

## Resources for 2SLGBTQ+ youth

Below is a list of resources for youth. Please also check out the two links directly below for even more resources:

- <https://www.adolescenthealth.org/Resources/Clinical-Care-Resources/Sexual-Reproductive-Health/Sexual-Reproductive-Health-Resources-For-Adolesc.aspx#>
- <https://www.therainbowpages.ca/>

### ***fyrefly in Schools***

<https://www.ualberta.ca/ismss/programs-and-services/fyrefly-in-schools.html>

FYrefly in Schools is an University of Alberta initiative developed to help reduce discrimination against 2SLGBTQ+ youth, increase awareness of the impacts of homo/bi/transphobia, and equip students and schools with the tools they need to become effective allies for diversity, equity, and human rights within their schools and communities.

Based out of the Faculty of Education our session goals include:

- Explore and engage with 2SLGBTQ+ terminology
- Identify and analyze the effects of homophobic language
- Debunk myths and stereotypes about LGBTQ people
- Identify ways to act as an 'ally' [in support of 2SLGBTQ+ people and their rights]

For schools in the Edmonton region please email Evan Westfal at [fyreflys@ualberta.ca](mailto:fyreflys@ualberta.ca)

For schools outside of Edmonton please email Alex Marshall at [jam20@ualberta.ca](mailto:jam20@ualberta.ca)

### ***Diversity, Equity & Human Rights: Fort McMurray Schools***

<https://www.smores.com/jyegf-diversity-equity-human-rights>

The Diversity, Equity and Human Rights (DEHR) ATA48 Committee's goal is to:

- promote & support student, teacher, school and district initiatives
- share information on local and provincial events & opportunities
- share information on [resources](#)
- connect and inspire
- share & celebrate successes [@ATA48DEHR](#)

### ***Alberta Bullying Recover, Resources, Research Centre Inc.***

<http://abrc.ca>

To inspire hope and contribute to the safety and well-being of people of all ages, faiths, cultures, communities, and professions, concerned and/or affected by bullying.

Phone: 780-965-7480

Email: [ABULLYRC@gmail.com](mailto:ABULLYRC@gmail.com)

Facebook: Alberta Bullying Research, Resources, and Recovery Centre

### ***Alberta GSA Network***

<http://albertagsanetwork.ca>

<https://www.facebook.com/groups/AlbertaGSANetwork/>

The purpose of a GSA is for students to meet, do fun activities, socialize and support one another in a way that is inclusive of diverse sexual orientations, gender identities, gender expressions, and many other interests.

'GSA' began as an acronym meaning "Gay-Straight-Alliance" but now GSA is meant to encompass many club names such as Queer-Straight-Alliance (QSA), Gender & Sexual Orientation Alliance, Pride Clubs, Rainbow Alliances, and many others.

**The Alberta Native Friendship Centres Association: ANFCA**

<http://anfca.com/friendship-centre-supports-programs-initiatives/>

**(780) 423-3138**

The Alberta Native Friendship Centres Association is committed to providing the highest caliber of services and supports to community-based Friendship Centres. As part of this ongoing commitment, the ANFCA offers a range of key services to member Friendship Centres.

**Altview Foundation**

<http://www.altview.ca>

<https://www.facebook.com/altview/>

**(780) 666-5428**

In addition to the wide range of programs it offers, AltView also provides in- and out-of-school support to Public Schools' Gay/Straight Alliances, providing resources and support to students and staff who wish to work to make their schools safer spaces for LGBTQ students. AltView is a safe place for people who identify with a sexual minority or gender variant; the organization strives to foster the inclusion of individuality and diversity in terms of gender and sexuality. AltView focuses on building community through social support, advocacy, empowerment and education

**Amaze**

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

Short animated videos on a variety of sexual health topics. From puberty, to birth control methods and sexually transmitted infections. The videos are inclusive and cover plenty of topics.

**Bully Free Alberta**

Call: **1-888-456-2323**

<http://www.humanservices.alberta.ca/abuse-bullying/bullying-get-help.html>

Bullying | Get Help

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

**211 Alberta**

**Canadian Mental Health Association-Edmonton**

<https://www.ab.211.ca>

<https://edmonton.cmha.ca>

211 (phone)

211(text)

**24-hour distress line**

Resources for Albertans daily needs.

When you see someone in distress, you can help before police or emergency services are needed by calling 211 and pressing 3 to dispatch the 24/7 Crisis Diversion Team.

**CASP Canadian Association For Suicide Prevention**

<https://suicideprevention.ca/need-help/>

There are many crisis centres available 24 hours a day to talk to you. This website lists contacts in cities for provinces across Canada.

**Centre For Sexuality**

<https://www.centreforsexuality.ca/>

**(403) 283-5580**

We offer information, resources, and support for topics related to sexuality including youth and family support, resources for teachers and students starting a GSA/QSA, the Calgary GSA/QSA Network, Gay Men's Health programming including two STI testing nights a week, and professional development training as well as LGBTQ2S+ organizational audits through our Training Centre.

Our services are available across the Province although some accommodations may be made (such as phone or Skype calls) based on services requested.

**CHEW Project YEG**

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

<https://www.facebook.com/chewprojectveg/>

**(780) 263-2221**

CHEW provides frontline support, resources, and education for LGBTQ2S+ youth and young adults (ages 14-29) facing barriers. These barriers may include mental health, violence, poverty, homelessness, substance use, sexual health, sexual exploitation/sex work, and others. We provide a safe place for youth to get basic needs, get off the street, 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.

#### ***Child Abuse Hotline***

310-0000

1-800-387-KIDS

<http://www.humanservices.alberta.ca/abuse-bullying/15393.html>

If you are affected by family violence, know someone who is, or simply want to learn more about the issue, our site contains information that can help you be safe or be part of the solution. Our goal is to see youth happy and hopeful!

#### ***Children's Mental Health Crisis Line***

Call: **(780) 427-4491**

#### ***EMHC - The Edmonton Men's Health Collective***

<https://ourhealthyeg.ca>

The EMHC is a grassroots health organization run by and for queer and trans community members. Our vision is for Edmonton queer and trans community members to have equitable opportunity to experience positive health and wellbeing. Our mission is to provide a representative voice that addresses the specific health determinants and needs of queer and trans community members through community education, support, and capacity-building; provider training and professional development; and community-based research and advisory.

#### ***The Family Centre***

<https://www.the-family-centre.com>

**(780) 900-5934**

#20, 9912 106 Street NW

Edmonton

The Family Centre provides workshops, therapy, family support services, interpretation, and translation services to foster healthy families in healthy communities. We empower children, youth, and families to effectively navigate through change, raise healthy children, develop strong and healthy relationships, and heal from trauma.

#### ***Free Food Directory – Healthy Eating Starts Here! (food banks)***

<https://www.albertahealthservices.ca/nutrition/Page16163.aspx>

Free Food in Alberta directories list information about where to find free food including food banks, food hampers, and free meals. The information describes programs and provides contact information.

To find programs in your community, look for your zone and find your community's name and click on it.

#### ***FYrefly***

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

**(780) 492-4909**

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

Camp fYrefly is an educational, social, and personal leadership retreat for queer and trans youth. It focuses on building and nurturing their leadership skills and personal resiliency in an effort to help them learn how to make significant contributions to their own lives and to their schools, home/group-home environments, and communities. Camp is designed for queer and trans youth between the ages of 14 and 24.

#### ***Institute for Sexual Minority Studies & Services***

##### ***Family Resilience Project***

<https://www.ualberta.ca/ismss/community/family-resilience-project>

**(780) 492-5205**

[families@ualberta.ca](mailto:families@ualberta.ca)

Through a partnership with the University of Alberta's Counselling and Clinical Services, the Family Resilience Project offers free short-term counselling to sexual and gender minority (LGBTQ) children, youth, and families.

#### ***Kid's Help Phone***

<https://kidshelpphone.ca/what-is-kids-help-phone>

**1-800-668-6868**

**Text CONNECT 686868**

Kids Help Phone is always there for you. No matter what you want to talk about, we're here to listen. No judgment, totally private, 24/7.

Our service is completely anonymous and confidential - we don't trace calls, we don't have call display. You don't even have to tell us your name if you don't want to.

#### ***Kind Space***

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

**TEXT questions 613-902-7537**

Kind space gives people personal and peer support to understand and inhabit their particular identities with confidence and courage, whatever kind of identity it is. They often do so when these people experience emotional crises and are most vulnerable physically and mentally. We give people a range of information and resources they can use to help themselves or others appreciate and be who they truly are.

#### ***Teaching Sexual Health***

<https://teachingsexualhealth.ca/parents/information-by-age/>

Information on what to start talking to your kids about at what age. Included is information on teaching sexual health to kids who are differently abled.

#### ***The LGBTQ+ Wellness Centre***

<https://www.wellnesscentreab.ca/>

[info@wellnesscentreab.ca](mailto:info@wellnesscentreab.ca)

9117 82 Avenue NW

Edmonton

The Centre aims to provide quality and timely care to the **transgender, non-binary** and **gender diverse** persons in northern Alberta. The Centre focuses on crisis support, outreach to individuals seeking healthcare, education opportunities for family doctors and other healthcare providers, as well as engagement with grassroots organization and other professionals who are interested in or are currently providing care.

#### ***Office of the Child and Youth Advocate Alberta***

<http://www.ocya.alberta.ca/>

1-800-661-3446

NORTHERN ALBERTA

**(780) 422-6056**

SOUTHERN ALBERTA

**(403) 297-8435**

The Office of the Child and Youth Advocate is an independent office of the Legislative Assembly of Alberta, mandated to work with vulnerable young people.

The OCYA provides individual and systemic advocacy for children and youth receiving "designated services" as defined under the *Child and Youth Advocate Act*. This includes young people receiving or attempting to access services under the *Child, Youth and Family Enhancement Act* and the *Protection of Sexually Exploited Children Act*, as well as youth involved with the youth justice system.

#### ***PFLAG Alberta Locations***

<http://pflagcanada.ca/pflag-chapters/alberta/>

PFLAG Canada is a national charitable organization, founded by parents who wished to help themselves and their family members understand and accept their non-heterosexual children. The "coming-out" process can be a critical time for families. When the adjustment period is particularly long or painful, relationships can become permanently damaged, resulting in a lifetime of emotional scars. People cannot always rise above the challenge of accepting themselves or their family member, and the results can be devastating, even fatal. We support these families through today and give them hope for a better tomorrow.

### **Planned Parenthood**

<https://www.plannedparenthood.org/learn/teens>

Information on sex, bodies, relationships, and more. Chat online or text "PPNOW" to 774636 (PPINFO) to get answers about pregnancy, birth control, emergency contraception, STDs, and abortion.

### **The Pride Centre of Edmonton**

<http://pridecentreofedmonton.ca>

(780) 488-3234

The centre hosts LGBTQ events as well as has a youth space, resources, and a library on their website. Services include drop in programs for youth and adults, information and resources, programming, counselling provided by qualified counsellors, peer support groups, outreach programs, and workshops.

### **The Rainbow Pages LGBTQ+ Youth Resource Guide**

[https://www.therainbowpages.ca/?utm\\_source=Link&utm\\_medium=Blog&utm\\_campaign=TRP%20Blog%20Update](https://www.therainbowpages.ca/?utm_source=Link&utm_medium=Blog&utm_campaign=TRP%20Blog%20Update)

Transitioning into adulthood can be tough, finding resources shouldn't have to be! The upgraded platform is a safe space where youth can find the support they need, whether they are clear about their sexual orientation and gender identity, or are still figuring it out.

The Rainbow Pages Youth Resource Guide was developed by The Family Centre to provide LGBTQ+ youth and the youth-serving community a consolidated guide of the supports available in Edmonton.

### **The Sexual Assault Centre of Edmonton (SACE)**

<http://sace.ca>

780-423-4102

The Sexual Assault Centre of Edmonton (SACE) believes that unique and specialized services should be available to all people, regardless of ethnicity, heritage, faith, gender, culture, age, social and financial status, ability, or sexual orientation.

### **Skipping Stone Foundation**

<https://www.skippingstone.ca/>

(403) 988-9138

The Skipping Stone Foundation is a Calgary-based not-for-profit organization whose mission is to support and empower trans and gender diverse youth and their families in the province of Alberta.

Having observed that historically, far too often trans and gender diverse youth are subject to significant negative stigma and substantially increased barriers to equitable care, support and quality of life, the Skipping Stone Foundation was formed with the goal of breaking down those barriers and giving youth positive and affirming opportunities surrounding their gender identity.

### **SOGI 1 2 3**

<https://www.sogieducation.org/>

email: [info@sogieducation.org](mailto:info@sogieducation.org)

SOGI 1 2 3 helps educators make schools inclusive and safe for students of all sexual orientations and gender identities (SOGI). At a SOGI-inclusive school, students' biological sex does not limit their interests and opportunities, and their sexual orientation and how they understand and express their gender are welcomed without discrimination.

### **Trans Equality Society of Alberta**

<http://www.tesaonline.org>

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.

### **Translifeline**

<https://translifeline.org>

The Hotline:

US: 1-877-565-8860

Canada: 1-877-330-6366

Need to talk? Call! Our peer support hotline is run by and for trans people.

Trans Lifeline is a national trans-led organization dedicated to improving the quality of trans lives by responding to the critical needs of our community with direct service, material support, advocacy, and education. Our vision is to fight the epidemic of trans suicide and improve overall life-outcomes of trans people by facilitating justice-oriented, collective community aid.

**YESS Youth Empowerment Support Services**

<https://yess.org>

To walk beside traumatized youth on their journey towards healing and appropriate community integration.

Based in Edmonton, YESS provides immediate and low-barrier shelter, temporary housing, and individualized wraparound support for youth ages 15-24.

We focus on working collaboratively with our youth-supporting partners on prevention and diversion out of homelessness. And ultimately, we aim to walk beside traumatized youth as they heal through relationships.

**YWCA Compass Sexual Wellness**

<https://www.ywcaofedmonton.org/programs-and-services/sexual-health-and-wellness/>

Comprehensive sexual health education and resources are vital for everyone in our society. Through a sex positive lens, our Sexual Wellness programs provide folks with the tools and supports they need to live happy, healthy lives.

**Youth Homelessness Initiative**

<http://www.humanservices.alberta.ca/homelessness/youth-homelessness-initiatives.html>

The Government of Alberta, along with its community partners, is working to reduce youth homelessness, including homelessness among LGBTQ2S youth. Homelessness is a complex issue and young Albertans who identify as sexual or gender minorities are at more risk of experiencing homelessness.

**Youthsafe**

<http://www.youthsafe.net/>

(403) 220-2505

Youthsafe provides links to information and resources, in Alberta, for lesbian, gay, bisexual and transsexual (“LGBT”) people and allies. The website is focused on services for youth and young adults.

**Youthspace**

<http://youthspace.ca>

Youthspace is a place for any youth across Canada, under 30, that is experiencing any sort of crisis to come and talk. We are open every day between 6pm and midnight Pacific Standard Time!

We are a diverse community of trained volunteers who would love to listen to how things are going for you. We care, and believe that talking can help you sort through your feelings and thoughts. We hope that you feel less alone after chatting with us. All volunteers are certified in ASIST (Applied Suicide Interventions Skills Training).