

CherryTree  
COUNSELLING



# S2LGBTQ+ Resource Guide

AFFIRMING CARE SUPPORTS AND SERVICES  
FOR THE S2LGBTQ+ COMMUNITY  
Provincial (Ontario), Canadian and International Resources

# Are you a part of the 2SLGBTQ+ community? A family member? An ally?

Then this 2SLGBTQ+ Resource Guide is for you.

At Cherry Tree Counselling, we truly believe it takes a village. The mental health and well-being of ALL individuals is vital to our communities, yet there continues to be a lack of support for those issues specific to those within the 2SLGBTQ+ community. As identifying as a part of this community and as family members, allies, and therapists ourselves, we recognize the gaps in care that currently exist.

We want to close that gap by building and offering a community of care that is inclusive and equitable. A community where anyone - regardless of how they identify - and their loved ones feel empowered throughout their journey of self-discovery including: gender identity, gender expression, and/or sexual orientation.

This 2SLGBTQ+ Resource Guide contains a list of provincial, national, and international 2SLGBTQ+ supports including: not-for-profit organizations, community centres, governmental programs, online networks and more.

This guide is by no means a complete list of all of the 2SLGBTQ+ resources and supports available. If you know of, would like to recommend, or are an organization/individual/business that offers 2SLGBTQ+ resources or supports, please contact us email at:

[admin@cherrytreecounselling.ca](mailto:admin@cherrytreecounselling.ca)

# Why is inclusive health care important?

## **Inclusive health care requires equitable access and full participation.**

At its core, this model removes barriers, offers accommodations, and deliberately provides informed and sensitive care—care that often involves people who often face the largest health disparities—we can improve the health outcomes for all people.

## **Gender-affirmative health care is an important part of inclusive health care.**

According to the [World Health Organization \(2023\)](#), gender affirming care can include any number of social, psychological, behavioural or medical (including hormonal treatment or surgery) interventions designed to support and affirm an individual's gender identity.

A visit to a health care facility can make people nervous for any number of reasons. Some people may be uncomfortable revealing sensitive information to health care professionals who need it to provide certain services. Others find it difficult to talk about private health concerns.

Creating an environment in which these conversations are more comfortable for the patient is an important goal for all health care staff.

## **Because health care is for everyone, we must be prepared to serve people of all genders, races, ethnicities, religions, ages, and backgrounds.**

When people have bad experiences with health care staff simply because they are (or seem) different, they may hide important information about themselves - or worse, they may not return for needed health care.

# Barriers to care for 2SLGBTQ+ people exist.

There are many reasons why 2SLGBTQ+ people have difficulty accessing health care.

Most of these problems can be summarized in three categories:

## 1. Limited access to basic care

due to a lack of health insurance or family support.

## 2. Negative experiences

like discrimination or prejudice - from health care staff or inadequately trained professionals.

## 3. A lack of knowledge or experience

from providers in caring for them.

Common health issues among 2SLGBTQ+ people are mostly related to stigma and discrimination.

There are no 2SLGBTQ+ specific diseases or illnesses. However, 2SLGBTQ+ people are more likely to experience certain health issues compared to people who are not.

These health issues are mostly related to the stigma and discrimination experienced by 2SLGBTQ+ people in their daily lives— including at school or work, in public places, or at health care settings.

Being a member of a group that experiences discrimination can cause high levels of stress (sometimes called minority stress), which can lead to unhealthy coping behaviours and a broad range of health problems.

But it doesn't have to be that way.

**We invite you to look through the guide below and explore the range of support that is waiting to help resource and empower you through this transformative experience.**

## PROVINCIAL

# Western Ontario

Bruce, Grey, Huron, Wellington, Perth, Brant, Oxford, Lambton, Middlesex, Essex, Kent, Elgin and Haldimand-Norfolk as well as Halton Region, Region of Waterloo, the Niagara Region and the City of Hamilton.

### Gender Intersect

Hub for trans and gender-independent folks to come together to find support and community in Guelph and surrounding area.

Website: <https://www.facebook.com/groups/170579512997452/?ref=ts&fref=ts>

### Guelph Resource Centre for Gender Empowerment and Diversity

Student funded, collectively-run resource centre at the University of Guelph for people of all or no genders.

Website: <https://grcged.com/>

### HIV/AIDS Resources and Community Health (ARCH)

Provides programs, services, education, and support to people living with, affected by, and at risk of, HIV and AIDS.

Website: <https://archguelph.ca/>

### OK2BME

Support groups for LGBTQ youth, training, education, consultation, as well as counselling for youth and families.

Website: <https://www.ok2bme.ca/>

### Out on the Shelf

Guelph's Queer Library and Resource Centre

Website: <https://ootsmembership.wildapricot.org/>

### Positive Space Network

ROCK (Reach Out Centre for Kids) in Halton Region, serving kids ages 6-24 and families.

Website: <https://positivespacenetwork.ca/>

### Queer Nest

Helping Queer and GNC expectant parents avoid overwhelm with courses, membership, and coaching from conception to toddlerhood, so you and your queer family can thrive with joy and calm.

Website: <https://queernest.co/>

## PROVINCIAL

# Western Ontario

### RAINBOW Mentors

Rainbow Mentors was created to fill a gap in services for children and youth from ages 4 to 18 identifying as TWO-SPIRIT and LGBTQIA+.

Website: <https://rainbowmentorsca.wordpress.com/>

### SPECTRUM

Offers more than 30 different groups and activities each month, including: transgender peer support groups, games nights, SPECTRUM Prime for 2SLGBTQ+ adults 50+, and Rainbow Newcomers Connect.

Website: <https://www.ourspectrum.com/>

### Trans Wellness Ontario

Provides education, resources, individual services, and community programs to enhance and sustain the health and wellness of transgender, genderqueer, 2S, non-binary, queer and questioning communities and their families.

Website: <https://www.transwellness.ca/>

### Waterloo Undergraduate Student Association Glow Centre

Glow promotes a healthy attitude towards all sexual orientations and gender identities on the University of Waterloo campus by providing a wide variety of peer support, social events, advocacy work, and resources.

Website: <https://wusa.ca/services/student-run-services/glow/>

### Windsor Pride

Charitable organization aiming to create a culture of belonging for Windsor-Essex's 2SLGBTQIA people and their families, allies, employers and educators through education, empowerment and support programs and services.

Website: <https://www.windsorpride.com/>

PROVINCIAL

# Central West Ontario

Peel Region, York Region, Dufferin County and Simcoe County.

## Associated Youth Services of Peel

Weekly support groups as well as ongoing one-on-one support, education and training for LGBT youth and trans youth, ages 12-18.

Website: [www.aysp.ca](http://www.aysp.ca)

## Pathways

LGBTQ-positive drop-in (4pm-8pm) and shelter for all youth. Focuses on street-involved and homeless youth.

Website: <https://www.pathwaysyorkregion.org/>

## Women's Support Network

Rape crisis/sexual violence centre dedicated to providing free, confidential services for individuals who have experienced any form of sexual violence.

Website: <https://womenssupportnetwork.ca/>



PROVINCIAL

# Central East Ontario

North York, Scarborough, City of Toronto and Durham Region.

## 2-Spirited People of the 1st Nations

Provides prevention education and support for 2-Spirited people, including First Nations, Metis and Inuit people living with or at risk for HIV and related co-infections in the GTA.

Website: <https://2spirits.org/>

## Access Alliance

List of local resources for LGBTQ+ Newcomers.

Website: <https://accessalliance.ca/programs-services/lgbtq-programs/resources-for-lgbtq-newcomers/>

## Black Coalition for AIDS Prevention

Delivery of programs and services to help reduce the spread of HIV infection within Toronto's Black communities and enhance the quality of life of people living with or affected by HIV/AIDS.

Website: <https://blackcap.ca/>

## Friends of Ruby

Supports two-spirit, lesbian, gay, bisexual, transgender, queer, intersex, asexual, and all gender non-conforming youth (aged 16-29) by providing free counselling, housing, and social services.

Website: <https://www.friendsofruby.ca/>

## Prime Timers Toronto

PTT is a varied and diverse group of mature gay and bisexual men who gather in a supportive atmosphere to enjoy social, educational, and recreational activities.

Website: <https://chapters.theprimetimersww.com/toronto/>

## Project Youth Affirm

CBT-based group for LGBTQ+ youth and adults to learn stress coping skills.

Website: <https://www.projectyouthaffirm.org/>

PROVINCIAL

## Central East Ontario

### Senior Pride Network Toronto

Engages with governments at all levels and in public education and advocacy to create awareness about 2SLGBTQI+ elders, seniors, and older people and promote social change.

Website: <https://www.seniorpridenetwork.ca/>

### The 519

Runs programs and critical food services with drop-in and takeaway options for over 40 years - no one is turned away.

Website: <https://www.the519.org/>

### Toronto Bi+ Network

Provides a community where bisexuals, pansexuals, omnisexual, queer, 2-spirit, fluid and other bi+/mspec people, as well as those questioning their sexuality, can share diverse perspectives and common experiences.

Website: <https://www.torontobinet.org/>

### University of Toronto Centre for Women + Trans People

Committed to providing a safe, harassment-free drop-in space for all women and trans people on the University of Toronto campus, providing free support, referrals, resources and advocacy.

Website: <http://womenscentre.sa.utoronto.ca/>

## PROVINCIAL

# Eastern Ontario

Ottawa, Cornwall, Kingston, Peterborough and covers Prescott and Russell, Stormont, Dundas and Glengarry, Ottawa, Renfrew, Lanark, Leeds and Greenville, Frontenac, Lennox and Addington, Hastings, Prince Edward, Northumberland, Peterborough, Haliburton, Muskoka and Kawartha Lakes.

### Bruce House

Committed to ensuring individuals and families impacted by HIV in the Ottawa area are supported through stable housing, independence and opportunities for healthy living.

Website: <https://brucehouse.ca/>

### Gilbert Centre

Community-based, not-for-profit, charitable organization with expanded programming to serve lesbian, gay, bisexual, transgender individuals and families.

Website: <https://gilbertcentre.ca/>

### Kind Space

Committed to providing accessible resources, events, social, and educational programming to celebrate and support people of all sexual orientations, gender identities and expressions.

Website: <https://www.kindspace.ca/>

### Levana Gender Advocacy Centre

Non-hierarchical, consensus-based, student-funded collective committed to nurturing a radical community of students and residents of Kingston.

Website: <https://levanacentre.wordpress.com/>

### MAX Ottawa

Health and wellness services and programs for guys into guys in Ottawa.

Website: <https://www.maxottawa.ca/>

### Suicide Prevention Ottawa

Group of organizations working together in Ottawa to make services more effective at preventing suicide among children, youth, and young adults.

Website: <https://suicidepreventionottawa.ca/>

## PROVINCIAL

# Eastern Ontario

### University of Ottawa Students' Union Pride Centre

An independent, student-run service that hosts events, programming, offers resources and advocacy for students and looks to create an environment of respect and acceptance with our communities and allies.

Website: <https://seuo-uosu.com/services/pride-centre/>

### Western Ottawa Community Resource Centre

Connects individuals with accessible health and social services and resources whether you are a child, youth, parent, adult or senior.

Website: <https://wocrc.ca/>

### Youth Ottawa

Tailored programming that empowers youth and creates opportunities where they can contribute their talents and ideas to enhance their communities.

Website: <https://www.youthottawa.ca/>

### Youth Services Jeunesse

Helps young people address what threatens their physical, sexual, mental and social wellbeing and offers youth programming in five main service areas across multiple locations throughout Ottawa.

Website: <https://www.ysb.ca/>

## PROVINCIAL

# Northern Ontario

Nipissing, Parry Sound, Manitoulin, Timiskaming, Sudbury, Algoma, Cochrane, Thunder Bay, Rainy River and Kenora.

### Fierté Sudbury Pride (FSP)

Not-for-profit community-based organization dedicated to supporting, educating, and celebrating the 2SLGBTQ+ population of Greater Sudbury.

Website: <http://www.sudburypride.com/>

### The HAVEN Program

Providing safe space and shelter services for all youth, LGBTQ+ affirming as well as outpatient care for people living with HIV in northeastern Ontario.

Website: <https://hsnsudbury.ca/en/Services-and-Specialties/HAVEN>

### Kinna-aweya Legal Clinic

Legal advice and assistance to residents of the District of Thunder Bay, particularly Indigenous people, who need assistance with poverty law issues.

Website: <https://www.kalc.ca/>

### Lakehead University Student Union Pride Central

Pride Central provides a safe space for lesbian, gay, bisexual, transgender, two-spirited, queer, intersex, and allies (LGBTQIA) students.

Website: <https://www.facebook.com/LUSUPride/>

### NorWest Community Health Centres

NWCHC provides LGBTQ2S individuals with safe, supportive, and non-judgemental health and counselling services including counselling and support groups (peer support) for individuals, their partners, and family members.

Website: <https://www.norwestchc.org/locations/armstrong/armstrong-programs/lgbt-health>

### OUTLoud North Bay

Supports the health and wellbeing of the 2SLGBTQA+ youth and allies of North Bay and surrounding communities, through workshops, professional services, collaborations, and a safe space.

Website: <https://outloudnorthbay.com/>

## PROVINCIAL

# Northern Ontario

### Pride Laurentian U

Resources for LGBTQ students at Laurentian University, youth, and friends.

Website: <https://www.facebook.com/pridelaurentian/>

### Rainbow Collective of Thunder Bay

Inclusive, supportive and empowering home for the Gender and Sexual Diversity (GSD) communities, including those in the Two-Spirit and Intersex community and with various forms of attractions or other intersecting identities of Thunder Bay and Northwestern Ontario.

Website: <https://www.rainbowcollectiveofthunderbay.com/>

### Reseau Access Network

Non-profit, community-based charitable organization, committed to promoting wellness, harm and risk reduction and education.

Website: <https://reseauaccessnetwork.com/>

### Sudbury Action Centre for Youth

Focuses on community health and social well-being, particularly among those facing multiple barriers, or finding limited supports to their goals available.

Website: <https://www.theactioncentre.ca/>

### Thunder Bay Indigenous Friendship Centre

The TBIFC builds gender diverse communities through it's Two-Spirit & LGBTQ+ Mentor who provides resources, programming, and support such as sharing circles or one-on-one support to those who identify as Two-Spirit or LGBTQIA+.

Website: <https://tbifc.ca/program/two-spirit-lgbtq-mentor/>

### TG Innerselves

Northern Ontario's Transgender Support Site - mutual support for individuals who struggle with gender identity and encompassing issues, help locating and lobbying for resources, information and assistance in educating members, as well as the public, in matters of enhancing the understanding and acceptance of gender variant persons.

Website: [www.tginnerselves.com](http://www.tginnerselves.com)

### Thunder Pride Association

2SLGBTIQ+ community that supports all people of Thunder Bay and Northwestern Ontario to grow into an inclusive and diverse community.

Website: <https://www.thunderpride.ca/about>

PROVINCIAL

# Northern Ontario

## Umbrella Medical Clinic

UMC provides sexual health services for all ages, all genders, and all orientations.

Website: <https://umbrellaclinic.com/>

## Voices For Women Sudbury Sexual Assault Centre

Free, community-based, service for women (women identified) who have experienced sexual violence.

Website: <https://www.voicesforwomen.ca/>

## Welcome Friend Association

Educates and promotes awareness in society regarding gender, sexual identities and expressions. Additionally, it provides outreach and support for the 2SLGBTQ+ community and their families. Programs include Rainbow Camp, Rainbow Online Connection (ROC) programs for youth and for parents.

Website: <https://www.welcomefriend.ca/>

# Ontario-wide

## Five Fourteen

The only foster agency dedicated solely to providing services and support to lesbian, gay, bisexual, trans, queer, two-spirit, and otherwise gender-independent children and youth in foster care.

Website: <https://www.fostering.ca/>

## Gender Creative Kids

Provides resources for supportive and affirming gender creative kids.

Website: <https://gendercreativekids.com/>

## HIV & AIDS Legal Clinic Ontario (HALCO)

HALCO is a charitable not-for-profit community-based legal clinic that provides free legal services for people living with HIV/AIDS in Ontario, Canada.

Website: <https://www.halco.org/>

## Ontario Aboriginal HIV/AIDS Strategy

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

Website: <https://www.oahas.org/>

## Ontario Council of Agencies Serving Immigrants (OCASI)

Support for organizations serving immigrants and refugees to share resources and increase organizational capacity to more effectively serve LGBTQ+ newcomers. Free agency trainings.

Website: <https://positivespaces.ca/>

## Ontario HIV Treatment Network

Non-profit funded by AIDS and Hepatitis C programs at the Ontario Ministry of Health.

Website: <https://www.ohtn.on.ca/>

## Ontario Rainbow Alliance of the Deaf

ORAD is an advocacy organization focused on promoting and protecting rights of deaf LGBTQIA individuals.

Website: <https://www.facebook.com/oradeaf/>



## PROVINCIAL SERVICES / SERVICES WITH MULTIPLE LOCATIONS

# Ontario-wide

### Sherbourne Health - Rainbow Health Ontario

RHO is a province-wide program designed to improve access to services and to promote the health of Ontario's Two-Spirit, lesbian, gay, bisexual, trans, and queer (2SLGBTQ) communities.

Website: <https://sherbourne.on.ca/primary-and-family-health-care/2slgbtq-health/rainbow-health-ontario/>

## ONLINE / TELEPHONE / NATIONAL

# Canada

### **Black Health Alliance**

Working in partnership to improve the health and well-being of Black communities through systems change, health promotion, championing health equity, and more.

Website: <https://blackhealthalliance.ca/>

### **Canadian Centre for Gender and Sexual Diversity (CCGSD)**

Intersectionally promotes diversity in gender identity, gender expression, and romantic and/or sexual orientation in all its forms on a national level through services in the areas of education, health, and advocacy.

Website: <https://ccgsd-ccdgs.org/>

### **Canadian Mental Health Association**

A Canadian non-profit mental health organization that focuses on resources, programs, and advocacy.

Website: <https://cmha.ca/>

### **Canadian Mental Health Association**

Nationwide organization that promotes mental health and supports people recovering from mental illness. See their New Parents Skill-building Program through BounceBack at [www.bouncebackontario.ca](http://www.bouncebackontario.ca).

Website: <https://cmha.ca/>

### **Canada Pride/Fierté Canada**

National association of Canadian Pride organizations.

Website: <https://www.fiertecanadapride.org/>

### **Egale**

Strives to improve the lives of 2SLGBTQIA+ people in Canada and to enhance the global response to 2SLGBTQIA+ issues. They help achieve this by informing public policy, inspiring cultural change, and promoting human rights and inclusion through research, education, awareness and legal advocacy.

Website: <https://egale.ca/>

### **It Gets Better Canada**

Campaign and charity providing hope, encouragement and connection to young 2SLGBTQIA+ people.

Website: <https://itgetsbettercanada.org/>

## ONLINE / TELEPHONE / NATIONAL

# Canada

### Kids Help Phone

Kids Help Phone's e-mental health services are available 24/7 across Canada.

Phone: (800) 668-6868

### Native Youth Sexual Health Network (NYSHN)

An organization by and for Indigenous youth that works across issues of sexual and reproductive health, rights and justice throughout the United States and Canada.

Website: <https://www.nativeyouthsexualhealth.com/>

### PFLAG Canada

Peer-to-peer support for Canadians navigating sexual orientation, gender identity, gender expression, and their families.

Website: <https://pflagcanada.ca/>

### Queering Cancer

Resources for LGBTQ people living with cancer.

Website: <https://queeringcancer.ca/>

### The Pink Pages Directory

The Official Gay, Lesbian, Trans, Bi and Queer Directory for all of Canada.

Website: <https://thepinkpagesdirectory.com/>

### The Lifeline Canada Foundation (TLC)

Registered non-profit, committed to positive mental health and suicide prevention across Canada and worldwide through positive mental health initiatives including three main programs: The LifeLine website, mobile app, and Companion Paws Therapy Dogs.

Website: <https://thelifelinecanada.ca/>

### The Recovery Village

2SLGBTQIA+ drug and alcohol treatment resources available.

Website: <https://www.therecoveryvillage.com/resources/lgbtq/>

### Trans Lifeline

Peer support phone service run by trans people for trans and questioning peers. Calls are accepted regardless of whether or not you are in crisis or you are questioning.

Phone: (877) 330-6366 Website: <https://translifeline.org/>

ONLINE / TELEPHONE / NATIONAL

# Canada

## Trans PULSE

Collects national survey data as of July 2019 through a voluntary community census of trans and non-binary people, with specific data collection for nine priority populations within trans and non-binary communities.

Website: <https://transpulseproject.ca/>

## INTERNATIONAL

# Worldwide

### GlobalGayz

A gay-owned charitable travel and culture website focused on les-bi-gay-trans life in countries around the world.

Website: <https://www.globalgayz.com/>

### Human Rights Campaign

HRC's campaigns are focused on mobilizing those who envision a world strengthened by diversity, where laws and society treat all people equally, including LGBTQ+ people and those who are multiply marginalized.

Website: <https://www.hrc.org/>

### IGLYO

Works to advance the rights of LGBTQI youth, fight for equality and inclusion, and empower LGBTQI youth voices through international training and events, thematic research and advocacy campaigns, online tools and resources, networking activities, and much more.

Website: <https://www.iglyo.com/>

### ILGA World

International Lesbian, Gay, Bisexual, Trans and Intersex Association

Website: <https://ilga.org/>

### Outright International

Works with partners around the globe to strengthen the capacity of the LGBTIQ movement by documenting and amplifying human rights violations and advocating for inclusion and equality.

Website: <https://outrightinternational.org/>

### TrevorSpace LGBTQ

International online community for LGBTQ young people ages 13-24.

Website: <https://www.trevorspace.org/>

### Rainbow Railroad

Global not-for-profit organizations that helps LGBTQI+ people facing persecution escape state-sponsored violence.

Website: <https://www.rainbowrailroad.org/>

# We offer a community of care.

We are a team of mental health professionals based in Ontario who offer online counselling and specialized therapeutic services for women, mothers, couples, 2SLGBTQ+, teachers, therapists and other 'helper professionals'.

Our goal is to build an inclusive and equitable community where people feel empowered to find their voice, share their story, and recognize their greatest potential.

**CherryTree**  
C O U N S E L L I N G



Compiled by Amy Commanda, R.P. Qualifying  
© 2022 Cherry Tree Counselling and Psychotherapy Services

[www.cherrytreecounselling.ca](http://www.cherrytreecounselling.ca)  
[admin@cherrytreecounselling.ca](mailto:admin@cherrytreecounselling.ca)