

## Resources for Parents

Below are resources that are targeted towards parents/educators. We encourage you to review the resources that are youth-specific as well.

### **Abigail Curlew - Ten Ways Parents Can Be Supportive of Their Transgender Child in a Transphobic World**

<https://medium.com/@abigail.curlew/ten-ways-parents-can-be-supportive-of-their-transgender-child-in-a-transphobic-world-92276db2bc3e?fbclid=IwAR31hiZ2zDDtEPiK-esV82UdCAG3WuaXT9>

An article on how to be supportive of your transgendered child.

### **Action Canada for Sexual Health and Rights, Beyond the Basics: A resource for educators on sexuality and sexual health**

<https://www.actioncanadashr.org/beyondthebasics/>

A textbook for purchase covering all topics of sexual health, all the answers you'll ever need.

### **Airial Clark, The Sex Positive Parent**

<http://thesexpositiveparent.com/>

I am a San Francisco Bay Area-based parenting expert and sexologist. I offer coaching, counseling, consulting and online workshops.

### **BK Chan**

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

Educator on emotional intelligence, diversity, and sexuality. BK Chan supports individuals,

### **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.

### **Cory Silverberg**

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

Cory creates gender diverse and inclusive books for kids, as well as a text book on sex and disability. Cory offers lectures, workshops and trainings.

### **EGALE Canada Human Rights Trust**

<https://egale.ca/>

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.

### **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.

### ***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.

### ***Kind Space***

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

TEXT questions [613-902-7537](tel: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.

### ***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.

### ***Dr. Nadine Thornhill***

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

Sex educator and Doctor of Education specializing in child and adolescent sexuality. Sign up for a bi-monthly newsletter for tips and tricks, and answers to common questions. Her website also has workshops both free and for purchase.

### ***Options for Sexual Health BC***

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

1-800-SEX-SENSE

This online resource offers sexual and reproductive health care, information, and education from a feminist, pro-choice, sex positive perspective. They have an incredible hotline (listed above), where people of any age can call in and talk to a sexual health specialist about any questions they have.

### ***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.

### ***Sexuality Education Resource Centre (SERC)***

<https://serc.mb.ca/sexual-health-info/for-parents-caregivers/child-sexual-development/>

Information on sexual health and sexual development for parents and caregivers. SERC also offers youth and community workshops.

**Sex Positive Families**

<https://sexpositivefamilies.com/>

Sex Positive Families provides the education and resources that help families raise sexually healthy children.

**Shore Centre; Sexual Health Options, Resources, and Education**

<https://www.shorecentre.ca/teachers/>

Resource intended for teachers, but a great option for parents too. A lot of information, even lesson plans and educational activities and games.

**Visible Child Foundation**

<https://visiblechild.com/about/>

Visible Child is a research, training, parent support, and educational consulting service that serves families and the organizations and institutions with whom families interact every day. We work with children, parents, child care centers, schools, social service agencies, and other organizations, always with one eye on the best outcomes for children and families.

**Winnipeg Talks**

<https://www.youtube.com/watch?v=r4ILCZIZVGs&feature=youtu.be>

Mini video workshop on talking to your kids about sex and sexuality.