

Mental Health & Peer Support Resources for Trans, Non-Binary, and Gender Diverse Youth in Hamilton
(As of April, 2021)

AFFIRM - <https://www.projectyouthaffirm.org/>

- “CBT-based group for LGBTQ+ youth and adults to learn stress and coping skills”
- Age ranges for groups are 14-18 and 19-29
- Variety of local organizations in Hamilton have hosted AFFIRM groups
- Sign up on their website

De dwa da dehs nye>s Aboriginal Health Centre - https://www.instagram.com/dahac_river/

- River is a Mental Health Peer Support Worker who runs programming for Indigenous Two-Spirit and LGBTQ+ folks and can provide individual peer support as well
- They can work with youth who are 16+
- You can find updated info about their programming on their Insta

Friends of Ruby - <https://www.friendsofruby.ca/programs-and-services/mental-health-and-wellness-support/>

- 2SLGBTQIA+ youth organization in Toronto
- Can provide up to 20 free virtual counselling sessions for youth aged 16-29
- You can register on their website, or email info@friendsofruby.ca with questions

Kyle’s Place - <https://www.facebook.com/Kyles.place19>

- Trans and non-binary prioritized space, has been providing direct support to trans folks (including trans youth) throughout out covid
- Including gender gear, grocery and hygiene supply deliveries, covering the cost of name changes and hormones
- Email transpeersupport@gmail.com

Positive Space Network - <https://positivespacenetwork.ca/>

- 2SLGBTQIA+ youth organization in Halton, but programming is currently online and can be attended by youth in Hamilton
- Wide variety of programs, for youth aged 6-24
- Check their social media for updated online programming/events, or email psncoordinator@rockonline.ca

Routes Youth Centre - <https://www.routesyouthcentre.ca/program-calendars>

- Runs a monthly (currently online) positive space group for “LGBTQ2S+ youth to come together to enjoy community, laughs, and discussion in a safer space”
- Open to youth ages 14-19
- Email info@routesyouthcentre.ca for more info

spectrum Hamilton - <https://www.spectrum.ca/>

- 2SLGBTQIA+ youth organization in Hamilton

- Currently running a variety of online programming including online events, a weekly online check-in program for youth, online peer support sessions, and specific supports for 2SLGBTQIA+ newcomer youth, as well as QTBIPOC youth
- Check their website or social media accounts to see what programming is running each month
- Email info@spectrum.ca to sign up or with questions, you can also message them on social media, or sign up on their website

The Space - <https://www.spaceyouth.ca/programs>

- Usually runs two groups for 2SLGBTQIA+ youth, one of which is specifically for QTBIPOC youth
- May currently be paused for covid or running online
- Kaleidoscope: “2S-LGBTQIA+ youth circle, where we try to build an intentional space prioritizing community care and centering the voices of youth with multiple marginalized identities through fun activities, healing & learning!”
- OQRA: “OQRA is a social and informal support group for QTBIPOC. OQRA offers the chance to connect with other racialized 2S-LGBTQIA+ folks in a private and empowering community setting where confidentiality is valued. Contact us or talk to a staff for more info!”
- Email info@spaceyouth.ca for more info/to see what’s running

Transcend - <https://www.hwdsb.on.ca/elementary/supports/mental-health-and-well-being/treatment/#tabs-112>

- Two social support groups: one for trans, non-binary, and gender diverse youth and one for parents/guardians of trans, non-binary, gender diverse youth
- Age range for youth group is generally 11-19
- Each group runs once a month for two hours, currently online
- Transcend is run through the HWDSB, contact Darryl Byers at dbyers@hwdsb.on.ca for more info

Youth Wellness Centre - <https://reachouthamilton.ca/>

- Mental health support for youth aged 17-25
- YWC has a Trans Peer Support Worker to provide trans-specific peer support to trans youth
- SAGE (Support Around Gender Experience) Youth Group
 - Facilitated by the Trans Peer Support Worker, groups are activity and discussion based, currently running online
 - For trans, non-binary, and gender diverse youth aged 14-25, but primarily attended by youth aged 16+

2SLGBTQ+ Mental Health Clinician for Good Shepherd and Youth Wellness Centre

- Can work with youth ages 12-25 who are seeking support with gender/sexuality or require a worker from the 2SLGBTQ+ community

Chat/Phone Lines

LGBT Youthline - <https://www.youthline.ca/get-support/ways-we-support/>

- Chat/Text peer support for 2SLGBTQIA+ youth in Ontario

Trans Lifeline - <https://translifeline.org/hotline/>

- Hotline for trans, non-binary, gender diverse folks in North America, offered in English and Spanish