

Community Services and Resources

Lesbian, Gay, Bisexual, Transgender and Queer (LGBTQ)



Patient Education



UHN

Toronto General
Toronto Western
Princess Margaret
Toronto Rehab
Michener Institute

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This guide provides a listing of Lesbian, Gay, Bisexual, Transgender & Queer (LGBTQ+) Community Services & Resources available in the Toronto area. It focuses on health-related resources. “Health” includes physical, emotional, sexual, psychological and spiritual needs, and community resources which address those areas.

This guide may not include all the LGBTQ+ community resources and services in the Toronto area. For more information, contact:

- 211 Toronto
- 519 Community Centre: 416-392-6874

Health related and counselling services

Across Boundaries: Mental Health and Addiction Services for Racialized Communities

51 Clarkson Ave, Toronto

Phone: 416-787-3007

Email: info@acrossboundaries.ca

Provides a range of supports and services to people from under-served communities including immigrants and refugees experiencing mental health problems. Services are available in various languages including: Caribbean Dialects, Shona, Amharic, Harare, Xhose, Tsonga, Afrikaans, Swahili, Somali, Twi, Dari, Pashto, Farsi (Persian), Punjabi, Hindi, Urdu, Bengali, and Mandarin.

Alcoholics Anonymous LGBTQ+ Groups in Toronto

Various location in Toronto.

Phone: 416-487-5591

The Alcoholics Anonymous (AA) Group is a 12-step program for people looking for support related to alcohol use. Groups meet every week at different locations in Toronto.

For meeting times and dates visit: <https://www.aatoronto.org/meetings>

Centre for Addiction & Mental Health (CAMH), Rainbow Services

60 White Squirrel Way, Toronto

Phone: 416-535-8501 press 2

Rainbow Services provides counselling to LGBTTTQ people who are worried about their use of drugs and alcohol. Services are available to people with a variety of goals, including those who want to try to quit, cut down, or who would just like to be more aware of their drinking or drug use. Programs include the unique needs and issues that LGBTTTQ people face.

Centre for Addiction and Mental Health, Adult Gender Identity Clinic

100 Stokes St, Toronto, ON M6J 1H4

Phone: 416-535-8501 press 2

The Adult Gender Identity Clinic offers services to people over age 18 who want to explore issues related to their gender identity, which may include transgender expression. Services include full mental health assessments, one-on-one support and treatment, group-based support and treatment, recommendations for surgery funding and referrals for clients seeking transition-related surgeries. A doctor referral is needed.

Church Wellesley Health Centre

491 Church S, Toronto

Phone: 416-463-1500

Website: www.cwhealth.ca

The health centre offers specialized primary health care for the LGBTQ+ community and people living with HIV. Dentistry, physical rehab, sleep therapeutics, counselling, psychotherapy and dermatology services are also offered.

Edge West Healthcare for Youth

1900 Davenport Road, Toronto

Phone: 416-652-4363

Website: www.edgewest.ca

Edge West considers youth and LGBTQ+ issues when offering primary health care services, mental health support and counselling, legal aid and employment services.

Family Service Toronto - David Kelly Services (DKS) Program

128A Sterling Rd Suite 202, Toronto

Phone: 416-595-9618

Email: dks@familyservicetoronto.org

The David Kelly Services program offers counselling and support services through a trauma-informed, anti-oppression lens to help empower LGBTQ+ individuals, couples and families, as well as people living with, affected by or concerned about HIV/AIDS.

Hassle Free Clinic – Men/Trans Clinic and Women/Trans Clinic

66 Gerrard St E suite 200, Toronto

Phone: 416-922-0566

Website: <http://hasslefreeclinic.org>

Free medical and counselling services in many areas of sexual health in downtown Toronto.

Planned Parenthood of Toronto

36B Prince Arthur Ave., Toronto

Phone: 416-961-0113

Website: <http://www.ppt.on.ca>

Offers primary health, sexual and reproductive health, and mental health care services to youth ages 13 to 29 years old including physicals, sexually transmitted infection (STI) testing and treatment, and counselling. Teens can have their questions about sex and sexuality answered by teens and youth just like them through phone, email and MSN chats.

The Sherbourne Health Centre

333 Sherbourne Street, Toronto

Phone: 416-324-4180

Website: <http://sherbourne.on.ca>

Provides a wide range of primary health care, counselling, and support services, and meets the specialized health needs of those who identify as LGBTQ+ in an open, safe, and welcoming environment.

Shout Clinic

168 Bathurst St., Toronto

Phone: 416-927-8553

Website: <http://www.icha-toronto.ca/node/83>

Provides free dental care (cleaning, fillings, extractions, root canals, crowns, dentures, etc.) for homeless and street-involved youth aged 16 to 24.

Support groups and organizations

2-Spirited People of the 1st Nations

145 Front St East Suite 105, Toronto

Phone: 416-944-9300

Website: www.2spirits.com

A social services organization which provides education and support services to 2-Spirit persons of Aboriginal ancestry living with or at risk for HIV and related infections in the Greater Toronto Area.

519 Church Street Community Centre

519 Church St., Toronto

Phone: 416-392-6874

Website: www.the519.org

A community centre which has a special focus on LGBTQ+ programming. Over 300 groups using meeting space, providing community services and offering a wide range of educational, social, cultural and self-help programs. Visit the website for more information.

Trans-Specific Programs @ The 519 Church Street Community Centre

Phone: 416-392-6874

Website: www.the519.org

Support, advocacy, resources and referrals for people who are transsexual, transgender and gender variant.

- **Trans Men FTM , Transmac & Non-binary Support Group** meets 1st and 3rd Friday of each month from 7:30 pm-9:30 pm at The 519
- **Meal Trans** is a multi-service drop-in service mainly for lower-income and street-active transsexual and transgendered people. Provides a place for transgender and transsexual people to get together over a healthy meal, get resources, information and referrals, talk about issues relevant to their lives, learn with and from each other, and build a stronger community.

- **The Trans Sex Worker Empowerment Project** supports trans and gender-diverse identified people who have experience with sex work to receive training and facilitation skills.
- **The Trans-Identified People of Colour Project (TPOC)** provides peer leaders with 16 weeks of free training for skill development on personal and professional development topics, such as: cooking, anti-oppression, self-care, team building, harm reduction, HIV, and relevant legislation.
- **The Transition Support** meeting group that provides help and support for people in the process of transitioning.

FrancoQueer

Phone: 647-709-2600

Website: www.francoqueer.ca

Social group for French-speaking/Francophile gay, lesbian, bisexual, two-spirit, transsexual, transgender, questioning, queer, intersex, asexual and allied francophones. Offers tailored activities, services and programs, as well as opportunities to celebrate diversity in a francophone atmosphere.

Fred Victor Employment Resource Centre, Thrive & Trans-Only Time

284 Queen St. East, Toronto

Phone: 416-364-986

Email: whines@fredvictor.org

From 1:30-4:30 pm every Monday, the Employment Resource Centre at Fred Victor is open only to people who identify as transgender, transsexual, two-spirited or gender variant. This program focuses on employment, life skills, and housing issues facing the trans community.

Latino Group Hola

519 Church St., Toronto

Email: latinogrouphola@gmail.com

Latino Group Hola is a community-based volunteer-run social and support group for Spanish-speaking LGBTQ people of Latin American origin or heritage in Toronto. The group meets the 1st and 3rd Thursday of every month from 8:00 pm to 10:00 pm at The 519.

Let'z

Website: <https://www.facebook.com/letzTO/>

A community of LGBT women that seeks to bring together other LGBT women in Toronto for social events and activities.

Ontario Rainbow Alliance of the Deaf

519 Church St., Toronto

Website: <https://www.facebook.com/OntarioRAD>

Supports a variety of outreach and education projects for the deaf, deafened, hard of hearing, and hearing LGBTQ+ people.

Parents, Families, and Friends of Lesbians and Gays (PFLAG)

Support Line: 416-406-6378

Administration: 416-406-1727

Website: <http://www.torontopflag.org>

PFLAG offers a 24-hour, confidential phone line open to LGBTQ individuals, and their parents, family and friends and monthly support meetings across the City of Toronto. See website for meeting dates and times.

The Senior Pride Network

519 Church St., Toronto

Website: www.the519.org/programs/senior-pride-network

An association of individuals, organizations and community groups with a focus on health and social services. Committed to advocating for programs, services and a positive, caring environment for older LGBTQ+ people in the City of Toronto.

Toronto Bisexual Network

519 Church St., Toronto

Website: www.torontobinet.org

Offers support, a social network, information and referrals. Provides a community where people who are bisexual, pansexual, gender fluid or questioning their sexuality can share diverse perspectives on bisexual issues and experiences. The Toronto Bisexual Network holds its peer support meeting on the 3rd Thursday of each month from 8:00 pm to 10:00 pm at the 519 Church Street Community Centre.

For more listings of LGBT sports, leisure and social groups, go to:

Gay West Community Network

Website: www.queerwest.org/happenings_weekly.php

List of ongoing monthly and weekly events in Queer Toronto.

OutSport Toronto

Website: www.outsporttoronto.org/organizations

List of amateur LGBTQ+ sports and recreation organizations.

Faith communities

All Inclusive Ministries (AIM)

520 Sherbourne St., Toronto

Phone: 416-924-6257

Website: www.allinclusiveministries.org

Based at Our Lady of Lourdes' Parish in Toronto, Canada, All Inclusive Ministries (AIM) is a welcoming, safe, and affirming Catholic community. They serve as a bridge between the Church and lesbian, gay, bisexual, and transgender persons.

Dignity Toronto Dignité

Website: www.dignitycanada.org

Provides a safe, inclusive space for LGBTQ+ Catholics and allies to bear witness to the integrity and holiness of their lives and relationships, including opportunities for members to share their experiences as LGBTQ+ and allied persons. Dignity meets the 2nd Saturday or each month from 2:00 pm to 4:00 pm at The 519 Community Centre.

Dharma Friends

177 Mutual St., Toronto, 2nd Floor Community Room

Website: www.dharmafriends.ca

Supports Buddhist meditation practice in Toronto's LGBTQ+ community. Brings together different Buddhist traditions in a social environment that is welcoming and caring. Welcomes anyone who embraces LGBTQ+ people.

Kulanu

Email: info@kulanutoronto.org

Website: www.kulanutoronto.org

Social group for Toronto's LGBTQ Jewish students, young professionals and allies.

Metropolitan Community Church (MCCT)

115 Simpson Ave., Toronto

Phone: 416-406-6228

Website: <https://www.mcctoronto.com>

A Christian-based church for LGBT people and allies. Inclusive, caring, LGBT-positive congregation in the downtown east end. Programs include an LGBTQ+ Refugee Program which provides support, hope and safety those who have experienced or have a founded fear of persecution, violence or risk to their lives based on their gender identity, gender expression and/or sexuality.

Salaam: Queer Muslim Community

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

Salaam: Queer Muslim Community is dedicated to creating space for people who identify as both Muslim and queer and trans.

HIV and AIDS

AIDS Committee of Toronto (ACT)

Phone: 416-340-8844

Website: www.actoronto.org

Information and support services for people with HIV. Gay men's, women's and youth outreach programs.

Alliance for South Asian AIDS Prevention

Phone: 416-599-2727

Website: <http://asaap.ca>

Education about prevention, support, outreach and advocacy for South Asians living with or affected by HIV/AIDS. Services are available in English, Tamil, Hindi, Urdu, Gujarati, Bengali, Arabic or Nepali.

Asian Community AIDS Services (ACAS)

260 Spadina Ave., Suite 410, Toronto

Phone: 416-963-4300

Website: <http://www.acas.org>

Provides safer sex education and services to the East and Southeast Asian communities and support services to people living with HIV/AIDS and members of the LGBTQ+ communities.

Black Coalition for Aids Prevention (Black CAP)

20 Victoria St., 4th Floor, Toronto

Phone: 416-977-9955

Website: <http://www.black-cap.com>

Works to reduce the spread of HIV infection within Black communities and improve the quality of life of Black people living with or affected by HIV/AIDS.

Immunodeficiency Clinic (HIV) CLINIC; Toronto General Hospital

585 University Avenue, 13N-1300, Toronto

Phone: 416-340-5077

Website: www.hivclinic.ca

The Immunodeficiency Clinic provides outpatient medical monitoring and treatment for HIV/AIDS disease and its complications. Also provides counselling to help patients deal with drug- related, psychological, social, functional and nutritional concerns.

Toronto People with AIDS Foundation (PWA)

200 Gerrard St. East, 2nd Floor, Toronto

Phone: 416-506-1400

Website: <https://www.pwatoronto.org>

The Toronto People with AIDS Foundation promotes the dignity and independence of people living with HIV/AIDS. Provides a variety of services for helping men, women and children living with HIV/AIDS.

Voices of Positive Women

105-66 Isabella St., Toronto

Phone: 416-324 8703

Website: voices@vopw.org

Health agency serving women living with HIV/AIDS. Information and a variety of support programs.

Legal and immigration advice

Queer Ontario

519 Church St., Toronto

Website: www.queerontario.org

Groups and individuals who work towards bisexual, lesbian, and gay freedom through the public struggle for full human rights, promoting diversity and access, and strengthening networks for LGBTQ+ activism.

Culture Link Settlement & Community Services

2340 Dundas St. West, Suite 301

Phone: 416-588-6288

Website: www.culturelink.ca

Supports and helps newcomer youth, seniors, and adults from all countries, religions, and status settle in Toronto. Provides support and services for many settlement issues and concerns about settling in Toronto.

Legal Aid Ontario

Toll-free: 1-800-668-8258

Website: www.legalaid.on.ca

Legal Aid is available to low income individuals and under-served communities for a variety of legal problems. People can apply for Legal Aid Certificate to help cover legal expenses.

EGALE Canada

185 Carlton St., Toronto 416-964-7887

Website: www.egale.ca

Egale Canada is a national organization that advances equality and justice for lesbian, gay, bisexual, and trans-identified people and their families across Canada.

The Lesbian & Gay Immigration Task Force (LEGIT Canada)

519 Church St., Toronto

Phone: 416-392-6874

Website: <http://www.legit.ca>

Legit is an organization of volunteers helping same-sex couples who wish to live together in Canada. Meets the second Thursday of every month from 7:00 pm to 10:00 pm at 519 Church St.

Toronto Police Services

Non-Emergency: 416-808-2222

Emergencies: 911

Investigates complaints and incidents that fall under the Criminal Code of Canada.

Victim Services Toronto

Phone: 416-808-7066

Immediate crisis response, intervention and prevention services which are responsive to the needs of individuals, families and communities affected by crime and sudden tragedies.

Youth services

Central Toronto Youth Services (CTYS)

65 Wellesley St. East, Toronto

Phone: 416-924-2100

Website: www.ctys.org

Community-based, accredited Children's Mental health Centre for at youth, ages 13 to 24 that provides many programs and services to help youth, young adults and their families in resolving a range of social and psychological challenges.

Triangle Program, Toronto District School Board

115 Simpson Ave., Toronto

Phone: 416-393-8443

Website: www.triangleprogram.ca

The Triangle Program is one of 3 classrooms that make up Oasis Alternative Secondary School. This full-time program offers support to LGBTQ+ students and those affected by homophobia and transphobia. Provides a classroom where LGBTQ+ youth can learn and earn credits in a safe, harassment-free, equity-based environment, and from a curriculum that includes and celebrates LGBTQ+ literature, history, persons and issues.

LGBT Youth Line

Toll-free: 1-800-268-9688

Text: 647-694-4275

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

Offers free, confidential and non-judgemental peer support for LGBTQ+ youth through phone, text and chat services. The phone line is open from Sunday to Friday, 4:00 pm to 9:30 pm.

Positive Youth Outreach (PYO)

543 Yonge St., 4th Floor, Toronto

Phone: 416-340-8484 ext. 281

Website: www.positiveyouth.com

A peer driven program with the AIDS Committee of Toronto which offers social support, discussion groups, employment support, resources, referrals and leadership development for young people living with HIV.

Queer Asian Youth (QAY)

Phone: 416-963-4300 ext. 229

Website: www.facebook.com/acas.qay

Community-based organization that provides social events, HIV/AIDS education, prevention, and support services to the East and Southeast Asian Canadian communities.

Supporting Our Youth (SOY) Groups and Drop-Ins

333 Sherbourne Street, 2nd Floor, Toronto

Phone: 416-324-5077

Website: <http://soytoronto.org>

SOY offers free groups and drop-in programs based out of the Sherbourne Health Centre to support the health and wellbeing of you who are 29 years old and under and who self-identity as queer, trans or questioning. A snack, meal and/or TTC tokens are provided to those who need them. Groups take place in a wheelchair accessible space and some groups have ASL interpretation. Groups include:

- **Black Queer Youth (BQY):** a weekly drop-in group which celebrates black, multiracial and African/Caribbean queer and trans spectrum people's trials and accomplishments.
- **Express:** a weekly drop-in group where newcomer and immigrant queer and trans youth from across the globe gather, share ideas and have fun. Also provides direct support to youth to assist with immigration and refugee claims.
- **Our Mad Selves:** a 10-week group for exploring mental health issues.

Teens Educating & Confronting Homophobia (TEACH)

Phone: 416-961-0113

Website: <http://www.ppt.on.ca>

A program of Planned Parenthood Toronto, TEACH trains youth to use an anti-oppression approach to deliver high-quality anti-homophobia education to other youth through activities in high schools and community settings across the City of Toronto.

Trans Youth Mentorship Program (TYMP)

Email: ConDarya@The519.org

TYMP provides trans youth ages 16 to 29 years old with support, skills and opportunities to achieve personal and professional goals. The program meets at 519 Church St.

Parenting groups

Gay Fathers of Toronto (GFT)

519 Church St., Toronto 416-392-6874

Website: <http://gayfathers-toronto.com>

Provides support to gay men who are in a parenting role through programs, services and events. Support group meetings take place on 2nd and 4th Thursdays of each month from 8:00 pm to 9:45 pm.

LGBTQ Parenting Network

333 Sherbourne St., Toronto

Phone: 416-324-4100 ext. 5219

Website: www.lgbtqpn.ca

The LGBTQ Parenting Network is a program of Sherbourne Health Centre which supports lesbian, gay, bisexual, trans and queer parenting through research, training, resources and community development.

Information for health care providers

Rainbow Health Ontario (RHO)

Website: <https://www.rainbowhealthontario.ca/training>

Province-wide program designed to improve access to services and promote the health of Ontario's LGBTQ+ communities. Provides information about LGBTQ+ health issues and a resource database. RHO also provides training to help health care and social service providers to understand issues specific to LGBTQ communities. Training sessions improve skills in providing equitable services to LGBTQ people.

The Gay & Lesbian Medical Association (GLMA)

Website: <http://www.glma.org>

LGBT doctors, medical students, and their supporters in all 50 states and 12 countries. GLMA works to fight homophobia within the medical profession and in society. Promotes quality health care for LGBT and HIV-positive people. Fosters a professional climate so diverse members can achieve their full potential. Support members discriminated on the basis of sexual orientation.

The Sherbourne Health Centre

333 Sherbourne Street, Toronto

Phone: 416-324-4180

Website: <http://sherbourne.on.ca>

Provides a wide range of primary health care, counselling, and support services, and addresses the specialized health issues of those who identify as LGBTQ+ in an open, safe, and welcoming environment. Provides training and consultation on specific LGBT health issues.

Trans Health Lobby Group

Phone: 416-760-2280

Website: <https://www.facebook.com>

The Trans Health Lobby Group seeks to educate the public, the media, and politicians on the health care and political needs of trans people.

Visit www.uhnpatienteducation.ca for more health information. Contact us to provide feedback or request this brochure in a different format, such as large print or electronic formats: pfep@uhn.ca

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