

SUPPORT AND COUNSELLING

LGBTQ Youth Services – Centretown Community Health Centre (English/French) Counselling for LGBTQ youth and young adults ages 12 to 25, and their families in a city wide program. Free bilingual services are provided by an openly gay Mental Health Counsellor for LGBTQ Youth that specializes in sexual orientation and gender identity. Requests for counselling can be made through Social Services Intake 613-233-4443 ext. 2109, leave a phone number or an email address where it is safe to contact you. Workshops & Capacity raising for youth service providers. Contact Ernie 613-233-4443 ext. 2171, egibbs@centretownchc.org
Centretown Community Health Centre gratefully acknowledges the financial support of the City of Ottawa www.centretownchc.org

Family Services Ottawa- LGBTTQ

Inclusive Counselling 18+ (English)

LGBTTQ-inclusive counselling for individuals and couples ages 18 plus on coming out, exploring gender identity and/or sexual orientation. For direct referrals and intake please contact 613-725-3601 ext. 117. www.familyservicesottawa.org

Youth Services Bureau (English/French) www.y_sb.on.ca

LGBTQ positive bilingual individual and family counselling available in a city wide program. Crisis intervention. Services are free and confidential. For youth ages 12 and up and their families.

YSB Crisis 24/7 call 613-260-2360

YSB Counselling Intake & Mental Health Walk-In 613-562-3004

YSB Queer and Trans Workshops, YSB Sexual Health Advisory Committee. 613-241-7913 ext. 200

Support Group for Parents/Caregivers of Gender Independent Children and trans teens (English)

Monthly support group for parents and caregivers of Gender Independent Children and trans youth by Family Services Ottawa and CHEO. Contact Beck at FSO 613-725-3601 ext 105 bhood@familyservicesottawa.org or Sebastien at CHEO 613-737-7600 ext. 3844.

PFLAG (Parents and Friends of Lesbians and Gays)

Support group for parents, families, friends and spouses of LGBTQ people. National PFLAG line 1-888-530-6777 www.pflagcanada.ca.
Ottawa Contact <http://www.pflagottawa.ca/> 613-860-7138
Stittsville Chapter stittsvilleon@pflagcanada.ca 613 509-1463
Carleton Place Chapter macgregor.jim@gmail.com 613257-3753

Arts based Social Group for Gender Spectrum youth

Family Services Ottawa social group for youth ages 12-16 on the gender spectrum-gender fluid, trans, two-spirit, & gender queer. Contact Beck bhood@familyservicesottawa.org 613-725-3601 ext 105

WEBSITES & NETWORKS

ALTERHEROS (English/French)

Bilingual Canadian website www.alterheros.com

Rainbow Health Ontario (English/French)

Ontario Provincial LGBT Health program. Great LGBT Health Fact Sheets. www.rainbowhealthontario.ca

Pride Education Network (English)

formerly known as GALE BC Gay and Lesbian Educators of BC
English Canadian website www.pridenet.ca

Day Against Homophobia – May 17 (English/French)

Annual May 17th event, Bilingual Canadian website
www.homophobiaday.org

GLSEN Gay, Lesbian and Straight Education Network

American website, tools and resources for GSA's
Gay Straight Alliance School Clubs www.glsen.org

Gender Creative Kids Website (English/French)

Canadian Website focused on gender creative kids and their families, schools and communities. <http://gendercreativekids.ca/>

EGALE www.mygsa.ca (English/French)

National Canadian organization advancing equality and social justice for LGBTQ people. www.eqale.ca

Put this on the map: Reteaching Gender & Sexuality

Video and education program from Seattle, Washington USA
<http://www.putthisonthemap.org/>

Transgender Basics Video-Gender Identity Project

Educational video by trans people created by the LGBT Centre in New York City. <http://www.gaycenter.org/gip>

Trans lifeline (877) 330-6366 Canada

Support hotline by trans people for trans people.
<http://www.translifeline.org/>

Gender Mosaic Ottawa

Peer support for adult trans and cross gender people.
<http://www.gendermosaic.com/> info@gendermosaic.com

Rainbow Service Providers Network

Network of service providers working with children and youth from LGBTQ communities. Contact Lisa lisa.elminowski@ucdsb.on.ca

THIO-Trans Health Information Ottawa

<https://www.facebook.com/THIOttawa/>

OTTAWA RESOURCE LIST for LGBTQ YOUTH



Lesbian, Gay, Bisexual,
Trans, Two-spirit, Queer &
Questioning Youth

*Updated August 20, 2016 by
Centretown Community Health Centre*

www.centretownchc.org/lgbtq

YOUTH GROUPS and SUPPORT

YSB SPECTRUM LGBTQ+ youth group (English)

(ages 12-25) Tuesdays 6pm-8pm at Downtown Services and Drop-In 147 Besserer Street. Youth-led space for Queer and trans youth offering workshops, discussions, and art collaborations, and harm reduction services. Support, referrals and counselling available from YSB staff. Contact Sari 613-241-7788 ext 213 sleaman@ysb.ca www.Facebook.com/spectrumysb

Queerios LGBTQ+ youth drop-in (English)

(ages 12-18) Twice monthly social group for LGBTQ+ youth in Western Ottawa area. Safe(r) Space Hang out focusing on inclusion, belonging and respect. Meet new friends and access resources and supports. Contact Child and youth worker 613-591-3686 Western Ottawa Community Resource Centre. <http://www.wocrc.ca/>

Queer Trans Youth (up to age 25) (English)

Youth-led peer discussion and support group for Queer & Trans youth ages 25 and under, Wednesdays 7-9 pm offered by Kind (formerly PTS) *New location April 1, 2016.* 222 Somerset Street West, suite 404 near (Somerset near Elgin Street). 613-563-4818 <http://kindspace.ca/>

LGBTQ Newcomers Group Centretown CHC(18+)

(English with French & Arabic) Monthly group for LGBTQ adults including refugees, asylum seekers, and people from newcomer communities. Join the conversation about cultural identities, and sexual orientation and gender identity. LGBTQ asylum seeker and settlement support. Contact Mego, (English and Arabic) 613-233-4443 ext. 2125 or email mnerses@centretownchc.org View group meeting dates at www.centretownchc.org/lgbtq

LGBTQ+ Around the Rainbow (English)

Public Education and Resources including community development and workshops on gender identity, gender expression and sexual orientation. Host inclusive events and supports for gender creative children, parents and LGBTQ+ families. Contact Beck 613-725-3601 ext. 105 or email bhood@familyservicesottawa.org <http://familyservicesottawa.org/children-youth-and-families/around-the-rainbow/>

CHEO's Gender Diversity Clinic (under age 18).

Services for trans youth and gender independent children and their parents offered through the Adolescent Health Clinic at CHEO. Support for teens exploring gender identity as well as those wishing to access to medical transitioning. Contact Sebastien 613-737-7600 ext. 3844. <http://www.cheo.on.ca/en/genderidentity>

Trans Health Services for ages 18+

Hormone therapy assessments and hormone starts. Referral for trans inclusive medical services. Counselling and transition support. Call Trans Health Services Intake at 613-233-4443 ext. 2109 transhealth@centretownchc.org www.centretownchc.org/lgbtq

Projet Jeunesse Idem (ages 14-25) (French)

Francophone peer support and discussion group for GLB youth ages 14 to 25 years. Contact for meeting times and/or more information 819-776-1445 www.jeunesseidem.com

SEXUAL HEALTH SERVICES

Anonymous HIV testing and counselling

Free Anonymous HIV testing (no record kept), and HIV/AIDS prevention counselling available at sites across the City of Ottawa. Free condoms available. Call the AIDS Info line at 613-563-2437

Sexual Health Centre and Satellite clinics

Free and confidential sexual health services: counselling, testing and treatment of sexually transmitted infections, and Hepatitis B vaccine. Satellite centres in some area schools. Free condoms available. 179 Clarence Street. 613-234-4641 http://ottawa.ca/en/health_safety/sexual/centre/index.html

Gay Zone Gaie: A Sexual Health Centre and more for Guys into Guys

A sexual health clinic open Thursday evenings from 5 to 8 pm at Centretown Community Health Centre, 420 Cooper Street for guys into guys. Sexual health testing and health promotion activities. Visit event links at www.gayzonegaie.ca email info@gayzonegaie.ca

Sexual Assault & Partner Abuse Care Program

Free services for people age 16 and over who have been sexually assaulted. Please call the Ottawa Hospital, Civic Campus at 613-739-3762

HOUSING

Non Profit Housing – Youth Services Bureau

Safe, affordable housing for youth ages 16-21, including GLBTTQ youth. Call 613-729-0577 ext. 1247 www.ysb.on.ca

Young Women's and Young Men's Emergency Shelters – YSB

www.ysb.on.ca
Youth Services Bureau provides GLBTTQ inclusive short-term emergency housing for youth ages 12-20. Locations are confidential. Young Women's Shelter 613-789-8220 Young Men's Shelter 613-907-8975

HELP LINE/WEBSITES/SOCIAL MEDIA

The Youth Line

Ontario's provincial LGBT peer support and info line 1-800-268-9688 or www.youthline.ca

Kids Help Phone www.KidsHelpPhone.ca 1-800-668-6868

Gai-Écoute Quebec's provincial peer support line 1-800-505-1010 or www.gaiecoutte.org

SUPPORT (Con't)

Ottawa Police Services-Hate Crimes Unit

To report crimes motivated by hate such as a threat, harassment or acts of violence. Call 613-236-1222 ext. 2466. For emergencies call 911. The Hate Crime unit works closely with Ottawa LGBT Police Liaison Committee <http://glbt.ottawapolice.ca/>

Kind (formerly PTS)

Information and referral, discussion and peer support groups in an inclusive space for broad range of Queer & Trans people. Contact Kind 613-563-4818. *New location April 1, 2016.* 222 Somerset Street West, suite 404 near (Somerset near Elgin Street).

Peer Groups: Queer & Trans Youth, Gender Quest, Queer People of Colour Interesting Talks, and many more. <http://kindspace.ca/>

Ten Oaks Project – Camp Ten Oaks and Project

Acorn

Serving children and youth in LGBTQ families and LGBTQ youth. Inspired by camp and grounded in social justice as we strive to create safer spaces and grow positive peer networks for all children and youth. Camp Ten Oaks sleep away summer camp and Project Acorn youth leadership. Visit www.tenoaksproject.org

Canadian Centre for Gender and Sexual Diversity

(Formerly Jer's Vision) Promotes diversity and intersectionality in gender identity and sexuality. <http://ccgsd-ccdqs.org/> 613-400-1875. Local, regional and Canada wide initiatives.

OCASI Positive Spaces Initiative for LGBT

Newcomers-LGBT Settlement Support

Provincial LGBTQ initiative by the Ontario Council of Agencies Serving Immigrants (OCASI) www.positivespaces.ca. Contact Mego for Ottawa area info 613-233-4443 x 2125 mnerses@centretownchc.org

UNIVERSITY CENTRES & COLLEGE GROUPS

Pride Centre of University of Ottawa (English/French)

Support, education and advocacy for students and youth. Peer support groups. 613-562-5800 ext. 3161. <http://www.sfuoc.ca/services/pride/>

Carleton University Gender and Sexuality Resource Centre (English)

Support, education and advocacy for students and youth. Peer support groups. 613-520-3723 www.cusaonline.com/glbtc/

Algonquin QSA (English)

Algonquin College's Queer Straight Alliance. For more information join the Algonquin QSA Facebook group. Campus Positives Spaces Campaign contact positivespace@algonquincollege.com