RESOURCES FOR LGBTQ YOUTH IN TORONTO

Updated Feb 2016 by CTYS. This list is not exhaustive. See organizations’ websites for most current information. For more extensive listings of trans resources, see: “Resources for Trans Youth & Their Families”

In-Person Services for Youth

- **The 519**
  Downtown Toronto’s LGBTQ community centre, offering a variety of specialized programs and services. 416-392-6874.
- **Pride & Prejudice Program** - Central Toronto Youth Services
  Individual, group, and family counseling and services for LGBTQ youth (13-24). 416-924-2100.
- **Queer Asian Youth** – Asian Community AIDS Services
  Workshops, forums, and social events for LGBTQ Asian youth (14-29). 416-963-4300 ext. 229.
- **Queer Youth Arts Program** – Buddies in Bad Times Theatre
  Free, professional training and mentoring for queer & trans youth (30 and under) who have an interest in theatre and performance. 416-975-9130.
- **Stars @ The Studio** - Deslile Youth Services
  A social drop-in space created by and for youth (13-21); an LGBTQ drop-in takes place monthly. 416-482-0081. DYS also provides a LGBT Youth Outreach Worker.
- **Supporting Our Youth (SOY)** – Sherbourne Health Centre
  In downtown Toronto, specialized programming for diverse LGBTQ youth (29 and under). 416-324-5077.
- **The Triangle Program** – Oasis Alternative Secondary School
  TDSB’s alternative school program dedicated exclusively to LGBTQ youth (21 and under). 416-393-8443.

Sports & Fitness

- **Outsport Toronto**
  Serves and supports LGBTQ amateur sport and recreation organisations (see Listings) and athletes in the Greater Toronto Area.
- **Queer and Trans Swim Night** – Regent Park Aquatic Centre
  An “open and inclusive” swim time open to the public: Saturdays 8-9:30pm.
- **The Toronto Newsgirls Boxing Club**
  A safe and positive space for women and trans people to explore the sport of boxing. 416-480-2058.

Housing & Employment

- **Egale Youth OUTreach**
  Mental health counseling and drop-in centre for LGBTQ youth (29 and under) experiencing homelessness. 416-964-7887 ext. 9.
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- **YMCA Sprott House**
  Supported residential living dedicated exclusively to LGBTQ youth (16-24), including education and employment programming. 647-438-8383.

**Health & Medical Care**

- **AIDS Committee of Toronto**
  Programs and resources for LGBTQ youth (16-29) living with, affected by, at risk or concerned about HIV. 416-340-2437.
- **Hassle Free Clinic**
  Medical and counseling services in areas of LGBTQ sexual health. 416-922-0566.
- **Planned Parenthood Toronto**
  Health & community services for LGBTQ youth (29 and under). 416-961-0113.
- **Sherbourne Health Centre**
  Community health centre specializing in LGBTQ, newcomer, and urban health. 416-324-4180.

**Phone Support Lines**

- **Kids Help Phone**
  Phone and web counseling & support for youth (20 and under), 24/7. 1-800-668-6868.
- **Lesbian Gay Bi Trans Youth Line**
  Phone and online peer support for LGBTQ youth (26 and under); inc. text, chat, and email support. 416-962-9688 (GTA); 1-800-268-9688 (Ontario).

**Misc. Mental Health Services**

- **David Kelley Services - Family Service Toronto**
  LGBTQ adult individual, couples and family counselling (inc. walk-in services). 416-595-9618.
- **LGBTQ Peer Support Drop-In Group – Mood Disorders Association of Ontario**
  For LGBTQ persons living with a mood disorder. First & third Wednesdays monthly, 7-9pm.
- **Rainbow Services – Centre for Addiction and Mental Health**
  Drug and alcohol counselling and support for LGBTQ persons. 416-535-8501.
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**Resources for Families**

- **PFLAG (Toronto chapter)**
  Phone and group-based support for parents, family, and friends of LGBTQ youth. 416-406-6378 (support); 416-406-1727 (general inquiries).

- **Out & Proud Program – Children’s Aid Society of Toronto**
  Inclusive and positive services for LGBTQ children and youth served by CAS of Toronto, as well as LGBTQ families and care providers. 416-924-4640.

  **Family Acceptance Project**
  Family education information and research about the experiences, health, and well-being of LGBTQ youth.

- **Rainbow Health Ontario**
  Information about LGBTQ health and links to LGBTQ-friendly physical and mental health services in Ontario.

**Resources for Professionals**

- **A Practitioner’s Resource Guide: Helping Families to Support Their LGBT Children.**
  2014 publication prepared by Caitlin Ryan, Director of the Family Acceptance Project at San Francisco State University.

**Services Outside Central Toronto**

- **East Qrew - East Metro Youth Services**
  In Scarborough, social support group for LGBTQ youth (14-24), Thursdays 5-7pm. 416-438-3697 ext.405.

- **ReachOUT Program – Griffin Centre**
  In York Region, individual & family counseling, social supports, and advocacy for LGBTQ youth (12-18). 416-559-8565.

- **Rex Pride**
  In Rexdale and Etobicoke region, community support group for LGBTQ youth (12-24).

- **My House – Rainbow Resources of York Region**
  A network facilitating LGBTQ community events and listings. 905-770-5858.

- **York Rainbow Support Program - Family Services York Region**
  Individual and family counselling, including trans-specific drop-in services. 1-888-967-5542.

- **YAAHA! - YouthLink**
  In Scarborough, bi-weekly program for queer/trans youth (13-24). 416-967-1773 x229.