



THE RAINBOW PAGES

YOUTH RESOURCE GUIDE

therainbowpages.ca

THE FAMILY CENTRE | EDMONTON | EDITION NO. 7

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 many supports and resources available in our city to help you.

This resource guide, The Rainbow Pages, was developed by The Family Centre to provide Two-Spirit, Lesbian, Gay, Bisexual, Transgender, Queer, Intersex, Asexual+ (2SLGBTQIA+)* youth and the youth-serving community a consolidated directory 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 2SLGBTQIA+ has been used to represent the acronym LGBTQQIA meaning Lesbian Gay Bisexual Transgendered Two-Spirited Queer Questioning Intersexed Asexual.

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SUPPORTS

BOYS & GIRLS CLUBS BIG BROTHERS BIG SISTERS OF EDMONTON & AREA (BGCBIGS)

BGCBIGS offers mentorship programs for children and youth. One of our mentoring streams is our PRISM (Pride, Respect, Identity, Safety, Mentoring) program where 2SLGBTQ+ volunteers are paired with 2SLGBTQ+ young people for a 1-1 mentoring relationship. Through regular outings together in the community, the match will foster a supportive, empowering and fun friendship!

Address: 10135-89 Street NW Edmonton, AB

Phone: 780-424-8181

Email: communications@bgcbigs.ca

Website: www.bgcbigs.ca

Instagram: @bgcbigs | **Facebook:** @BGCBigs | **X:** @BGCBigs

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

CHEW PROJECT YEG

The CHEW Project's vision is to provide frontline support, opportunities for health and wellness, and to foster a sense of hope for 2SLGBTQIA+ youth and emerging adults who face barriers related to mental health,

oppression, substance use, houselessness, sexual health, sexual exploitation/work, and more.

Address: 7103 105 Street NW Edmonton, AB

Email: chewproj@ualberta.ca

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

Instagram: @chewprojectyeg | **Facebook:** @CHEW Project YEG

DROP-IN SINGLE SESSION COUNSELLING

Free single-session counselling is here for you when you are ready. Our intern mental health therapists focus on your strengths to help you create a plan for the change you want in your life. Available online or in person at multiple locations across Edmonton.

Email: info@familycentre.org

Website: www.dropinyeg.ca

Phone: 211

EDMONTON PUBLIC SCHOOLS (EPSB)

EPSB is proud of its work to support our sexual and gender diverse students, staff, and community members through our policies, regulations, and ongoing opportunities for meaningful engagement. This support includes guidance in supporting Gender and Sexuality Alliances (GSAs), a Safe Contact program in every EPSB school; presentations to staff and parent councils; participation in events such as Pink Shirt Day, EPSB Pride Week, and the Provincial GSA Conference; connections to complementary agencies and outside networks; one-on-one consultations for emergent situations; and more. Students can access EPSB's resources by contacting your school's Safe Contact or GSA Advisors, or your school guidance counsellors.

Address: 1 Kingsway, Edmonton, AB
Phone: 780-429-8000
Contact: Amanda Barrett, Diversity Consultant
(amanda.barrett@epsb.ca) or Rin Lawrence, Diversity Consultant
(rin.lawrence@epsb.ca)
Website: www.epsb.ca
Social Media: @epsbnews

EDMONTON 2 SPIRIT SOCIETY

To re-establish and enhance our traditional roles and responsibilities as 2 Spirit people in Indigenous communities while creating supportive environments within all societies for contemporary Two Spirit peoples.

Address: #106-6770 129 Ave NW, Edmonton AB T5C 1V7
Phone: 587-689-7042
Email: hello@edmonton2s.com
Website: <https://www.e2s.ca>
Instagram: @2es.ca | **Facebook:** @2es.ca

FYREFLY IN SCHOOLS

A Flyrefly Institute educational initiative developed to help reduce discrimination against 2SLGBTQ+ 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.

Phone: 780-492-0772
Email: flyreflys@ualberta.ca
Website: <https://www.ualberta.ca/flyrefly-institute/programs-and-services/flyrefly-in-schools.html>
Instagram: @fyrefly.institute | **Facebook:** @fyrefly.institute
X: @fyrefly_ua

FYREFLY INSTITUTE FOR GENDER AND SEXUAL DIVERSITY

The Fyrefly Institute for Gender and Sexual Diversity is a non-profit organization and research institute housed in the Faculty of Education at the University of Alberta. The Fyrefly Institute works to create a society where all queer and trans people are free of discrimination.

Our programs focus on community outreach, creating affirming spaces, and educational advancement specifically for the 2SLGBTQ+ community through our educational programs, research, advocacy and scholarship opportunities. Our programming includes Fyrefly in Schools, Where the Rivers Meet, the Alberta GSA Conference, CHEW Project YEG, the Family Resilience Project, and Camp fYrefly.

Address: 5-181 Education North

11210-87 Ave NW, Edmonton, AB T6G 2G5

Phone: 780-492-0772

Email: fyrefly@ualberta.ca

Website: <http://uab.ca/fyrefly>

Instagram: @fyrefly.insitute | **Facebook:** @fyrefly.institute

X: @fyrefly_ua

IMPERIAL SOVEREIGN COURT OF THE WILD ROSE

The Imperial Sovereign Court of the Wild Rose Social Association is a registered non-profit society incorporated in the Province of Alberta under The Societies Act of Alberta.

The society's mission is to raise funds, through activities by the Imperial Sovereign Court of the Wild Rose, for charities and other organizations which either provides direct services to the LGBTQ2S+ community of Edmonton or which work to promote an accepting attitude towards the LGBTQ2S+ community as a whole. The ISCWR continues to build bridges to the community at large through ongoing partnerships.

Email: communications@iscwr.ca

Website: www.iscwr.ca

INSIGHT PSYCHOLOGICAL INC.

Insight Psychological is a multi-award winning psychological care provider. We are a leading provider of high-quality multi-specialty assessment and counselling services, and have been supporting individuals, families, groups as well as organizations in various sectors since 1997. Our diverse team of over 50 therapists and workplace wellness specialists provide online as well as in-person services across multiple locations in Edmonton, Calgary, and Sherwood Park.

Address: 2532 Ellwood Dr. SW Edmonton, AB T6X 0A9

Phone: 780-461-1717

Email: directors@insightpsychological.ca

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

Instagram: @InsightPsychologicalInc | **Facebook:** @InsightPsychologicalInc

X: @edmpsychoanalyst | **TikTok:** @InsightPsych

LinkedIn: @InsightPsychologicalInc

KATHERINE RING COACHING - THE ENNEAACTIVIST

Katherine Ring Coaching combines 19+ years of Enneagram experience with a deep passion for helping people develop healthier relationships of all types--personal, interpersonal, within community, etc. Our practice is embedded in diversity, equity, and justice values, and sees the Enneagram as a powerful tool for unlearning unconscious biases and limiting beliefs towards yourself and others. Virtual services include one-on-one life coaching, relationship coaching sessions, group coaching courses, Enneagram workshops, tarot readings guided meditations, and plant medicine integration sessions. Areas of focus are: The Enneagram, intimate relationship support, gender and sexuality, burnout management, polyam/polysexuality, nonreligious spirituality, plant medicine integration.

Phone: 780-903-2426

Email: Katherinercoaching@gmail.com

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

Social Media: @theenneaactivist | @katherinercoaching

KIDS HELPS 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

OLD STRATHCONA YOUTH SOCIETY

The Old Strathcona Youth Society is a non-judgmental, low-barrier drop-in center committed to protecting the safety, self-worth, and dignity of vulnerable and unhoused youth. OSYS assists youth by providing basic needs items and access to various essential services such as housing, employment, and legal aid.

Address: 10325 83 ave Edmonton AB

Phone: 780-496-5947

Email: coordinator@osys.ca

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

Instagram: @osysedmonton

OUTLOUD FOUNDATION

Outloud Juniors is a place for kids 12 and under to meet with others their age to build friendships, have conversations, ask questions, and receive support from Outloud Staff. During group, the Juniors play games, do crafts, read books, and socialize.

Outloud Youth runs on the first and third Tuesday of the month at the Outloud space. The meetings are from 7-9 pm and are a chance for teens 13-18 to hangout with their peers, build friendships, and receive support from staff. A typical meeting starts with introductions, including everyone's preferred name and pronouns.

For more programs, see our website.

Address: 10A Carnegie Drive St. Albert AB

Phone: 587-936-9620

Email: outloud@outloudstalbert.ca

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

Instagram: @outloudstalbert | **Facebook:** Outloud St. Albert

PFLAG ST. ALBERT

PFLAG St. Albert is our local chapter of PFLAG Canada, and runs the second Tuesday of each month from 7-9pm at the Outloud space.

Address: 10A Carnegie Drive St. Albert AB

Phone: 587-936-9620

Email: bekah@outloudstalbert.ca

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

Instagram: @outloudstalbert | **Facebook:** Outloud St. Albert

PRIDE CENTRE OF EDMONTON

The Pride Centre of Edmonton provides a non-judgmental, welcoming space where people of all attractions, identities, and expressions can be themselves, find support, meet new people, and be part of a caring community. The Centre offers resources, volunteer opportunities, counselling, and sensitive and expert information and referrals for those seeking help. The Centre also organizes programs to help improve the social, mental, and physical health of the 2SLGBTQIA+ community.

Youth Programming Monday to Thursday - see website for more details.

Address: #201-10619-105 Ave, Edmonton, AB, T5H 0L2

Phone: 780-488-3234

Email: hello@pridecentreofedmonton.ca

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

QUEER SPIRIT COUNSELLING & THERAPY SERVICES

Compassionate and fully inclusive counselling. Queer therapist. Specializing in the integration of queerness and spirituality. Virtual and in-person sessions available. Visit our website for more details and/or to book an appointment.

Address: 303-9131 99 St NW, Edmonton, AB T6E 3V9

Phone: 587-205-7311

Email: admin@queerspirit.ca

Website: <https://queerspirit.ca>

SEXUAL ASSAULT CENTRE OF EDMONTON (SACE)

SACE is a not-for-profit charitable organization that supports children, youth, and adults who have experienced sexual abuse or assault, and educates the public about sexual violence.

There is also the SACE Support and Information Line available for anyone who has experienced sexual assault or abuse, as well as to those who are supporting anyone impacted by it. The Line is available daily from 9 a.m. to 9 p.m. at 780.423.4121 or visit [sace.ca](https://www.sace.ca) to chat with a volunteer trained in supportive listening.

Address: 300-10339 124 St NW

Phone: 780-423-4102

Email: info@sace.ca

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

Instagram: @SaceTalks | **Facebook:** @SaceTalks | **X:** @SaceTalks

THE FAMILY CENTRE

The Family Centre supports families and individuals of all ages, sexual orientations, gender identities, and cultures. Our services include classes, 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: 587-410-5757

Email: info@familycentre.org

Website: www.familycentre.org

Instagram: @thefamilycentre.na | **Facebook:** @tfc nab

TEAM EDMONTON

Team Edmonton supports 2SLGBTQIA+ friendly sports and recreation in Edmonton by helping to grow and increase participation in inclusive, accessible activities in and around #yeg. These activities are offered through community based sports and recreation groups that are providing a diverse selection of activities for 2SLGBTQIA+ adults and allies, including individual/group fitness (e.g. yoga), individual/team sports (e.g. hockey, swimming) and social/hobby events (e.g. choir, board games). We also work to cultivate a community of 2SLGBTQIA+ adults connected through sport, fitness and fun.

Through these efforts, we hope to foster positive sporting and social environments that are truly inclusive, creating a more inclusive city overall and enriching the lives of 2SLGBTQIA+ adults in Edmonton.

Team Edmonton is a 100% volunteer-run community-based non-profit.

Address: PO BOX 2041, Edmonton Stn Main, Edmonton AB T5J 2P4
Phone: 587-710-8085
Email: Info@teamedmonton.ca
Website: <http://teamedmonton.ca>
Instagram: @teamedmonton

TRANS YOUTH FAMILY ALLIES, INC.

TYFA empowers children and families by partnering with educators, service providers and communities, to develop supportive environments in which gender may be expressed and respected. We work to create a society free of suicide and violence in which ALL children are respected and celebrated.

Email: info@imatyfa.org
Website: www.imatyfa.org/youth.html

WHERE THE RIVERS MEET

Where the Rivers Meet is a Fyrefly in Schools educational initiative that brings culturally relevant teachings of gender and sexuality based on Indigenous ways of knowing. The program is available for organizations and schools. Teachings include traditional and contemporary perspectives on Indigenous gender and sexual diversity. We also offer some professional development for those who are looking for ways to support Two-Spirit and LGBTQ+ Indigenous youth.

Phone: 780-492-0772
Email: wtrm@ualberta.ca
Website: <https://www.ualberta.ca/fyrefly-institute/programs-and-services/where-the-rivers-meet.html>
Instagram: @fyrefly.institute | **Facebook:** @fyrefly.institute |
X: @fyrefly_ua

YWCA EDMONTON

YWCA Edmonton is a powerful voice for equity and has been leading social change and progress for women & families in the Edmonton region since 1907.

Part of an international movement, YWCA Edmonton is a trusted provider of services, programs and advocacy work that transforms lives and helps build a stronger, healthier, and equitable community for all. YWCA Edmonton is a member of YWCA Canada, the oldest and largest women's social service organization in the nation.

Offering long term, sliding scale counselling services with a focus on domestic violence, human trafficking, and supporting members of the BIPOC+ and 2SLGBTQ+ communities.

Address: 10402 124 Street NW

Phone: 780-423-9922

Email: info@ywcaedm.org

Website: <https://ywcaofedmonton.org/programs-and-services/counselling-centre/>

TRANSGENDER SUPPORTS

THE LANDING

The Landing is a support service at the University of Alberta main campus that offers support for 2SLGBTQ+ students. We strive to promote gender equity on a broad scale and advocate for the safety and acceptance of individuals of all genders and sexualities in campus life. As part of this mandate, we support 2SLGBTQ+ communities and individuals as well as their supporters, friends, family and loved ones.

Address: The Landing, 0-68A Lower Level
Students' Union Building, University of Alberta
8900 - 114 Street NW Edmonton, AB T6G 2J7

Website: <https://linktr.ee/TheLanding> | <https://su.ualberta.ca/services/thelanding>

Instagram: @TheLanding_UofA | **Facebook:** @TheLandingUAlberta

TRANS EQUALITY SOCIETY OF ALBERTA (TESA)

TESA's mission is to be a witness to and a voice for matters concerning trans Albertans. TESA was formed in the hopes that building a traditional non-profit advocacy group would open opportunities for formal engagement with authorities who otherwise overlook the unique needs of the larger trans community. TESA engages in advocacy and education in three primary areas: government, outreach, and community development.

Email: info@tesaonline.org

Website: <http://www.tesaonline.org/>

Instagram: @transalberta | **Facebook:** Trans Equality Society of Alberta | **X:** @TESAonlineorg

TRANS WELLNESS INITIATIVE

The Trans Wellness Initiative aims to improve the health and wellness of trans and gender diverse communities in Alberta by building connections, facilitating access, and fostering capacity. The website is a place for trans folks to get information and resources about health topics that matter to them – whether about gender affirming gear, sexual health, or navigating surgical pathways. It is also a place where healthcare providers can find guidance and education in providing competent care for trans and gender diverse communities.

Email: transwellnessinitiative@cbrc.net

Website: <https://transwellnessinitiative.ca>

VOICE BY KYLIE

Kylie is a Gender Affirming Voice Coach (Trans Voice Coach) who understands that voice training is as unique to each individual as voices themselves. Being far from a one size fits all system, I pride myself in being able to find creative solutions to make your vocal education as accessible and enjoyable as possible. In our sessions, your personal goals and abilities will be what guides our work so you'll always be in control. Responding to your growth and knowing how to follow your voice's lead are skills that I've honed after over a decade in education.

I offer voice feminization, voice masculinization and voice androgynization services to all those wanting to change the perceived gender of their voice

Address: Online/Virtual

Email: voicebykylie@gmail.com

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

Instagram: @voicebykylie

HEALTH

ACCESSIBLE ACUPUNTURE

Accessible Acupuncture is an inclusive and accessible acupuncture clinic that offers acupuncture for peripheral neuropathy, women's health, and chronic pain. Our Doctor of Acupuncture, Dr. Melanie Morrill Ac. is renowned for her effective and compassionate acupuncture treatments. We are located inside the Hys Centre and we welcome all members of our Edmonton and area community.

Address: 600, 11010 101st NW Edmonton, AB

Phone: 587-879-7122

Email: info@accessibleacupuncture.ca

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

Instagram: @accessibleacupuncture

AVENUE PEDIATRIC DENTISTRY

We are an inclusive pediatric dentistry clinic in downtown Edmonton. We work closely with families to build lasting relationships rooted in trust, compassion and quality care. As a proud member of the queer community, Dr. Darsi Perusini remembers the challenge of being a child who struggled with his sexual orientation. The staff at Avenue Pediatric Dentistry are all educated queer allies who embrace diversity, and who strive to offer a positive experience for all of our patients.

Address: 60 First Edmonton Place, 10665 Jasper Avenue NW
Edmonton, AB T5J 3S9

Phone: 780-428-7761

Email: info@avenuepd.ca

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

Instagram: @avenuepediatricdentistry

BRYNA ANDRESSEN COUNSELLING

Bryna (they/them) meets with people ages 14 and up, in one-to-one sessions. They welcome each client's whole self, including intersectional identities, contradictions, uncertainty, and tender feelings. They're also open to working with people who are hesitant about seeing a counsellor, or who've had difficult experiences seeking mental health support in the past. Bryna's aim is to offer counselling sessions that are a collaborative and empowering experience for 2SLGBTQ+ clients. Please see their website for more information about areas of specialization.

Bryna currently offers online sessions through secure video connection. As the pandemic restrictions shift, the option of in-person sessions in Edmonton will become available. In-person sessions will be held in a space that's mobility accessible. Video sessions are available to anyone in Canada.

Address: 10004 79th Avenue Edmonton, AB T6E 1RE

Phone: 587-207-4801

Email: hello@bandressen.ca

Website: <http://www.bandressen.ca>

FAMILY RESILIENCE PROJECT (FYREFLY INSTITUTE PROGRAM)

The Family Resilience Project, operating through the CHEW Project and Fyrefly Institute at the University of Alberta, offers free short-term counselling to sexual and gender diverse (2SLGBTQ+) children, youth, and families.

Phone: 780-492-0772

Email: families@ualberta.ca

Website: <https://www.ualberta.ca/fyrefly-institute/programs-and-services/family-resilience-project/index.html>

Instagram: @fyrefly.institute | **Facebook:** @fyrefly.institute

X: @fyrefly_ua

HIV EDMONTON

HIV Edmonton is dedicated to making life better for people living with, or affected by HIV and AIDS. We do this by focusing on the elimination of HIV transmission and AIDS-related deaths and working to erase the stigma and discrimination faced by people living with, and affected by HIV and AIDS.

Address: 9702 111 Avenue NW Edmonton, AB T5G 0B1

Phone: 780-488-5742

Email: contact@hivedmonton.com

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

Social Media: @hivedmonton

NEST INTEGRATIVE WELLNESS

A multidisciplinary health and wellness clinic in the heart of Edmonton, we offer massage therapy, acupuncture, therapy, fitness, yoga, nutrition, and workshops and education for families.

Address: 10608 124 Street NW

Phone: 780-760-6378

Email: info@nestinwellness.com

Website: <https://nestinwellness.com>

Social Media: @nestinwellness

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)

THE JOSH BROWN WELLNESS RESOURCE CENTRE (IN THE PRIDE CENTRE OF EDMONTON)

The Josh Brown Wellness Resource Centre is housed in the Pride Centre of Edmonton. The Centre is a touchpoint for wellbeing through a consistent system of support for 2SLGTBQ+ individuals, through education, safe and affirming resource referrals, crisis intervention and mental health support. The highly skilled staff are experts in resource navigation throughout the Greater Edmonton Area, and operate from harm reduction and trauma informed approaches.

Referrals:

- Self-refer
- Referral from Pride Centre Staff
- Referral from external organizations

Address: #201, 10618-105 Ave, Edmonton, AB, T5H 0L2

Phone: 587-205-9574

Email: wellness@pridecentreofedmonton.ca

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

Instagram: @yegpridecentre | **Facebook:** Pride Centre of Edmonton

THRIVE TEEN THERAPY

Thrive Teen Therapy is a diverse, LGBTQ2S+ affirming youth mental health practice located on Treaty 6 Territory, traditional lands of First Nations and Métis people. Thrive is located in Edmonton and Sherwood Park, Alberta with two friendly mental health clinics serving teens and young adults in a variety of areas. Thrive also supports parents and families through parenting and family counselling sessions and workshops.

Address: THRIVE TEEN THERAPY ALBERTA

2 Locations:

- 2016 Sherwood Dr Suite, #34, Sherwood Park, AB T8A 3X3
- 8711 50 Ave NW Unit 201, Edmonton, AB T6E 5H4

Phone: 587-480-7359

Email: clientservices@thriveteens.ca

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

Instagram: @thriveteenththerapy | **TikTok:** @thriveteenththerapy

EVENTS & ACTIVITIES

ALBERTA GAY STRAIGHT ALLIANCE (GSA) CONFERENCE

The Alberta Gender Identity and Sexual Orientation Students Alliance (GSA) Network provides support to students & teachers to start, strengthen, and sustain GSA clubs (also known as gay-straight alliances, gender & sexual orientation alliances, queer-straight alliances, pride clubs, rainbow alliances, and many other names) in Alberta's K-12 schools.

Every year, we hold the AB GSA Conference which provides educational workshops and presentations on 2SLGBTQ+ topics to students and teachers. It provides students with vital resources, resiliency skills, and access to safer spaces. In the past, we have also had GSA roundtables.

Phone: 780-492-0772

Email: fyreflys@ualberta.ca

Website: <https://www.ualberta.ca/fyrefly-institute/programs-and-services/alberta-gsa-network.html>

Instagram: @ab_gsa_conference

CAMP FYREFLY (A FYREFLY INSTITUTE PROGRAM)

Camp fYrefly is a fun, educational, social, and personal leadership retreat for Two Spirit, lesbian, gay, bisexual, transgender, queer, and more (2SLGBTQ+) youth. Camp is an opportunity to build and nurture leadership skills and personal resiliency in an effort to help youth learn how to make significant contributions to their own lives and to their schools, home/group-home environments, and communities. Camp is designed to help motivate participants to become leaders in their own communities, thereby passing on their leadership skills to the youth that come after them.

Phone: 780-492-0772

Email: campfyre@ualberta.ca

Website: <https://www.ualberta.ca/camp-fyrefly/index.html>

Instagram: @fyrefly.institute | **Facebook:** @fyrefly.institute

X: @fyrefly_ua

CREATING HOPE SOCIETY

We create hope for positive change, mend hearts, and contribute to reconciliation through healing the impacts of intergenerational trauma and reconnecting with culture and community. A safe, just, and inclusive society for all Indigenous Peoples. We offer many types of programming for all walks of life. Currently working on gender based violence in the 2SLGBTQI+ community research project intervention incorporating land-based activities for Indigenous participants wanting to connect to their culture or culture teachings.

Address: #4, 10865 96 St. NW, Edmonton, AB T5H 2K2

Phone: 780-477-7961

Email: info@creatinghopesociety.ca

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

Instagram: @creatinghopesociety | **Facebook:** @creatinghopesociety

DRAGGING YOUTH SHOWS

Dragging Youth (est 2016) is a 100% volunteer organization. Family Friendly all age drag shows, plus more support throughout the month. A place for young and old to perform, relax, enjoy, find mentorship, and friends in a 2SLGBTQIA+ safe environment, while we raise funds for great causes.

Monthly Shows at Unitarian Church of Edmonton (UCE). UCE has no stairs going into the building or to public areas. Button operated front door. Ramp for performers to get on stage. Accessible, gender neutral washrooms. Quiet room where shows can be viewed with decreased stimulus. Free app for those hard of hearing.

Address: 10804-119 street NW Edmonton
Phone: 587-920-8791
Email: DraggingYouthShows@gmail.com
Website: <https://draggingyouth.myshopify.com>
Instagram: @dragging_youth | **Facebook:** @draggingyouthsociety
TikTok: @draggingyouthshows

EMBERWOOD

Emberwood connects you to nature and your inner knowing. Contemplative, slow nature - for everyone. From backcountry adventures to eco-therapy retreats in cabins, we find nature everywhere because you are nature too. All seasons.

Emberwood hosts occasional events right in Edmonton, AB, but look for their flagship programs - overnight retreats at Narrow Lake Conservation Centre, AB. Reconnect to yourself and connect to nature. Increase your ability to notice the joy in the present moment through eco-therapy skills.

Address: 10740 19 Avenue
Phone: 780-242-7609
Email: emberwood.nature@gmail.com
Website: www.emberwood.ca
Social Media: @emberwood.nature

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 Avenue NW, Edmonton, AB, T5H 0G3
Phone: 780-421-8811
Email: info@ihuman.org
Website: <https://ihuman.org>
Instagram: @ihumansociety | **X:** @ihuman

PRIDE CENTRE OF EDMONTON

QueerOUT at the Pride Centre of Edmonton is a safe space for queer, trans, non-binary and gender diverse youth (ages 12 – 24) to explore and affirm identity, engage in fun activities, peer support, and find affirming care and support. Visit our website for the schedule of both online and in-person programming!

Address: 2nd Floor, 10618 105 Avenue NW, Edmonton AB T5H 0L2
Phone: 780-488-3234
Email: hello@pridecentreofedmonton.ca
Website: <https://pridecentreofedmonton.ca/programs/queerout/>
Instagram: @yegpridecentre | **Facebook:** Pride Centre of Edmonton

TEAM EDMONTON

Team Edmonton supports 2SLGBTQIA+ friendly sports and recreation in Edmonton by helping to grow and increase participation in inclusive, accessible activities in and around #yeg. These activities are offered through community based sports and recreation groups that are providing a diverse selection of activities for 2SLGBTQIA+ adults and allies, including individual/group fitness (e.g. yoga), individual/team sports (e.g. hockey, swimming) and social/hobby events (e.g. choir, board games). We also work to cultivate a community of 2SLGBTQIA+ adults connected through sport, fitness and fun. Team Edmonton is a 100% volunteer-run community-based non-profit.

Email: president@teamedmonton.ca
Website: www.teamedmonton.ca

THE QUILT BAG

The QUILT BAG is an LGBTQ+ retail shop carrying queer & trans wares in Edmonton, Alberta and online.

“QUILT BAG” is a fun-to-say variation of the LGBTQ2S+ acronym. It stands for queer, questioning, unlabelled, intersex, lesbian, trans, two-spirit, bisexual, asexual, gay, genderqueer, and more. The shop carries an always changing assortment of custom and curated accessories like pins, pronoun buttons, patches, stickers; art by local artists; small gifts; and trans gear including chest binders and compression underwear.

Address: 10516 Whyte Ave, Edmonton, Alberta

Phone: 780-784-5265

Email: thequiltbag@gmail.com

Website: <https://thequiltbag.gay/>

Instagram: @thequiltbag | **Facebook:** @thequiltbag | **X:** thequiltbagyeg

YOUTH UNLIMITED EDMONTON

Youth Unlimited provides holistic support, mentorship, and safe spaces to all youth between ages of 12 and 18, at 4 youth drop-in centres throughout Edmonton. The drop-ins are after-school programs. We also run special interest small groups for youth like mental health peer support, life skills training, board game clubs, etc.

Address: Head Office - 8730 61 Ave, Edmonton, AB T6E 5P6

- Cellar Youth Centre - 13407 97 St NW
- Vault Youth Centre - 6505 140 Ave NW
- Core Youth Centre - Mill Woods Rec Centre, 3rd Floor
- Commons Youth Centre - Terwillegar Rec Centre

Phone: 780-437-3000

Email: info@yuedmonton.com

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

The Vault: @vaultyouthcentre | **The Cellar:** @yucellar |

The Commons: @commonsyouth | **The Core:** @yu.thecore

AFFIRMING CHURCHES & CONGREGATIONS

HOLY SPIRIT LUTHERAN CHURCH

Welcome to Holy Spirit Lutheran Church! We hope to join with you in the journey of faith. We pray that in this place you feel the full, liberating embrace of Christ's love and you are inspired to be the best version of yourself and share Christ's love with everyone you meet. We gather Sundays at 10 am in-person and online.

Address: 11223 51 Avenue NW

Phone: 780-434-4012

Email: church@holyspiritlutheran.ca

Website: <http://www.holyspiritlutheran.ca>

Instagram: @HSLutheran | **Facebook:** Holy Spirit Lutheran Church

RIO TERRACE CHURCH

Rio Terrace Church is a progressive Christian congregation in the ancient Moravian tradition. Along with most other Moravian Churches, Rio Terrace Church affirms and welcomes 2SLGBTQA+ people as members and friends, and ordains 2SLGBTQ+ clergy.

Address: 15108 76 Avenue NW

Phone: 780 487-0211

Email: church@rioterracechurch.org

Website: <http://www.rioterracechurch.org>

ROBERTSON-WESLEY UNITED CHURCH

We open our hearts and our church family to all people in our community regardless of age, gender identity, differing abilities, ethnicity, economic circumstances, or sexual orientation. Many people's lives continue to be devastated by hatred, prejudice, and inequality, therefore we stand with those who are adversely affected by injustice, alienation and oppression.

Address: 10209 123 st Edmonton AB T5N 1N3

Phone: 780-482-1587

Email: mail@rwuc.org

Website: <http://www.rwuc.org>

ST. PAUL'S UNITED CHURCH

St. Paul's United Church has been proud to be an Affirming Ministry since 2007, pursuing justice and understanding for the 2SLGBTQ+ community. We are a vibrant church with many opportunities for nurture and to get involved. We have regular gatherings that welcome 2SLGBTQ+ youth and families, as well as Sunday worships. Sunday worship is at 10:30 am.

Address: 11526 76 Avenue NW

Phone: 780-436-1555

Email: office@stpaulsunited.org

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

Facebook: St. Paul's United Church Edmonton

TRINITY UNITED CHURCH

Sunday Worship ... All are Welcome!

Join us in worship at Trinity United Church in Edmonton. We are a community of faith, seeking, by the love of God and in relationship with others to help create a more just and harmonious world. We are an affirming congregation, seeking inclusion and participation by all without regard to sexual orientation, or gender expression.

Address: 8810 Meadowlark Rd NW, Edmonton, AB, T5R 5W6

Phone: 780-489-0860

Email: office@tucedm.ca

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

Facebook: Trinity United Church Edmonton

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 Street

Phone: 780-454-8073

Email: chadmin@uce.ca

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

Instagram: @unitarianuce | **Facebook:** UnitarianChurch

ONLINE MEDIA

EGALE

Egale is Canada's leading organization for 2SLGBTQI people and issues. We improve and save lives through research, education, awareness, and by advocating for human rights and equality in Canada and around the world. Our work helps create societies and systems that reflect the universal truth that all persons are equal and none is other.

Email: info@egale.ca

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

EVERYONE IS GAY

Everyone Is Gay is a collection of voices gathered from 2010-2018 to give advice and support to Lesbian, Gay, Bisexual, Transgender, Questioning/Queer, Intersex, and Asexual (LGBTQIA) youth.

Email: info@everyoneisgay.com

Website: www.everyoneisgay.com

THE ONLINE SAFETY TOOLKIT

The Online Safety Toolkit provides information for those who experience harm online and includes tools and resources to feel safe(r) online. The tool kit includes step-by-step instructions, tips, resources, and definitions. You can view the guide here: [<https://www.therainbowpages.ca/online-media>]

TRANS PARENT ALBERTA 101

Trans Parent Alberta 101 is a compilation of resources for supportive parents, transgender parents, family and allies of transgender,

non-binary and gender diverse children (minor or adult) in Alberta. The aim is to primarily help parents learn, navigate and support their loved one and the trans community.

It is also the intention to help find support groups and supportive organisations, as well as medical supports. May you find what resonates with you and helps you to move forward in this extraordinary journey.”

Website: <https://www.transparentalberta101.com/>

VPNMENTOR LGBTQ+ ONLINE SAFETY GUIDE

vpnMentor conducted a survey in which we asked 695 LGBTQ+ people worldwide about their experiences online as they relate to their sexual orientation and gender identity. The results – referenced throughout this article – illuminated the unique challenges faced by the LGBTQ+ community.

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

WE ARE THE YOUTH

We Are the Youth is an ongoing photographic journalism project chronicling the individual stories of lesbian, gay, bisexual, transgender and queer youth in the United States.

Through photographic portraits and “as told to” interviews in the participants’ own voices, We Are the Youth captures the incredible

TERMINOLOGY

REFERENCE

Government of Canada:

2SLGBTQI+ Terminology - Glossary and common acronyms.

<https://women-gender-equality.canada.ca/en/free-to-be-me/2slgbtqi-plus-glossary.html>

2SLGBTQIA+:

The acronym used by the Government of Canada to refer to the Canadian community. 2S: at the front, recognizes Two-Spirit people as the first 2SLGBTQI+ communities; L: Lesbian; G: Gay; B: Bisexual; T: Transgender; Q: Queer; I: Intersex, considers sex characteristics beyond sexual orientation, gender identity and gender expression; +: is inclusive of people who identify as part of sexual and gender diverse communities, who use additional terminologies.

Aromantic:

A person who lacks romantic attraction or interest in romantic expression. An aromantic person's sexual and romantic orientations may differ (e.g. aromantic lesbian), and they may have romantic and/or sexual partners.

Asexual:

A person who lacks sexual attraction or interest in sexual expression. An asexual person's sexual and romantic orientations may differ (e.g. biromantic asexual), and they may have sexual and/or romantic partners.

Biphobia:

The fear, hatred, or aversion of people who are attracted to more than one gender.

Bisexual/Biromantic:

A person who is sexually and/or romantically attracted to two or more genders.

Cisgender:

A person who identifies with the gender they were 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.

Gay:

A person who is sexually and/or romantically attracted to people of their same sex or gender identity. Traditionally this identity was reserved for men, but it has been adopted by people of all gender identities.

Gender Dysphoria:

A medical diagnosis often required by health providers and/or health insurance plans before prescriptions for hormones or gender affirming surgeries will be provided. It can be understood as discomfort or distress experienced by a person who feels their sense of their gender identity differs from their body, based on societal expectations.

Gender Expression:

Gender expression refers to the various ways in which people choose to express their gender

Gender Identity:

Internal and deeply felt sense of being a man or woman, both or neither. A person's gender identity may or may not align with the gender typically associated with their sex. It may change over the course of one's lifetime.

Gender-fluid:

A person whose gender identity varies over time and may include male, female and non-binary gender identities.

Gender-normative:

Refers to when people conform to what is considered culturally appropriate feminine and masculine behavior.

Heterosexual/Heteroromantic:

A person who is sexually and/or romantically attracted to people of a different gender than themselves.

Heteronormative:

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

Homophobia:

The fear, hatred, or aversion of people who experience same-sex attraction.

Homosexual (**no longer commonly used in English*):

This term is no longer in common use. See "gay" and "lesbian". The term homosexual has fallen out of favour as it is associated with the historic medical understanding of same-sex attraction as a mental illness. However, equivalents of "homosexual" are commonly used in French and other languages.

Identity:

For example: clothes, voice, hair, make-up, etc. A person's gender expression may not align with societal expectations of gender. It is therefore not a reliable indicator of a person's gender identity.

Intersex:

An umbrella term to capture various types of biological sex differentiation. Intersex people have variations in their sex characteristics, such as sex chromosomes, internal reproductive organs, genitalia, and/or secondary sex characteristics (e.g. muscle mass, breasts) that fall outside of what is typically categorized as male or female.

Lesbian:

Typically a woman who is sexually and/or romantically attracted to other women.

LGBTI:

Lesbian, Gay, Bisexual, Transgender, Intersex. This is the internationally recognized acronym.

LGBTQ2:

Former acronym used by the Government of Canada to refer to the Canadian community Lesbian, Gay, Bisexual, Transgender, Queer, Two-Spirit.

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.

Non-Binary (*also 'genderqueer'*):

Referring to a person whose gender identity does not align with a binary understanding of gender such as man or woman. It is a gender identity which may include man and woman, androgynous, fluid, multiple, no gender, or a different gender outside of the "woman—man" spectrum.

Pansexual:

A person whose choice of sexual or romantic partner is not limited by the other person's sex, gender identity or gender expression.

Queer:

Historically a derogatory term used as a slur against 2SLGBTQI+ people, this term has been reclaimed by many 2SLGBTQI+ people as a positive way to describe themselves, and as a way to include the many diverse identities not covered by common 2SLGBTQI+ acronym.

Questioning:

A person who is uncertain about their sexual orientation and/or gender identity; this can be a transitory or a lasting identity.

Sexual Identity:

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

Sexual Orientation:

Romantic and sexual attraction for people of the same or another sex or gender.

SGM:

Sexual and Gender Minorities.

SOGI/SOGIE/SOGIESC:

Sexual Orientation and Gender Identity/Expression/Sex Characteristics.

SSOGIE:

Sex, Sexual Orientation and Gender Identity and Expression. This is the acronym used by WAGE.

Transgender (*also 'trans'*):

A person whose gender identity differs from what is typically associated with the sex they were assigned at birth.

Transphobia:

The fear, hatred, or aversion of people whose gender identities differ from the sex they were assigned at birth.

Transsexual (**no longer commonly used*):

This term is no longer in common use, though may be more frequently used by transgender individuals of an older cohort. The term defines a person whose gender identity differs from their sex assigned at birth and who has undertaken gender affirming medical and/or surgical interventions.

Two-Spirit (*also Two Spirit or Two-Spirited*):

An English term used to broadly capture concepts traditional to many Indigenous cultures. It is a culturally-specific identity used by some Indigenous people to indicate a person whose gender identity, spiritual identity and/or sexual orientation comprises both male and female spirits.

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EDMONTON**



<https://www.toyotanorthwestedmonton.com/>

Thank you to Toyota Northwest Edmonton for their generous sponsorship in making the 7th Edition of The Rainbow Pages possible.

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This resource guide was created by:



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