



THE RAINBOW PAGES

YOUTH RESOURCE GUIDE

therainbowpages.ca

THE FAMILY CENTRE | EDMONTON | EDITION NO. 6

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 Two-Spirited Lesbian Gay Bisexual Transgender Queer+ (2SLGBTQ+)* 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 2SLGBTQ+ has been used to represent the acronym LGBTTQQIA meaning Lesbian Gay Bisexual Transgendered Two-Spirited Queer Questioning Intersexed Asexual.

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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. Online programming includes ND Empower (social skills friendship groups for neurodivergent youth); YEG QYC our youth resources and events pages for queer youth, LGBTQIA2S++ socials, supports and presentations, and our inclusive sexual health and wellness programming. Please check the website for the current calendar of events and programming.

Phone: 825-480-4084

Email: admin@aspecc.ca

Website: www.aspecc.ca

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. Together, we find hope, chosen family, community, and lots of resources to survive and thrive.

Address: 11725 Jasper Ave

Phone: 780-263-2221

Email: chewproject@ualberta.ca

Website: www.chewprojectyeg.org

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.

Phone: 587-787-3715

Email: hello@bandressen.ca

Website: bandressen.ca

SUPPORTS

BRIGHT LINE

Brite Line is a toll free, confidential, 24/7 mental health and wellness helpline for the 2SLGBTQIA+ community within the province of Alberta. This line is run in partnership between the Canadian Mental Health Association – Edmonton Region (CMHA-ER) and the Institute for Sexual Minority Studies and Services (ISMSS). This line is answered by CMHA-ER by staff and volunteers trained in crisis intervention as well as information and referral, and ISMSS provides support with training for phone line workers and provides guidance from their expertise on needs within the community. When you phone Brite Line, we ensure that you are able to speak to someone who has a more personal understanding of your experiences and can help get you connected to programs and services that will be affirming of queer identities.

Phone (Toll Free): 1-844-70-BRITE (1-844-702-7483)

Email: main@cmha-edmonton.ab.ca

Website: www.briteline.ca/

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

SUPPORTS

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

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 Monday from 3:30-5 pm and every Friday from 3:30-6:30 pm. Every Friday we also provide a nutritious meal at 5 pm.

We're all about community at The Cellar, so we'll likely invite you in the kitchen to lend a hand or challenge you to a game of pool! The Cellar offers a variety of free programming such as 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: shaina@yfcad.com

Website: www.yuedmonton.com/cellar

SUPPORTS

THE CHEW PROJECT

CHEW (Community, Health, Empowerment, and Wellness) Project OUTpost is a crisis/drop-in centre for 2SLGBTQIA+ youth and emerging adults ages 14 to 29, who face barriers of mental health, poverty, houselessness, substance use, and oppression. Together, we find hope, chosen family, community, and lots of resources to survive and thrive.

Email: chewproject@ualberta.ca

Website: chewprojectyeg.org

Phone: 780-665-5220 (call only)

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

SUPPORTS

EDMONTON 2 SPIRIT SOCIETY (E2S)

We are a society dedicated to the acknowledgment and support of 2 Spirit and LGBTQQIA+ Indigenous people and their kinship circles. Our organization offers:

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

Interim Executive Director, Quetzala Carson (pronouns: presh/cualquiera/any)

Email: executivedirector@edmonton2s.com

Cell: 7587-385-9673

Community Liaison, Cheyenne Mihko Kihêw (pronouns: they/them)

Email: communityliaison@edmonton2s.com

Cell: 587-385-9670

Email: hello@edmonton2s.com

Website: e2s.ca

Phone: 587-385-9673

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)

SUPPORTS

EDMONTON PUBLIC SCHOOLS

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 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.

Contact: Amanda Barrett, Diversity Consultant
(amanda.barrett@epsb.ca) or Rin Lawrence, Diversity Consultant
(rin.lawrence@epsb.ca)

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 number: 587-410-5757
Email: info@familycentre.org
Website: www.familycentre.org

SUPPORTS

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. This program is free, and trains teachers to deliver a lesson plan relating to 2SLGBTQ+ diversity. Teacher training is offered through a 45-minute booking, afterwards a teacher and fyrefly staff member co-present to one class.

For sessions in the Edmonton area: fyreflys@ualberta.ca

For sessions anywhere else in Alberta: jam20@ualberta.ca

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

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 (LGBTQ2S+) children, youth and families. Our fees reflect the outlined fee schedule produced by the Psychologists' Association of Alberta (www.psychologistsassociation.ab.ca). Please contact us directly to inquire about our fees.

Address: Suite #320, 11808 St. Albert Trail, Edmonton, Alberta T5L 4G4

Phone: 780-424-0783

Email: iccpyschservices@gmail.com

Website: www.iccpysch.com

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 Edmonton West, Downtown Edmonton, Red Deer and Calgary.

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)

Houses C.H.E.W. (Community Health Empowerment & Wellness) Project, offers Camp fYrefly, and organizes the Provincial AB GSA Conference each November.

Offers the Where the Rivers Meet Program, an iSMSS educational initiative through fYrefly in Schools. This program focuses on bringing culturally relevant teachings based on Indigenous ways of knowledge.

Email: wtrm@ualberta.ca

SUPPORTS

Offers GSA Roundtables, a student & teacher digital meet-up. On the first Thursday of the month (Sept - June) at 4:30 pm. Interested teachers & students can join our discord server by emailing fyreflys@ualberta.ca

Offers free GSA Workshops on the topic of Queer History (with Trivia!), Queer Music History (With Singalong!), Mental Health for GSAs, Coming Out & Self Acceptance. To book a workshop email fyreflys@ualberta.ca

KATHERINE RING COACHING

Katherine Ring Coaching combines a deep passion for helping people develop healthier relationships--whether that's with yourself, another person, or within a community--with 17+ years of Enneagram experience. 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. Services include one-on-one life coaching, relationship coaching sessions, group coaching courses, Enneagram workshops, and plant medicine integration sessions. Areas of focus are: intimate relationship support, gender and sexuality, burnout management, exploring polyam/polysexuality, exploring non-religious spirituality, plant medicine integration. Services offered both virtually and in person.

Phone: 780-903-2426

Email: katherineringcoaching@gmail.com

Website: katherineringcoaching.com

Instagram: @theenneaactivist

SUPPORTS

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

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

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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)

OUTLOUD FOUNDATION FOR LGBTQ COMMUNITY SUPPORT AND SERVICES

Outloud Youth is a community group for LGBTQ or questioning youth aged 13 - 17 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. 7-9 pm. No cost to the youth.

Outloud Junior is a group for Queer kids under 12 to come and find friendships through games, activities, and discussion. It happens on the 1st and 3rd Tuesday of each month from 5:30 to 7pm. No charge for this group.

Outloud Talks is made for youth 18 plus to connect and discuss whatever interests them with other queer youth. Join this group on the 4th Tuesday of each month at the Outloud office 7 – 9pm. No charge.

Address: #10, 215 Carnegie Drive, St Albert T8N 5B1

Phone: 780-990-6518

Email: outloud@outloudstalbert.ca

Website: www.outloudstalbert.ca

SUPPORTS

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. Current meetings are as follows, but are subject to change.

Pflag Edmonton Chapter
Last Wednesday of every month
6:30-8:30pm
16 years of age and up

Pflag Edmonton Chapter
Second Saturday of every month
2:30-4:30pm
16 years of age and up

For meeting details contact:

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

Email: edmontonab@pflagcanada.ca

Website: www.pflagcanada.ca

PFLAG ST. ALBERT

Meets on the second Tuesday of the month at Outloud.

Address: #10, 215 Carnegie Drive, St Albert T8N 5B1

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, newcomer/refugee support in partnership with EMCN, binder exchange program, and youth programs.

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Address: 10618 105 Ave

Phone: 780-488-3234

Email: youth@pridecentreofedmonton.ca

Website: www.pridecentreofedmonton.ca

SEXUAL ASSAULT CENTRE OF EDMONTON

For anyone who has experienced sexual assault, whether recently or a long time ago, these lines can help by providing supportive listening and important information about sexual violence. The conversation is led by the caller, and the caller will never have to talk about anything they don't want to talk about. Supporters can learn more about how to be there for someone, and get support for themselves around any feelings that may come up. The SACE Support and Information Line is available daily from 9 am to 9 pm.

Support and Information Line: 780-423-4121

Phone: 780-423-4102

Email: info@sace.ca

Website: www.sace.ca

SEXUAL ORIENTATION GENDER IDENTITY AND EXPRESSION (SOGIE) ADVISORY COUNCIL

The SOGIE helps shape a police service to better serve members of sexual and gender diverse communities by guiding EPS as it implements recommendations borne from public engagement efforts.

Email: sogie@edmontonpolice.ca

Website: <https://www.edmontonpolice.ca/sogie>

SUPPORTS

SHADES OF COLOUR

Shades of Colour (SOC) is a completely volunteer run grassroots organization that exists to create space for QTIBPOCs (queer and trans, Indigenous, black, and people of color) in Amiskwaciy (Edmonton) and we ask that they stay prioritized. Shades of colour initially emerged because many communities felt as though there weren't accessible QTBIPOC closed supportive spaces in the city that didn't center whiteness, but that has changed over the years.

During the pandemic, and over the past couple years, we have shifted programming to focus more on mutual aid and harm reduction. Poor, low income, and houseless racialized QTBIPOC are not being centered in advocacy work and because of that, our work has shifted in directions that better advocate for and with our communities. We are currently focused on doing outreach on sundays, directing people towards resources when we can, and providing mutual aid.

Email: shadesofcolouryeg@gmail.com

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

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

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and learning * Collaboration.

Email: sprucegrovegsa@gmail.com

Website: sprucegrovegsasociety.org

VOICE BY KYLIE

Kylie is a vocal coach who is equipped with both personal experience and specialized training in the field of vocal feminization. She understands that each client has unique goals for how they envision their voice, therefore every lesson is tailored to the needs and goals of the individual. Voice is my passion and I'd be honoured to help you find yours.

Email: voicebykylie@gmail.com

Website: voicebykylie.com

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 24 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

SUPPORTS

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, and Email Counselling, and maintain a list of helpful resources on their website. 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

YWCA EDMONTON COUNSELLING SERVICES

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

PFLAG CANADA

“Family For All” is Pflag Canada’s slogan, and that’s just what we are. Whether you are transgender, cis-gender, gender diverse, gay, or questioning, we are here to help. We support and suggest resources for everyone. Many of us who 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. Current meetings are as follows, but are subject to change.

Pflag Edmonton Chapter
Last Wednesday of every month
6:30-8:30pm
16 years of age and up

Pflag Edmonton Chapter
Second Saturday of every month
2:30-4:30pm
16 years of age and up

For meeting details contact:
Phone: 1-888-530-6777 Ext 581 (Toll Free)
Email: edmontonab@pflagcanada.ca
Website: www.pflagcanada.ca

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
Facebook: <https://www.facebook.com/groups/177144382578>
Twitter: [@TESAonlineorg](https://twitter.com/TESAonlineorg)

TRANSGENDER SUPPORTS

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.

The Trans Wellness Initiative Website provides access to:

- Community education and system navigation resources,
- Healthcare provider education, and continuing professional development opportunities,
- Connections between community members and inclusive, knowledgeable providers and services

General Inquiries: transwellnessinitiative@cbrc.net

Spencer Belanger (he/him): spencer.belanger@cbrc.net

Prairies Regional Manager, Community-Based Research Centre

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

HEALTH

ACCESSIBLE ACUPUNCTURE

Accessible Acupuncture is an LGBTQIA2S+ inclusive clinic that offers acupuncture for chronic pain, mental health, fertility, obstetrics, and uterine health conditions. We offer several specialized acupuncture services including:

- Reducing stress and anxiety related to identity
- Stopping pain and tension after using a chest binder
- Supporting assisted fertility for LGBTQIA2S+ individuals and couples
- Healing and scar reduction after surgery
- Lactation support for non-gestational parents

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 101 Street NW

Phone: 587-879-7122

Email: [accessibleacupuncture.ca](mailto:info@accessibleacupuncture.ca)

Website: info@accessibleacupuncture.ca

FREDDIE

Freddie is an online service focused on providing inclusive and convenient access to HIV PrEP, a daily pill that prevents HIV. Freddie makes PrEP accessible and low-barrier for LGBTQ2S+ communities. To find out more, access www.gofreddie.com

Phone: 780-563-0282 (Thomas Iglesias Trombetta (they/them/he/him)
Community Manager, Freddie)

HEALTH

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

THE QUEER & TRANS HEALTH COLLECTIVE (QTHC)

The Queer & Trans Health Collective (QTHC) is a grassroots health organization run by and for queer and trans community members.

Email: connect@ourhealthyeg.ca

Website: ourhealthyeg.ca

Address: #202, 10526 Jasper Ave NW, Edmonton, Alberta

HEALTH

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)

EVENTS & ACTIVITIES

ALBERTA GAY STRAIGHT ALLIANCE CONFERENCE

The AB GSA Conference serves youth in 3 main ways. Firstly, our annual in-person conference runs each November and offers workshops to GSA students and teachers. Secondly, we have monthly GSA Roundtables, the roundtables are a chance for GSA students and teachers to build community space, socialize, and receive workshops. To join the roundtables or receive our meeting dates email fyreflys@ualberta.ca. Finally, we offer individual workshops for GSAs across Alberta, workshop topics available are: Coming Out & Self Acceptance, Queer History (with trivia!), Queer Music History, Mental Health for GSAs. These workshops are available in-person in the Edmonton area, and online outside of the Edmonton Area. If your org/school has funding to cover travel costs we can travel to you for an in-person workshop.

Email: fyreflys@ualberta.ca
Instagram: [@ab_gsa_conference](https://www.instagram.com/ab_gsa_conference)

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

EVENTS & ACTIVITIES

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: draggingyouthshows@gmail.com

Phone: 780-217-6487

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

EMBERWOOD

Emberwood is a community organization that gets people into relationship with nature and themselves. We are about finding meaning, purpose, and connection with ourselves, community and nature. Emberwood primarily serves 2SLGBTQIA folks. We offer eco-art wellness groups, 24 hour wilderness solos, silent retreats, family-based forest school sessions, and individual nature-based sessions.

Website: www.emberwood.ca

EVENTS & ACTIVITIES

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 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: youth@pridecentreofedmonton.ca

EVENTS & ACTIVITIES

QUEEROUT

A safe virtual space for queer, trans, non-binary, and gender diverse youth (ages 13- 24) to engage in fun activities, build community, foster friendships, and find support! The group currently meets every Wednesday evening from 5-7 pm. If QueerOut applies to you and/or is in your age grouping, please add YOUTH_PCE #3637 on Discord or email youth@pridecentreofedmonton.ca for help getting setup.

Email: youth@pridecentreofedmonton.ca

THE QUILTBAG

The QUILTBAG is an LGBTQ* retail shop carrying queer & trans wares in Edmonton AB. The shop carries an always changing assortment of custom and curated items; accessories like pins, pronoun buttons, patches, stickers; art by local artists; small gifts such as candles and soaps; and trans gear including chest binders and compression underwear. All items are procured by Queer/Trans vendors and consignors.

Store Address: 10516 Whyte Ave, Edmonton, Alberta

Email: thequiltbag@gmail.com

Phone: 780-784-5265

Social Medias: [@thequiltbag](#)

EVENTS & ACTIVITIES

TEAM EDMONTON

A non-profit organization that promotes local LGBTQS+ inclusive sports and recreational opportunities year-round. Some of the activities include hockey, volleyball, curling, badminton, yoga, swimming, 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](#)

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.

Address: 11223 - 51 ave NW Edmonton, AB T6J 6Z6

Phone: 780-434-4012

Website: holyspiritlutheran.ca

Email: church@holyspiritlutheran.ca

Instagram: [HSLutheran](#)

Facebook: [Holy Spirit Lutheran](#)

AFFIRMING CHURCHES/CONGREGATIONS

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

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 Ave NW

Phone: 780-487-0211

Website: rioterracechurch.org

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 10 am, both in-person and online. We support a number of affirming community programs in Edmonton including Emberwood and Camp Dragonfly.

Address: 10740 19 Ave

AFFIRMING CHURCHES/CONGREGATIONS

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

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.

Website: www.egale.ca

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).

Email: info@everyoneisgay.com Website: www.everyoneisgay.com

ONLINE MEDIA

TRANS PARENT ALBERTA 101

Trans Parent Alberta 101 is a compilation of resources for supportive parents, guardians and caregivers of transgender, non-binary and gender expansive children (minor or adult) in Alberta. The aim is to help them learn, navigate and support their loved one and the trans community. It is also the intention to help them find support groups and supportive organizations, as well as medical supports.

Website: <https://www.transparentalberta101.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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