

## YOUTH GROUPS and YOUTH DROP-INS

### Pink Triangle Youth (PTY) (up to age 24) (English)

Youth-led peer support and discussion group for GLBTTQ youth under 25, Wednesdays 7-9 pm offered by PTS [www.pinktriangle.org/](http://www.pinktriangle.org/)  
Located at PTS office at 251 Bank Street, 3<sup>rd</sup> floor (north of Cooper). Youth Services Bureau and CCHC Counsellors in attendance for drop-in counselling and referrals. Contact PTS (613) 563-4818 or [pinktriangle@bellnet.ca](mailto:pinktriangle@bellnet.ca)

### Gender Quest –Trans Discussion Group (18+)(English)

Peer support group for individuals age 18 and older who wish to explore their gender identity and gender expression. Contact PTS at (613) 563-4818 or [pinktriangle@bellnet.ca](mailto:pinktriangle@bellnet.ca)

### Projet Jeunesse Idem (ages 14-25) (French)

Francophone peer support and discussion group for GLB youth ages 14 to 25 years. Contact for meeting times and/or more information (819) 776-1445 [www.jeunesseidem.com](http://www.jeunesseidem.com)

### SHAG (Sexual Health Advisory Group) of YSB (English)

Shag holds monthly events for GLBTTQ Youth and Allies ages 16+ at GayZoneGaie on the last Thursday of each month, 420 Cooper Street. For more info check the events link info posted at [www.gayzonegaie.com](http://www.gayzonegaie.com)

### Positive Spaces Ottawa for LGBT Newcomers

Creating Safer and Positive Spaces for LGBTTTQ Newcomers, and youth from cultural communities. Initiative in Ontario by Ontario Council of Agencies Serving Immigrants (OCASI) [www.positivespaces.ca](http://www.positivespaces.ca) Contact Ernie for Ottawa area info 613-233-4443 ext. 2171 [egibbs@centretownchc.org](mailto:egibbs@centretownchc.org)

### TransAction Initiative at PTS

Community-focused programs and research for Ottawa Trans communities. Contact PTS (613) 563-4818 [transaction@ptsottawa.org](mailto:transaction@ptsottawa.org)

## GLBTTQ INCLUSIVE

### BOOKSTORES & RAINBOW STICKER SUPPLIERS

#### After Stonewall Bookstore

370 Bank Street (at Gilmour) (613) 567-2221

#### Mother Tongue Books

1067 Bank Street (near Sunnyside) (613) 730-2346

## UNIVERSITY CENTRES & COLLEGE GROUP

### Pride Centre of University of Ottawa (English/French)

Support, education and advocacy for students and youth. Peer support groups. Bilingual. (613) 562-5800 ext. 3161 <http://sfuo.ca/services/pride/index.html>

### GLBT Centre Carleton University (English)

Support, education and advocacy for students and youth. Peer support groups. (613) 520-3723 [www.carleton.ca/qlbt](http://www.carleton.ca/qlbt)

### Algonquin QSA (English)

Algonquin College's Queer Straight Alliance. For more information join the Algonquin QSA facebook group

## HOUSING

### Non Profit Housing – Youth Services Bureau

Safe, affordable housing for youth ages 16-21, including GLBTTQ youth. Call 613-729-0577 ext. 1247

### Young Women's and Young Men's Emergency Shelter – YSB

Youth Services Bureau provides GLBTTQ inclusive short-term emergency housing for youth ages 12-20. Location confidential. Young Women's Shelter (613) 789-8220  
Young Men's Shelter (613) 907-8975

## HELP LINE/WEBSITES/SOCIAL MEDIA

### The Youth Line

Ontario's provincial LGBT peer support and info line  
1-800-268-9688 or [www.youthline.ca](http://www.youthline.ca)

### Gai-Écoute

Quebec's provincial peer support line  
1-800-505-1010 or [www.gaiecoutte.org](http://www.gaiecoutte.org)

### Kids Help Phone

[www.KidsHelpPhone.ca](http://www.KidsHelpPhone.ca) 1-800-668-6868 (National)

### Social Media Campaigns-Makeitbetter & Itgetsbetter

Social Media Campaigns about GLBTTQ Youth & response to bullying  
<http://www.itgetsbetter.org/> It gets better hub (GLSEN)  
<http://makeitbetterproject.org/> Make it better campaign  
<http://www.youtube.com/user/MakeltBetterProject> Make it better  
<http://www.youtube.com/user/itgetsbetterproject> Original project  
<http://www.youtube.com/user/ItGetsBetterCanada> Canadian version

## WEBSITES & NETWORKS

### ALTERHEROS (English/French)

Bilingual Canadian website [www.alterheros.com](http://www.alterheros.com)

### Rainbow Health Ontario (English/French)

Ontario Provincial LGBT Health program  
[www.rainbowhealthontario.ca](http://www.rainbowhealthontario.ca)

### Canadian Rainbow Health Coalition (English/French)

Bilingual Canadian website [www.rainbowhealth.ca](http://www.rainbowhealth.ca)

### Pride Education Network (English)

formerly know as GALE BC Gay and Lesbian Educators of BC  
English Canadian website [www.pridenet.ca](http://www.pridenet.ca)

### Day Against Homophobia – May 17 (English/French)

Annual May 17<sup>th</sup> event, Bilingual Canadian website  
[www.homophobiaday.org](http://www.homophobiaday.org)

### GLSEN Gay, Lesbian and Straight Education Network

American website, tools and resources for GSA's  
Gay Straight Alliance school clubs [www.glsen.org](http://www.glsen.org)

### Around the Rainbow Project (English)

Outreach, education and advocacy on GLBTTQ families offered by  
Family Services à la famille Ottawa. Resources for GLBTTQ parents  
with children. (613) 725-3601 ext. 126 [www.aroundtherainbow.org](http://www.aroundtherainbow.org)

### EGALE [www.mygsa.ca](http://www.mygsa.ca) (English/French)

National Canadian organization advancing equality and social justice  
for GLBTTQ people. National Gay Straight Alliance program.. (416)  
642-6012 [www.egale.ca](http://www.egale.ca) [www.mygsa.ca](http://www.mygsa.ca)

### Positive Spaces Ottawa for LGBT Newcomers

Creating Safer and Positive Spaces for LGBTTTQ Newcomers.  
Initiative in Ontario by Ontario Council of Agencies Serving  
Immigrants (OCASI) [www.positivespaces.ca](http://www.positivespaces.ca) Contact Ernie for Ottawa  
area info 613-233-4443 ext. 2171 [egibbs@centretownchc.org](mailto:egibbs@centretownchc.org)

### Ottawa's Rainbow Network formerly known as GLBTTQ Youth Service Providers Network

Youth serving agencies working collaboratively for safer and more  
inclusive services. For children, youth and families. Partnerships with  
school boards. Contact Marnie at Family Services Ottawa at (613) 725-  
3601 ext. 126, [mpotter@familyservicesottawa.org](mailto:mpotter@familyservicesottawa.org), or Jade at Pink  
Triangle Services 613-563-4818 [creating.safer.spaces@ptsottawa.org](mailto:creating.safer.spaces@ptsottawa.org)

### Put this on the map: Reteaching Gender and Sexuality

Video and education program from Seattle, Washington USA  
<http://www.putthisonthemap.org/>

## SUPPORT AND COUNSELLING

### GLBTTQ Youth Services – Centretown Community Health Centre (English/French)

Outreach, support and counselling to GLBTTQ youth and young adults ages 12 to 25, and their families across the City of Ottawa. Support for Hormone Assessment for trans youth. Services are free and bilingual and provided by an openly gay counsellor. Services available in school and in the community. You can make a request for counselling through Social Services Intake (613) 233-5430, leave phone number or email address where it is safe to contact you. For more info contact Ernie at (613) 233-4443 ext. 2171, [egibbs@centretownchc.org](mailto:egibbs@centretownchc.org)

### Family Services Ottawa-LGBTQ Counselling 18+ (English)

LGBTQ-identified counsellor who works with individuals and couples ages 18 plus on coming out, exploring gender identity or sexual identity and other emotional issues. For direct referrals and intake please contact (613) 725-3601 ext .117. For service provider queries contact Megan (613) 725-3601 ext 120.

### Youth Services Bureau (English/French) [www.ysb.on.ca](http://www.ysb.on.ca)

GLBTTQ-positive bilingual individual, family and group counselling available across the City of Ottawa. Crisis intervention. Services are free and confidential. For youth ages 12 and up and their families. Counselling Intake (613) 562-3004. Crisis 24/7 call (613)-260-2360

Youth Mental Health Walk-In (613) 562-3004

GLBTTQ Workshops, HIV/Aids Education & Awareness resources, and information call Andrea Poncia (613) 241-7913 ext. 409 or email Andrea Poncia [hiv@ysb.on.ca](mailto:hiv@ysb.on.ca)

Rainbow Youth Advisory Committee and Youth Engagement call Brenda (613) 241-7913 ext. 405 or email [ballard@ysb.on.ca](mailto:ballard@ysb.on.ca)

### PFLAG (Parents and Friends of Lesbians and Gays)

Support group for parents, families, friends, and spouses of Lesbian, Gay, Bisexual and Trans people. Jodi (613) 860-7138 (if no answer, please leave a message and you will be discreetly called back). (French) Denise (613) 524-4085 or 1-877-874-4424. National PFLAG line (888) 530-6777 [www.pflag.ca](http://www.pflag.ca)

### Sexual Assault & Partner Abuse Care Program

Free services for people age 16 and over who have been sexually assaulted. Ottawa Civic Hospital (613) 739-3762

## SUPPORT AND COUNSELLING (Con't)

### Ottawa Police Services-Hate Crimes Unit

To report crimes motivated by hate such as a threat, harassment or acts of violence. (613) 236-1222 ext. 2466. For emergencies call 911.

Hate Crime unit works closely with Ottawa LGBT Police Liason Committee <http://qlbt.ottawapolice.ca/>

### Pink Triangle Services and Kelly McGinnis Lending Library [www.pinktriangle.org](http://www.pinktriangle.org)

Information and referral, discussion and peer support groups for GLBTTQ people, Lending Library. Contact PTS (613) 563-4818 or [pinktriangle@bellnet.ca](mailto:pinktriangle@bellnet.ca) 251 Bank Street, 3<sup>rd</sup> floor

### Ten Oaks Project – Camp Ten Oaks and Project Acorn

Serving children and youth in LGBTQ families and LGBTQ youth. Our work is inspired by camp and grounded in social justice as we strive to create safer spaces and grow positive peer networks for all children and youth. Camp Ten Oaks sleep away summer camp and Project Acorn youth leadership. [www.tenoaksproject.org](http://www.tenoaksproject.org)

### Jer's Vision-Canada's Youth Diversity Initiative

Ottawa Outreach and Education programs include a series of services that work with youth to address discrimination and promote diversity. Workshops and presentations, support to GSAs (Gay-Straight Alliances-school based clubs), International Day of Pink. [www.jersvision.org](http://www.jersvision.org) (613) 562-5800 ext. 6486

## SEXUAL HEALTH SERVICES

### Anonymous HIV testing and counselling

Free Anonymous HIV testing (no record kept), and HIV/AIDS prevention counselling available at sites across the City of Ottawa. Free condoms available. Call the AIDS Info line at (613) 563-2437

### Sexual Health Centre – 179 Clarence Street

Free and confidential sexual health services: counselling, testing and treatment of sexually transmitted infections, and Hepatitis B vaccine. Call for Drop-In hours. Satellite centres in some area schools. Free condoms available. Ottawa Public Health-Sexual Health Centre, 179 Clarence Street (613) 234-4641 [www.ottawa.ca/residents/health/living/sexual/clinic\\_en.html](http://www.ottawa.ca/residents/health/living/sexual/clinic_en.html)

### Gay Zone Gaie: A Sexual Health Clinic and more for Guys into Guys

A sexual health clinic open Thursday evenings from 5 to 8 pm at Centretown Community Health Centre, 420 Cooper Street for guys into guys. Sexual health testing and health promotion activities. Visit event links at [www.gayzonegaie.ca](http://www.gayzonegaie.ca) for more info or email [info@gayzonegaie.ca](mailto:info@gayzonegaie.ca)

# RESOURCE LIST for GLBTTQ YOUTH



## Gay, Lesbian, Bisexual, Trans, Two-spirit, Queer & Questioning Youth

*Updated October 24, 2011*

Email Ernie for updates:  
[egibbs@centretownchc.org](mailto:egibbs@centretownchc.org)  
Centretown Community Health Centre