

YOUTH GROUPS and SUPPORT (Con't)

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/
Located at PTS office at 251 Bank Street, 3rd floor (north of Cooper).
Contact PTS 613-563-4818 or
volunteer.coordinator@ptsottawa.org

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.ca You can also email Andrea hiv@ysb.on.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

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

Peer support group run by PTS for individuals age 18 and older who wish to explore their gender identity and gender expression. Contact PTS at (613) 563-4818 or volunteer.coordinator@ptsottawa.org

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. Contact Ernie for Ottawa area info at 613-233-4443 ext. 2171 or egibbs@centretownchc.org

Trans Action-PTS

Community-focused programs and research for Ottawa Trans communities. Contact PTS 613-563-4818 transaction@ptsottawa.org

Creating Safer Spaces – PTS

Creating Safer Spaces is a program of PTS that provides workshops for youth and educators. We discuss how to make a space inclusive for queer youth and how to oppose queerphobic bullying. creating.safer.spaces@ptsottawa.org or call 613-563-4818

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/glbtc

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 Shelters – YSB

Youth Services Bureau provides GLBTTQ inclusive short-term emergency housing for youth ages 12-20. Locations are 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

Gai-Écoute

Quebec's provincial peer support line
1-800-505-1010 or www.gaiecoutte.org

Kids Help Phone

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

Rainbow Health Ontario (English/French)

Ontario Provincial LGBT Health program
www.rainbowhealthontario.ca

Canadian Rainbow Health Coalition (English/French)

Bilingual Canadian website www.rainbowhealth.ca

Pride Education Network (English)

formerly know as GALE BC Gay and Lesbian Educators of BC
English Canadian website www.pridenet.ca

Day Against Homophobia – May 17 (English/French)

Annual May 17th event, Bilingual Canadian website
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

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 www.aroundtherainbow.org

EGALE 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

OCASI Positive Spaces Initiative 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. Contact Ernie for Ottawa area info 613-233-4443 ext. 2171 egibbs@centretownchc.org.

Rainbow Service Providers Network

Formerly known as GLBTTQ Youth Service Providers Network. Agencies serving children, youth and families of GLBTTQ communities. The Network works collaboratively to create safer and more inclusive services and school boards. Contact Jade at PTS by e-mail creating.safer.spaces@ptsottawa.org or phone 613-563-4818. Or Ernie at egibbs@centretownchc.org or phone 613-233-4443

Put this on the map: Reteaching Gender & 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 Therapy 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 a phone number or an email address where it is safe to contact you. Workshops for service providers and educators. For more info contact Ernie 613-233-4443 ext. 2171, 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.yzb.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.

YSB Counselling Intake & Mental Health Walk-In 613-562-3004
YSB Crisis 24/7 call 613-260-2360

YSB GLBTTQ Workshops, HIV/Aids Education & Awareness resources, and information contact Andrea Poncia 613-241-7913 ext. 409 or email hiv@ysb.on.ca

YSB Rainbow Youth Advisory Committee and Youth Engagement call Brenda 613-241-7913 ext. 405 or email 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. Contact Jodi at 613-860-7138. Please leave a message and you will be discreetly called back. (French) Denise 613-524-4085 or 1-877-874-4424. National PFLAG line 1-888-530-6777 www.pflag.ca

Sexual Assault & Partner Abuse Care Program

Free services for people age 16 and over who have been sexually assaulted. Please call the Ottawa Hospital, Civic Campus at 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. Call 613-236-1222 ext. 2466. For emergencies call 911. The Hate Crime unit works closely with Ottawa LGBT Police Liaison Committee <http://gibt.ottawapolice.ca/>

Pink Triangle Services and Kelly McGinnis Lending Library www.pinktriangle.org

Information and referral, discussion and peer support groups for GLBTTQ people, Lending Library. Contact PTS 613-563-4818 or library@ptsottawa.org 251 Bank Street, 3rd floor.

Ten Oaks Project – Camp Ten Oaks and Project Acorn

Serving children and youth in LGBTQ families and LGBTQ youth. 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. Visit 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 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 http://ottawa.ca/health_safety/sexual/centre/index_en.html

Gay Zone Gaie: A Sexual Health Centre 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 email info@gayzonegaie.ca

OTTAWA RESOURCE LIST for GLBTTQ YOUTH



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

Updated January 26, 2012

For updates, visit:

http://bit.ly/GLBTTQ_Ottawa_Youth

www.centretownchc.org