

# FOR ALL YOUR INQUEERIES!

**A QUEER AND TRANS RESOURCE GUIDE  
ON FINDING YOUR Q-MUNITY  
FOR AGES 12 TO 24 YEARS**



**WRITTEN BY QUEER YOUTH ACTION  
COMMITTEE (QYAC) SPECTRUM**

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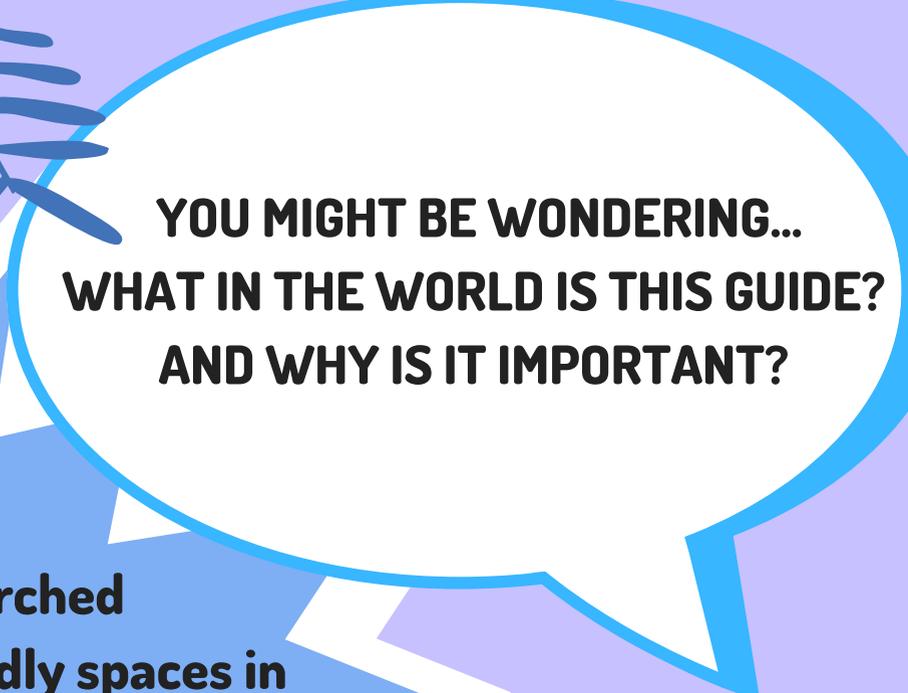
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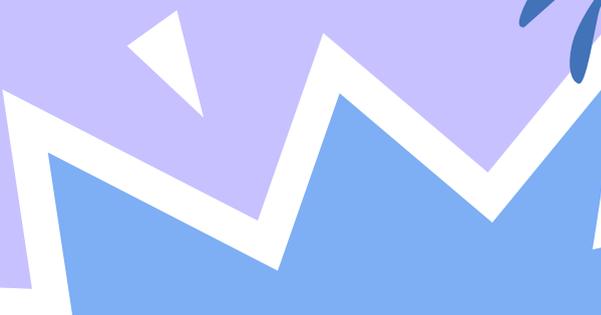
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**YOU MIGHT BE WONDERING...  
WHAT IN THE WORLD IS THIS GUIDE?  
AND WHY IS IT IMPORTANT?**



**Have you ever searched  
for queer and trans friendly spaces in  
Ottawa or activities but found  
it challenging to find exactly  
what you are looking for?**



**Or maybe you wanted information on  
LGBTQ+ health and well-being?**

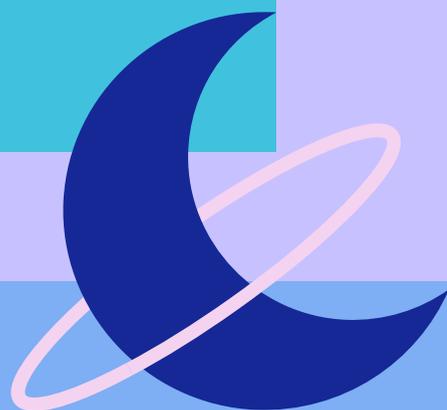


**Maybe you're just curious about what's  
out there for queer and trans people,  
especially for youth?**

**Well then, this  
booklet was  
created for you!**

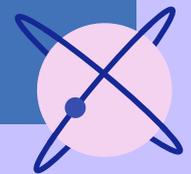


**We designed this guide with the motto of 'by queer and trans folks for queer and trans folks' in order to make sure we could offer adequate info.**

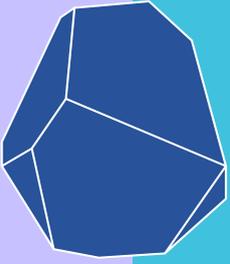


**The point of this booklet is that it will be updated often as resources, locations, and the needs of our community change and develop. So you don't end up somewhere and realize 'oh darn, this amazing LGBTQ+ space was replaced by a bank three years ago!'**

**We saw a need for this resource guide because there is nothing like this available yet. So we decided to be little pioneers and get this thing going! When young people come out as LGBTQ+, it's hard for them to find resources close to them or specific to their needs, especially since, nowadays, people are coming out at a younger age.**



**So, having this guide will not only be helpful for anyone who wants to have more information surrounding queer and trans resources, but it also helps individuals form a community. Cheesy we know, but it's important and we recognize that. Hopefully, this guide will come of some use to you - we wish you the best of luck on your journey, happy exploring new friend!**



## **WHAT IS THE YOUTH SERVICES BUREAU? WHAT IS QYAC SPECTRUM?**

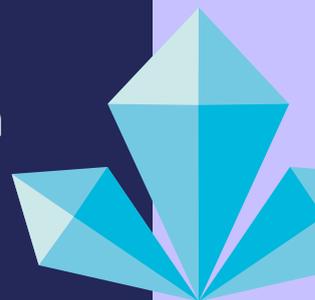
**The Youth Services Bureau offers many services for youth ages 12 and older. They offer Drop-Ins, Housing & Shelters, Employment Services, Mental Health Support and tons more! YSB also has some amazing youth committee's which are great ways to get involved with your local community. The committee's do really cool things such as organize workshops, events, and create important resources. That's where we come in! But who are we? Why, we're Queer Youth Action Committee (QYAC) Spectrum!**

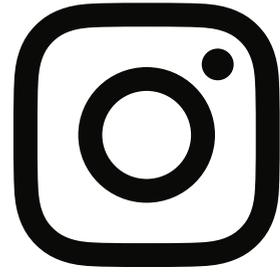


**QYAC Spectrum caters to LGBTQ+ youth 24 and under! We are active in the local Ottawa community for things such as the Pride Parade, we also have our own events such as queer coffee houses, educational workshops, exciting social media content and online Zoom events as well so we connect with folks both virtually and in-person!**



**We are made up of LGBTQ+ youth with many different lived experiences. Before the covid-19 pandemic, we would operate a weekly programming night for queer and trans youth called Spectrum, where we would organize activities for young people to come together and build community. Now, we are focused on online activism, holding social distancing events that happen over livestream and on platforms such as Zoom and creating resources!**

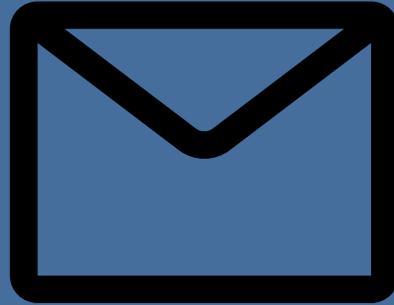




**@spectrum.ysb**

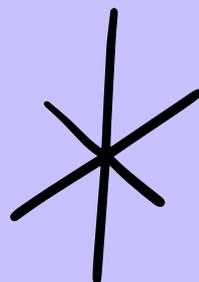


**/spectrumYSB**



**YSBPEERHOUSINGTEAM@GMAIL.COM**

**GET IN TOUCH  
WITH US!**



# SAFETY

*Are you in crisis, have an emergency, or want to talk to someone right now?*

It is important to recognize that if you or someone you know is in a crisis or emergency situation, please connect with 911 or one of the crisis lines below. This booklet is not intended to address immediate or drastic situations. In those cases, please contact the crisis lines, as they are more equipped to properly support you or a friend.



*If you are in crisis, have an emergency, or just want to talk to someone, we encourage you to call one of the following call centres.*

## **YSB CRISIS LINE:**

The 24/7 Crisis Line & Chat services are for children and youth ages 18 and under who are experiencing a crisis, and for parents, guardians, caregivers, friends or service providers who are concerned about a young person in crisis.

**Crisis Line Hours of Operation: 24/7**

**Call them Toll-Free: 1-877-377-7775**

**Online Crisis Chat: [chat.ysb.ca](https://chat.ysb.ca)**

**Crisis Chat Hours: 4-10 PM Thu-Sun**

# MENTAL HEALTH CRISIS LINE:

If you or someone you know is experiencing a mental health crisis, feel free to call the Mental Health Crisis Line based out of Ottawa. This service is available to anyone who is 16 years or older and living in:

Counties of Prescott & Russell

Counties of Stormont, Dundas & Glengarry

Ottawa

Renfrew County

Akwesasne

**Crisis Line Hours of Operation: 24/7**

**Call the Mental Health Crisis Line at:**

613.722.6914 (Within Ottawa)

1.866.996.0991 (Outside Ottawa)



# **DISTRESS CENTRE OF OTTAWA:**

If you or someone you know is experiencing a crisis, feel free to call the Distress Centre of Ottawa.

**613-238-3311**

**[www.dcottawa.on.ca/](http://www.dcottawa.on.ca/)**



# **LGBT YOUTH LINE:**

The LGBT Youth Line is a toll-free Ontario-wide peer-support phone line for lesbian, gay bisexual, transgender, transsexual, two-spirited, queer and questioning young people. All of their services are confidential and anonymous, and their number will not show up on your phone bill.

**Hours of Operation:** 4:00–9:30 PM Sun–Fri

**Call them Toll-Free:** 1.800.268.9688

**Text Them:** 647.694.4275

**TTY:** 416.962.0777

**E-mail:** [askus@youthline.ca](mailto:askus@youthline.ca)

**Chat Online:** <http://www.youthline.ca/>

# KIDS HELP PHONE:



Kids Help Phone is Canada's only national 24-hour, bilingual and anonymous phone counselling, online counselling and referral service for children and youth. Their service is completely anonymous and confidential – they don't trace calls and don't have call display. You don't even have to tell them your name if you don't want to. Whether by phone, mobile app or through their websites, you can connect with them whenever you want, however you want.

**Kids Help Phone Hours of Operation: 24/7**  
**Call them at: 1-800-668-6868.**

Kids Help Phone's Live Chat counselling lets you connect one-on-one, in real time, with a Kids Help Phone counsellor, on the web or from their Always There app.

**Current Live Chat Hours of Operation: 24/7**  
**Access the chat: [kidshelpphone.ca/live-chat/](https://kidshelpphone.ca/live-chat/)**

# TRANS LIFELINE:

Trans Lifeline's Hotline is a peer support service run by trans people, for trans and questioning callers. Their operators are located all over the U.S. and Canada, and are all trans-identified. If you are in crisis or just need someone to talk to, even if it's just about whether or not you're trans, please call them and they will do their best to support you and provide you resources.

## **Hours of Operation: 24/7**

The hotline is open 24/7! They have operators guaranteed to be on call during the following hours for those in the eastern timezone (Ottawa's timezone):

**10:00am–4:00am**

Operators are also frequently available during off-hours, so please call whenever you need to!

**Call them at: 1-877-330-6366**

[translifeline.org](https://translifeline.org)



# health & wellbeing

*Hi there!*

Are you looking for  
some help with your  
health and wellbeing?

IF SO, YOU'VE  
COME TO THE  
RIGHT SECTION!

PHYSICAL, SEXUAL, AND MENTAL HEALTH



# What is this section of the guide?

Youth, such as yourself, may experience some of the trials and tribulations that come with transitioning from childhood to adulthood. Understandably, it's not always easy to manage one's health and wellbeing when adapting to so many changes and challenges!

In addition, considering the unique challenges queer and trans youth face, it comes as no surprise that LGBTQ2S+ youth can have different health needs and may find it more challenging to care for themselves. As such, this section of our guide was created to help queer and trans youth make informed decisions about potential health-related services they can access in the Ottawa area! Specifically, this section describes various physical, sexual, and mental health services and programs that are queer and trans friendly or specific!

# How to use this section of the guide:

Before we move into the LGBTQ2S+ specific services that you can access to assist you with your health and wellbeing, it is important to note that these services are not only for those who are ill, and can be accessed by anyone looking for assistance with their wellbeing, regardless of whether or not they are struggling with their health.

In addition, to truly take ownership of your health and wellbeing, it is important to understand the differences between health and illness, as well as the various types of health and wellbeing. As such, this section of the guide will start off by explaining the difference between health and illness. After this, we define three different types of health (physical, mental, and sexual health) and discuss their importance.

**Following these educational pages, we round off this section of the guide with a list of Ottawa-based health services that we recommend as they are queer and trans friendly and/or specific!**

# the differences between health and illness



According to the medical model of health, **health** is defined as: **“the absence of illness or disease and the presence of high levels of function”**

This means that in order for one to be considered “healthy” they would need to be completely absent of disease and would have to be functioning at 100% almost all the time. However, this definition of health is not all that realistic or attainable, as everyone naturally has different definitions of what it means to be “functional” and we cannot be expected to be functioning at 100% all of the time.

As such, we prefer to use the World Health Organization's (WHO) definition of health, which is much more lenient, allowing for such individual differences to be accounted for. WHO defines health as:



**"a state of complete physical, mental and social well-being and not merely the absence of disease or illness."**

**To help you understand the difference between health and illness, it may be helpful to compare physical illness with physical health!**

**Illness** refers to a disease or period of sickness affecting the body or mind.

**Examples of physical illness can include:**

- the flu
- asthma
- hepatitis
- a heart attack



**Physical health** refers to a state of physical well-being.

When you are struggling with your physical health, you may feel tired, gassy, sore, etc. However, in such cases, you're not necessarily considered to be sick or ill.

To treat an illness, you'll likely visit a medical doctor, who may prescribe you medication or suggest another way to treat your illness.

Whereas, to nurture your physical health you can exercise regularly, eat a balanced and nutritious diet, drink more water daily and get more restful sleep. However, it's important to note that educating yourself, accessing services, and checking-in with health care providers are also important for nurturing your physical health!

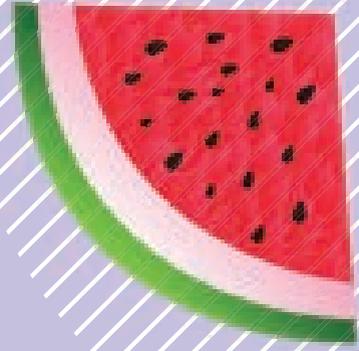
# let's get physical: physical health



**What comes to mind when I say physical health? Do you think of athletic people who are running marathons or lifting ridiculously heavy weights at the gym?**

While these individuals may be very physically healthy, the reality is that achieving such feats is unrealistic for most and physical health is not only dependent on exercise. Indeed, various aspects of your lifestyle and the environment can influence your physical wellbeing. For example, a lack of healthy nutritious food could result in a deficiency of the vital vitamins that make your body work, or if a friend is sick with a cold, hanging out with them could make you sick as well because they may pass on a contagious virus (this is an example of an environmental factor).

In order to stay healthy and function properly, your body needs an appropriate amount of exercise and nutritious food to help you stay fit so you can partake in activities in your everyday life. In addition, it also requires a complex balance of macronutrients (i.e. carbs, protein, and fats) and micronutrients (i.e. vitamins and minerals from your diet), water, blood pressure, sleep, and many other factors.



Considering that physical health is so complex and that it's important to be conscious of and take care of your physical health, you may have questions about how to do so! Or perhaps you just want to visit a health professional because you haven't been feeling well recently. If you have any questions or concerns like this regarding your physical health, you may benefit from accessing various health services in Ottawa! At the end of this section of the guide we have listed some queer & trans friendly or specific resources that we recommend when it comes to all things relating to physical health!



# minding our minds: mental health

I want you to think about the term “mental health” for a moment. What comes to mind? Does the term make you think of mental illness and other neurological challenges, such as depression, schizophrenia, or autism?

This is a common misconception that people have - many think mental health is only relevant for those with mental illness, however, the reality is that everyone has mental health! Mental health includes our emotional, psychological, and social well-being. It affects how we think, feel, and act. It also helps determine how we handle stress, relate to others, and make choices.



While mental illness includes many of these, it is different from mental health in that it is considered a medical condition, meaning that it is associated with specific symptoms and signs, and is thought to have an underlying cause (such as a “chemical imbalance in the brain”). In addition, mental illness typically results in the significant impairment of one’s cognitive, emotional, or relational abilities.



Just like our physical health, our mental health can fluctuate over time, and as such, we need to make the effort to actively practice self-care to maintain it. In addition, because mental health and wellbeing can influence so many aspects of our everyday life, it’s just as important to take care of as your physical health!

Whether you have any questions about mental health or are interested in seeking support or treatment for mental illness, you may benefit from accessing some of the queer and trans friendly and/or specific mental health resources that we recommend at the end of this section of the guide!

# let's talk about sex: sexual health

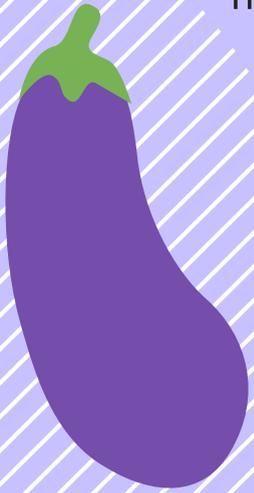
Sex is a natural part of life, and indeed, many people eventually choose to have sex with another – however, it's completely okay if one chooses not to do so! Sex that is agreed upon and consensual between all those involved can be a very pleasurable experience!

Have you ever  
thought about the  
sex you want?



Getting and having the sex you want looks different for everyone. Part of this process involves thinking through the decisions that can impact your health.

Everyone is different, and queer and trans folks sometimes find themselves faced with all kinds of situations when they're hooking up or dating. While practicing good sexual health to prevent the transmission of sexually transmitted infections (STIs) is particularly important for this community (due to differences in the way they have sex compared to their straight and cis-gender peers), sexual health may also involve other things in one's life that can influence the sex they're having – such as mental health challenges, relationships, drinking or using drugs, etc.



Sometimes the world can make us feel ashamed of who we are or the kind of sex we have, making it harder for us to make choices that bring us closer to the sex we want and the good health we deserve. Taking charge of your health can mean taking some time to check in with yourself, talk to friends, and even seek professional help if we're going through tough times. Most importantly, think through the sex you want, so you can look out for yourself if challenging situations come up.

Whether you have any questions about sexual health, want to think through the sex you want, or are looking to get tested for STIs, you may benefit from accessing some of the queer and trans friendly and/or specific sexual health resources that we recommend towards the end of this section of the guide!

## **health resources: our recommendations**

**Are you looking  
to stay well?**

**Or  
get better?**

**If so, feel free to look through the  
following pages to discover the health  
services we recommend for queer and  
trans youth!**

# Centretown Community Health Centre

**Offers: Comprehensive Health Care & Transition Support**



## **Location:**

420 Cooper St., Ottawa

## **General Hours of Operation:**

Weekdays - 8:30 AM - 4:45 PM

## **Website:**

<https://tinyurl.com/ydh4zwov>

The Centretown Community Health Centre (CCHC) offers a full range of quality health and social services to families and individuals who live or work in the Ottawa community. Their services are delivered by a diverse team of professionals, which includes doctors, nurses, social workers, counsellors, dietitians, community developers, health promoters, and outreach workers.

While the CCHC is a great place to go for anyone in need of health and social services, what makes it particularly great for queer and trans youth is their LGBTQ+ & Trans Health Program!

## **The LGBTQ+ & Trans Health Program includes the following programs and services:**

### **The LGBT2SQ+ Counselling Service**

Wednesday from 12-6:30pm there are a limited number of same-day phone appointments with a counsellor

- This program offers support and counselling for the LGBT2SQ+ population
- **To Make an appointment email:**  
[lgbt2sqwednesday@centretownchc.org](mailto:lgbt2sqwednesday@centretownchc.org).

### **Trans Health Program (17+)**

- The Trans Health Clinic has converted as many of our appointments as possible to be done by phone or personal video conference.
- Services include hormone initiation, surgical referrals, counseling, and health system navigation.
- **If interested, please call the Trans Health Community Support Worker Noah at:** 613-233-4443 ex. 2245  
**or email:** [transhealth@centretownchc.org](mailto:transhealth@centretownchc.org)

**In addition to their fantastic LGBTQ+ & Trans Health Program, the Centretown Community Health Centre also hosts:**

## **Gay ZONE Gaie**

A Sexual Health Centre and more for Guys into Guys



### **Location:**

Centretown Community Health Centre, 420 Cooper St, Ottawa,

### **Drop-in Hours of Operation:**

Every Thursday from 5:00 – 8:00 PM

**Website:** [www.gayzonegaie.ca](http://www.gayzonegaie.ca)

### **Facebook Page:**

[www.facebook.com/GayZoneGaie](http://www.facebook.com/GayZoneGaie)

**Email:** [info@gayzonegaie.ca](mailto:info@gayzonegaie.ca)

**Temporary Change in Services due to COVID-19:** All activities cancelled until further notice. However the clinic service is open at 179 Clarence St, Thursdays 4-6pm by appointment only (call 6132344641 to book).

Gay ZONE Gaie is a sexual health clinic at the Centretown Community Health Centre, for guys into guys. It provides a wide range of wellness programs and health services for gay, bi, transmen and other men who have sex with men in the Ottawa area.

# Diversity Clinic for Children and Youth

**Offers: Comprehensive Health Care & Transition Support**



## **Location:**

The Children's Hospital of Eastern Ontario (CHEO), Adolescent Health Clinic, 401 Smyth Rd., Ottawa

## **Contact:**

613-737-7600, Ext. 3664

CHEO's comprehensive health care and support program for gender diverse children and youth in Eastern Ontario boasts a multidisciplinary team that offers information, comprehensive assessment and treatment (which can include hormonal interventions) to children, youth and their families when there are questions regarding gender identity.

They welcome referrals from community providers, schools, parents and youth themselves.

# LGBTTO+ Around the Rainbow Program

## Offers: Counselling Services



### **Location:**

Family Services Ottawa,  
312 Parkdale Ave., Ottawa

### **General Hours of Operation:**

Weekdays - 8:30 AM - 10:30 PM

### **Facebook page:**

<https://tinyurl.com/y7mqwnja>

### **Website:**

<https://tinyurl.com/y9s6tvzz>

LGBTTO+ Around the Rainbow is a community-based program that provides a full range of education, counselling and support services offered by Family Services Ottawa. They support the lesbian, gay, bisexual, trans, two spirit, queer and questioning (LGBTTO+) communities and allies.

Of particular interest may be their LGBTQ+ Counselling Program, in which an LGBTQ-identified counsellor works with individuals and couples ages 18+ on coming out, exploring gender identity or sexual identity and other emotional issues. Please contact their intake worker at 613-725-3601 ext. 117 for more information.

# MAX Ottawa

**Offers: Community Events, Health Connection Services**



**Location:**

251 rue Bank St.,  
5th Floor / 5ème étage  
Ottawa ON. K2P 1X3

**Phone:** 613-440-3237

**Email:** [info@maxottawa.ca](mailto:info@maxottawa.ca)

**Website:** [maxottawa.ca](http://maxottawa.ca)

**Facebook:**

[facebook.com/maxottawa.ca](https://facebook.com/maxottawa.ca)

**Instagram:** [@maxottawa.ca](https://www.instagram.com/maxottawa.ca)

**Temporary Change in Services due to COVID-19:** Harm reduction pick up, mental health navigation services offered appointment only. Visit <https://maxottawa.ca/covid19/> for more details.

MAX Ottawa seeks to address the unmet needs of gay, bi, two-spirit, queer and other guys who are into guys, whether cis or trans (GBT2Q), in the Ottawa area. They focus particularly on building resiliency, and creating a network of services able to support and promote GBT2Q men's health and wellness.

On their website, [maxottawa.ca](http://maxottawa.ca), you'll find events, articles, campaigns, community resources and links to health information for guys into guys in Ottawa.

In addition to hosting many fun community events, MAX Ottawa also has some programs and services that can help you with your health and wellbeing! Make sure to check out their social media profiles for upcoming events and services! Here's a couple of things we'd like to highlight:

## **Mental Health Navigation**

MAX offers a free mental health navigation service that helps to effectively link guys who are into guys to appropriate supports and work around barriers to accessing mental health care. Their Mental Health & Wellness Coordinator, Derek, will work with you to create a navigation plan based on your goals and connect you to resources, community agencies, and mental health service providers.

Referrals to this service can be done by phone or by filling out a self-referral form on their website. For more information, please feel free to call or e-mail MAX at: 613-440-3237 or [info@maxottawa.ca](mailto:info@maxottawa.ca)

## **Massage Therapy**

MAX also offers FREE massage therapy with Loic Massothérapeute Orthothérapeute Genou on Mondays. Email them at [registration@maxottawa.ca](mailto:registration@maxottawa.ca) to reserve your spot.

# Serenity Renewal for Families

## Offers: Addictions & Mental Health Counselling Services



### Location:

202 - 2255 St. Laurent Blvd.,  
Ottawa

**Phone:** (613) 523-5143

**Email:** [info@serenityrenewal.ca](mailto:info@serenityrenewal.ca)

### Reception Hours:

Weekdays - 9 AM - 5 PM

*\*note that their office is closed on  
Fridays during July and August*

### Website:

[www.serenityrenewal.ca](http://www.serenityrenewal.ca)

**Temporary Change in Services due to COVID-19:** Office is closed. Over the phone appointments are available: call 6135255143 between 9:30-2 Monday to Friday.

Serenity Renewal for Families offers counselling for individuals, children, youth, couples and families. All of their counsellors deal with the impact of addictions, trauma and grief on families and on the individual addict. Appointments may be scheduled with one of their counsellors by calling during office hours. To speak with a counsellor regarding yourself or someone in your environment who might be struggling with an addiction or mental health issue, call their office to book an appointment.

# Youth Health Clinic (YSB)

**Offers: Physical, Mental, & Sexual Health Services**



**Location:**

The Youth Services Bureau of Ottawa, Downtown Services and Drop-in, 147 Besserer St., Ottawa

**General Hours of Operation:**

Weekdays from 12:30 - 5:30 PM, except Thursdays

**Website:** [ysb.ca](http://ysb.ca)

**Phone:** 613-241-7913 ext. 222

**Text:** 613-808-4454

**Temporary Change in Services due to COVID-19:** The Youth Mental Health Virtual Clinic is currently offering sessions by phone and video. Call on Tuesdays and Thursdays from 12-8 to connect with a counselor: 613-562-3004. Last session at 6 p.m

At the Youth Health Clinic, youth can meet with a nurse practitioner and be treated for most minor injuries, ailments or health concerns, or be referred to other medical professionals. The clinic provides young people, ages 16-24, with a convenient and youth-friendly place to get medical treatment, an alternative to emergency room visits. Preventative dental services, such as teeth cleanings, are also offered free of charge on Fridays from 12:30-5:00 PM.

# Sexual Health Centre

## Offers: Sexual Health Services

### Location:

179 Clarence St., Ottawa

**Reception Phone:** 613-234-4641

*\*The reception telephone line is available Monday to Friday, from 8:30 AM - 12:30 PM and 1:30 PM - 4 PM.*

### Hours of Operation:

- Monday: 1 - 4 PM
- Tuesday: 1 - 7 PM
- Wednesday: 1 - 4 PM
- Thursday: 1 - 7 PM
- Friday: 9 AM - 12 PM

### Website:

<https://tinyurl.com/ycqe6oeb>

### Temporary Change in Services due to COVID-19:

Services are reduced to high risk individuals only: You have a case or contact of chlamydia, gonorrhoea or syphilis, you are a man having sex with men, you need contraception including an IUD/IUS or emergency contraception (Plan B/Ella) or you need HIV PEP (Post-Exposure Prophylaxis).

The Sexual Health Centre is a walk-in clinic that provides various sexual health services, which includes free and confidential STBBI (sexually transmitted blood borne infection) testing and treatment, as well as low cost birth control to Ontario residents.

## **The Sexual Health Centre offers the following services:**

- Information on STBBIs (sexually transmitted and blood borne infections) and contraception
- Free testing and treatment for STBBIs
- Confidential or anonymous HIV testing
- Emergency contraception (ECP)
- Affordable contraception (for those who qualify)
- IUD/IUS insertion (by appointment only)
- Pregnancy testing & information about options
- Hepatitis A & B immunization (for those who qualify)
- Vaccine against human papillomavirus (HPV) (for those who qualify)
- Free condoms

## **They do not assess or treat:**

- Blood work for herpes or pregnancy
- Urinary tract infections
- Pain, sores or bumps in the mouth or throat including cold sores.
- Scabies, crabs or lice
- Sexual dysfunction (erection and arousal difficulties, timing of ejaculation, low libido)
- Fertility, miscarriage or menopause

# Planned Parenthood Ottawa

**Offers: Sexual and Reproductive Health Services**

Planned  
Parenthood  
Ottawa



Planning  
des naissances  
d'Ottawa

**Location:**

222 Somerset Street West,  
Suite 404, Ottawa

**Phone:** 613-226-3234

**Email:** [ppottawa@ppottawa.ca](mailto:ppottawa@ppottawa.ca)

**Walk-in Hours:**

Weekdays from 9 AM – 5 PM

**Website:** [ppottawa.ca](http://ppottawa.ca)

**Temporary Change in Services due to COVID-19:** Their office is closed for in-person counseling sessions. However, they offer information, counseling and referrals via phone (613-226-3234 x 100), and email ([ppottawa@ppottawa.ca](mailto:ppottawa@ppottawa.ca)).

Planned Parenthood Ottawa (PPO) provides unbiased, expert counselling for navigating sexual health decisions, including pregnancy, birth control, and abortion options.

They offer free, pro-choice, all-options pregnancy counselling that provides the information and support you need to make your own decision. All-options includes parenting, adoption, and abortion - based on whichever options you need to explore.

You can talk to PPO about any concerns and questions in their safe, supportive space, where you will not be judged. They also offer post-decision and post-abortion support for clients looking to explore thoughts and feelings surrounding their choice.

In addition, their services are completely anonymous. They ask for a first name (which may be false) and a contact number so they can reach you if your appointment changes.

# The Morgentaler Clinic

**Offers: Abortion Care and Sexual Health Services**



**Location:**

65 Bank Street, Ottawa

**Phone:** (613) 567-8300

**Appointments:** (613) 567-3360

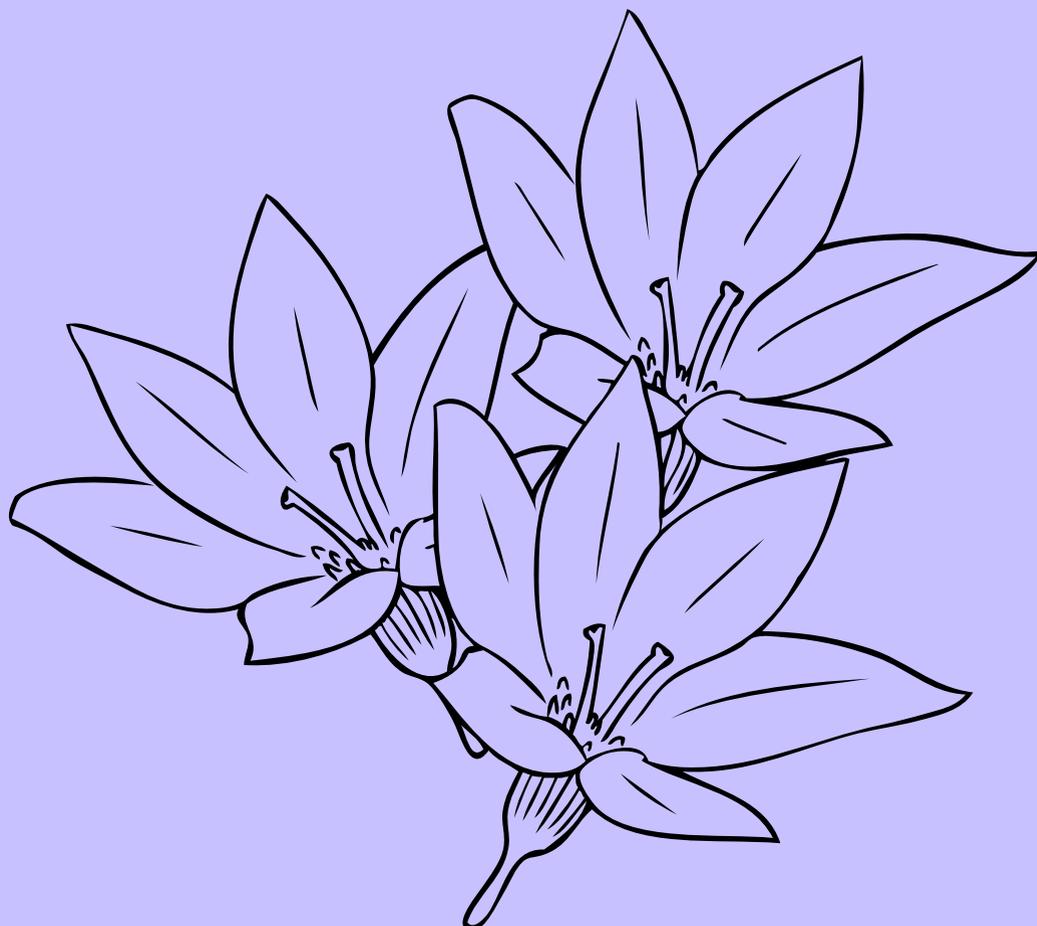
**e-mail:** [info@yenott.com](mailto:info@yenott.com)

**Website:** [www.morgentaler.ca](http://www.morgentaler.ca)

The Morgentaler Clinic offers a wide range of abortion care and related services, including counselling, contraceptive education and testing for sexually transmitted infections (STIs). They are dedicated to respecting your privacy, ensuring your safety and providing you the best possible medical care. Indeed, you will be treated with understanding, sympathy, and competence at the Clinic.

Their clinics perform abortions for women who are approximately 7-19 weeks pregnant. If your pregnancy does not fall within those guidelines, they'll do their best to help you find the proper resources or refer you to a facility that can accommodate your needs.

In addition, their services are fully covered by the Ontario Healthcare Insurance Program (OHIP). This means that there are no additional costs or hidden fees for residents of Ontario with OHIP! If you don't have a valid OHIP card, or if you are from out-of-province, they can help you get financial assistance.



## **Family Services Ottawa**

Individual counselling services provided by an LGBTQ+ identified counsellor for the LGBTQ+ communities.

Sliding fee scale. For more information, please call the number below. (613) 725-3601

[www.familyservicesottawa.org/  
children-youth-and-families/  
around-the-rainbow/](http://www.familyservicesottawa.org/children-youth-and-families/around-the-rainbow/)

## **Walk-In Counselling**

Multiple locations across Ottawa

Provides immediate counselling services to individuals, couples, and families. The walk-in sessions are free to all members of the community, with no restrictions based on age or location/address and no need for an appointment. Centretown Community Health Centre offers a LGBTQ+ walk-in clinic on Wednesdays from 12-8pm (last session 6:30pm).

[www.walkincounselling.com/FR](http://www.walkincounselling.com/FR)

## **LGBT2SQ+ Youth Counselling**

Centretown Community Health Centre  
Counselling for LGBT2SQ+ youth and families.

(613) 233-4443 ext. 2109

[www.centretownchc.org/](http://www.centretownchc.org/)

## **Youth Counselling**

Carlington Community Health Centre  
Counselling services for trans and gender diverse youth living in the Ottawa area. Youth are welcome to bring friends, family, allies and other supports if they wish.

(613) 722-4000

## **General Counselling**

Centretown Community Health Centre  
Individual counselling, couples counselling and/or group supports for adults (18+) (up to 8 sessions). Focus is on emotional growth and well-being; grief and loss; mental health; support with life's transitions. Trans and gender diverse folks (17+) from across Ottawa can access this service (ex.: transition support).

(613) 233-4443 ext. 2109

[www.centretownchc.org/](http://www.centretownchc.org/)

# The Ottawa Rape Crisis Centre

## Offers: A Crisis Line and Counselling Services for Survivors of Sexualized Violence



**Website:** [www.orcc.net](http://www.orcc.net)

**Crisis Line Phone Number:**  
613-562-2333

**Crisis Line Hours of Operation:** 24 hours a day, 7 days a week

**Temporary Change in Services due to COVID-19:** Until further notice: In-Person Counselling, Group Counselling, Drop-In Session, and the Public Education Workshop have been cancelled, over the phone appointments and the Crisis Line is still available.

The Ottawa Rape Crisis Centre (ORCC) supports and empowers women, gender-fluid, non-binary, and trans survivors. Two ways in which they do this through their 24-Hr Crisis Line and their counselling program. More detailed descriptions of these programs, as well as how to access them, are provided on the following pages.

## **24-Hr Crisis-Line: 613-562-2333**

The crisis line provides 24-hours, 7 days a week service to survivors of sexual violence, supporters, family and friends of survivors. The crisis line volunteer counsellors provide crisis intervention on issues such as: childhood sexual abuse, recent sexual assault, flashbacks and suicide intervention. In addition, counsellors provide information on community resources and services, and arrange accompaniment to police stations and to the Sexual Assault Partner Care program at the Civic campus of the Ottawa hospital.

## **Counselling Program**

Survivors may access individual counselling, crisis counselling and group counselling at the ORCC. Additionally, the ORCC offers crisis counselling to a survivor's supports (i.e. partner, parent, friend, etc.).

The Ottawa Rape Crisis Centre offers counselling services for survivors 16 years and older who are either recent or childhood survivors of all types of sexual assault. All of the counselling services at the ORCC work from an anti-oppression, anti-racist, feminist approach. In addition, all of their counselling services are free of charge.

## **Individual Counselling**

individual counselling services are available either short term (up to 12 sessions) or long term (up to 1 year). Their counselling team consists of four counsellors and one counselling team leader, who use a variety of counselling techniques, including: art therapy, play therapy meditation and relaxation, EMDR (Eye Movement Desensitization and Reprocessing) and cognitive behavioral therapy.

## **Crisis Counselling**

The ORCC also offers one-to-one crisis counselling that is available for survivors in immediate need of support. Crisis Counselling can be up to 3 sessions, and each session lasts for one hour and takes place at ORCC. The goal of crisis counselling focuses on lessening the stress that the sexual assault (whether historical or recent) has on the survivor presently. This means that the counsellor will provide both emotional and practical support and education while working with the client to generate their own coping strategies in order to manage the here and now.

## **Support Person Counselling**

A support person of a survivor may access up-to 3 sessions of counselling. In these sessions the support person will receive guidance on how to best-support the survivor in her/his life. A support person may include a partner, friend, family member, teacher etc.

## **Group Counselling**

The ORCC offers various therapeutic groups that focus on a variety of topics including grief, boundaries, trust, relationships, sex and sexuality, flashbacks etc. The focus of group counselling is to provide a healing, empowering and safe-space for survivors to discuss their experiences, coping mechanisms, and to receive support from counsellors and each other. This means that during the course of the group, women will have the opportunity to share their stories with other women while also discussing issues and topics that interest group members.

Groups are offered either in the afternoon or evening during the Fall and Spring. A typical group will span over 12-16 weeks. They require women to register and to complete a pre-screening interview with the group facilitator prior to the beginning of the group. Each group generally has 8 to 10 participants.

## **How to Access ORCC Counselling Services**

To access counselling, please contact the Counselling Program Coordinator, Sakinna, by phone or email at 613-562-2334 ex: 30 or [sakinna@orcc.net](mailto:sakinna@orcc.net). If leaving your contact information please let them know how they can reach you and if it is possible to leave you a message.

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

## Offers: Programs to promote LGBTQ2+ education



**Location:** 440 Albert St, Suite C304 Albert Street Educational Centre, Ottawa, ON K1R 5B5, Canada (Territoire Algonquin Territory)

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

**Phone Number:** 613-400-1875

**Email:** [support@ccgsd-ccdgs.org](mailto:support@ccgsd-ccdgs.org)

The CCGSD looks to empower gender and sexually diverse communities through education, research, and advocacy. They run a variety of programs, workshops and scholarships.

## Queer Book Club

This book club is virtual and meant for LGBTQ2S+ youth and their families. The project will launch in three stages: 1) 100 Care packages starting in December 2020; 2) Book club (involving 300 copies), and 3) Mental Wellness programming starting in January 2021. Get your free care package at <https://ccgsd-ccdgs.org/queer-book-club/>.

# Online Health and Well-being Resources

Not everyone wants or needs to get their health-related information in person, and some prefer to get their information online. However, there's a lot of misinformation out there, which is why we've compiled a list of online resources and websites for LGBTQ+ youth looking for information about health and well-being!

## **General Health and Well-being:**

[teenhealthsource.com](http://teenhealthsource.com)

## **Sexual Health and Consent:**

[Thesexyouwant.ca](http://Thesexyouwant.ca)

[www.scarleteen.com/article/advice/yes\\_no\\_maybe\\_so\\_a\\_sexual\\_inventory\\_stocklist](http://www.scarleteen.com/article/advice/yes_no_maybe_so_a_sexual_inventory_stocklist)

[teenhealthsource.com/blog/queering-sexual-education/](http://teenhealthsource.com/blog/queering-sexual-education/)

[teenhealthsource.com/blog/resource-affirmations-deck/](http://teenhealthsource.com/blog/resource-affirmations-deck/)

[www.bextalkssex.com/yes-no-maybe/](http://www.bextalkssex.com/yes-no-maybe/)

[www.autostraddle.com/you-need-help-here-is-a-worksheet-to-help-you-talk-to-partners-about-sex-237385/](http://www.autostraddle.com/you-need-help-here-is-a-worksheet-to-help-you-talk-to-partners-about-sex-237385/)

[www.phillyspissed.net/node/32](http://www.phillyspissed.net/node/32)

## **Mental Health and Well-being:**

[itgetsbetter.org/](http://itgetsbetter.org/)

## **Health and Well-being Related Games:**

[philome.la/baphomeme/queer-trans-mentally-ill-power-fantasy/play](http://philome.la/baphomeme/queer-trans-mentally-ill-power-fantasy/play)

[youfeellikeshit.com](http://youfeellikeshit.com)

[www.pixelthoughts.co/#](http://www.pixelthoughts.co/#)

[https://store.steampowered.com/app/1070710/Kind\\_Words\\_I\\_o\\_fi\\_chill\\_beats\\_to\\_write\\_to/](https://store.steampowered.com/app/1070710/Kind_Words_I_o_fi_chill_beats_to_write_to/)

## **Trans Health Program**

Centretown Community Health Centre

Offers medical, social, and counselling support for individuals who wish to explore transitioning options through an informed consent model.

(613) 233-4443 ext. 2245

[www.centretownchc.org](http://www.centretownchc.org)

IDENTITY SPECIFIC SERVICES, SUPPORTS, &  
RESOURCES



# WHAT'S MY QUEER IDENTITY ?

## **IDENTITY IS DIVERSE AND DIFFICULT**

It's not always easy figuring out how you identify and how to show it. If you're looking for support groups, online events, gender-affirming clothing (or if you just need a safe place to pee!) then check out the next few pages. I'll guide you through the ropes to make finding and flaunting your identity a breeze!

# DROP-INS

## Why would I want to go to a drop-in?

There are so many reasons you might consider checking out a queer youth drop-in group!

Are you looking for...

love



a safe space to talk

to feel like part of a community

fun activities

to meet new queer peers

queer-focused programming for youth, by youth

to try fun new things

acceptance

# DROP-INS

HEY!

Are you thinking:



**YOUTH  
SERVICES  
JEUNESSE**

I need a safe,  
fun space to....

- Learn about queer issues
- Get LGBTQ+ media recommendations
- Attend Zoom events

On Instagram  
and Facebook!

**Then look no further!**

Spectrum Youth Group offers everything you're looking for; all delivered for youth and by youth! You could learn about so many new things! During the Covid-19 pandemic, they are operating online through [Instagram.com/spectrum.yzb](https://www.instagram.com/spectrum.yzb) and [Facebook.com/spectrumYSB](https://www.facebook.com/spectrumYSB). Email them as well through: [ysbpeerhousingteam@gmail.com](mailto:ysbpeerhousingteam@gmail.com)!



*Spectrum Youth Group*



# **DROP-INS**

## **QUEERIOS**

Are you 12-18 looking for a place to meet new people, access resources, or get support from some knowledgeable staff? Queerios is the place to be! Check out this social group every Thursday from 6 to 9 PM now running online! If you need more information, email [youth@wocrc.ca](mailto:youth@wocrc.ca).

## **SAEFTY Youth Group**

Support And Education For Trans Youth Ottawa Youth group run entirely by and for trans and gender diverse youth which includes monthly drop in sessions as well as structured events. SAEFTY also does advocacy work for the trans and gender diverse community.

[www.saeftyottawa.ca/](http://www.saeftyottawa.ca/)

# SUPPORT GROUPS



Contact KINDSPACE at 613-563-4818,  
[welcome@kindspace.ca](mailto:welcome@kindspace.ca)

Kindspace offers a wide variety of services for LGBTQ+ individuals in an inclusive, diverse, non-judgmental safe space. Some services include counselling, workshops, and resources aimed towards aiding individuals in understanding themselves, finding confidence, ensuring healing, and maintaining growth.

## **POLYBILITIES @ KINDSPACE**

Are you questioning polyamory or actively participating in a multi-partner relationship and looking for support and a safe discussion group? Check out Polybilities on last Thursday of the month at 7 PM on Zoom. Email [programs@kindspace.ca](mailto:programs@kindspace.ca) for more info.

# SUPPORT GROUPS



kind



## **QTY AND CAFEQ @ KINDSPACE**

QTY & CafeQ are weekly drop-in/discussion groups for young people 25 and under. During the pandemic, both groups have merged and hangout on the youth Discord with daily interaction, games, and movies. Email [programs@kindspace.ca](mailto:programs@kindspace.ca) for more info.

## **QUEERAMORE @ KINDSPACE**

QueerAmore is a safer space for bisexual, pansexual, bicurious, and questioning folks. Come discuss some of the ups and downs of your sexuality with like-minded folks. When: 1st Thursday and 3rd Monday of the month. Email [programs@kindspace.ca](mailto:programs@kindspace.ca) for more info.

# **SUPPORT GROUPS**

## **Kind Space Social**

"is a Discord Server for all adults in Kind Space Community. Join our growing server if you wish to attend events, gaming, peer support, resources and discussion whenever! So even if you are not a gamer, come join a community hub of 2SLGBTQIA+ people in Ottawa and the surrounding regions."

Request to join their Discord by emailing

[programs@kindspace.ca](mailto:programs@kindspace.ca)

## **Queer Trans Youth Drop In**

Queer Trans Youth is a peer-led discussion and support group for 2SLGBTQ+ youth, in Ottawa. It's Canada's longest running group for 2SLGBTQ+ youth and by 2SLGBTQ+ youth: a safe space for young people to come for discussions, understanding, support, and most importantly, fun. QTY is functioning as a Drop-in Space on our Kind Space Youth Discord Server.

Come stop by weekly on Wednesday Nights.

Request to join their Discord by emailing

[programs@kindspace.ca](mailto:programs@kindspace.ca)

# **SOCIAL GROUPS**



## **GENDERQUEST @ KINDSPACE**

Do you have questions about your gender or feel that you fit somewhere outside or between the binary? Check out GenderQuest if you need a safe space to explore these questions with other trans folks at any and all stages of transition. Come Join us every second Monday & fourth Wednesday on Zoom from 7PM to 9PM.. Email [programs@kindspace.ca](mailto:programs@kindspace.ca) for more info.

## **20 SMTHNG MEETUP @ KINDSPACE**

Sometimes us 20-29 year old queers need help too. This group takes place every 2nd & 4th Tuesday of the month. Email [programs@kindspace.ca](mailto:programs@kindspace.ca) for more info.

# SUPPORT GROUPS



## **Two-Spirit Program Wabano**

Weekly group meeting for two-spirit individuals as well as a week-long summer camp.

(613) 748-0657 ext. 233

[www.wabano.com](http://www.wabano.com)

## **Transcend Drop-In Trans Youth Group Family Services Ottawa**

For gender diverse, transgender and non-binary youth. Make friends, get support, do projects or just have fun!

(613) 725-3601 ext. 105

[www.familyservicesottawa.org/2018/01/transcend-drop-intrans-youth-group-6/](http://www.familyservicesottawa.org/2018/01/transcend-drop-intrans-youth-group-6/)

# SOCIAL GROUPS

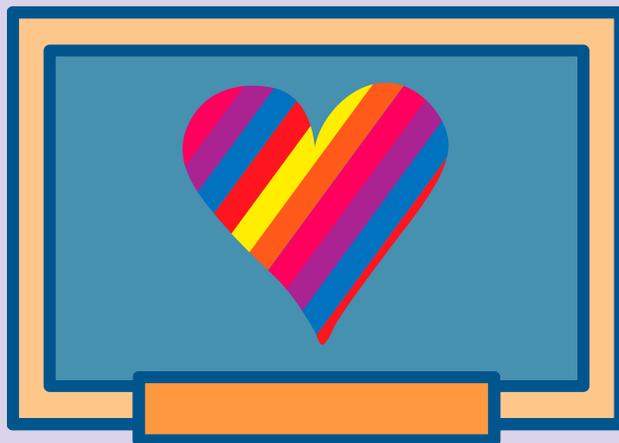
## POST-SECONDARY STUDENTS

Trying to find where you fit in at school? Are you looking for your community? Below are resources available at each major college and university in the city. Your people are out there. Check out these centres for more information!

### **CARLETON UNIVERSITY GENDER & SEXUALITY RESOURCE CENTRE**

Calling all LGBTQ+ Carleton students! Do you need a safe space? Check out The Gender and Sexuality Resource Centre (GSRC), a centre based in advocacy, education, and support.

Contact them at x3723, [gsrc@cusaonline.ca](mailto:gsrc@cusaonline.ca),



# **SOCIAL GROUPS**

The background features a row of five stylized human figures in various colors: red, yellow, green, blue, and purple. The figures are semi-transparent and overlap slightly, creating a sense of depth and community.

## **POST-SECONDARY STUDENTS**

### **UNIVERSITY OF OTTAWA PRIDE CENTRE**

Calling all LGBTQ+ UofO students! The Pride Centre is here for you, offering a safe space and a sex-positive environment.

Contact them at x3161, [pride@sfuo.ca](mailto:pride@sfuo.ca).

### **ALGONQUIN PRIDE CENTRE**

Calling all LGBTQ+ Algonquin students! The Pride Centre can offer you a safe, open, inclusive drop-in space, peer support, resources, education, and more. They even host fun events!

Contact [blueq@algonquincollege.com](mailto:blueq@algonquincollege.com)

# **SOCIAL GROUPS**



## **Parent Support Group Family Services Ottawa**

Monthly support group for parents & caregivers of gender creative, trans, transgender children, youth or young adults. (613) 725-3601

[www.familyservicesottawa.org/children-youth-and-families/around-the-rainbow/](http://www.familyservicesottawa.org/children-youth-and-families/around-the-rainbow/)

## **Rainbow Coffee Group**

Centretown CHC and The Good Companions  
A social activity for adults ages 55+ in the  
LGBTQ+  
community. (613) 233-4443 x 2194

[www.centretownchc.org/program/lgbtq-trans-health-program](http://www.centretownchc.org/program/lgbtq-trans-health-program)

# **SOCIAL GROUPS**

## **Ottawa Community Immigrant Services Organization**

Offers services including settlement and integration (with dedicated LGBTQIA+ settlement worker), multicultural counselling, and language instruction. 613-725-0202

[www.ociso.org/](http://www.ociso.org/)

### **LGBTQ+ Newcomer Group**

Centretown Community Health Centre  
Drop-in support for LGBTQ newcomers and asylum seekers. Discuss immigration, culture, sexual orientation and gender identity.

(613) 233-4443 ext. 2513

[www.centretownchc.org](http://www.centretownchc.org)

# **SOCIAL GROUPS**



## **LGBTQ2+ Youth Space**

Orleans-Cumberland Community  
Resource Centre

Monthly bilingual youth drop-in space  
for LGBTQ2+ identified folks

(613) 830-4357 ext.140

[www.crcoc.ca/en/youth/youth-space/](http://www.crcoc.ca/en/youth/youth-space/)

## **Jeunesse Idem**

Francophone peer support and  
discussion group for LGBT youth. (819)  
776-1445

[www.facebook.com/jeunesseidem/](http://www.facebook.com/jeunesseidem/)

# GENDER EXPRESSION RESOURCES

Transition is no easy task. Feeling like your outward appearance matches what you know to be true in your heart is sometimes harder than you'd expect. Are you struggling to find what you need to feel like the most genuine version of yourself?

Fear not! Check out the following websites for help:

## **BINDER FITTING GUIDE**

Flavnt: <http://www.flavnt.com/need-help-picking-a-top/>

## **MTF**

GC2B transitional apparel: <https://www.gc2b.co/>

Underworks: <http://www.underworks.com/>

Shapeshifters: <http://www.shapeshifters.co/>

## **FTM & MTF**

Venus Envy: <https://venusenvy.ca/pages/gender-expression-play>

Gender Gear: <http://www.gendergear.ca/>

# **GENDER NEUTRAL WASHROOMS IN OTTAWA**

## **REFUGE RESTROOMS APP**

Apps are a useful tool to help you find your friends, send memes, and play games. But have you ever thought about an app to help you find a safe place to pee? Refuge Restrooms is an Android and iPhone location-based map that marks safe restrooms. This app is super helpful if you feel uncomfortable in gendered public washrooms. Download it for free in the App Store or Google Play, and check out their website at <https://www.refugerestrooms.org/about> for more info



# RECREATIONAL ACTIVITIES:

Hello!

ARE YOU LOOKING FOR SOME FUN  
ACTIVITIES YOU CAN PARTICIPATE IN,  
WHILE STILL BEING IN A QUEER AND  
TRANS FRIENDLY ENVIRONMENT?

LOOK NO FURTHER! THE FOLLOWING  
RESOURCES ARE CALLING YOUR  
NAME. FROM COMEDY SHOWS TO  
SWIM NIGHTS, WE'VE GOT IT ALL  
RIGHT HERE IN THIS BOOKLET!





## LGBTQ+ Friendly Fitness Instas:

Being queer and trans and finding safe fitness info can be a challenge. However, a few folks have stepped in and started offering some really cool spaces for those into fitness! Check out the insta accounts below for details.



**@fit\_becky** (super gay and fitness related)

**@tex.lohnes** (fit, but realistic with her life and fitness goals while working long hours)

**@breenish** (gay, fit, hilarious, cute dog)

**@breepear** (gay fitness icon)

**@onlyhuman** (Bree Pear's inspiring LGBTQ organization)

**@ordnry\_human** (just amazing)





## **Trans and Non-Binary Swim Night**

Diversity Cornwall Swimming night for trans and non-binary folks.

[www.facebook.com/diversitycornwall/](http://www.facebook.com/diversitycornwall/)



## **Trans Children and Youth Swim Nights Ten Oaks**

Monthly swim night for gender creative, gender independent, genderfluid, genderqueer, trans, two-spirit, intersex, agender, non-binary and all fabulous gender diverse children and youth ages 0-24 and their families

(613) 614-1537

[www.tenoaksproject.org/  
community-events/swim-night/](http://www.tenoaksproject.org/community-events/swim-night/)





### What is self-care?

Self care is a great way to look after yourself in your own unique way. Sometimes it's just catching up on sleep or taking a shower, and other times it's doing things you enjoy. Here's a list of queer and trans friendly self care activities you might like!



### LGBTQ+ BEAUTY YOUTUBERS:

**ALB in Wonderland** isn't strictly a beauty YouTuber but she does the occasional beauty video! Also quite a bit about her hair. She has a lovely wife and they're pastel princess/goth goals.

**Jessica Kellgren-Fozard** is lovely, she doesn't do strictly beauty videos either but her retro inspired style is gorgeous! She also does some of our favourite videos about disabilities and every time we listen to her we feel like we learn something new.



### **Queering 613:**

Queering613 is a community space meant to amplify & explore Ottawa's queerness, all the while dabbling in a little intersectional feminism, digital media & social justice.

- **Email:** [hai@queering613.ca](mailto:hai@queering613.ca)
- **Website:** [www.queering613.ca](http://www.queering613.ca)
- **Facebook:** [facebook.com/pg/queering613/](https://facebook.com/pg/queering613/)



### **Queer Mafia:**

An Ottawa-based network of queer identified individuals who are committed to supporting the community by throwing awesome parties and community events.

- **Email:** [yodel@thequeermafia.com](mailto:yodel@thequeermafia.com)
- **Website:** [thequeermafia.com](http://thequeermafia.com)
- **Facebook:** [facebook.com/theQueerMafia/](https://facebook.com/theQueerMafia/)
- **Twitter:** [@thequeermafia](https://twitter.com/thequeermafia)
- **Instagram:** [@thequeermafia](https://www.instagram.com/thequeermafia)



### **Ottawa Dyke March:**

The Dyke March happens every year during Pride Week at the Human rights monument in order to support queer femmes people from all walks of life! They do livestreams, support artists and even have online performances!

- **Email:** [ottawadykemarch@gmail.com](mailto:ottawadykemarch@gmail.com)
- **Facebook:** [facebook.com/pg/ottawadykemarch/](https://facebook.com/pg/ottawadykemarch/)
- **Instagram:** [@ottawadykemarch/](https://www.instagram.com/ottawadykemarch/)



### **PFLAG Ottawa:**

PFLAG is a welcoming group aimed at parents of queer and trans kids! However, a lot of the members are also queer and trans and represent LGBT families and friends. They are a great way to connect to others in the LGBT community and meet some new mentors.

#### **Website:**

[courageinthefaceofhate.ca/pflag-ottawa-3/](http://courageinthefaceofhate.ca/pflag-ottawa-3/)

**Phone number:** (613) 860-7138

### **Capital Pride:**

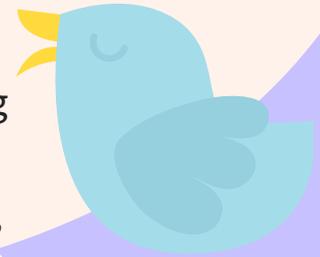
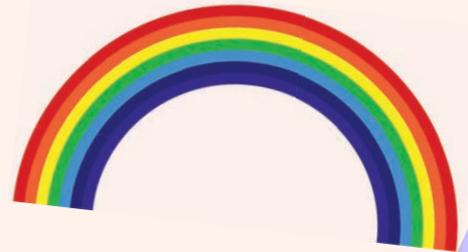
Capital Pride works to create opportunities to celebrate, advocate, educate and connect people, respecting the full diversity of the LGBTQ2+ community in Canada's capital region, through their annual Capital Pride Festival and year round efforts.

**Email:** [info@ottawacapitalpride.ca](mailto:info@ottawacapitalpride.ca)

**Website:** [ottawacapitalpride.ca](http://ottawacapitalpride.ca)

**Facebook:** [facebook.com/pg/FierteCapPride/](https://facebook.com/pg/FierteCapPride/)

**Phone Number:** (613) 680-3033



**Queer and Trans camps!**  
Now I know what you're thinking, why would I  
wanna go to camp? Will I make some friends? Well  
these camps are made with queer and trans folks  
in mind! What a great chance to meet people just  
like you!

Note: currently nrunning online due to the  
pandemic, please contact the teams to hear all  
about their VIRTUAL camps!



### **Ten Oaks Project:**

Ten Oaks is a camp for children and youth  
ages 8-17 from LGBTQ+ (lesbian, gay,  
bisexual, trans, two-spirit, queer) identities,  
families and communities.

**Website:** [tenoaksproject.org/](http://tenoaksproject.org/)

**Phone number:** (613) 614-1537

**Facebook:** [facebook.com/TenOaks](https://facebook.com/TenOaks)

**Twitter:** @tenoaks project



### **Project ACORN:**

Project Acorn is a radical community-building  
space for youth aged 16-24 from LGBTQ+  
identities, families, and communities. For four  
days, Project Acorn brings together youth and  
those in solidarity with youth and creates a  
safer, empowering, and liberating space, where  
people can share knowledge, make connections  
and build bridges.

**Contacts are same as Ten Oaks!**





**Camp fYrefly:**

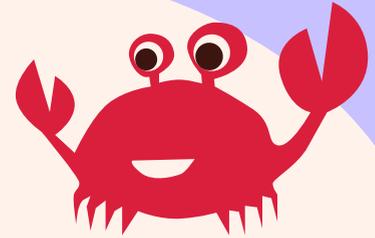
a summer leadership preogram for sexual and gender minority youth who variously identify as lesbian, gay, bisexual, trans-identified, two-spirited, queer, and allied. It focuses of leadership and resiliency!



**Website:** [ualberta.ca/camp-fyrefly/](http://ualberta.ca/camp-fyrefly/)

**Phone:** (780) 492-4909

**Email:** [fyrefly@ualberta.ca](mailto:fyrefly@ualberta.ca)



**Fun Events and Services :**

There are so many things to do around this city! Interested in learning about more local organizations? Go on and read about the activities below!

**MAXOttawa:**

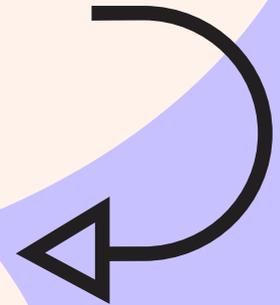
MAX seeks to address the unmet needs of gay, bi, two-spirit, queer and other guys who are into guys, whether cis or trans (GBT2Q), in the Ottawa area. They focus particularly on building resiliency, and creating a network of services able to support and promote GBT2Q men's health and wellness.

**Website:** [maxottawa.ca/](http://maxottawa.ca/)

**Email:** [info@maxottawa.ca](mailto:info@maxottawa.ca)

**Phone:** 613-440-3237

**Facebook:** [facebook.com/maxottawa.ca/](https://facebook.com/maxottawa.ca/)



## Ottawa Valley Unity Mosque

OVUM is part of the el-Tawhid Juma Circle family of Unity Mosques. They are egalitarian, gender equal, LGBTIQ affirming, and practice shared authority. They also host Eid celebrations for LGBT folks!

**Facebook:** [facebook.com/Ottawa-Valley-Unity-Mosque-191716554584383/](https://facebook.com/Ottawa-Valley-Unity-Mosque-191716554584383/)



## Salaam Queer Canada

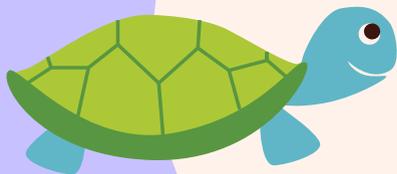
A great way for queer and trans Muslims to get together and socialize. Allies are welcome too! Salaam Canada is a local organization that strives to provide safer spaces for LGBTQ Muslims folks from all walks of life.

**Facebook:** [facebook.com/salaamqueercanada/](https://facebook.com/salaamqueercanada/)  
**Email:** [salaamqueercanada@gmail.com](mailto:salaamqueercanada@gmail.com)  
**Website:** [salaamcanada.info](http://salaamcanada.info)

## Positive Spaces Initiatives:

A Toronto based organization that also does activities in Ottawa! They connect you to resources and increase organizational capacity across the sector to more effectively serve LGBTQIA+ immigrants, refugees, and newcomers.

**Website:** [positivespaces.ca/](http://positivespaces.ca/)  
**Email:** [PSI@ocasi.org](mailto:PSI@ocasi.org)  
**Phone:** 416-322-4950 ext. 242 or 252



**In-Transition Clothesline**  
**PFLAG Renfrew County**

Program that assists transgender  
individuals with clothing.

1-888-530-6777 ext. 572

[www.pflagrenfrewcounty.ca/  
in-transition-clothesline.html](http://www.pflagrenfrewcounty.ca/in-transition-clothesline.html)

**LGBTQ+ Rainbow Families**  
**Art & Play Afternoon Drop-In**  
**Family Services Ottawa**

For LGBTQ+ families with young children and  
gender diverse children and their families. Join us  
in art & play activities while connecting with other  
families.

(613) 725-3601

[www.familyservicesottawa.org/children-youth-  
and-families/around-the-rainbow/](http://www.familyservicesottawa.org/children-youth-and-families/around-the-rainbow/)



## **This section is about drag!**

But what is drag? Simply put, it's gender as a literal performance! Where people dress up in exaggerated feminine or masculine attire to sing, dance, act, or even make political statements! Here are some local queens to support!



### **Devonna Coe**

Devonna Coe knows how to throw a party. She's been performing weekly drag shows since September 2017 and hosts shows at The Vanitea Room, The Lookout Bar and many other venues in Ottawa, Montreal, Quebec City, Toronto and Vancouver. She's paired with MAX Ottawa for various events and has partnered with IKEA for various Ottawa Pride events.

**Insta: @devonacoequeen**

### **Aimee Yonce**

It's the reggaeton dancing queen herself! Aimee has been performing since 2017 and loves to salsa the house down, mostly at The Lookout Bar. She also performs at other popular venues in Ottawa and continues to travel to Quebec City, Toronto and Cornwall for drag shows.

**Insta: @aimeeyonce**



## **Icesis Couture**

Icesis is one bad b!tch and an absolute power house. Icesis has been doing drag since 2008 and is one of Ottawa's most stunning, versatile and talented queens. She has performed across Canada and the U.S and has wokred with popular queens!

**Insta: @haus.of.couture**

## **Here are some fun websites!**

If going out is not really your thing and you're more of a homebody, here are some online resources you can access! From blogs to fun information related topics, we've got an array of topics just for you!

### **Queerty.com**

This is a great blog and articles source for queer and trans folks! It even talks about intersectional topics! Such as articles about being a bisexual Muslim!

### **Advocate.com**

This website is full of great news articles placing an emphasis on LGBT issues, locally and worldwide! From queer and trans news to LGBT human rights issues, they've got it all! Check them out!

### **Homorazzi.com**

Looking for some hot queer and trans celebrity gossip? Look no further! Homorazzi is a fun interactive place to get your daily dose of tea and celeb news!

### **lgbtqnation.com**

Or maybe, you're into more political issues? If so, this website places an emphasis on queer and trans politics and topics such as updates about policy changes and visibility issues!

### **AfterEllen.com**

Here's a site that focuses on queer women! It's important to place an emphasis on this group because they are often overlooked in our community. So here's a great source for that!

### **outsports.com**

Are you an athletic gay? If yes there are more of you out there! Outsports.com discusses queer athletes and sports achievements all around the world.

### **Logotv.com**

Have you heard of RuPaul's Drag Race? Well their amazing network called Logotv has a list of great queer and trans entertainment, such as shows and music to keep you dancing!

### **Transguys.com**

This website is specific to trans men! It contains a lot of information and interesting articles about trans guys. You can even get resources and find out more about transtioning!



## **More fun stuff!**

Looking for some more pandemic friendly activities? Here's some suggestions!

### **Kind Game Nights on Discord**

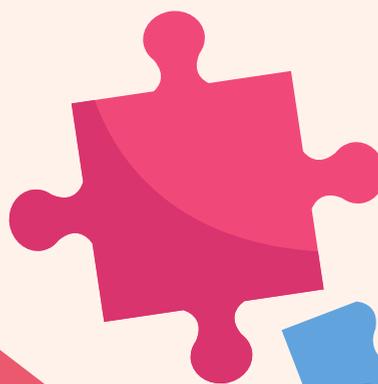
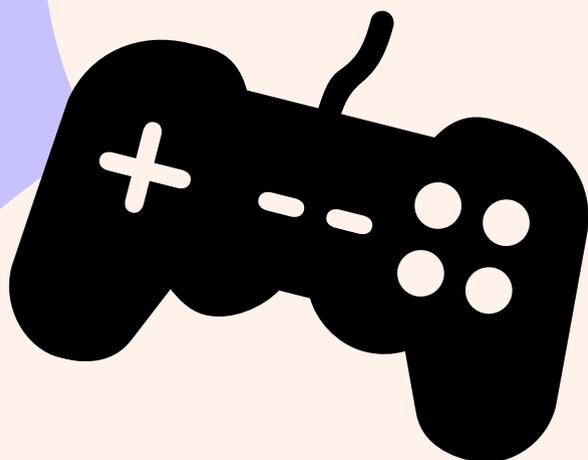


Jackbox party games are a hit! Kindspace decided to take advantage of this popular mini game series and make a night out of it! Happening 2-3 times a week, Kind space hosts virtual game nights through their private discord server where you can play a jackbox party game for free! Simply message them to find out the dates and times of the games and to join their server! These nights are a great chance to talk to other LGBTQ+ folks and to be able to play some fun games as well!



Contact Kindspace for more info!

**613-902-7537**

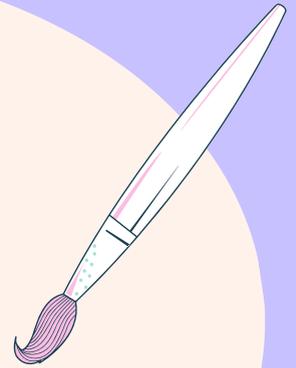
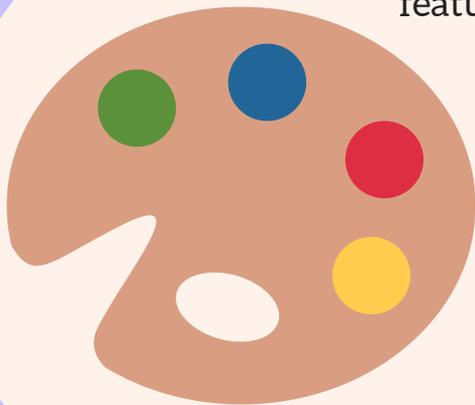


## Flamingo Online Arts Market

Flamingo Market is an online arts market featuring local Canadian LGBTQ+ artists and makers! It started out in Toronto, where they had seasonal art markets with lots of creatives, firstly in their own city and then, from all over Canada! This huge market brought thousands of folks together, creating a great opportunity for new, upcoming, LGBTQ+ artists!

With the pandemic in mind, this amazing group decided to host monthly online markets where they would sell artist's goods and services through their website! It is such a hit! Flamingo Market was featured on the popular LGBTQ+ TV channel called OutTV and has many great partnership with local queer and trans organizations such as Glad Day BookShop in order to gain support. They feature new artists every month!

Check it out here:  
[Flamingomarket.ca](https://Flamingomarket.ca)



## Online Queer Dance Parties!

Covid-19 has not stopped us from dancing our butts off! All the clubs and bars may be closed but, online dance parties are still a hit!

With platforms like Zoom and Facebook, people are tuning in to watch their favourite LGBTQ+ DJs spin their latest beats and dance to their hearts contents from the safety of their own bedrooms!

Here are some local Ottawa organizations hosting LGBTQ+ Zoom dance parties

### **Night of Lights:**

[facebook.com/groups/304469530335542/](https://facebook.com/groups/304469530335542/)

### **Homo Phono:**

[facebook.com/groups/1120703597946363/](https://facebook.com/groups/1120703597946363/)



## **Diversity in the Capital**

is the new online TV station for all things happening in the Community in Ottawa/Gatineau. Hosted by André M Proulx & Mz Horizon, two long-standing members of the Ottawa LGBTQ+ community!

They have a variety of entertaining content such as cooking shows, drag stars and so much more! If you have something you would like to see on the show, send them a message and they will gladly come speak to you or share your event in the National Capital Region.

**Follow them at**

**DiversityInTheCity.TV.**

**Or watch them on Youtube!**

**<https://www.youtube.com/channel/UCiCdAupmOhuEuD-NbDgCqMg/videos>**



## Growing Resistance

Growing Resistance is a regenerative care project for communities and the environment. Access to food, clean air, and water (along with shelter) is the right of all people. We all occupy this space together and share the responsibility of taking care of the land and each other. Growing Resistance is an ongoing program led by Carling Miller.

To learn more visit  
<https://kindspace.ca/gardens/>  
or contact  
at [carling@kindspace.ca](mailto:carling@kindspace.ca)

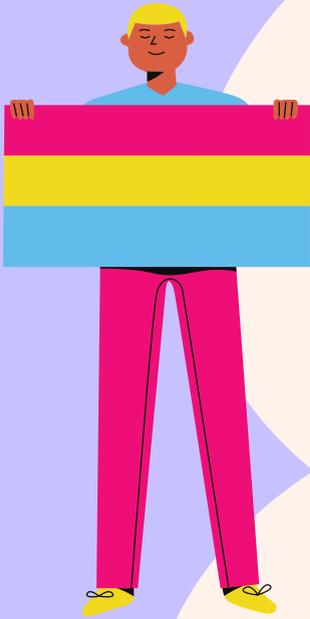
### Thrive:

Thrive is a free trauma skills and recovery closed group for 2SLGBTQ+ folks in Algonquin Territory (Canada's National Capital Region) that commits to meeting 2 hours per week for 12 weeks. Maximum 8 participants. If you are interested in future occurrence's or interest in more thrive programming

contact [programs@kindspace.ca](mailto:programs@kindspace.ca) or the facilitator at [lukayo@kindspace.ca](mailto:lukayo@kindspace.ca)



## Black Joy Sunday



Black Joy Sunday is a closed space for Black people, and is focused on centering Queer, Non-Binary, Trans and Woman identifying folks. The event takes on the Third Sunday of Every Month. The space is designated as a hang-out and safer space to enjoy and share company. This will be taking place online via ZOOM during the pandemic.

For more info contact  
[programs@kindspace.ca](mailto:programs@kindspace.ca)  
or the Facilitator at [jade@kindspace.ca](mailto:jade@kindspace.ca)



## Art Drop Social:

Art Drop Social is a Discord Server with Art event, workshops, news and sharing art space for those who appreciate art and craft. While there may be age or identity specific programming on the discord server, we are open to everyone of all ages, but 2SLGBTQIA+ Centered.

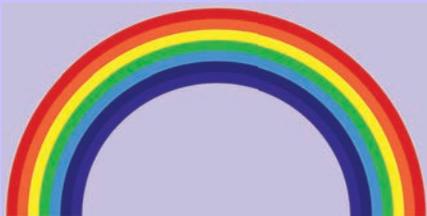
For more info contact  
[programs@kindspace.ca](mailto:programs@kindspace.ca) or [jade@kindspace.ca](mailto:jade@kindspace.ca)



**CONCLUSION  
&  
CONTACTS**

# for all your inquiries

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**FEEDBACK**

The information contained within this booklet is subject to change. If you have identified an error or wish to add your organization to this booklet, please feel free to contact us!