

Mental Health & Peer Support Resources for Trans, Non-Binary, and Gender Diverse Youth



AFFIRM

- “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

- 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 [Instagram](#)

Friends of Ruby.

- 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

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

Positive Space Network

- 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

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Routes Youth Centre

- 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

- 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.
- 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

- 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

- 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.

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Youth Wellness Centre

- 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

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

Trans Lifeline

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