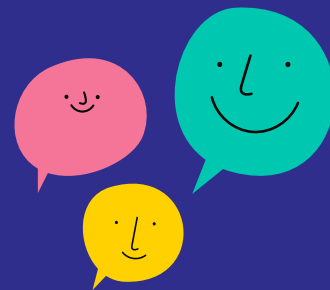


Suggested

RESOURCES for

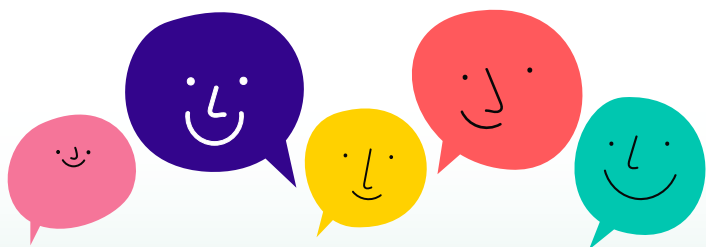
Understanding and Supporting Gender-Diverse Children, Youth, and their Families



The following organizations and resources are available to support gender-diverse children, youth, and their families.

Organizations

- **2-Spirited People of the 1st Nations** – Assists Indigenous 2SLGBTQ+ individuals with different services and programming.
- **Atlohsa Native Family Healing Services Incorporated** – Provides physical, mental, emotional, and spiritual support for Indigenous Peoples based on acceptance, safety, family, empowerment, and integrity.
- **Central Toronto Youth Services (CTYS)** – Provides programs for Toronto-based youth, young adults, and their families.
- **CHEO Diversity Clinic** – Health care and support for children, youth, and families at all stages of their journey with gender identity.
- **Children's Centre Thunder Bay** – Children's mental health, child development, and parenting services to infants, children, youth, and their families.
- **Family Services York Region** – Counselling and community support services for 2SLGBTQ+ individual.
- **Gender Variant Working Group** – Provides support and information that is inclusive of gender-variant individuals.
- **Kids Help Phone** – Home, web, and online support available 24/7.
- **LGBT Youth Line** – Offers confidential peer support through telephone, text, and chat services.
- **Directory of LGBTQ2+ Friendly Resources** – Resources and support for the Middlesex-London area.
- **Family Services Ottawa (FSO) Around the Rainbow** – Offers inclusive spaces for 2SLGBTQ+ youth and families in Ottawa.
- **Native Youth Sexual Health Network** – Works across issues around reproductive health, rights, and justice by and for Indigenous youth and offers programs and services for two-spirit and LGBTQ+ youth.
- **Ode** – LGBTQ group for Indigenous youth in the Greater Toronto Area.
- **OK2BME** – Supportive services for 2SLGBTQ+ kids, teens, adults, and their families in the Waterloo region.



Organizations

- **Ontario Aboriginal HIV/AIDS Strategy (OAHAS)** – Provides culturally respectful and sensitive programs and strategies for Indigenous Peoples.
- **Out on the Shelf** - Queer library and resource centre in Guelph.
- **PARN Rainbow Youth** – Community-based programs and support in Peterborough.
- **pflag London** – pflag London is a welcoming and compassionate community for individuals and their loved ones navigating the journey of coming out and living openly.
- **Rainbow Health Ontario** – Advancing 2SLGBTQ+ health equity in Ontario through provider training, resources and advocacy.
- **Quest Community Health Centre** – Community-based medical care and support in the St. Catharines area and Niagara region.
- **Rainbow Collective of Thunder Bay** – An inclusive, supportive, and empowering home for gender and sexual diversity (GSD) communities, including those in the two-spirit and intersex communities.
- **Rainbow Resource Centre** – Provides services in Winnipeg, with northwestern Ontario resources.
- **LGBT youthline** – Peer support through text and chat services for 2SLGBTQ+ youth.
- **Salaam Canada** – National volunteer-run organization dedicated to creating and cultivating safe and supportive spaces for LGBTQ+ Muslims.
- **Skylark** – Support services for children, young people, and their families struggling with mental health and developmental needs.
- **Supporting Our Youth (SOY), Sherbourne Health Centre** – Supports the health and well-being of 2SLGBTQ+ youth in Toronto.
- **The 519** – Offers 2SLGBTQ+ youth programs in Toronto.
- **The Gilbert Centre** – 2SLGBTQ+ resources in the Simcoe/Muskoka area.
- **Toronto PFlag** – Promotes the health and well-being of 2SLGBTQ+ people by helping keep families together through support and education.
- **TransFamily Kingston** – Provides support and resources for transgender, non-binary, and gender-diverse individuals and their loved ones.

- **Trans Fusion Crew, Supporting Our Youth (SOY)** – A weekly drop-in group to explore, learn about, and share experiences of gender.
- **Trans Lifeline** - Support line that provides trans peer support run by and for trans people.
- **Trans Care+** – TransCare+ is an online resource hub that focuses on supporting the health, care and wellness of trans and gender diverse folks.
- **Trans Wellness Ontario** – Mental wellness support organization for 2SLGBTQ+ youth and families in Windsor-Essex.
- **Windsor-Essex Pride Fest** – Non-profit offering social programs, activities, special events, peer-facilitated groups, and workshops.
- **Youth Services Jeunesse** – Ottawa-based non-profit offering youth group, housing, mental health, and employment support.



Resources and Websites

- **Bargaining Beyond the Binary: A Negotiating Guide for Trans Inclusion and Gender Diversity**, Canadian Union of Public Employees.
- **Creating Authentic Spaces: A Gender Identity and Gender Expression Toolkit to Support the Implementation of Institutional and Social Change**, The 519.
- **Egale Resources** – Resources for 2SLGBTQ+ people and communities, service providers, schools, and companies.
- **Families in Transition: A Resource Guide for Families of Transgender Youth**, Central Toronto Youth Services (CTYS).
- **Gender Creative Kids Canada, Resources** – Created for gender kids, youth, and their families, schools and communities.
- **Gender Spectrum** – Resources for families and some specific resources for grandparents.
- **LGBTQ Parenting Network** - Resources for families and educators.
- **PFLAG Canada** – Resources for families of LGBTQ+ children.
- **Policy on preventing discrimination because of Gender Identity and Gender Expression**, Ontario Human Rights Commission (OHRC).



Resources and Websites

- **Reaffirming Rights: 2SLGBTQINA+ Inclusive Sexual Health Education Contributes to a Safer School Environment for All**, Sex Information & Education Council of Canada.
- Resources from **RHO (Rainbow Health Ontario)**
- **Service Directory**, RHO – Lists health providers, social service providers, and programs for 2SLGBTQ+ people
- **Settlement.org** – Services and supports for LGBTQIA+ newcomers in Ontario
- **SOGI 123** - Provides resources and materials on sexual orientation and gender identity
- **Supporting Transgender and Transsexual Students in K-12 Schools. A Guide for Educators**, Canadian Teachers' Federation (\$5.00 cost)
- **The 519 and Rainbow Health Ontario Media Reference Guide** – Guidance on appropriate language and definitions for trans and gender-diverse people
- **The Gender Book** – Understanding basic concepts of gender
- **The Genderbread Person** – Teaching tool to better understand gender from Egale
- **The Queer Ismaili** – Support for Ismaili Muslims in the LGBTQ+ community
- **Trans Pulse** – Trans PULSE Canada is a community-based survey of the health and well-being of trans and non-binary people in Canada.
- **Trans Student Educational Resources** – National youth-lead organization
- **Umbrella Mental Health Network** – Queer and trans-identifying mental health professionals who work primarily with the 2SLGBTQ+ community in Toronto



American-Based Resources

- **GLSEN** – Supporting Black LGBTQ+ youth
- **Support that Affirms: Navigating Mental Health as LGBTQ+**, Marriage & Family Therapist
- **TransWomen of Color Collective (TWOCC)** – Support for trans people of colour
- **Transgender Law Center (TLC)** – National transgender organization advocating for transgender and gender non-conforming people
- **Welcoming Schools** – Resources for educators



School Boards

School board policies on gender identity, gender expression, and transgender students can be found in this open-access [Google drive](#).

This page links to organizations, resources, and websites that provide information to the public. This is by no means an exhaustive list. Every effort has been made to ensure the links are working. Please share suggestions for resources not listed or report broken/outdated links to mbromfield@etfo.org.

January, 2026

