

## Resources for Sexually and Gender Diverse Community in Niagara

<p><b>Brock Pride</b></p>	<p><a href="https://experiencebu.brocku.ca/organization/pride">https://experiencebu.brocku.ca/organization/pride</a></p> <p>brockpride@outlook.com</p> <p>Instagram: @brockpride</p>	<p>A club devoted to creating a safe social environment for students of diverse gender and sexual identities. They offer weekly meetings Tuesdays 7-9pm and monthly social events. It is not necessary to be a student to attend.</p>
<p><b>De dwa de dehs nyes Aboriginal Health Centre</b></p>	<p>River Holland-Valade</p> <p>Peer Support &amp; Outreach Worker (16+) – Hamilton &amp; Niagara</p> <p><a href="mailto:rholland-valade@dahac.ca">rholland-valade@dahac.ca</a></p> <p>(289) 683-1452 (Call/Text)</p> <p><a href="https://aboriginalhealthcentre.com/">https://aboriginalhealthcentre.com/</a></p>	<p>De dwa de dehs nyes is a local Indigenous Community Health Centre offering Mental Health Services for Indigenous peoples living in the Niagara Region. A virtual 2SLGBTQ+ Sharing Circle is currently being run out of the centre by River, a Two-Spirit &amp; Trans identified peer support mental health provider.</p> <p>For more information or to register for the circle, please connect with River (under contact info). They are also able to take on some clients (only need to self-identify as Indigenous) in the Niagara region for Mental Health supports &amp; support with general wellbeing.</p>
<p><b>Lesbian Gay Bi Trans Youth Line</b></p>	<p>1-800-268-9688 Text 647-694-4275</p> <p>Chat services at <a href="http://www.youthline.ca">www.youthline.ca</a></p> <p>FB (see footer below)</p>	<p>Offers confidential peer support through their telephone, text, and chat services. Services available across Ontario Sunday-Friday from 4:00pm-9:30pm for youth to 29yrs.</p>
<p><b>NC LGBTQ+ Community</b></p>	<p>Mariah Palmer, Vice President</p> <p><a href="mailto:Mpalmer12@ncstudents.niagaracollege.ca">Mpalmer12@ncstudents.niagaracollege.ca</a></p>	<p>Strictly for Niagara College students. A social club that runs events for LGBT+ folks and allies on campus for</p>



	<p>FB</p> <p>Instagram</p> <p><a href="#">@nclgbtqunity</a></p>	<p>Niagara College. Students are able to register membership, and non-member students are welcome to specific events.</p>
<p>Niagara Falls Community Health Centre</p>	<p>4790 Victoria Ave. Niagara Falls, ON</p> <p>Contact for LGBTQ2+ Support Coordinator: Celeste Turner 905 356-4222 ex. 311 <a href="mailto:cturner@nfchc.ca">cturner@nfchc.ca</a></p> <p>FB</p> <p>Instagram</p>	<p>Non-profit, community governed, multi-service health centre that provides primary health care, health promotion, community development services, all under one roof at no cost. This includes the Queer Youth Collective group. This group is for Ages 10-13 and ages 14-18 every other Tuesday. No registration is required. Contact Celeste for more details. Drop-ins and new friends always welcome!</p>
<p>Niagara Regional Gay Men's Group</p>	<p>FB</p>	<p>This group is for gay men in Niagara looking to find friends. They meet at Canalside in Port Colborne Mondays at 7pm, Mahtay Cafe in downtown St. Catharines Thursdays at 7:30pm, and walk/coffee social Saturdays time varies.</p>
<p>The Niagara Region 2SLGBTQQIPA+ Women's and NB Group</p>	<p>Jennifer Munday <a href="mailto:jennmunday@cogeco.ca">jennmunday@cogeco.ca</a> 905-341-0795</p> <p>FB</p>	<p>Inclusive of all LGBTQ2SA + women and Non-binary persons of all ages. Gather to make friends, socialize and do fun activities in friendly spaces. Events will range from picnics, hikes, coffee, potlucks, dinners, movies etc. Allies welcome.</p>
<p>OUTniagara</p>	<p><a href="https://www.outniagara.org/">https://www.outniagara.org/</a></p> <p><a href="mailto:outniagara@gmail.com">outniagara@gmail.com</a></p> <p>FB</p>	<p>OUTniagara supports our local LGBTQ2+ community and beyond by amplifying the voices of our community, acting as a public policy advocate and helping to build relationships within the community.</p>
<p>PFLAG+ Niagara (Parents and Friends of Lesbians, Gays, Bisexual and Trans)</p>	<p>Kim 1-888-530-6777 ext 600 <a href="mailto:niagaraon@pflagcanada.ca">niagaraon@pflagcanada.ca</a></p>	<p>A sharing and supportive group for parents, family members, and friends of LGBTQ+ individuals, and</p>

Rainbow Niagara –a program of Quest Community Health Centre – January 2023

For more copies or to make any updates contact Stephanie, Community Health Worker at [svail@questchc.ca](mailto:svail@questchc.ca)

FB-Facebook page available

	<p><a href="https://pflagcanada.ca/ontario/">https://pflagcanada.ca/ontario/</a></p> <p>FB</p>	<p>those individuals themselves. PFLAG provides dialogue about sexual identity &amp; gender identity to create a society that's welcoming to all. Meets virtually the second Tuesday of the month from 7-9pm. Email to access the zoom link.</p>
Positive Living Niagara	<p>905-984-8684  <a href="mailto:info@positivelivingniagara.com">info@positivelivingniagara.com</a>  <a href="http://www.positivelivingniagara.com">www.positivelivingniagara.com</a></p> <p>FB</p>	<p>PLN supports people living with and affected by HIV and this includes support of groups who are at greater systemic risk of contracting HIV such as gay men and members of the trans community.</p>
Pride Niagara	<p>Enzo De Divitiis  Pride Niagara Chair</p> <p><a href="mailto:info@prideniagara.com">info@prideniagara.com</a>  <a href="http://www.prideniagara.com">www.prideniagara.com</a></p> <p><u>Mailing Address</u>  Pride Niagara  4 Queen Street, PO Box 4020  St. Catharines, ON, L2R 3B0</p> <p>FB  Instagram</p>	<p>Pride Niagara is a celebration of Niagara's sexual and gender diverse community and its supporters. Based on a platform of acceptance, we provide information and social activities for the Niagara Region.</p>
Quest Community Health Centre	<p>145 Queenston St.  Suite 100  St. Catharines, ON L2R 2Z9  Phone: 905.688.2558  <a href="http://www.questchc.ca">www.questchc.ca</a></p> <p>For more info about Rainbow Niagara's outreach and community programs contact:</p> <p>Stephanie Vail  Community Health Worker  Cell (text or call)-905-380-4576  Office-905-688-2558 ex. 222  <a href="mailto:svail@questchc.ca">svail@questchc.ca</a></p> <p>and</p> <p>Kai Kristoff  Community Health Worker  Cell (text or call)- 905-932-9332  Office 905-688-2558 ex. 263</p>	<p>Primary Health Care, services to individuals who experience barriers to accessing health care, including sexually and gender diverse communities. This includes <a href="#">Rainbow Niagara 2SLGBTQ+ Services</a> that includes primary health care, trans specific health care, mental health support/counselling, outreach, groups and health promotion/community capacity building initiatives such as Pride Prom and community presentations. Trans youth group for ages 14-19. This group runs every 3rd Tuesday from 4:00pm-5:30pm.</p>

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	<a href="mailto:kkristoff@questchc.ca">kkristoff@questchc.ca</a>	Gender Quest group for trans/gender questioning adults ages 18 and over. This group is 8 weeks and those interested must register.
Senior Pride Network of Niagara	<p>Nancy Radclyffe 289 929 0764 Nancy.radclyffe@gmail.com</p> <p>FB</p> <ol style="list-style-type: none"> <li>1. We advocate for an increase and improvement of programs and services for older 2SLGBTQ+ people. This includes activities and programs for this our primary target audience, with their input of course.</li> <li>2. Our second mandate concerns our largest target audience. These are the individuals who provide health and social services, and their employers, as our primary target audience. These agencies include, long-term care homes, ones who provide similar services for Niagara's older adults living in the community, volunteer agencies and those like Meals on Wheels. We prepared a cultural competency "101" curriculum and successfully educated numerous such groups. Now we propose to prepare a level "201" cultural competency curriculum based on the RNAO "Best Practices" in the care of senior 2SLGBTQI+ people.</li> </ol>	Senior Pride Network Niagara, SPNN, was incorporated under the Canada Not-for-profit Corporations Act on December 07, 2021. SPNN began in 2016 as a community-based group of, by and for older 2SLGBTQI+ people. We are comprised of older 2SLGBTQI+ citizens, our allies, and representatives of organizations providing services and programs to, with and for older 2SLGBTQI+ adults in the Niagara Region of Ontario.
Transcending Binaries	<p>transcendingbinaries@gmail.com</p> <p>Instagram: @transcendingbinaries</p>	Social night for gender non-conforming folks and allies at Brazen café. Check Instagram for details.
Transgender Niagara	<p>Colleen McTigue mctigue.colleen@gmail.com</p> <p>FB</p>	A trans* peer support group whose purpose is to provide the trans* community in Niagara with access to information, resources, and the companionship of others. Meetings are held on the 4th Friday of each month at 7pm at the Silver Spire Church in St. Catharines.
Trans Lifeline	Translifeline.org/hotline/	An all ages hotline staffed by transgender people for

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	<p>1-877-330-6366 (Canadian line)</p> <p>FB @translifeline</p> <p>Instagram</p>	<p>transgender people. This is run by volunteers, based on availability 24-7. There is also a callback option for friends and family of trans folks.</p>
TransParent Canada	<p><a href="http://www.transparentcanada.ca">www.transparentcanada.ca</a></p> <p>FB</p>	<p>Online network for parents and their trans-identified children.</p>

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