

LGBTQ+ Resources

Welcome to Toronto Package

Who is a part of the LGBTQ+ Community?

LGBTQ+ is used to represent all of the communities included in the LGBTTTQQIAA: **L**esbian **G**ay **B**isexual **T**ransgender **T**ranssexual **2/Two-Spirit** **Q**ueer **Q**uestioning **I**ntersex **A**sexual **A**lly

LGBTQ+ Newcomer Services

Many LGBTQ+ newcomers come to Canada to seek safety and support, choosing to resettle in big cities like Toronto to access resources and build community. Getting connected to LGBTQ+ positive and supportive services, staff and resources can be challenging in a new city and/or country if you do not know where to start looking and have people to guide you.

To help you get connected, we have put together a list of agencies and groups that are:

- LGBTQ+ friendly and knowledgeable your needs
- May have services and support in your language
- Can help navigate the refugee claim process
- Can provide you with information on what you need to resettle and rebuild life in Toronto, including housing, employment and education for example (also known as settlement or case management support)
- Offer programs to support you and to connect you to the LGBTQ+ community in the City of Toronto

Here are some agencies that can provide you with social services and community programs:

SERVICES	AGENCIES				
Primary Health Care These agencies have expertise in LGBTQ+ health and can get you connected to a doctor and other healthcare needs.	Women's Health in Women's Hands www.whiwh.com T: 416-593-7655		Sherbourne Health www.sherbourne.on.ca T: 416-324-4180	Church Wellesley Health Centre www.cwhealth.ca T: 416-463-1500	Access Alliance www.accessalliance.ca T: 416-693-8677
Settlement Support Settlement services are for people new to Canada. These services can help you settle and adjust to your new life in Canada.	Access Alliance www.accessalliance.ca T: 416-693-8677	FCJ Refugee Centre www.fcjRefugeeCentre.org T: 416-469-9754	Sherbourne Health-Supporting Our Youth (SOY) www.SoyToronto.com T: 416 324 5077	Black CAP www.black-cap.com T: 416-977-9955	Griffin Centre's ReachOUT Newcomer Network www.griffin-centre.org T: 416-222-1320 ext. 171.
Mental Health Supports These services will help you and your family with mental health counseling, developmental needs, and crisis services.	Skylark https://www.skylarkyouth.org/ T: 416 482 0081 or info@skylarkyouth.org		Sherbourne Health www.sherbourne.on.ca T: 416-324-4109		Egale Youth OUTreach http://egale.ca/outreach/ T: 416 964 7887 ext 9 or Outreach@egale.ca
Community Programs These agencies have different programs for LGBTQ+ youth and adults at different times during the week.	Sherbourne Health – Supporting Our Youth (SOY) <i>(Drop-in, case-management)</i> www.SoyToronto.com T: 416 324 5077		Egale Youth OUTreach www.egale.ca/outreach T: 416 964 7887 ext 9 or Outreach@egale.ca		The 519 www.the519.org T: 416-392-6874
Cultural Groups These agencies focus on specific language and cultural groups and services are available in multiple languages.	ASAAP – Alliance for South Asian AIDS Prevention www.asaap.ca T: 416 599 2727	ACAS – Asian Community AIDS Services www.acas.org T: (416) 963-430	BLACK CAP – Black Coalition for AIDS Prevention www.blackcap.ca T: 416 977 9955	Women's Health in Women's Hands - for racialized women www.whiwh.com T: 416-593-7655	

LGBTQ+ NEWCOMER FRIENDLY COMMUNITY PROGRAMS CALENDAR

NOTE: Please be sure to contact these agencies to confirm that the program is running before attending since programs change over time.

SUNDAY		TUESDAY	WEDNESDAY		
<p>Refugee Peer Support Meeting For all LGBTQ+ refugees MCCT Fourth Sunday of Every Month 12:45pm - 2pm Location: 115 Simpson Avenue T: 416-406-6228 ext. 125</p>		<p>Intersections: SOY's Tuesday Health & Wellness Hub For all LGBTQ2SQ youth/young adults Supporting Our Youth (SOY) Sherbourne Health Center Weekly 6:00pm – 8:30pm Location: 333 Sherbourne Street, 2nd floor (Sherbourne/Carlton) T: 416 324 5077</p> <p>Salaam Canada Monthly Discussions Queer and Trans Muslims 519 Community Centre 4th Tuesday every month 6:30-8:00pm Location: 519 Church Street (Church/Wellesley) T: 416-392-6874</p>	<p>EXPRESS For newcomer, immigrant, and refugee youth under 30 AND</p> <p>Black Queer Youth For Black, African Caribbean or Black identified multiracial youth/young adult</p> <p>Supporting Our Youth (SOY) Sherbourne Health Center Weekly 6:00pm – 8:30pm Location: 333 Sherbourne Street, 2nd floor (Sherbourne/Carlton) T: 416 324 5077</p>	<p>SLAM – Hump Day For gay, bi, queer Asian cis and trans men Asian Community AIDS Services Last Wednesday of every month 6:00pm – 9:00pm Location: 260 Spadina Avenue (Dundas/Spadina) T: (416) 963-4300</p>	<p>Among Friends Newcomer LGBTQ Refugee Support Group 519 Church Weekly – registration needed 7:00-9:00pm Location: 519 Church Street (Church/Wellesley) T: 416-392-6874</p> <p>Refugee Support Information Session For all LGBTQ+ refugees MCCT Weekly 3 – 5:30pm Location: 115 Simpson Avenue T: 416-406-6228 ext. 125</p>
MONDAY		THURSDAY			FRIDAY
<p>Rainbow Sistas For Black, African, Caribbean Lesbian/Bi/Queer /Trans/Questioning Women Black CAP First Monday of every month 6pm – 8pm Location: 20 Victoria Street, 4th Floor (Victoria/King) T: 416-977-9955</p>	<p>LGBTQ+ Newcomer Re-settlement Support Workshop For all LGBTQ+ newcomers Access Alliance Third Monday of every month 4:30pm -7pm Location: 761 Jane Street, 2nd Floor (Jane/Woolner) T: 416-760-8677</p> <p>Foreign Integration For LGBT Black, African and Caribbean newcomers Black CAP Last Monday of every month 6pm – 9pm Location: 20 Victoria Street, 4th Floor (Victoria/King) T: 416-977-9955</p>	<p>LGBTQ+ Newcomer Cooking Together / Re-settlement Support Workshop For all LGBTQ+ newcomers Access Alliance Weekly 3 - 4:30 pm for cooking 4:30pm -7pm - workshop Location: 3079 Danforth Ave (Victoria Park/Danforth) T: 416-699-7920 ext.441</p> <p>Latino Group Hola Support group for Spanish-speaking LGBTQ people 519 Community Centre 1st and 3rd Thursday / month 8:00-10:00pm Location: 519 Church Street (Church/Wellesley) T: 416-392-6874</p>	<p>Socialite 411 Peer support group for African, Caribbean and Black Gay/ Bi/Queer/Trans/Questioning male identified 16 – 29 years old. Black CAP Bi-weekly 6 pm – 8 pm Location: 20 Victoria Street, 4th Floor (Victoria/King) T: 416-977-9955</p> <p>Trans Fusion Crew (TFC) For trans,non-binary and gender-questioning youth/young adults Supporting Our Youth (SOY) Sherbourne Health Center Weekly 6:00pm – 8:30pm Location: 333 Sherbourne Street, 2nd floor (Sherbourne/Carlton) T: 416 324 5077</p>	<p>Trans Men FTM, Transmac, Non-binary Support Group 519 Community Centre 1st and 3rd Friday / month 7:30-9:30pm Location: 519 Church Street (Church/Wellesley) T: 416-392-6874</p> <p>DROP-IN Drop-in support For LGBTQ+ youth under 30 Egale Youth OUTReach Daily 10am - 7:30pm 10am - 5:30pm on FRIDAYS Location: 290 Shutter street, L1 (Shutter and Sherbourne) T: (416)964-7887</p>	

