

# 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 Orew - 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.