



THE RAINBOW PAGES

YOUTH RESOURCE GUIDE

therainbowpages.ca

THE FAMILY CENTRE | EDMONTON | EDITION NO. 5

ABOUT THIS RESOURCE GUIDE

Hello!

Transitioning into adulthood can be tough. You are figuring out who you are, including your sexual orientation and gender identity. There are tons of supports available in our city to help you.

This resource guide, The Rainbow Pages, was developed by The Family Centre to provide Lesbian Gay Bisexual Transgender Queer Two-Spirited+ (LGBTQ2S+)* youth and the youth-serving community a consolidated guide of the supports available in Edmonton.

The Family Centre would like to thank the participating organizations for supporting the development of this guide and their ongoing services in our community.

The resources within this guide are intended to meet the needs of a broad audience. Some content is intended for mature youth. Please review the content before sharing resources with youth.

To order more copies or update your organization's listing please contact communications@familycentre.org.

* The acronym LGBTQ2S+ has been used to represent the acronym LGBTTTQQIA meaning Lesbian Gay Bisexual Transgendered Two-Spirited Queer Questioning Intersexed Asexual.

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HEALTH & SUPPORTS

ALBERTA GAY STRAIGHT ALLIANCE NETWORK

Alberta GSA is the Alberta chapter of the GSA network of student-run groups that provides a safe place for any and all students to meet and learn about all different orientations, to support each other while working together to end homophobia, and to raise awareness and promote equality for all human beings.

Websites: www.albertagsanetwork.ca and www.facebook.com/groups/AlbertaGSANetwork

ALBERTA SEX POSITIVE EDUCATION COMMUNITY CENTRE (ASPECC)

ASPECC is a nonprofit organization based in Edmonton that strives to promote healthy views of sex, gender, sexuality and sexual diversity with a strong focus on empowerment and consent. Sundays at ASPECC are dedicated to LGBTQIA2S+ youth, with Art Club on the 1st and 3rd Sunday (2-6pm) as well as movie nights, Karaoke, Dungeons and Dragons and more! If you are interested in the youth events, please email us for more information, or drop in on Sunday, between 2 and 9 pm! **Please be advised that some content may be intended for mature youth.**

Address: 12031 76 St NW

Phone: 587-520-3229

Email: youthteam@aspecc.ca

Website: www.aspecc.ca

HEALTH & SUPPORTS

BELOW THE BELT MEN'S PROJECT

Below the Belt is part of the CHEW Project. It offers support and resources for male identified individuals engaging in survival sex or sex work.

Address: #103, 11745 Jasper Ave

Phone: 780-263-2221

Email: cwyness@ualberta.ca

Website: www.chewprojectyeg.org

BULLY FREE ALBERTA

If you're a victim of bullying or abuse, call trained staff at any time of day, or chat online from noon to 8pm. Online chats and calls to the helpline are anonymous.

Phone: 1-888-456-2323 (Toll Free)

Email: bullyfree.alberta@gov.ab.ca

Website: www.bullyfreealberta.ca

CANADIAN MENTAL HEALTH ASSOCIATION (CMHA) - EDMONTON REGION

One-on-one phone support is available 24 hours a day to discuss any crisis issues or concerns.

Address: #300, 10010 105 St

Phone: 780-414-6300

Distress line: 780-482-HELP (4357)

Email: main@cmha-edmonton.ab.ca

Website: www.edmonton.cmha.ca

HEALTH & SUPPORTS

THE CELLAR YOUTH CENTRE

The Cellar is an all-inclusive community youth centre that is open to youth ranging from grade six to grade 12, every Tuesday from 3-6pm and every Friday from 3-7pm. Every Friday we also provide a nutritious meal at 5pm.

We're all about community at The Cellar, so we'll likely invite you in the kitchen to lend a hand or learn a few things! The Cellar offers a variety of free programming such as field trips to various hot-spots around Alberta (and occasionally BC), free mentoring, art projects, games and entertainment of all sorts, and so much more. The Cellar is considered a "Safe Space" and all youth are welcome, regardless of beliefs or backgrounds. We're here to offer holistic care for your ever-changing lives and circumstances.

Address: 13407-97 St

Phone: 587-596-4899

Email: jennifer@yfcad.com

Website: www.yuedmonton.com/cellar

THE CHEW PROJECT

The CHEW in CHEW Project stands for Community Health Empowerment & Wellness. Our mission is to support LGBTQ2S+ youth facing barriers to survive, heal, and find hope. We offer inclusive and confidential STI testing, counselling and crisis intervention, Indigenous peer support, a safe place where youth can access harm reduction and basic needs supplies, and so much more! Come check us out at our downtown office, the OUTpost, or on campus at the University of Alberta.

Phone: 780-263-2221

Email: chewproject@ualberta.ca

Website: chewprojectyeg.org

HEALTH & SUPPORTS

DROP-IN SINGLE SESSION COUNSELLING

FREE professional, private and confidential counselling to individuals, partners and families. Our single session model takes about one hour and our qualified team can assist with a wide range of issues, such as:

- Relationship/Family Issues
- LGBTQ (including transgender specific)
- Stress, anxiety and depression
- Addiction and mental health
- Grief and loss
- Refugee and newcomer issues

Visit our website or call for locations, times, and dates:

Email: info@dropinyeg.ca

Website: www.dropinyeg.ca

Phone: 211

EDMONTON 2 SPIRIT SOCIETY (E2S)

We are a society dedicated to the acknowledgment and support of LGBTQIA+ Indigenous people. Our organization offers:

- Cultural Ceremonies
- Cultural Competency Training
- Education Workshops
- Land Acknowledgments
- Resource Tabling
- Sharing Circles
- Healing Circles
- Restorative Conferencing
- Outreach & Referrals
- Socials & Events

Email: hello@edmonton2s.com

Website: edmonton2spiritsociety.com

Phone: 780-909-1664

Address: 9213 99 St NW Edmonton, AB T6E 3W1

Facebook: [@edmonton2spiritsociety](https://www.facebook.com/@edmonton2spiritsociety) Twitter: [@e2s_s](https://twitter.com/@e2s_s)

Instagram: [@edmonton_2_spirit_society](https://www.instagram.com/@edmonton_2_spirit_society)

HEALTH & SUPPORTS

EDMONTON MEN'S HEALTH COLLECTIVE (EMHC)

The Edmonton Men's Health Collective is a local, grassroots health organization run for and by gay, bisexual, trans and queer (GBTQ) men.

Email: contact@yegmenshealth.ca Website: yegmenshealth.ca

Address: 9213 99 St NW Edmonton, AB T6E 3W1

EDMONTON POLICE SERVICE SEXUAL MINORITIES LIAISON COMMITTEE

The Edmonton Police Service Sexual Minorities Liaison Committee can support you while you report a crime and help you receive professional and non-judgmental police service and support. They also advocate for the inclusion of the sexual and gender minority (LGBTQ) community in all aspects of the Edmonton Police Service. All inquiries are completely confidential and your information will not be shared with the police service without your explicit permission.

Email: EPSLGBTQ@yahoo.ca

Website: www.youthsafe.net/project/edmonton-police-service-sexual-minorities-liaison-committee/#

EDMONTON PUBLIC SCHOOL BOARD

EPSB is proud of its work to support our sexual and gender minority students, staff, and community members through our policies, regulations, and ongoing opportunities for meaningful engagement. This support includes: guidance in supporting Gay/Queer-Straight Alliances, initiation of a Safe Contact program; presentations to staff and parent councils; participation in events such as Pink Shirt Day, Edmonton Pride Festival, and the Provincial GSA Conference; connections to complementary

HEALTH & SUPPORTS

agencies; referrals to outside networks; one-on-one consultations for emergent situations; and more. Students can access EPSB's resources by contacting Kerry Maguire, Amanda Barrett, your school's Safe Contact, GSA/QSA Advisors, or your guidance counsellors.

Contact: Kerry Maguire, Diversity Consultant (kerry.maguire@epsb.ca) or Amanda Barrett, Diversity Consultant (amanda.barrett@epsb.ca)

THE FAMILY CENTRE

The Family Centre supports families and individuals of all ages, sexual orientations, gender identities, and cultures. Our services include workshops, therapeutic groups, and counselling. Counselling services can help those struggling with anxiety, trauma and change, sexual orientation and gender identity, personal growth, relationship challenges, and much more. No matter what you are going through, help is available.

Address: #20, 9912 106 St
Phone number: 587-410-5757
Email: info@familycentre.org

Website: www.familycentre.org

FYREFLY IN SCHOOLS

An educational initiative developed to help reduce discrimination against sexual and gender minority youth, increase awareness of the impacts of homo/bi/transphobia, and equip students with the tools they need to become effective allies for diversity, equity, and human rights within their schools and communities. Sessions are free and we are always recruiting new youth volunteers.

Email: finsedmonton@ualberta.ca
Website: www.ualberta.ca/camp-fyrefly/fyrefly-in-schools

HEALTH & SUPPORTS

HIV EDMONTON

Myth...You can get HIV by kissing. Busted!! Contact through kissing is not a risk of transmission of HIV. If you have other questions or concerns about HIV or how HIV is transmitted, please contact us. We offer one on one services, referrals to medical support, needle exchange, education, and treatment information. Practice safer sex, condomize, educate yourself and challenge stigma and discrimination! We can go to Zero. Zero new HIV infections, zero stigma and discrimination, and zero AIDS related deaths.

Address: 9702 111 Ave

Phone: 780-488-5742

Toll Free: 1-877-388-5742

Email: contact@hivedmonton.com

Website: www.hivedmonton.com

INCLUSIVE COUNSELLING & CONSULTING PSYCHOLOGICAL SERVICES INC. (ICC PSYCH)

ICC Psych provides individual therapy (for children, youth, adults, and seniors), couples therapy, and family therapy. We specialize in supporting sexual and gender minority (LGBTQ) children, youth and families. Our fees reflect the outlined fee scheduled produced by the Psychologists' Association of Alberta (www.psychologistsassociation.ab.ca). Please contact us directly to inquire about our fees.

Address: #204, 10339 124 St Edmonton, AB T5N 3W1

Phone: 780-424-0783

Email: iccpyschservices@gmail.com

Website: www.iccpysch.com

HEALTH & SUPPORTS

INSIGHT PSYCHOLOGICAL SERVICES

Insight Psychological's mission is to help people enhance psychological wellness and optimize life through the provision of effective, high quality psychological services. It is also to advance mental health by furthering public awareness, understanding, and actions to address mental health needs across communities. We offer counselling for individuals, couples, groups and families. Modern sex therapy and gender identity, and LGBTQ+ support is our primary area of expertise, provided by qualified psychologists and certified AASECT therapists. Transformations, Insight's Gender Transition Program, offers initial assessment and consultation, medical referrals, and ongoing support to individuals who may be experiencing gender identity issues - including any degree of transgender expression, and/or considering SRS (sex reassignment surgery). The program also includes counselling and therapy.

Address: Edmonton south (2532 Ellwood Drive SW), Edmonton North (15379 Castledowns Road). We also have offices in Spruce Grove, Red Deer and Alberta.

Phone: 780-461-1717 (south) 780-478-2582 (north)

Email: directors@insightpsychological.ca

Website: www.insightpsychological.ca

ISMSS (INSTITUTE FOR SEXUAL MINORITY STUDIES AND SERVICES)

Provincial GSA Conference

An educational conference for students and teachers in Alberta who have a GSA/QSA or are interested in starting one in their school. The conference aims to connect, educate, and inspire students and educators to contribute to inclusive, respectful, and safer environments within K-12 schools. The conference alternates each year between Edmonton and Calgary, and is normally held in the third week of November as part of the Province's Bullying Prevention Awareness Week.

HEALTH & SUPPORTS

Edmonton GSA Roundtable

A monthly meeting hosted by iSMSS for students and teachers (K-12) who have a GSA/QSA or who are interested in starting one. The meetings involve various arts-based activities, tips for sustaining GSA's, presentations from community groups, resource-sharing, and group discussions regarding how to plan events and run meetings.

Free pizza and snacks included!

Time: 4:30pm-6:00pm

Date: 3rd Wednesday of every month of the school year (Sep-June)

Location: Pride Centre of Edmonton

Facebook group: www.facebook.com/GSAroundtableYEG/

Phone: 780-492-0766 (Provincial GSA Coordinator)

Website: www.ismss.ualberta.ca or www.albertaGSAnetwork.ca

KIDS HELP PHONE

Anonymous, confidential and on-judgmental phone/web counselling available 24/7. For ages 20 and under. They also have a free smart phone app called "Always There."

Phone: 1-800-668-6868 (Toll Free)

Website: www.kidshelpphone.ca

HEALTH & SUPPORTS

THE LANDING SOCIETY FOR GENDER AND SEXUAL DIVERSITY

A service at the University of Alberta offering support for gender and sexual diversity, striving to promote gender equity on a broad scale, and advocating for the safety and acceptance of individuals of all genders and sexualities in campus life.

Services include weekly drop-in hours open from September through April (Mondays to Thursdays, 10 am to 4 pm), a resource/referral library and a variety of scheduled peer support programs. All services are free of charge and open to the public unless otherwise specified.

Address: 0-68A Lower Level, Students' Union Building, University of Alberta

Phone: 780-492-4949

Email: thelanding@su.ualberta.ca

Website: www.thelandingualberta.ca

THE OLD STRATHCONA YOUTH SOCIETY

The Old Strathcona Youth Society is a street level, non-profit agency dedicated to providing flexible resources and creating a supportive environment to foster youth empowerment and development. We work with all youth aged 14 – 24.

Address: 10325 83 Avenue Edmonton, AB

Phone: 780-496-5947

Email: edirector@osys.ca

Website: www.osys.ca

Facebook: <https://www.facebook.com/groups/127927870130/>

Twitter: [@Oldstrathconayo](https://twitter.com/Oldstrathconayo)

Instagram: [osysedmonton](https://www.instagram.com/osysedmonton)

HEALTH & SUPPORTS

OUTLOUD FOUNDATION FOR LGBTQ COMMUNITY SUPPORT AND SERVICES

A community group for LGBTQ or questioning youth aged 13 - 24 in St. Albert and area that meets on the first and third Tuesday of each month. We look to support our youth and connect them to each other and to those who support them in and around this community. Our group meetings are 2 hours long, with interactive games, activities, and team building skills to promote relationships and build self-esteem. No cost to the youth.

Address: #100, 43 St. Thomas St

Phone: 780-990-6518

Email: outloud@outloudstalbert.ca

Website: www.outloudstalbert.ca

PFLAG CANADA

Our PFLAG meetings offer peer-to-peer support for all people in the LGBTQ2s+ community. We support, educate and provide resources to anyone with questions or concerns about their gender identity or sexual orientation. We also provide resources and support for allies, families and loved ones.

Pflag Edmonton Chapter
Last Wednesday of every month at
7003 199 St NW, Edmonton
6:30-8:30pm
16 years of age and up

Pflag Edmonton Chapter
2nd Saturday of every month at
The Pride Centre of Edmonton
2:30-4:30pm
16 years of age and up

Phone: 1-888-530-6777 Ext 581 (Toll Free)

Email: edmontonab@pflagcanada.ca

Website: www.pflagcanada.ca

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PFLAG ST. ALBERT

Meets on the second Tuesday of the month at Bellerose School.

Address: #100, 43 St. Thomas St

Phone: 780-990-6518

PRIDE CENTRE OF EDMONTON

The Pride Centre offers a drop-in centre, information/resources, programming, an LGBTQ library, free counselling, internet access, outreach programs, and youth programs.

Address: 10618 105 Ave

Phone: 780-488-3234

Email: youth@pridecentreofedmonton.ca

Website: www.pridecentreofedmonton.ca

SEXUAL ASSAULT CENTRE OF EDMONTON

Provides no fee counselling and supports individuals of all ages and genders who have been impacted by sexual violence. The Sexual Assault Centre also has a 24hr crisis line for people who have been impacted by sexual violence.

24 Hour Crisis Line: 780-423-4121

Phone: 780-423-4102

Email: info@sace.ca

Website: www.sace.ca

HEALTH & SUPPORTS

SEXUALLY TRANSMITTED INFECTIONS (STI) CLINIC

Provides free and confidential testing and treatment for STIs, HIV, and blood borne pathogens. Available to all ages 14 years and over. Alberta Health Care Insurance is not required. For testing, this service operates on a walk-in basis ONLY. Appointments are NOT booked for routine testing.

Address: Room 3B20, 11111 Jasper Ave

Phone: 780-342-2300

24 Hour STI/HIV Information Line: 1-800-772-2437 (Toll Free)

SHADES OF COLOUR

Shades of Colour Community is an initiative that exists to create a safe space for Queer and Trans People of Colour in Edmonton. This space is run and facilitated by Rohan and Luce for QTIBPOCs (queer and trans, Indigenous, black, and people of color) and we ask that they stay prioritized. We are qtibpocs making spaces for other qtibpocs to belong and welcome folks who need this safe space to join us. We hope that this can address how folks can feel like a stranger to both spaces, so we're carving out a new, intersectional space.

We strive to provide ongoing support for individuals who are struggling with their identities, and facilitate open and honest discussions. Through arts, writing, music and story sharing, and interactive workshops, we hope to deconstruct these boundaries, and hold space for each other as we heal, grow and learn.

We host meet-ups every two weeks at various locations and cafes around the city. We post our events on Facebook or Instagram.

HEALTH & SUPPORTS

Email: shadesofcolouryeg@gmail.com

Website: <https://www.facebook.com/shadesofcolour.yeg/>

Instagram: @shadesofcolouryeg

SPRUCE GROVE GSA

The Spruce Grove GSA is a Community GSA that is committed to ensuring youth have a safe(r) and inclusive environment where LGBTQ2S folk and Allies feel included, protected, and respected. Our purpose is to bring together youth of various ages, gender, religion, ethnicity, schools, and towns, to enrich our growth in society. As well as to bring together awareness within our community of LGBTQ2S minorities. We provide anonymous support, referrals and resources so youth can make informed decisions.

* Youth centred * Confidentiality * Anti-racism * Harm reduction * Growth and learning * Collaboration.

Email: sprucegrovegsa@gmail.com

Website: sprucegrovegsasociety.org

HEALTH & SUPPORTS

YOUTH EMPOWERMENT AND SUPPORT SERVICES (YESS)

YESS provides residential services along with supports, resources, and referrals to youth from difficult realities. Youth between the ages of 15 to 21 are able to build a life and employable skills, access cultural and outreach services, and build safe and healthy relationships so they can advocate for themselves and move toward independence.

Address: 9310 82 Ave

Phone: 780-468-7070

Email: reception@yess.org

Website: www.yess.org

YOUTHSPACE.CA

Youthspace.ca is an online support network for youth (up to 30 years old). They offer emotional support and crisis intervention via Chat, Text, Email Counselling, and a Forum. The site is a non-judgmental space where you can voice your thoughts and get free, confidential support from a compassionate volunteer.

Website: www.youthspace.ca

TRANSGENDER SUPPORTS

ALBERTATRANS.ORG

Provides information and resources for transgender individuals.

Email: dentedbluemercedes@gmail.com

Website: www.albertatrans.org

PFLAG CANADA

“Family For All” is Pflag Canada’s slogan, and that’s just what we are. Whether you are transgender, cis-gender, gay or questioning. We are here to help. We support and have advice for all. As many of us that attend and run this group fall under the rainbow. We have lived experience and knowledge of the steps needed to take you to where you love yourself and feel like you are the real you.

Pflag Edmonton Chapter
Last Wednesday of every month at
7003 199 St NW, Edmonton
6:30-8:30pm
16 years of age and up

Pflag Edmonton Chapter
2nd Saturday of every month at
The Pride Centre of Edmonton
2:30-4:30pm
16 years of age and up

Phone: 1-888-530-6777 Ext 581 (Toll Free)

Email: edmontonab@pflagcanada.ca

Website: www.pflagcanada.ca

TRANSGENDER SUPPORTS

TRANS EQUALITY SOCIETY OF ALBERTA (TESA)

TESA's mission is to be a witness to and a voice for matters concerning trans-identified Albertans. TESA advocates for equal rights for all Albertans; promoting, understanding, and inclusion through presentations, media interviews; and other activities.

Email: info@tesaonline.org

Website: www.tesaonline.org

Twitter: [@TESAonlineorg](https://twitter.com/TESAonlineorg)

TRANS YOUTH FAMILY ALLIES, INC.

A website that provides support and education for transgender individuals and their families.

Phone: 1-888-462-8932 (Toll Free)

Email: info@imatyfa.org

Website: www.imatyfa.org/youth.html

TTIQ (TRANSGENDER, TRANSSEXUAL, INTERSEX, OR ARE QUESTIONING)

TTIQ is a peer gender support group that meets at the Pride Centre of Edmonton. It's open to anyone on the gender-variant spectrum, along with their friends, families, and allies. TTIQ has a meeting time for youth immediately before the main meeting.

Phone: 780-488-3234 (Pride Centre of Edmonton)

Email: ttiqedmonton@gmail.com

Website: <https://www.facebook.com/groups/214532111906160/>

EVENTS & ACTIVITIES

CAMP FYREFLY

A sexual and gender minority (LGBTQ) youth leadership retreat held each summer in Edmonton, Calgary, Saskatchewan, and Ontario. The camp helps youth develop the leadership skills and personal resiliency necessary for them to become agents for positive change in their schools, families, and communities. Camp fYrefly provides free in-school activity-based workshops.

Email: fYrefly@ualberta.ca

Website: www.fYrefly.ualberta.ca

DRAGGING YOUTH SERIES

The Dragging Youth Series has partnered with the Unitarian Church in order to provide a safe, welcoming space for all no matter what their gender, age or race. The idea is that all youth will have a safe space to find themselves or help with the journey of finding themselves through the art of drag and all forms of drag are embraced and encouraged, as well as celebrated. The idea or concept is to encourage all to find themselves or express themselves as youth are the future. The future church maintenance team, community leaders, you name it, so we believe it is important to support them and give them a place to help find themselves in a safe and welcoming manner.

Email: fYrefly@ualberta.ca

Phone: 780-217-6487

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

EVENTS & ACTIVITIES

EDMONTON PRIDE FESTIVAL

The ten-day Edmonton Pride Festival celebrates the unity and diversity of the lesbian, gay, bisexual, trans-identified and queer community (LGBTQ) and its allies. Festival events typically include art, theatre, parties, family events, and the annual Pride Parade through Old Strathcona.

Email: info@edmontonpride.ca Website: www.edmontonpride.ca

IHUMAN YOUTH SOCIETY

iHuman Youth Society engages youth 12 - 24 years old to explore their artistic talents in a safe environment. Youth will need to register as members in the society. Registration is free.

Address: 9635 102A Ave Phone: 780-421-8811

IMPERIAL SOVEREIGN COURT OF THE WILD ROSE

Non-profit association that offers a John M. Kerr Memorial Scholarship for LGBTQ youth entering post-secondary studies. For information on the scholarship, please email ISCWR.

Email: communications@iscwr.ca Website: www.iscwr.ca

QUEER PROM

Queer Prom is a free event organized by a group of committed volunteers associated with the Pride Centre of Edmonton for LGBTQ

EVENTS & ACTIVITIES

youth and their close allies. Queer Prom is an opportunity to engage in a night of dancing and fun-filled activities with friends and/or family that may not have been otherwise provided for youth in high schools or may not be available to them now (e.g. prom/dance/formals).

Website: <https://pridecentreofedmonton.ca/special-events/queer-youth-prom/>

Email: info@edmontonpride.ca

RAINBOW CONNECTION

Rainbow Connection is a collection of teens and young adults who are creating safe space for all young humans needing connection, community, or a place to hang out in Edmonton. We host monthly art nights, movie nights, yoga nights, community service opportunities, chat nights, and our popular All Ages Dance Party that are alcohol and drug free events.

Website: www.ssucedmonton.com/rainbow-connection

Facebook: [Rainbow Connection Edmonton](#)

TEAM EDMONTON

A non-profit organization that promotes local LGBTQS+ inclusive sports and recreational opportunities year round. Some of the activities include running, volleyball, dragon boat, badminton, yoga, swimming, board games, choir and many more. Please visit the Team Edmonton website and Facebook group for the latest event information.

Email: president@teamedmonton.ca

Website: www.teamedmonton.ca

AFFIRMING CHURCHES/CONGREGATIONS

ALL SAINTS' ANGLICAN CATHEDRAL

People from all walks of life are welcomed to workshop at All Saints'. We believe in being a part of the community and lifting everyone up in Christ's love.

Address: 10035 103 St, Edmonton, AB T5J 0X5

Phone: 780-428-6323

Website: allsaintscathedral.com

Email: admin@allsaintscathedral.com

Facebook: [All Saints' Anglican Cathedral](#)

MCDOUGALL UNITED CHURCH

Affirming congregation welcomes people of all sexual orientations. Sunday services at 10:30am. Affirm group meets monthly with activities and support to LGBTQ folk. All are welcome.

Address: 10025 101 St

Phone: 780-428-1818

Email: info@mcdougallunited.com

Website: www.mcdougallunited.com

SOUTHMINSTER-STEINHAUER UNITED CHURCH

Southminster-Steinhauer United Church is a spiritual community where people seek to be about having a safe place to BELONG, not worrying about what to BELIEVE. This is a community where people of all ages, sexual orientations and gender identities are welcome and affirmed and where the spiritual journey of each person is nurtured and supported. We gather Sundays at 10am and offer an Affirm Lunch on the second Sunday of each month for the LGBTQ community and their allies.

AFFIRMING CHURCHES/CONGREGATIONS

Address: 10740 19 Ave

Phone: 780-435-2028

Website: www.smsuc.com

ST. ALBERT UNITED CHURCH

St. Albert United Church is an affirming ministry within the United Church of Canada. Our mission, as followers of Jesus, is to cultivate spaces where everyone has room to grow and we can share God's hope for the Earth. We affirm all are welcome to share fully in our life and work regardless of age, race, gender, gender expression, sexual orientation, belief, economic circumstance, ability or background.

Address: 20 Green Grove Drive, St. Albert

Phone: 780-458-8355

Email: office@stalbertunited.ca

Website: www.stalbertunited.ca

ST. PAUL'S UNITED CHURCH

We are proud partners in pursuing justice and understanding for the LGBTQ+ community. We are a vibrant church with many opportunities for nurture and to get involved. We have regular gatherings that welcome LGBTQ+ youth and families, as well as Sunday worships. St. Paul's United Church sponsors Faith Lift Campus Ministry, a safe place for LGBTQ+ staff and students at the University of Alberta (office located at SUB 242). Sunday workshop is at 10:00 am.

Address: 11526 76 Ave

Phone: 780-436-1555

Website: www.stpaulsunited.org

AFFIRMING CHURCHES/CONGREGATIONS

UNITARIAN CHURCH OF EDMONTON

The Unitarian Church of Edmonton is a community comprised of all orientations and gender identities. We have long been allies of the LGBTQ community, providing meeting space for some of Edmonton's first gay dances back in the 1970s, and providing Services of Union for couples until same sex marriage became legal. We are a liberal religious community that honours freedom of belief and holds as our first principle, "affirming the worth and dignity of every person."

Address: 10804 119 St

Phone: 780-454-8073

Email: chadmin@uce.ca

Website: www.uce.ca

WESTWOOD UNITARIAN CONGREGATION

A liberal religious community, welcoming all: inclusive of sexual & gender diversity, heritage, age, ability, income. Westwood is a compassionate community of free religious thought, inviting all people to rest, grow, and serve the world.

Address: 11135 65 Ave

Phone: 780-434-5819

Email: info@westwoodunitarian.ca

Website: www.westwoodunitarian.ca

ONLINE MEDIA

AUTOSTRADDLE

Online magazine for LGBTQ women. **Please be advised that some content may be intended for mature youth.**

Email: info@autostraddle.com

Website: www.autostraddle.com

EGALE

Canada's only national charity promoting lesbian, gay, bisexual, and trans (LGBT) human rights through research, education and community engagement. Egale Canada is our national LGBT human rights organization: advancing equality, diversity, education, and justice.

Website: www.egale.ca

Phone: 1-888-204-7777

EVERYONE IS GAY

Everyone Is Gay works to improve the lives of Lesbian, Gay, Bisexual, Transgender, Questioning/Queer, Intersex, and Asexual (LGBTQIA) youth using a three-pronged approach: providing honest advice to these youth while keeping them laughing, talking to students across the country in an effort to create caring, compassionate school environments; and working with parents of LGBTQ kids to help foster an ongoing dialogue and deeper understanding.

Founders Kristin Russo and Dannielle Owens-Reid also launched My Kid Is Gay, a first-of-its-kind digital presence for parents & loved ones of LGBTQIA youth, and co-authored This is a Book for Parents of Gay Kids (Chronicle, 2014).

ONLINE MEDIA

Email: info@everyoneisgay.com

Website: www.everyoneisgay.com

VPNMENTOR LGBTQ+ ONLINE SAFETY GUIDE

vpnMentor is the leading online security and privacy site. Their research and guides help keep people across the world safe online.

Website: <https://www.vpnmentor.com/blog/lgbtq-guide-online-safety/>

WE ARE THE YOUTH

A place to share your story and read about the journeys of other LGTBQ individuals.

Website: www.wearetheyouth.org

TERMINOLOGY

REFERENCE

Reference: Abramovich, A. (2014). Young, Queer and Trans, Homeless, and Besieged: A Critical Action Research Study of How Policy and Culture Create Oppressive Conditions for LGBTQ Youth in Toronto's Shelter System (Doctoral Dissertation). University of Toronto.

Cisgender – When a person's gender identity matches their body and sex assigned at birth

Coming Out – The process of coming to terms with one's sexual orientation and/or gender identity and disclosing it to others. Others typically assume heterosexuality and fixed gender states that fit into the binary of F and M, therefore, coming-out is an ongoing process.

FTM – A person, who was assigned the female sex at birth, but identifies as male. Also, trans man or transman. FTM is the acronym for Female-to-Male.

Gender identity – A person's deep internal feeling of whether they identify as being female, male, something in between, genderqueer, or something other.

Gender-normative – Refers to when people conform to what is considered culturally appropriate feminine and masculine behavior.

Heteronormative – The belief that heterosexuality is the 'normal' sexual orientation. Also refers to the belief that female and male gender roles are fixed.

Homophobia – Feelings of rage, hate, and disapproval of homosexuality. Homophobia can be manifested in numerous ways, such as verbally, emotionally, and through physical attacks.

TERMINOLOGY

LGBTQ – Acronym for lesbian, gay, bisexual, transgender, transsexual, and queer, questioning.

MTF – A person, who was assigned the male sex at birth, but identifies as female. Also, trans woman or transwoman. MTF is the acronym for Male-to-Female.

Pansexual – When a person is sexually, romantically, and emotionally attracted to people of all gender identities and sexes.

Queer – An umbrella term for LGBTQ. Also a term of self-identification for people who do not identify with binary terms that describe sexual and gender identities.

Sexual identity – How a person identifies whom they are sexually and romantically attracted to (e.g. lesbian, gay, bisexual, heterosexual, etc.)

Transgender – An umbrella term used to describe people whose gender identity does not match with the sex they were assigned at birth. This term can encompass those who identify as transsexual, genderqueer, cross-dresser, and whose gender identities challenge gender norms.

Transphobia – Feelings of rage, hate, and disapproval towards transgender people or people who are gender-nonconforming. Transphobia can be manifested in numerous ways, such as verbally, emotionally, and through physical attacks.

Two-Spirit – This term is culturally specific to the North American Aboriginal community and refers to queer Aboriginal people who identify as both a male and female spirit. This term is not exclusive to gender identity, and can also refer to sexual orientation.

*Please visit therainbowpages.ca for more terminology.

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