICES (CTYS)**

**SOURCE:** [HTTP://WWW.CTYS.ORG/CATEGORY/RESOURCES/#LGBTQ-SERVICES](http://www.ctys.org/category/resources/#LGBTQ-SERVICES)

Central Toronto Youth Services (CTYS) is a community-based, accredited Children’s Mental Health Centre that serves many of Toronto’s most vulnerable youth.

**9. ACROSS BOUNDARIES**

**SOURCE:** [HTTP://WWW.ACROSSBOUNDARIES.CA/](http://www.acrossboundaries.ca/)

Across Boundaries provides a dynamic range of mental health support and services and works within Anti-Racism/Anti-Black racism and Anti-Oppression frameworks. These frameworks address the negative impact of racism and discrimination on mental health and well-being.

**10. RUPERT RAJ RESOURCES: CLINICAL & COMMUNITY RESOURCES**

**SOURCE:** [HTTP://WWW.RRCONSULTING.CA/DOCS/RRCONSULTING\\_CLINICALCOMMUNITYRESOURCE\\_SFORTRANS\\_2015.PDF](http://www.riconsulting.ca/docs/riconsulting_clinicalcommunityresource_sfortrans_2015.pdf)

A list of clinical & community resources for trans people & gender-independent youth in Canada.

## HEALTH CARE

Resource	Emergency Hours	Walk-ins	Surgery/Hormone Qualified Doctors
1. Humber College	X	✓	X
2. Access Alliance	X	✓	✓
3. Central Toronto	✓	✓	✓
4. Sherbourne Health		✓	✓
5. Women's Health	X	✓	✓
6. St Michael's Hospital	✓	✓	✓
7. CAMH	✓	✓	✓
8. Church Wellesley Health Centre	X	✓	✓
9. Family Health Team	X	X	✓
10. Health Source Medical Clinic	✓	X	✓
11. Rupert Raj Resources	✓	✓	✓
12. Rupert Raj Resources	✓	✓	X
13. Rupert Raj Resources	✓	✓	✓

### 1. HUMBER COLLEGE HEALTH CENTRE

**SOURCE:** [HTTP://WWW.HUMBER.CA/HEALTH/](http://www.humber.ca/health/)

Health & Counselling services at Humber are confidential and available to all registered students. Our goal is to promote student success by providing care that supports well-being.

### 2. ACCESS ALLIANCE MULTI-CULTURAL COMMUNITY HEALTH CENTRE

**SOURCE:** [WWW.ACCESSALLIANCE.CA/](http://www.accessalliance.ca/)

Access Alliance takes pride in offering programs and services for lesbian, gay, bisexual, trans and queer (LGBTQ+) newcomers.

### 3. CENTRAL TORONTO COMMUNITY HEALTH CENTRE

**SOURCE:** [WWW.CTCHC.COM](http://www.ctchc.com)

The Central Toronto Community Health Centres delivers holistic, integrated, needs based primary health services and supports to improve the wellbeing and quality of life of individuals and communities who are at risk and/or face barriers in accessing high quality health care services and supports by engaging our partners and the community.



**4. SHERBOURNE HEALTH CENTRE**

**SOURCE:** [HTTP://SHERBOURNE.ON.CA/](http://sherbourne.on.ca/)

**Sherbourne's primary care and chronic disease management services, health promotion and education, outreach and social supports, and mental health services work together to provide transformative care and support. While Sherbourne is open to everyone in the neighbourhood, they are particularly committed to helping people who may have been under-served by conventional health care.**

**5. WOMEN'S HEALTH IN WOMAN'S HANDS**

**SOURCE:** [WWW.WHIWH.COM](http://www.whiwh.com)

The Mandate of Women's Health in Women's Hands (WHIWH) Community Health Centre is to provide primary healthcare to racialized women from the African, Black, Caribbean, Latin American and South Asian communities in Toronto and surrounding municipalities. We are committed to working from an inclusive feminist, pro-choice, anti-racist, anti-oppression, and multilingual participatory framework in addressing the issue of access to healthcare for our mandated priority populations encompassing gender, gender identity, race, class, violence, sexual orientation, religion, culture, language, disability, immigration status and socio-economic circumstances.

**6. ST. MICHAEL'S HOSPITAL**

**SOURCE:** [HTTP://WWW.STMICHAELSHOSPITAL.COM/](http://www.stmichaelshospital.com/)

St. Michael's Hospital is a Catholic academic health care provider, fully affiliated with the University of Toronto and committed to innovative patient care, teaching and research. Established in 1892 by the Sisters of St. Joseph to care for the sick and poor, St. Michael's Hospital remains dedicated to treating all with respect, compassion and dignity.

**7. CAMH – CENTRE FOR ADDICTION AND MENTAL HEALTH**

**SOURCE:** [HTTP://WWW.CAMH.CA/EN/HOSPITAL/PAGES/HOME.ASPX](http://www.camh.ca/en/hospital/pages/home.aspx)

The Centre for Addiction and Mental Health (CAMH) is Canada's largest mental health and addiction teaching hospital, as well as one of the world's leading research centres in the area of addiction and mental health. CAMH combines clinical care, research, education, policy development and health promotion to help transform the lives of people affected by mental health and addiction issues. **THEIR ADULT GENDER IDENTITY PROGRAM TO RECEIVE OHIP FUNDING FOR SURGERIES HAS A LONG WAITING LIST.**

**8. CHURCH WELLESLEY HEALTH CENTRE**

**SOURCE:** [HTTP://WWW.CHURCHWELLESLEYHEALTHCENTRE.COM/](http://www.churchwellesleyhealthcentre.com/)

The Church Wellesley Health Centre has a walk-in medical clinic, an array of medicalists, a pharmacy, and so much more. They have an elevator for those with disabilities. Families, newcomers to Canada, homeless, gay, lesbian, bisexual, and trans are all welcome in their health centre. **DR. LOUIE CHAN** is their trans-inclusive doctor.

**9. FAMILY HEALTH TEAM, VILLAGE FAMILY PARTNERED WITH CAMH**

**SOURCE:** [HTTP://VILLAGEFHT.CA/](http://villagefht.ca/)

Village Family Health Team has been in operation for just over 2 years. As an inter-professional team, family physicians, nurse practitioner, nurses, social work, registered dietician and chiropodist work closely together with other health professionals including psychiatrists, chiropractor, physiotherapy, pharmacist and optometrist to provide comprehensive primary care. **DR. ALISON CHARLEBOIS** is their trans-inclusive doctor. **THEY ARE CURRENTLY NOT TAKING ANY NEW PATIENTS BUT HAVE EXCEPTIONS TO TRANS IDENTIFIED PATIENTS.**

**10. HS – HEALTH SOURCE MEDICAL CLINIC**

**SOURCE:** [HTTP://WWW.HSMEDICAL.CA/](http://www.hsmedical.ca/)

HealthSource Medical Clinic is a patient-centered family medicine practice which focuses on managing patient's health issues in a compassionate, timely, and efficient manner. The clinic offers various medical services. **DR. KATE GREENAWAY** is their trans-inclusive doctor. **THEY ARE CURRENTLY NOT OPEN TO NEW PATIENTS.**

**11. RUPERT RAJ RESOURCES: CLINICAL & COMMUNITY RESOURCES**

**SOURCE:**[HTTP://WWW.RRCONSULTING.CA/DOCS/RRCONSULTING\\_CLINICALCOMMUNITYRESOURCE\\_SFORTRANS\\_2015.PDF](http://www.rrconsulting.ca/docs/rrconsulting_clinicalcommunityresource_sfortrans_2015.pdf)

A list of clinical & community resources for trans People & gender-independent youth in Canada.

**12. RUPERT RAJ RESOURCES: MASSAGE THERAPISTS**

**SOURCE:**[HTTP://WWW.RRCONSULTING.CA/DOCS/RRCONSULTING\\_TRANSPOSITIVEMASSAGE\\_THERAPISTS\\_2014.PDF](http://www.rrconsulting.ca/docs/rrconsulting_transpositivemassage_therapists_2014.pdf)

A list of massage therapists for trans identified people.

**13. RUPERT RAJ RESOURCES: PHYSICIANS, ENDOCRINOLOGISTS SURGEONS**

**SOURCE:**[HTTP://WWW.RRCONSULTING.CA/DOCS/RRCONSULTING\\_PHYSICIANSENDOCRINOLOGISTSURGEONSFORTRANSPEOPLE\\_2015.PDF](http://www.rrconsulting.ca/docs/rrconsulting_physiciansendocrinologistsurgeonsfortranspeople_2015.pdf)

A list of physicians, Endocrinologists Surgeons for trans identified people.

# SEXUAL HEALTH

Resource	Drop in	Programs /Events	Trans Inclusive*	Online Resources
1. Toronto Bisexual Network	X	✓		✓
2. Hassel Free Clinic	✓	✓	✓	✓
3. Planned Parenthood	✓	✓	✓	✓
4. Sexual Health and U	X	✓	✓	✓

\*THESE HAVE BEEN IDENTIFIED TO BE TRANS INCLUSIVE BY MEMBERS OF THE COMMUNITY BUT IT DOES NOT NECESSARILY MEAN THAT THE UNCHECKED AREAS ARE NOT TRANS INCLUSIVE.

## 1. TORONTO BISEXUAL NETWORK - TBN

**SOURCE:** [HTTP://WWW.TORONTOBINET.ORG/](http://www.torontobinet.org/)

The Toronto Bisexual Network's mandate is to provide a community where bisexuals and people questioning their sexuality can share diverse perspectives on bisexual issues and experiences.

## 2. HASSLE FREE CLINIC

**SOURCE:** [HTTP://HASSLEFREECLINIC.ORG/](http://hasslefreeclinic.org/)

The Hassle Free Clinic provides free medical and counselling services in many areas of sexual health.

## 3. PLANNED PARENTHOOD

**SOURCE:** [HTTP://PPT.ON.CA.PREVIEWMYSITE.COM/PPT/](http://ppt.on.ca.previewmysite.com/ppt/)

We are a pro-choice community health centre that advances and advocates for the sexual health, health, and wellbeing of youth.

## 4. SEXUAL HEALTH AND U

**SOURCE:** [HTTP://WWW.SEXUALITYANDU.CA/](http://www.sexualityandu.ca/)

The mission of the SOGC is to promote optimal women's health through leadership, collaboration, education, research and advocacy in the practice of obstetrics and gynaecology. The Society welcomes all specialists in Obstetrics and Gynaecology, General Practitioners, Researchers, Nurses, Midwives and other health care providers in Canada and internationally.

# HIV/AIDS/STIs

Resource	Programs	Online Resources	LGBTQ+ Friendly
1. The AIDS Committee of Toronto	✗	✓	✓
2. Black Coalition for AIDS	✓	✓	✓
3. Asian Community AIDS	✓	✓	✓
4. African & Caribbean Council On HIV/AIDS In Ontario	✓	✓	✓
5. Ontario Aboriginal HIV/AIDS Network	✓	✓	✓
6. Toronto People with AIDS	✗	✓	?
7. Rupert Raj Resources	✓	✓	✓

## 1. THE AIDS COMMITTEE OF TORONTO

**SOURCE:** [HTTP://WWW.ACTORONTO.ORG/](http://www.actoronto.org/)

ACT provides support services that empower men, women and young people living with HIV to achieve self-determination, informed decision-making, independence, and overall well-being. We do this through programs such as counselling, information provision, social support activities and programs that help people with HIV return to work.

## 2. BLACK COALITION FOR AIDS PREVENTION (BLACK CAP)

**SOURCE:** [WWW.BLACK-CAP.COM/](http://www.black-cap.com/)

Black CAP works to create culturally relevant outreach, prevention and support services for people infected with, affected by, or at risk of contracting HIV

## 3. ASIAN COMMUNITY AIDS SERVICES

**SOURCE:** [HTTP://WWW.ACAS.ORG/](http://www.acas.org/)

Asian Community AIDS Services (ACAS) is a charitable, non-profit, community-based organization located in Toronto, Canada. We provide safer sex education and services to the East and Southeast Asian communities and support services to persons living with HIV/AIDS and members of the LGBTQ communities.

## 4. AFRICAN & CARIBBEAN COUNCIL ON HIV/AIDS IN ONTARIO

**SOURCE:** [HTTP://WWW.ACCHO.CA/](http://www.accho.ca/)

ACCHO envisions for African, Caribbean and Black communities in Ontario, an environment that is supportive of those infected and affected by HIV/AIDS, and free of new HIV transmissions

**5. ONTARIO ABORIGINAL HIV/AIDS NETWORK**

**SOURCE:** [HTTP://WWW.OAHAS.ORG/](http://www.oahas.org/)

To provide culturally respectful and sensitive programs and strategies to respond to the growing HIV/AIDS epidemic among Aboriginal people in Ontario through promotion, prevention, long term care, treatment and support initiatives consistent with harm reduction.

**6. TORONTO PEOPLE WITH AIDS FOUNDATION (PWA)**

**SOURCE:** [HTTP://WWW.PWATORONTO.ORG/](http://www.pwatoronto.org/)

We engage people living with HIV/AIDS in enhancing their health and well-being through practical and therapeutic support services and broader social change, and we inspire them to live into their dreams and discoveries.

**7. RUPERT RAJ RESOURCES: TRANS PEOPLE WITH HIV/AIDS**

**SOURCE:** [HTTP://WWW.RRCONSULTING.CA/DOCS/RRCONSULTING\\_RESOURCESONTRANSPEOPLEWITHHIVAIDS\\_2012.PDF](http://www.rrconsulting.ca/docs/rrconsulting_resourcesontranspeoplewithhivaids_2012.pdf)

A list of resources on trans people with HIV/AIDS.

# TRANS & INTERSEX RESOURCES

Resource	Drop In/ Appointments	Workshops/ Events	Online Resources
1. Two Spirited People of the First Nations	X	✓	✓
2. Intersex Society of North America	X	X	✓
3. FTM International	X	✓	✓
4. FTM Magazine	X	X	✓
5. 519 Community Programs	✓	✓	✓
6. Xpression	X	✓	✓
7. Trans Menace	X	X	✓
8. Trans Health	X	X	✓
9. Rupert Raj Resources	✓	X	✓
10. Rupert Raj Resources	✓	X	✓
11. Rupert Raj Resources	✓	X	✓
12. Rupert Raj Resources	✓	✓	✓
13. Rupert Raj Resources	✓	✓	✓
14. Rupert Raj Resources	✓	✓	✓

## 1. TWO SPIRITED PEOPLE OF THE FIRST NATIONS

**SOURCE:** [WWW.2SPIRITS.COM](http://WWW.2SPIRITS.COM)

2 Spirited People of the 1st Nations (2 Spirits) is a non profit social service organization whose membership consists of Aboriginal 2-Spirit (people that carried male and female spirits) gay, lesbian, intersexed, bisexual and transgender people in Toronto. Due to the AIDS epidemic, the organization was prompted to have health, counseling and advocacy expertise.

## 2. INTERSEX SOCIETY OF NORTH AMERICA

**SOURCE:** [WWW.ISNA.ORG](http://WWW.ISNA.ORG)

The Intersex Society of North America (ISNA) is devoted to systemic change to end shame, secrecy, and unwanted genital surgeries for people born with an anatomy that someone decided is not standard for male or female

## 3. FTM INTERNATIONAL

**SOURCE:** [HTTP://WWW.FTMI.ORG/](http://WWW.FTMI.ORG/)

FTM International Leaders focus on Strong Rights, human rights, multiple oppressions, immigrant rights and anti-oppression work with all our members, families, friends, allies, donors, volunteers, chapter members and leaders.

- 4. FTM MAGAZINE**  
**SOURCE:** [HTTP://WWW.FTMMAGAZINE.COM/](http://www.ftmmagazine.com/)  
Quarterly printed and digitally published magazines for the female to male and trans masculine community.
- 5. TRANS PROGRAMS VIA 519 COMMUNITY CENTRE**  
**SOURCE:** [HTTP://WWW.THE519.ORG/PROGRAMS/CATEGORY/TRANS-SPECIFIC](http://www.the519.org/programs/category/trans-specific)  
**\*\* VIEW ADVOCACY SECTION FOR MORE INFORMATION ON THE 519 COMMUNITY CENTRE.**
- 6. XPRESSIONS**  
**SOURCE:** [HTTP://XPRESSIONS.ORG/](http://xpressions.org/)  
Xpressions is a social and support organization dedicated to serving the larger transgender and crossdressing community in southern Ontario and beyond.
- 7. TRANS MENACE**  
**SOURCE:** [HTTP://THEMENACE.TRANSCOMMUNITY.CA/](http://themence.transcommunity.ca/)  
Latest Toronto news about the Trans community.
- 8. TRANS HEALTH**  
**SOURCE:** [HTTP://WWW.TRANS-HEALTH.COM/](http://www.trans-health.com/)  
Offers information, and health care tips for FTM transitions
- 9. RUPERT RAJ RESOURCES: SPEECH THERAPISTS**  
**SOURCE:**[HTTP://WWW.RRCONSULTING.CA/DOCS/RRCONSULTING\\_SPEECHTHERAPISTS\\_2015.PDF](http://www.riconsulting.ca/docs/riconsulting_speechtherapists_2015.pdf)  
A list of speech therapists for trans identified people.
- 10. RUPERT RAJ RESOURCES: SURGEONS FOR TRANS MASCULINE PEOPLE**  
**SOURCE:**[HTTP://WWW.RRCONSULTING.CA/DOCS/RRCONSULTING\\_SEXREASSIGNMENTSURGEONSFORTRANSMEN\\_2014.PDF](http://www.riconsulting.ca/docs/riconsulting_sexreassignmentsurgeonsfortransmen_2014.pdf)  
A list of surgeons for trans masculine identified people.
- 11. RUPERT RAJ RESOURCES: SURGEONS FOR TRANS FEMININE PEOPLE**  
**SOURCE:**[HTTP://WWW.RRCONSULTING.CA/DOCS/RRCONSULTING\\_SEXREASSIGNMENTSURGEONSFORTRANSWOMEN\\_2014.PDF](http://www.riconsulting.ca/docs/riconsulting_sexreassignmentsurgeonsfortranswomen_2014.pdf)  
A list of surgeons for trans feminine identified people..
- 12. RUPERT RAJ RESOURCES: TWO SPIRITED PEOPLE**  
**SOURCE:**[HTTP://WWW.RRCONSULTING.CA/DOCS/RRCONSULTING\\_TWOSPIRITPEOPLE\\_2012.PDF](http://www.riconsulting.ca/docs/riconsulting_twospiritpeople_2012.pdf)  
A list of resources about two-spirited people.
- 13. RUPERT RAJ RESOURCES: TRANS CARE**  
**SOURCE:**[HTTP://WWW.RRCONSULTING.CA/DOCS/RRCONSULTING\\_GUIDELINESFORTRANSCARE\\_2015.PDF](http://www.riconsulting.ca/docs/riconsulting_guidelinesfortranscare_2015.pdf)  
Guidelines for trans care.

**14. RUPERT RAJ RESOURCES ON DISORDERS OF SEX DEVELOPMENT**

**SOURCE: [HTTP://WWW.RRCONSULTING.CA/DOCS/RRCONSULTING DISORDERSSEXDEVELOPMENT\\_2014.PDF](http://www.rrconsulting.ca/docs/rrconsulting_disorderssexdevelopment_2014.pdf)**

A list of resources on disorders of sex development or intersex people.



# QUEER DISABILITY RESOURCES

Resource	Online Resources	Events/ Meet ups	Programs
1. Planet Deaf Queer	✓	✓	✗
2. 519 Community Centre	✓	✓	✓
3. SprOUT Toronto	✓	✓	✓
4. ORAD	✗	✓	✗
5. BENT	✓	✗	✗

## 1. PLANET DEAF QUEER VIA DEAF QUEER RESOURCE CENTRE

**SOURCE:** [HTTP://PLANET.DEAFQUEER.COM/](http://planet.deafqueer.com/)

Planet DeafQueer (“DeafQueer” is one word) is a new community website devoted to empowering the DeafQueer community and our Allies through information, knowledge, visibility, resources, support, and activism.

## 2. ARTIST WITHOUT BARRIERS VIA 519 COMMUNITY CENTRE

**SOURCE:** [HTTP://WWW.THE519.ORG/PROGRAMS/ARTISTS-WITHOUT-BARRIERS](http://www.the519.org/programs/artists-without-barriers)

Artists Without Barriers (AWB) is one of the only art organizations in the Greater Toronto Area that provides fully-inclusive environments for those who have been labeled with a disability.

## 3. SPROUT TORONTO

**SOURCE:** [HTTP://WWW.THE519.ORG/PROGRAMS/SPROUT-TORONTO](http://www.the519.org/programs/sprout-toronto)

SprOUT Toronto is a social group for lesbian, gay, bisexual, trans and questioning (LGBTQ) adults (18 years +) with intellectual disabilities.

**\*\* VIEW ADVOCACY SECTION FOR MORE INFORMATION ON THE 519 COMMUNITY CENTRE**

## 4. ONTARIO RAINBOW ALLIANCE OF THE DEAF

**SOURCE:** [HTTPS://WWW.FACEBOOK.COM/ONTARIORAD/](https://www.facebook.com/ontariorad/)

Ontario Rainbow Alliance for the Deaf (ORAD) is a not for profit organization serving Deaf, deaf, deafened, hard of hearing and hearing people who are LGBTTIQQ2S\* communities in the Province of Ontario. ORAD coordinates social events, provides educational and social outreach workshops, offers queer-friendly American Sign Language (ASL) classes and interpreters, and hosts the Deaf Queer Women Against Violence Program.

## 5. BENT

**SOURCE:** [HTTP://WWW.BENTVOICES.ORG/ARCHIVES/ARCHIVEBLANK.HTM](http://www.bentvoices.org/archives/archiveblank.htm)

BENT is the place where disability and queerness meet head-on. **WARNING: MAY USE RECLAIMED OFFENSIVE LANGUAGE.**

# IMMIGRATION

Resource	Trans inclusive	Programs	Online Resources
1. LEGIT	X	✓	✓
2. Rainbow Railroad	✓	✓	X
3. Access Alliance Multi-cultural community Health Centre	✓	✓	✓
4. 519 Community Centre	✓	✓	✓
5. COSTI – Immigration Services	?	✓	✓

## 1. LEGIT – THE LESBIAN & GAY IMMIGRATION TASK FORCE – CANADA

**SOURCE:** [HTTP://WWW.LEGIT.CA/](http://www.legit.ca/)

LEGIT is an organization of volunteers helping same-sex couples who wish to live together in Canada. Many of us are couples who have been successful in settling in Canada. We are not lawyers. We hope this information is helpful and supportive. It is not intended to be legal advice.

## 2. RAINBOW RAILROAD

**SOURCE:** [HTTP://RAINBOWRAILROAD.CA/](http://rainbowrailroad.ca/)

In countries all over the world, lesbian, gay, bisexual and trans-identified (LGBT) people still live in basic fear for their freedom, their safety and their lives. In the spirit of and with homage to the Underground Railroad, the mission of the Rainbow Railroad is to help LGBT people as they seek safe haven from state enabled violence, murder or persecution.

## 3. ACCESS ALLIANCE MULTI-CULTURAL COMMUNITY HEALTH CENTRE

**SOURCE:** [WWW.ACCESSALLIANCE.CA/](http://www.accessalliance.ca/)

Access Alliance takes pride in offering programs and services for lesbian, gay, bisexual, trans and queer (LGBTQ+) newcomers.

## 4. 519 COMMUNITY CENTRE: NEWCOMER & REFUGEE PROGRAMS

**SOURCE:** <http://www.the519.org/news/newcomer-refugee-programs-at-the-519-advancing-lgbtq-human-rights>

One of the fastest growing programs at The 519, ‘Settling In’ facilitates networking opportunities, nutritious meals, cultural experiences, settlement counselling, and vital referrals for the hundreds of LGBTQ newcomers who meet weekly at The 519.

**\*\* VIEW ADVOCACY SECTION FOR MORE INFORMATION ON THE 519 COMMUNITY CENTRE**

## 5. COSTI – IMMIGRANT SERVICES

**SOURCE:** [HTTP://WWW.COSTI.ORG/](http://www.costi.org/)

Provides educational, social and employment services to help all immigrants in the greater Toronto area attain self-sufficiency in Canadian society.

# HOUSING

## 1. YMCA – SPROTT

**SOURCE:** [HTTPS://YMCAGTA.ORG/YOUTH-PROGRAMS/YOUTH-HOUSING](https://ymcagta.org/youth-programs/youth-housing)

YMCA Sprott House provides affordable and supported residential living for up to 25 young people between the ages of 16 to 24. It first opened its doors in September 2007 and is now the first LGBTQ2S and allies transitional housing program for youth in Canada

## 2. 519 COMMUNITY CENTRE – HOUSING SERVICES

**SOURCE:** [HTTP://WWW.THE519.ORG/PROGRAMS/CATEGORY/HOUSING-SERVICES](http://www.the519.org/programs/category/housing-services)

The 519 is committed to providing housing support to lesbian, gay, bisexual, trans, queer (LGBTQ) youth age 16-29.

**\*\* VIEW ADVOCACY SECTION FOR MORE INFORMATION ON THE 519 COMMUNITY CENTRE**

## 3. SHERBOURNE HEALTH CENTRE - SOY

**SOURCE:** [HTTP://WWW.SOYTORONTO.ORG/ABOUT.HTML](http://www.soytoronto.org/about.html)

Supporting Our Youth (SOY) works to create healthy arts, culture and recreational spaces for young people; to provide supportive housing and employment opportunities; and to increase youth access to adult mentoring and support.

**\*\* VIEW HEALTH CARE SECTION FOR MORE INFORMATION ON THE SHERBORNE HEALTH CENTRE**

## 4. COSTI – IMMIGRANT SERVICES

**SOURCE:** [HTTP://WWW.COSTI.ORG/](http://www.costi.org/)

Provides educational, social and employment services to help all immigrants in the greater Toronto area attain self-sufficiency in Canadian society.

## 5. HOUSING CONNECTIONS

**SOURCE:** [HTTP://WWW.HOUSINGCONNECTIONS.CA/](http://www.housingconnections.ca/)

Housing Connections manages the centralized waiting list for subsidized housing in the City of Toronto. We support singles, seniors and families through the process of applying for and waiting for subsidized housing.

## QUEER SOCIAL GROUPS

Resource	Drop Ins	Online Resources	Type of Organization
1. Kulanu Toronto	✗	✓	Religious
2. 519 Community Centre	✓	✓	Community
3. Metropolitan Community Church	✗	✓	Religious
4. Centretown Community Health Centre	✓	✓	Community
5. Ontario Rainbow Alliance of the Deaf	✓		Community
6. Sherbourne Health Centre	✓	✓	Community
7. Masjid el-Tawhid - Unity Mosque	✓	✓	Religious
8. RexPRIDE - QMAP	✓	✓	Community – Art
9. Rupert Raj Resources	✓	✓	Various
10. Rupert Raj Resources	✓	✓	Religious

### 1. KULANU TORONTO,

**SOURCE:** [WWW.KULANUTORONTO.CA](http://WWW.KULANUTORONTO.CA)

As the voice of Toronto's Jewish LGBT community, Kulanu Toronto aims to provide professional, caring, and confidential support services as well as a variety of social, cultural, and educational programs to our members. Kulanu embraces diversity and promotes respect and acceptance within a warm, welcoming, and safe environment.

### 2. SALAAM CANADA – QUEER MUSLIM COMMUNITY VIA 519 COMMUNITY CENTRE

**SOURCE:** [HTTP://WWW.SELFHELP.ON.CA/2014/04/SALAAM-SUPPORT-GROUP/](http://WWW.SELFHELP.ON.CA/2014/04/SALAAM-SUPPORT-GROUP/)

Salaam is an organization dedicated to Muslims who are lesbian, gay, bisexual, and transsexual/ transgender and or intersex, as well as those questioning their sexual orientation or gender identity, their families and friends.

**\*\* VIEW ADVOCACY SECTION FOR MORE INFORMATION ON THE 519 COMMUNITY CENTRE**

### 3. METROPOLITAN COMMUNITY CHURCHES

**SOURCE:** [HTTP://WWW.MCCTORONTO.COM/](http://WWW.MCCTORONTO.COM/)

MCC began in 1968 as a small home church to provide a Christian sanctuary for LGBT people. Today, they have grown in numbers and purpose, and are now an international denomination committed to radical inclusivity in all areas.

**4. CENTRETOWN COMMUNITY HEALTH CARE CENTRE**

**SOURCE:** [HTTP://WWW.CENTRETOWNCHC.ORG/EN/PROGRAMS/LGBTQ.ASPX](http://www.centretownchc.org/en/programs/lgbtq.aspx)

Access to free LGBTQ+ programs for the community members of Ottawa. Although a lot of their programs surround youth, they have some opportunity for adults to attend.

**5. 4METROPOLITAN COMMUNITY CHURCHES**

**SOURCE:** [HTTP://MCCCHURCH.ORG/](http://mccchurch.org/)

MCC began in 1968 as a small home church to provide a Christian sanctuary for LGBT people. Today, they have grown in numbers and purpose, and are now an international denomination committed to radical inclusivity in all areas.

**6. ONTARIO RAINBOW ALLIANCE OF THE DEAF**

**SOURCE:** [HTTPS://WWW.FACEBOOK.COM/ONTARIORAD/](https://www.facebook.com/ontariorad/)

Ontario Rainbow Alliance for the Deaf (ORAD) is a not for profit organization serving Deaf, deaf, deafened, hard of hearing and hearing people who are LGBTIQ2S\* communities in the Province of Ontario. ORAD coordinates social events, provides educational and social outreach workshops, offers queer-friendly American Sign Language (ASL) classes and interpreters, and hosts the Deaf Queer Women Against Violence Program.

**7. SHERBOURNE HEALTH CENTRE - SOY**

**SOURCE:** [HTTP://WWW.SOYTORONTO.ORG/ABOUT.HTML](http://www.soytoronto.org/about.html)

Supporting Our Youth (SOY) is an exciting, dynamic community development program designed to improve the lives of lesbian, gay, bisexual, transsexual and transgendered youth in Toronto through the active involvement of youth and adult communities.

**\*\* VIEW HEALTH CARE SECTION FOR MORE INFORMATION ON THE SHERBORNE HEALTH CENTRE**

**8. MASJID EL-TAWHID - UNITY MOSQUE**

**SOURCE:** [HTTP://WWW.JUMACIRCLE.COM/](http://www.jumacircle.com/)

el-Tawhid Juma Circle Mosques are gender-equal, queer-friendly, and religiously non-discriminatory. ETJC Mosques are places of healing for everyone - for those who identify as Muslim, regardless of sect or tariqa. ETJC also welcomes those who do not identify as Muslim but need a space for healing, and those who are family, spouses/partners, friends, seekers and allies.

**9. REXPRIDE - QMAP**

**SOURCE:** [HTTPS://WWW.FACEBOOK.COM/TERRENCE1983/](https://www.facebook.com/terrence1983/)

QMAP (Queer Media Arts Program) is a program that engages LGBTQ youth ages 15-24 in workshops in various arts disciplines led by young professional artists. The program uses art as a tool to engage marginalized youth and provide them with creative opportunities for self-expression in a safe and supportive environment.

**10. RUPERT RAJ RESOURCES: FAITH COMMUNITIES**

**SOURCE:** [HTTP://WWW.RRCONSULTING.CA/DOCS/RRCONSULTING\\_TRANSQUEER\\_WELCOMINGFAITHCOMMUNITIES\\_2012.PDF](http://www.rrconsulting.ca/docs/rrconsulting_transqueer_welcoming_faith_communities_2012.pdf)

A list of trans and queer welcoming faith communities.

**11. RUPERT RAJ RESOURCES: MEDITATION AND YOGA**

**SOURCE:** [HTTP://WWW.RRCONSULTING.CA/DOCS/RRCONSULTING\\_TRANSQUEER\\_MEDITATIONANDYOGA\\_2014.PDF](http://www.rrconsulting.ca/docs/rrconsulting_transqueer_meditation_and_yoga_2014.pdf)

A list of trans and queer welcoming meditation and yoga.

# HOMOPHOBIA/TRANSPHOBIA AND VIOLENCE

Resource	Online Resources	Programs
1. Humber Human Resources	✓	✗
2. Rainbow Health	✓	✓
3. Toronto Police	✗	✗

## 1. HUMBER HUMAN RIGHTS

**SOURCE:** [HTTP://WWW.HUMBER.CA/POLICIES/HUMAN-RIGHTS-POLICY](http://www.humber.ca/policies/human-rights-policy)

The Humber College Institute of Technology & Advanced Learning and the University of Guelph-Humber (hereafter referred to as “Humber” or “the College”) has the right, as well as the legal and moral responsibility, to ensure that all its members are treated fairly, equitably, and respectfully, in order to provide a learning, living and working environment that is free from discrimination. This includes discrimination on the basis of gender identity and gender expression.

## 2. BULLYING RESOURCES VIA RAINBOW HEALTH

**SOURCE:** [HTTP://WWW.RAINBOWHEALTH.CA/?S=BULLYING](http://www.rainbowhealth.ca/?s=bullying)

**\*\* PLEASE VIEW RAINBOW HEALTH IN AVOCACY SECTION FOR FURTHER INFORMATION**

## 3. TORONTO POLICE SERVICES HATE CRIME UNIT

**SOURCE:** [HTTP://WWW.TORONTOPOLICE.ON.CA/CRIMEPREVENTION/HATECRIME.PHP](http://www.torontopolice.on.ca/crimeprevention/hatecrime.php)

The Hate Crime Unit is part of Intelligence Services and was established in 1993 to provide support to front line officers and investigative units throughout the city. The Unit monitors hate motivated crime for the purpose of aiding and identifying crimes and criminals and to assist with sentencing at the end of the judicial process

# BUSINESS

Resource	Events	Online Resources
1. Church Wellesley Village BIA	✓	✗
2. Ontario Gay and Lesbian Chamber of Commerce	✓	✓
3. Out on Bay Street	✓	✓

## 1. CHURCH WELLESLEY VILLAGE BIA

**SOURCE:** [WWW.CHURCHWELLESLEYVILLAGE.CA](http://www.churchwellesleyvillage.ca)

The Village is a comfortable and supportive community that offers the connectedness of a small town, in the heart of the City. The Village is an urban destination, connected to transit with businesses and events that are on the forefront of City building and urban life.

## 2. ONTARIO GAY AND LESBIAN CHAMBER OF COMMERCE

**SOURCE:** [WWW.OGLCC.COM](http://www.oglcc.com)

The Ontario Gay and Lesbian Chamber of Commerce (OGLCC) is a federally chartered, non-profit organization with the goal to create an environment in which LGBTQ businesses and professionals can thrive through the sharing of knowledge and resources.

## 3. OUT ON BAY STREET

**SOURCE:** [HTTP://OUTONBAYST.ORG/](http://outonbayst.org/)

The Out On Bay Street Annual Conference provides the opportunity for students to meet with professionals and employers to learn more about LGBTQ+ issues in the workplace, find mentorships for their careers and connect you with job opportunities through workshops, panels, receptions and a career fair.



# LGBTQ+ EDUCATIONAL RESOURCES

Resource	Online Resources	Other Country INFO
1. Canadian Lesbian and Gay Archives	✓	✓
2. EGALE Canada Programs	✓	✗
3. PFLAG	✓	✗
4. Canadian Rainbow Health Coalition	✓	✗
5. TreeBP	✓	?
6. Humber Library	✓	✓
7. Rupert Raj Resources	✓	✗
8. Rupert Raj Resources	✓	✗
9. Rupert Raj Resources	✓	✗
10. Rupert Raj Resources	✓	✗
11. Rupert Raj Resources	✓	✗

## 1. CANADIAN LESBIAN AND GAY ARCHIVES

**SOURCE:** [WWW.CLGA.CA/](http://www.clga.ca/)

The Canadian Lesbian and Gay Archives (CLGA) is the largest independent LGBTQ+ archives in the world. With a focus on Canadian content, the CLGA acquires, preserves and provides public access to information and archival materials in any medium

## 2. EGALE CANADA - PROGRAMS

**SOURCE:** [HTTP://EGALE.CA/CORPORATE-EQUITY-TRAINING/](http://egale.ca/corporate-equity-training/)

EGALE also has The Corporate Equity Training Program which provides diversity training about the LGBTQ community for professional, management, and organization development.

**\*\* VIEW ADVOCACY SECTION FOR MORE INFORMATION ON EGALE CANADA**

## 3. PARENTS AND FRIENDS OF LESBIANS AND GAYS (PFLAG) CANADA

**SOURCE:** [HTTP://WWW.PFLAGCANADA.CA/EN/INDEX.HTML](http://www.pflagcanada.ca/en/index.html)

The Parents and Friends of Lesbians and Gays (PFLAG) Canada program provides services, support, and education on the LGBTQ community, and offers resources for anybody that has questions concerning the LGBTQ community.

## 4. CANADIAN RAINBOW HEALTH COALITION

**SOURCE:** [WWW.RAINBOWHEALTH.CA/](http://www.rainbowhealth.ca/)

Rainbow Health Care, aims to help improve the health and well-being of lesbian, gay, bisexual, and transgender people. They call for the need to do more research to document, understand, and address the various factors that contribute to health disparities in the LGBT community.

**5. TREEBP – FREE PDFS**

**SOURCE:** [HTTPS://TYREEBP.COM/2016/01/14/FREE-BOOKS-ON-RACE-GENDER-SEXUALITY-AND-CLASS-THAT-ARE-BOUND-TO-GET-YOU-WOKE/](https://tyreebp.com/2016/01/14/free-books-on-race-gender-sexuality-and-class-that-are-bound-to-get-you-woke/)

This is a list of free books in PDF form to educate oneself on race, gender, sexuality, class, and culture.

**6. HUMBER LIBRARY**

**SOURCE:** [HTTP://LIBGUIDES.HUMBER.CA/CONTENT.PHP?PID=692947&SID=5758128](http://libguides.humber.ca/content.php?pid=692947&sid=5758128)

The Library Services team offers a number of resources to University of Humber faculty and students to help them achieve their research and academic goals.

**7. RUPERT RAJ RESOURCES: READINGS**

**SOURCE:** [HTTP://WWW.RRCONSULTING.CA/DOCS/RRCONSULTING\\_RECOMMENDEDREADINGS\\_2014.PDF](http://www.rrconsulting.ca/docs/rrconsulting_recommendedreadings_2014.pdf)

A list of recommended readings on Transgenderism.

**8. RUPERT RAJ RESOURCES FOR FAMILY MEMBERS AND PARTNERS**

**SOURCE:** [HTTP://WWW.RRCONSULTING.CA/DOCS/RRCONSULTING\\_RESOURCESFORFAMILY\\_MEMBERSPARTNERSOFTRANSPeOPLE\\_2015.PDF](http://www.rrconsulting.ca/docs/rrconsulting_resourcesforfamily_memberspartnersoftranspeople_2015.pdf)

A list of resources for family members & partners of trans people & gender-incongruent youth.

**9. RUPERT RAJ RESOURCES FOR TRANS & QUEER SENIORS**

**SOURCE:** [HTTP://WWW.RRCONSULTING.CA/DOCS/RRCONSULTING\\_RESOURCESFORTRANSQUEERSENIORS\\_2015.PDF](http://www.rrconsulting.ca/docs/rrconsulting_resourcesfortransqueer_seniors_2015.pdf)

A list of resources for trans & queer seniors.

**10. RUPERT RAJ RESOURCES: TRANSGENDERISM**

**SOURCE:** [HTTP://WWW.RRCONSULTING.CA/DOCS/RRCONSULTING\\_SHORTREADINGLIST\\_2014.PDF](http://www.rrconsulting.ca/docs/rrconsulting_shortreadinglist_2014.pdf)

A shorter reading list on transgenderism.

**11. RUPERT RAJ RESOURCES: GLOSSARY**

**SOURCE:** [HTTP://WWW.RRCONSULTING.CA/DOCS/RRCONSULTING\\_TRANSGENDERGLOSSARY\\_2014.PDF](http://www.rrconsulting.ca/docs/rrconsulting_transgenderglossary_2014.pdf)

A trans (gender) glossary.

# PHONE LINES

**1. LGBT YOUTH LINE**

**MAIN NUMBER: 1-(800)-268-9688**

**OTHER NUMBER: (647)-694-475 (TEXT)**

**EMAIL: [ASKUS@YOUTHLINE.CA](mailto:ASKUS@YOUTHLINE.CA)**

**SOURCE: [HTTP://WWW.YOUTHLINE.CA/](http://WWW.YOUTHLINE.CA/)**

A confidential, non-judgmental, informed LGBTQQ2SI help line for youth by youth.

**2. LGBTQ PRIDELINE DURHAM HELPLINE**

**MAIN NUMBER: 1-(855)-877-7433**

**OTHER NUMBER: 1-(800)-452-0688 OR (905)-430-2522 (EMERGENCY)**

**EMAIL: [BRITTANY@DISTRESSCENTREDURHAM.COM](mailto:BRITTANY@DISTRESSCENTREDURHAM.COM)**

**SOURCE: [HTTP://WWW.DISTRESSCENTREDURHAM.COM/GETHELP/LGBTPRIDELINE.PHP](http://WWW.DISTRESSCENTREDURHAM.COM/GETHELP/LGBTPRIDELINE.PHP)**

The helpline, known as Prideline Durham is aimed at providing emotional support, crisis intervention, and community referral information specific to the concerns and issues of the LGBTQ community in Durham Region.

**3. TRANS LIFELINE**

**MAIN NUMBER: 1-(877) 330-6366 OR 1- (877) 565-8860 (U.S)**

**OTHER NUMBER: GRETA MARTELA (415) 483-5361 (NON-EMERGENCY)**

**SOURCE: [HTTP://HOTLINE.TRANSLIFELINE.ORG/](http://HOTLINE.TRANSLIFELINE.ORG/)**

Trans Lifeline is a non-profit dedicated to the wellbeing of transgender people. We run a hotline staffed by transgender people for transgender people. Trans Lifeline volunteers are ready to respond to whatever support needs members of our community might have.

**4. GOOD 2 TALK**

**MAIN NUMBER: 1-(866)-925-5454**

**SOURCE: [HTTP://WWW.GOOD2TALK.CA/](http://WWW.GOOD2TALK.CA/)**

Good2Talk is a free, confidential and anonymous helpline providing professional counselling and information and referrals for mental health, addictions and well-being to post-secondary students in Ontario, 24/7/365.

**To learn more about the LGBTQ+ Resource Centre or the Gender and Sexual Diversity Committee at Humber College, please visit [humber.ca/LGBTQ](http://humber.ca/LGBTQ)**

**LGBTQ+ Resource Centre**  
**Room E140 North**  
**Email: [LGBTQ@humber.ca](mailto:LGBTQ@humber.ca)**  
**Web: [www.humber.ca/LGBTQ](http://www.humber.ca/LGBTQ)**  
**Phone: 416-675-6622 ext. 5575**

**Gender and Sexual Diversity Committee**  
**Email: [genderandsexualdiversity@humber.ca](mailto:genderandsexualdiversity@humber.ca)**  
**Web: [www.humber.ca/LGBTQ](http://www.humber.ca/LGBTQ)**