



Guide to The Positive Space Network

Introduction

The Positive Space Network is a program within ROCK (Reach out Centre for Kids) Here at PSN we actively want to build community and create safer spaces for 2SLGBTQ+ youth ages 6-24 in Halton Region. We do this by creating youth-focused programming, providing peer support and cultivating community partnerships. We actively work towards a future in which diverse 2SLGBTQ+ youth, individuals and families live in a welcoming and supportive world.

Program Overview

ConnecTions: Is hosted every First non-holiday Monday of the Month from 5-8pm at 471 Pearl street in Burlington. This group is intended for trans, non-binary and gender diverse youth ages 12-24. We concurrently host a parent peer support group in a separate space at Pearl street. Youth can anticipate different resources being available such as gender gear, crafts and art activities, guest speakers and facilitated conversation.

Unicorn Club: Is hosted every Second non-holiday Monday of the Month from 5:30-7:30pm at 471 Pearl street in Burlington. This group is intended for youth ages 6-12 who are part of the 2SLGBTQ+ community or may be questioning their gender identity or sexual orientation.

Parent groups: We offer two parent peer support groups a month.

1. At ConnecTions, for parents/caregivers of trans, non-binary and gender diverse youth which is every first monday of the month from 5-8pm at 471 Pearl street in Burlington.
2. Virtually via zoom, every Third Monday of the month for parents/caregivers who support youth who identify as part of the 2SLGBTQ+ community.



**PSN Drop-in programs: *Please note that we offerings both in-person and virtual*
Check out our registration for updates**

We host monthly drop-ins for 2SLGBTQ+ youth in Halton at various locations and within each city.

QTBIPOC Drop-in: This is a space for 2SLGBTQIA+ youth who also identify as either Black, Indigenous or as a person of Colour to hang out, access resources and build community connections. The goal of this drop-in is to foster space for QTBIPOC folks to build a support network with their peers, and to engage in a space that prioritizes these intersections of identity in a way that's fun and accessible!

When: 3rd Wednesday of each month

Where: 400 Bronte Street South, Milton, On (ROCK office)

Oakville: Second Wednesday of each month from 4-6:30 at 504 Iroquois shore rd unit 12.

Milton: Every Second Thursday of the month from 3-5:30pm at 400 Bronte street South

Acton: Third Tuesday of each month from 3:30-6pm at 17 River Street in the Halton Hills Library.

Georgetown: Every third Thursday of the month from 3:00-5:30pm at 96 Guelph street.

Burlington: Different monthly drop in's at the OCC locations: **Surrey/Warwick:** Fourth Monday of the month from 3-5pm & **Burloak:** Fourth Tuesday of the month from 3-5pm

Workshops and multiple session groups:

Please see a description of recurring groups that have run in the past. Stay connected with us to find out when they will be offered next!

Gender Journeys - Is an 8 week multi season group for trans, non-binary and those questioning their gender identity. This group is an opportunity to build connections with peers, support overall well being, gain information related to mental health and healthcare supports.



Rainbow Writes - A 2SLGBTQ+ youth writing group meant to foster creativity and bring people together. With a range of topics from poetry to character development, to flash fiction, you'll leave Rainbow Writes with a renewed passion for creative writing and plenty of prompts to carry with you through your writing journey.

Embrace and Empower - This program focuses on exploring the historical and social influences that can impact Queer and/or Trans youth, their body image, body perception, identity and relationship with food.

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
- ROCK/PSN have hosted AFFIRM groups in the past
- Sign up on their website to join the list, there are also several different host sites you can register with.

Proud to Be Me - A 2 session workshop mainly focused on supporting QTBIPOC youth aged 12-19. In this program participants explore concepts of identity and body image, and push back against the urge to conform to appearance norms in our society, particularly those based in eurocentrism and binary conceptions of gender and gender performativity.

Registration and staying connected:

Registration can be found on our website positivespacenetwork.ca under “Upcoming events” or directly through this link [here](#).

To stay updated on our most current offerings, resources and more! Please subscribe to our Newsletter, found on the bottom of our homepage! We will send updates monthly! Be sure to check your junk and spam folders just in case. We also regularly update our instagram @psn.halton and facebook @positivespacenetworkca



Initiatives

Gender Gear Program (Pay-what-you-can model):

We are happy to be able to provide access to gender affirming gear for trans and gender diverse individuals including binders, packers, breast forms, gaffs as well as underwear and support garments at a pay-what-you-can price. Clients looking for access to gender affirming gear can fill out this request form [here](#) to make a request. Alternatively, the form can be found on our website at positivespacenetwork.ca under programs and services.

Presentations and Capacity building:

PSN offers four different workshops for youth and adults in the community. For complete details of these offerings, please find our flyer [here](#).

Mental Health Support via ROCK

Main access line:

The ROCK clinical team is here to support you through life's challenges and help you improve your mental wellbeing. If your preference is to speak with a therapist who specializes in working with 2SLGBTQ+ youth, please let this be known when you contact ROCK.

You can call our Live Answer Access phone line at [289-266-0036](tel:289-266-0036) between Monday and Friday between 9am and 5pm. Otherwise, you can connect through online chat with Quinn at www.rockonline.ca.

Walk in:

Our Virtual Walk-in Clinic is open and accessible Mon-Wed 9 am - 3 pm by calling our Access Line.

Crisis line:

Don't forget that the ROCK crisis line is here for you 24 hours a day, 7 days a week at [905-878-9785](tel:905-878-9785). You can call the ROCK crisis line on behalf of yourself or if you are concerned about someone else.



Resource Guides and Information:

[Name change guide -Youth](#)

[Name change guide - Adult](#)

[Gender marker guide](#)

Halton Community Legal Services provides free legal support through their ID clinic and free commissioning. To learn more, please visit: <https://www.haltonlegal.ca/>

Healthcare

Need help getting connected/ seeking gender affirming healthcare? Please reach out to Sarina at psncoordinator@rockonline.ca or Alternatively the Hamilton Trans Health Coalition at info@hthc.ca

Additional Resources

- Letter of support: [Click here](#)
- Resource List: [Click here](#)
- Rainbow Health Directory to Find a provider: [Click here](#)

Community organizations and peer support services (external):

Pflag Canada- Halton Chapter

Host's monthly peer support meetings for parents, youth, allies and members of the 2SLGBTQ+ community.

Facebook: https://www.facebook.com/haltonpflag/?ref=py_c

t. 1-888-530-6777 ext 582

e. haltonon@pflagcanada.ca

Instagram: <https://www.instagram.com/pflaghalton/>



LGBT YouthLine

Services available: Email, call, text, and chat support. Sunday-Friday 4:00pm-9:30pm EST

Call: 1-800-268-9688

Text: 647-694-4275

Website: <https://www.youthline.ca>

Email: askus@youthline.ca

Trans Lifeline

Service available: Peer support services from trans folks in Canada and the US.

Although the line is open 24/7 a peer listener is guaranteed between 10:00am-4:00am EST.

Call: 1-877-330-6366

Salaam Canada

<https://www.salaamcanada.info/>

Gender Spectrum: US-Based facilitated discussions and support groups for trans youth and pre-teens. No need to talk or turn on your video, but pre-registration is required.

Website: <https://www.genderspectrum.org/articles/gender-spectrum-groups>

Additional helpful resources:

Good2Talk - Ontario Post-Secondary Student Support:

Call: 1-866-925-5454 (to speak to a counsellor)

Text 'GOOD2TALKON' to 686868 (to speak with a trained Volunteer Crisis Responder)

Kids Help Phone

Services available: confidential and anonymous over-the-phone or text-based counselling available 24/7 to young Canadians between ages 5 to 29 years-old.

Call: 1-800-668-6868

Text 'CONNECT' to 686868

Safe Hands Safe Hearts

<https://www.safehandssafehearts.com/ca/> • Counselling for 2SLGBTQ+ youth over 18 • 3 free sessions and subsidy options • Link for screening



Canadian Mental Health Association

Crisis line at: 905-278-9036 or 1-888-811-2222. The crisis line is available 24/7

BounceBack: <https://bouncebackontario.ca/>

Private List of Therapists: [Click here](#)