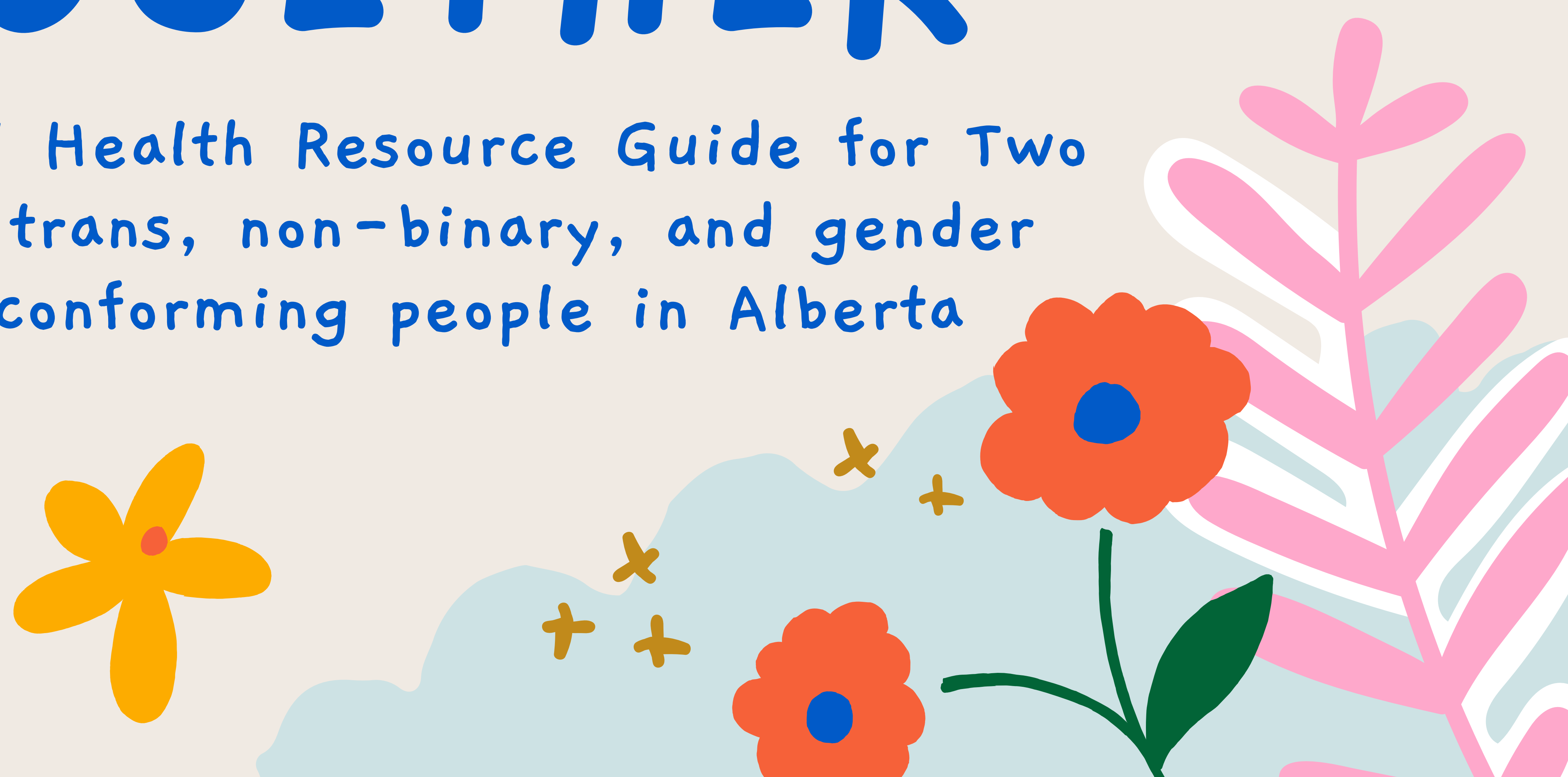




IN IT TOGETHER

A Mental Health Resource Guide for Two
Spirit, trans, non-binary, and gender
non-conforming people in Alberta





Emergency Resource

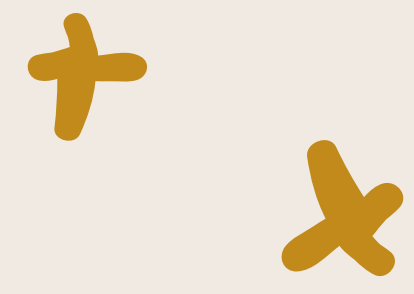
If you are in a crisis, the Trans Lifeline is a 24/7 distress line created by and for trans community. Their mission is to connect trans people to direct emotional and financial support.

Trans Lifeline (All of Canada)

(877) 330-6366

www.translifeline.org





Free Counselling Resources

Centre for Sexuality (Calgary, & currently available online due to COVID-19)

Free short-term counselling available by appointment. Booking instructions are available on their website.

<https://www.centreforsexuality.ca/programs-workshops/counselling/>

CHEW Project (Edmonton)

Provides free counselling, Indigenous peer support & mentoring, sexual education, and other frontline needs for LGBTQ2S+ youth and young adults facing barriers.

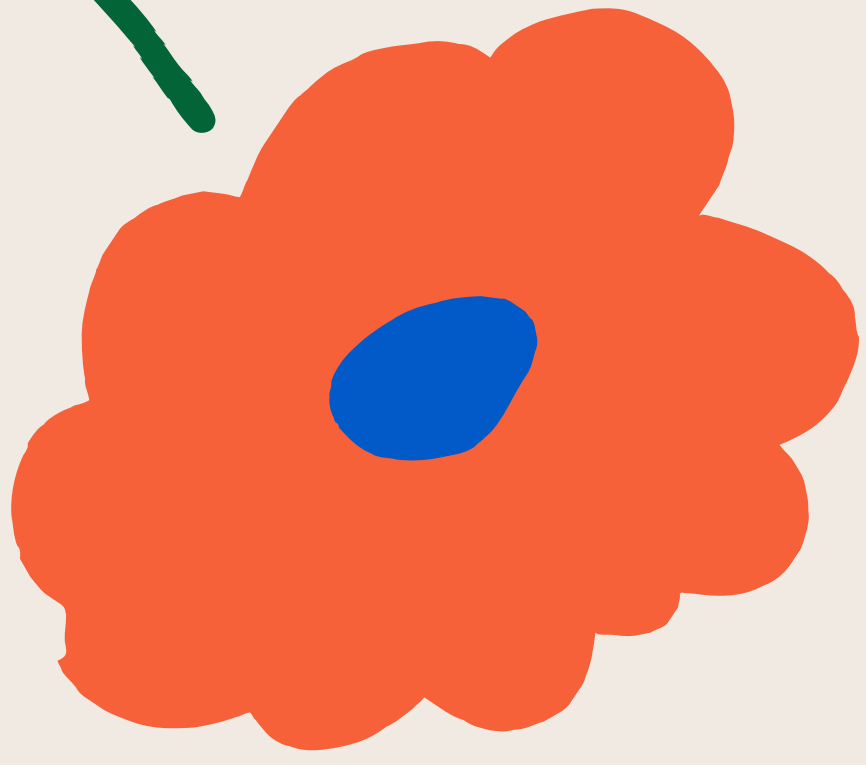
<https://chewprojectyeg.org/>

Pride Centre of Edmonton (currently available online due to COVID-19)

Free drop-in counseling programming via the Family Centre. Call 780-488-3234 on Tuesdays and Thursdays from 12 – 5:45 pm to confirm a day-of time slot.

<https://pridecentreofedmonton.ca/programs/drop-in-single-session-counselling/>





Peer Support



Outlink (Calgary, & currently online due to COVID-19)

A community-based charity dedicated to providing support, education, outreach, and referrals for LGBTQ2IA+ and allies. They run drop-in peer support groups, mentorship programs, and the following closed-space meetups via Zoom:

Teatime With Dorothy: Meetup for LGBTQ2IA+ community members aged 50+.

<https://www.calgaryoutlink.ca/50plus>

Lavender Teatime: Social space for those whose identities are informed and understood in relation to experiences of queer womanhood, including trans, non-binary, and cis folks.

<https://www.calgaryoutlink.ca/lavenderteatime>

Between Men: A group for men who are gay, bi, trans, queer, questioning their sexuality, and/or are into other guys, and non-binary folks who see themselves reflected in this space.

<https://www.calgaryoutlink.ca/betweenmen>

Inside Out Youth Group: A casual and supportive group for LGBTQ2S+ identified or questioning youth ages 13-18 along with their friends, family and allies.

<https://www.calgaryoutlink.ca/insideout>





Peer Support (cont'd)



Skipping Stone (Calgary, & currently available online due to COVID-19)

Has 9 different peer support groups based on various trans+ identities. Some are closed space, and some are open to allies. Includes a closed space for racialized trans folks.

<https://www.skippingstone.ca/groups>

OUTreach Southern Alberta (Lethbridge and surrounding area)

Provides resources, community education, and peer support for Two-Spirit, Lesbian, Gay, Bisexual, Trans, Queer, Intersex, and Asexual people in Lethbridge (and surrounding areas). Their peer support group is a closed space that runs every 3rd Monday of the month via Zoom.

<http://www.outreachsa.org/>

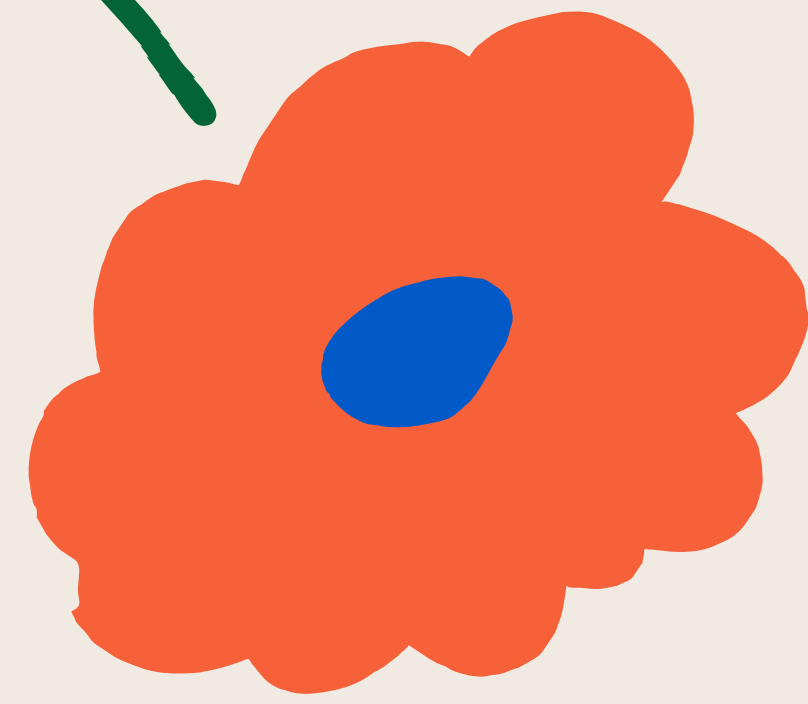


Peer N Peer (Edmonton)

A peer-led queer substance use and sexual health program rooted in harm reduction. Services are currently moved online and can include 4-6 free counselling services.

<https://ourhealthyeg.ca/peer-n-peer>





QTBIPOC Resources



Edmonton 2 Spirit Society (Edmonton)

Their mission is to re-establish and enhance traditional roles/responsibilities of Two Spirit people in Indigenous communities while creating supportive environments within all societies for contemporary Two Spirit peoples. Includes resources for strengthening knowledge about Two Spirits, beading socials, events, and teachings/gatherings for Two Spirit people.

<https://e2s.ca/about-us/>

Shades of Color (Edmonton)

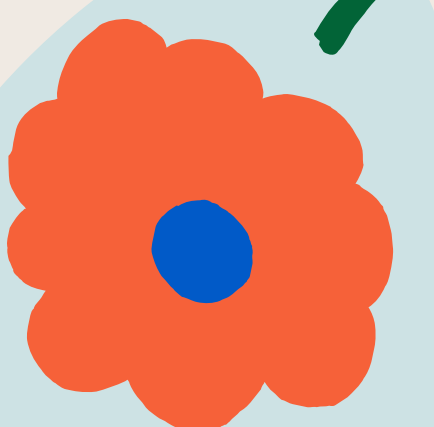
A closed space, mutual aid, and advocacy group for Black folks, Indigenous folks, and people of colour.

<https://www.facebook.com/shadesofcolour.yeg/>

YYC Voices (Calgary)

A coalition of Two-Spirit and Racialized LGBTQIA+ and their chosen allies that advocates for racialized and marginalized communities.

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





QTBIPOC Resources (cont'd)



RARICANow (Edmonton, & Online)

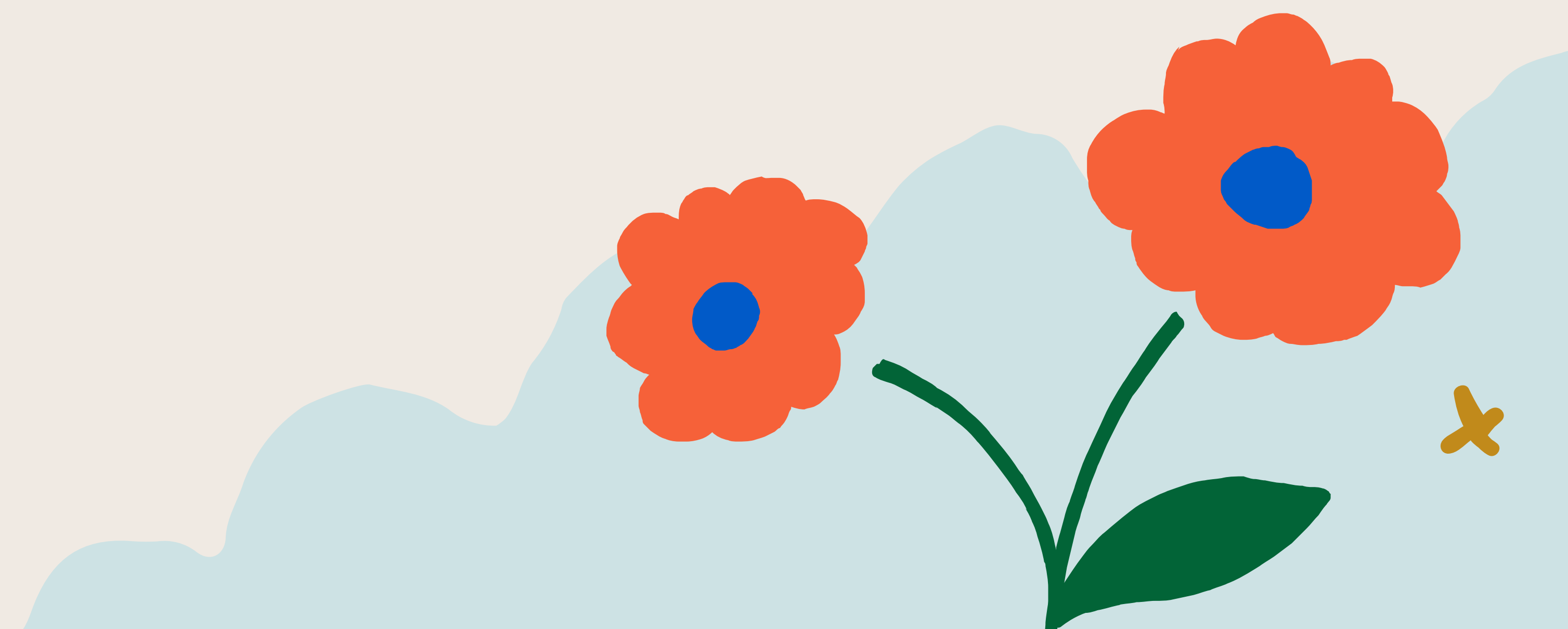
Provides a supportive and empowering space for LGBTQI+ refugees and newcomers in Edmonton, Alberta. Also offers networking with others to mobilize international advocacy.

<https://raricanow.org/about.html>

Sovereign Spirits: Treaty 7's Two-Spirit Indigiqueer Society (Treaty 7)

A grassroots organization created to represent Two-Spirit & Indigiqueer Folx across Treaty 7, including the Blackfoot Confederacy, the Stoney Nakoda, the Tsuut'ina and the Metis Nation of Alberta Region 3

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





Community Resources

Pride Centre of Edmonton (Edmonton, & currently available online due to COVID-19)

Acts as a community hub for Edmonton and area. Peer support groups currently on-hiatus due to COVID-19, but other resources such as the binder exchange program and extensive resource page can be found on their website.

<https://pridecentreofedmonton.ca/>

EMHC (Edmonton, but currently available online due to COVID-19)

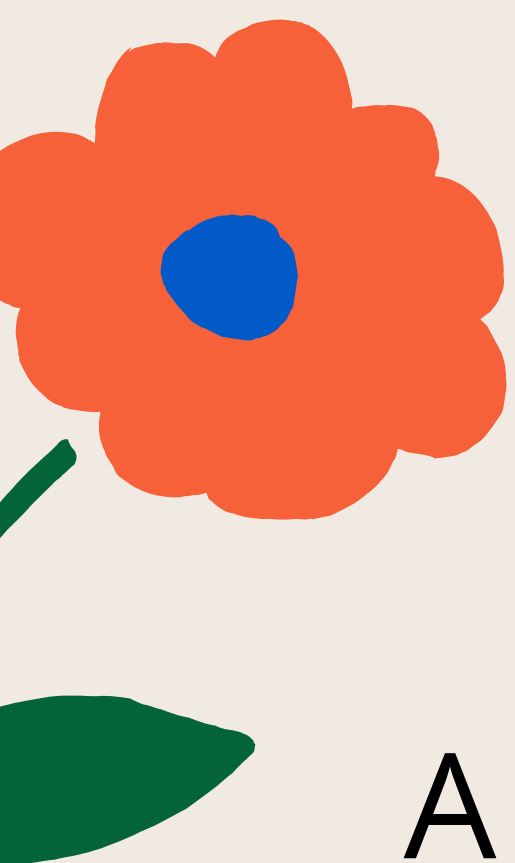
A grassroots health organization run by and for queer and trans community members. They offer resources as well as different streams of leadership programs to bolster skills related to advocacy, research, and capacity-building.

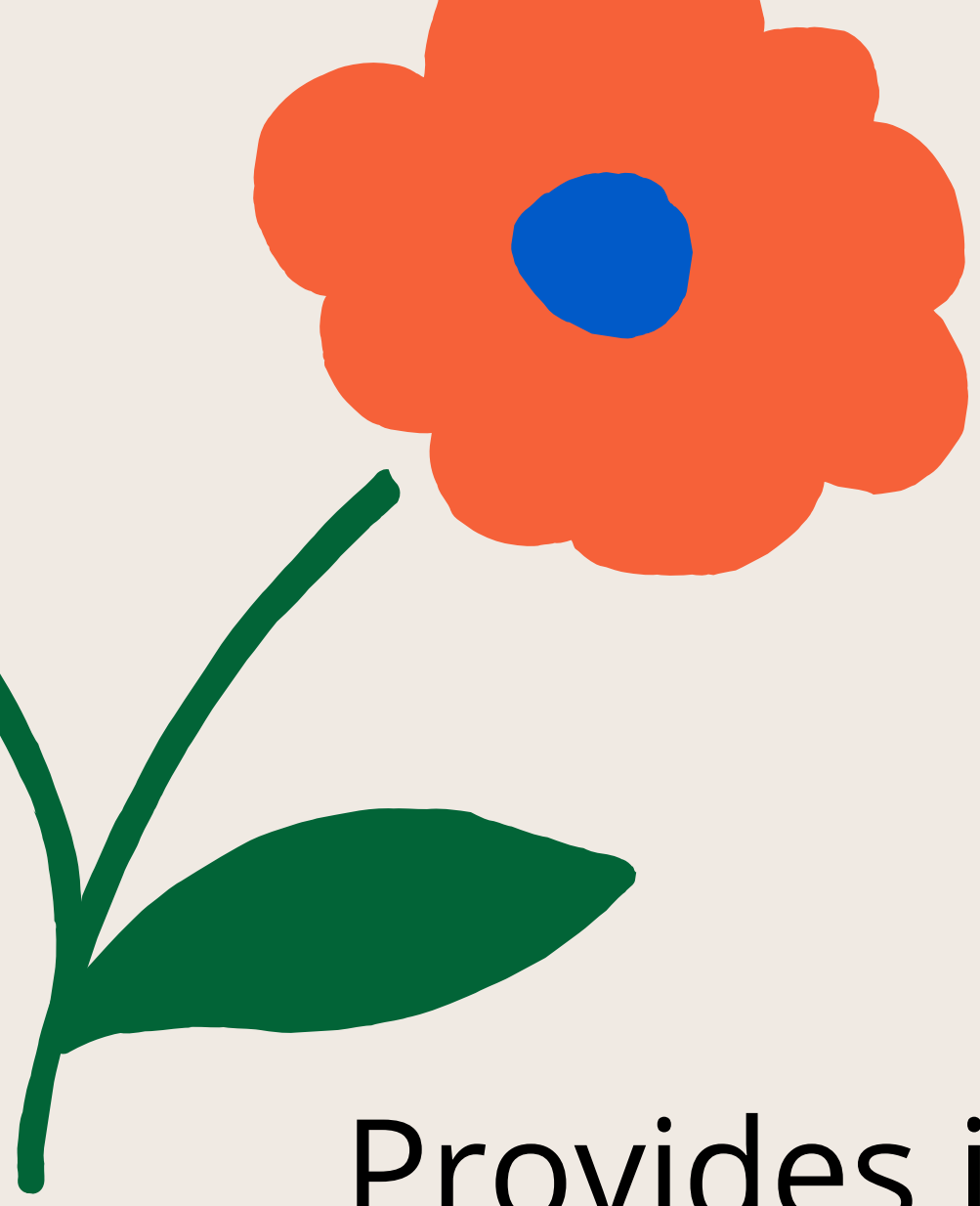
<https://ourhealthyeg.ca/about-us>

The Landing (Edmonton, & currently available online due to COVID-19)

A queer hangout, support, and resource center that is run out of the University of Alberta. Their services are open to all via Discord.

<https://linktr.ee/TheLanding>





Community Resources (cont'd)



Trans Wellness Initiative (All of Alberta)

Provides information about social, personal, and medical wellness for trans folks in Alberta. For example, different aspects of social and legal transition, gender affirming gear, and trans health.

<https://transwellnessinitiative.ca>

Skipping Stone (Calgary, and most services offered online due to COVID-19)

Connects trans and gender diverse youth, adults, and families with comprehensive, low-cost, and low-barrier supports. Their services and supports include gender affirmation, mentorship, transport, recreation, food, ID changes, counselling, healthcare, and more.


<https://www.skippingstone.ca/>





TO FILL UP YOUR CUP

Here are some resources that celebrate Two Spirit, trans, nonbinary, and gender non-conforming brilliance





Calgary Queer Arts Society

Has a wonderful assortment of 2SLGBTQA+ podcasts, music, movie, and book recommendations. They also host a Fairy Tale Queer movie festival, performances, and more!

<https://www.calgaryqueerartsociety.com/>



Edmonton Public Library: Two Spirit Booklist

A booklist of various genres written by Two Spirit/Indigiqueer authors.

<https://epl.bibliocommons.com/list/share/69130658/894373258>

Prairie Queer Arts Market

A volunteer-run and not-for-profit online market aimed at highlighting LGBTQIA2S+ artists. They aim to reduce some of the barriers queer and trans artists can experience when selling their art.

<https://prairiequeerartsmarket.com/>

Trans People of Colour Project

Includes stories and histories of queer and trans people of colour.

<https://www.skippingstone.ca/tpoc>





Tender Queers

A photo project that highlights community, resiliency, and joy of queer and trans youth in Edmonton.

<https://rainbowallianceyeg.ca/tender-queers/>

Native Calgarian Podcast

A podcast hosted by Red Thunderwoman that discusses politics, Indigenous issues, social issues, LGBTQ2+ and more!

<https://www.nativecalgarian.com/>

Mad Queer Organizing Strategies: Surviving the Apolalypse Together

A Mutual Aid Safety & Wellness Planning Template for COVID-19. Mad Queer prioritizes and centers trainings for Survivors and Queer, Trans, Disabled, Black, Indigenous and People of Color.

<https://madqueer.org/>





Additional Resources

JusticeTrans (Alberta & Canada)

A nationwide information resource to increase trans access to justice.

<http://justicetrans.org/regional-information/alberta/>

The Rainbow Pages (Alberta)

An LGBTQ+ youth resource guide and directory.

<https://www.therainbowpages.ca/>

Trans Affirming Network (Alberta)

A collection of local businesses that are committed to providing welcoming and inclusive spaces for trans and gender diverse individuals.

<https://www.skippingstone.ca/network>

Queer Compass (Calgary)

A resource database for individuals and service providers living and working within the gender and sexually diverse community.

<https://queercompass.ca/>





THANK YOU FOR READING



This is an evolving document dedicated to Two Spirit, trans, non-binary, and gender non-conforming mental health in Alberta. If you have a resource you would like us to add, please email julianakaneda@hotmail.com

Created by Juliana Kaneda for the Centre for Trans Research
Last updated: May 18, 2021