

PRIDE

at sherbourne 2019

HERE FOR YOU BEFORE, DURING AND AFTER



sherbourne HEALTH

333 Sherbourne St., Toronto, ON M5A 2S5
sherbourne.on.ca
416.324.4100

Happy PRIDE!

I'm excited to announce that Sherbourne Health will be hosting festivities throughout June and July in honour of Pride 2019.

As we continue our commitment to recognize Pride month, we are investing in new efforts to build and cultivate "Pride at Sherbourne"—a new way of celebrating this important event in our city. We are focusing our efforts and resources on providing new opportunities on-site at Sherbourne and in other venues. Our vibrant lineup of events and programming include several special events, health and wellness workshops, a dance for LGBT2SQ youth and young adults, creative youth performances and a community BBQ.

This year we also have special programming in July. We recognize the complexities of community members' experiences leading up to Pride, and several complications that come up during and after the festival. People have brought many health and wellness concerns to us after Pride Weekend so we have additional programming and events to help provide support post-Pride as well.

This year Sherbourne has three Pre- and Post-Pride streams of programming: [Special Events](#), [Pride Feelings: Mental Health Series](#), and [Ongoing LGBT2SQ Programs](#). For your convenience our programs and events have been organized in two ways: as an **overview** of what is offered within each stream, and as a detailed **day-by-day calendar of events**. Read on to see if we are offering something that speaks to your health and wellness goals. There will also be opportunities at the events to provide feedback to help us enhance programming for the future.

We look forward to you joining us this year as we celebrate Pride at Sherbourne together.

Best,



Hazelle Palmer
President & CEO
Sherbourne Health

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OVERVIEW OF PRIDE AT SHERBOURNE*

Check out what's offered within each of our **three streams of programming**.

For more details on each entry, check out our **Day-by-Day Calendar of Events** (starting on pg. 10) found after this 'Overview' section.

Sherbourne's Pre- and Post-Pride Special Events

| | | |
|-----------------------|---|--------------|
| June 3 rd | East Side Pride Trans Flag Raising At Albert Campbell Square, 150 Borough Dr., Scarborough Celebrate Pride at the annual Trans Flag Raising Ceremony in Scarborough. | 12-1 pm |
| June 4 th | Pre-Pride Fancy Footcare! At Sherbourne Health Got corns or calluses? Difficult to cut toenails? Drop by to see a Nurse for free footcare. Limited # of spots. <i>Check in with First Floor Medical Secretaries.</i> | 9-11 am |
| June 9 th | SOY Mentorship: Melanin Talk At Bloor Hot Docs Cinema Documentary Screening of <i>Our Dance of Revolution</i> . Space is limited. Open to all members of Black LGBT2SQ communities. Contact abrowne@sherbourne.on.ca if interested. | 1:30-5 pm |
| June 12 th | WINK Pride Party At Sherbourne Health, 2nd Floor Women In Need 'Klinik' (WINK) is a safe and friendly drop-in for homeless, under-housed and street-involved women (trans and cis). | 9-11 am |
| June 13 th | St. James Town Pride At The Corner – 200 Wellesley St E, 1st Floor <i>Know Your Pride</i> festivities for St. James Town communities and their friends. | 4-6 pm |
| | East Side Pride Festival and Flag Raising At Albert Campbell Square, 150 Borough Dr., Scarborough Celebrate Pride at the annual Pride Flag Raising Ceremony, while building community in Scarborough. | 3:30-7:30 pm |



OVERVIEW OF PRIDE AT SHERBOURNE*

Sherbourne's Pre- and Post-Pride Special Events - Continued

| | | |
|--|---|-----------|
| June 17 th | Pride Prom At Buddies In Bad Times Theatre <i>Zodiac! SOY Youth Have Predicted the Future!</i> \$20/Pay-What-You-Can at the door (no one turned away) For LGBT2SQ youth ages 13-20. | 7-11 pm |
| June 25 th | Sherbourne's Post-Pride Community BBQ At Sherbourne Health Parking Lot <i>Celebrate with us! Learn what we offer!</i> <i>Performances by Fruit Loopz and Flame youth!</i> | 6-8 pm |
| July 4 th | Post-Pride Movie Night! At Sherbourne Health, 2 nd Floor Join us for a film, popcorn and company. | 6-8 pm |
| July 10 th | Post-Pride Fancy Footcare! At Sherbourne Health Got corns or calluses? Difficult to cut toenails? Drop by to see a Nurse for free footcare. Limited # of spots. <i>Check in with First Floor Medical Secretaries.</i> | 1-4:20 pm |
| Every Monday & Tuesday, June-July (<i>Except July 1st</i>) | The Health Bus - Taking Pride in Harm Reduction At Sherbourne Health Parking Lot Use drugs? Partying this Pride? Want to learn more about Hep C and Harm Reduction? Come on by! The Health Bus and Hep C teams offer weekly harm reduction supports and education in the parking lot for Pride! Access harm reduction supplies, Naloxone, Hep C testing, snacks and water. | 1-4 pm |
| Every Friday, June 7 th - July 19 th | Pride Season NADA At Sherbourne Health, Room 2008 (2 nd Floor) Feeling partied out? Anxious and overwhelmed? Dealing with Pride triggers or traumas? Drop by for group ear acupuncture. | 3-4 pm |



OVERVIEW OF PRIDE AT SHERBOURNE*

Pride Feelings: Pre- and Post-Pride Mental Health Series

Note: All events listed in this section take place at Sherbourne Health.

- | | | |
|-----------------------|--|---------------------|
| June 11 th | Pride Feelings: Loneliness, Safety and Connection (BIPOC) Room 1080 | 3:30-5:30 pm |
| | A workshop and discussion for LGBT2SQ Black, Indigenous and People of Colour about overcoming barriers or obstacles to accessing connection with others. No registration required. | |
| June 18 th | Pride Feelings: Mourning Loved Ones (Everyone) Room 2007 | 1-3 pm |
| | A supportive discussion open to all LGBT2SQ people about coping with grief during the Pride season. No registration required. | |
| July 2 nd | Pride Feelings: Loneliness, Safety and Connection (Everyone) Room 1077 | 4-6 pm |
| | A workshop and discussion open to all LGBT2SQ people about overcoming barriers or obstacles to accessing connection with others. No registration required. | |
| July 9 th | Pride Feelings: Mourning Loved Ones (BIPOC) Room 2007 | 1-3 pm |
| | A supportive discussion for LGBT2SQ Black, Indigenous and People of Colour about coping with grief following the Pride season. No registration required. | |



OVERVIEW OF PRIDE AT SHERBOURNE*

Sherbourne's Ongoing LGBT2SQ Programs

Note: All events listed in this section take place at Sherbourne Health.

SOY's Weekly Health and Wellbeing Groups

For LGBT2SQ youth and young adults ages 29 and under.

| | | |
|------------|--|-----------|
| Tuesdays | Intersections 2 nd Floor For all LGBT2SQ youth/young adults | 6-8:30 pm |
| Wednesdays | Black Queer Youth (BQY) 2 nd Floor For Black, African, Caribbean or Black identified multiracial LGBT2SQ youth/young adults | 6-8:30 pm |
| Wednesdays | Express 2 nd Floor For newcomer and refugee LGBT2SQ youth/young adults | 6-8:30 pm |
| Thursdays | Trans_Fusion Crew 2 nd Floor For trans, non-binary and gender-questioning youth/young adults | 6-8:30 pm |

Note: These groups will be closed the last week of June and the first week of July.

Please join us at our Sherbourne BBQ and Movie Night.
For more information about SOY, visit soytoronto.com.

June 28th Application Deadline to Become a SOY Connect and Melanin Linx Mentor

Be a part of the SOY Mentorship Community! We are seeking folks who reflect the diverse LGBT2SQ youth that access our services. BIPOC and Trans communities are especially encouraged to apply. Our next Mentor Training Series will begin July 15th. Our deadline for applications is June 28th.

Please email Verlia (vstephens@sherbourne.on.ca) or Afi (abrowne@sherbourne.on.ca) for application forms and if you require any further information.

For more information, visit soytoronto.com/mentorship-peer-leadership.



OVERVIEW OF PRIDE AT SHERBOURNE*

Sherbourne's Ongoing LGBT2SQ Programs - Continued

Note: All events listed in this section take place at Sherbourne Health.

Mature Trans Sisters (MTS)

Thursdays 2nd Floor 6-8 pm

A weekly social drop-in group for mature trans women to get together, talk and learn, share resources and enjoy a hot meal. The group is collectively run by participants and supported by facilitators. There is a different activity each week.

Note: This group will be closed the last week of June and the first week of July.

Please join us at our Sherbourne BBQ and Movie Night.

Trans Men & AFAB** Surgical Support Groups

June 18th Post-Operative Lower Surgery Support Group 6:15-8:15 pm
& July 11th Room 1080

June 20th Pre-Operative Lower Surgery Discussion Group 6:15-8:15 pm
& July 9th July 20th – Room 1080; July 9th – Room 1077

July 4th Top Surgical Pre-Operative Discussion and Post-Operative Support Group 6:15-8:15 pm
Room 1080

**AFAB stands for “Assigned Female at Birth,” and is an umbrella term that encompasses those who identify as gender variant, Two-Spirit, genderqueer, male, trans man/masculine, transgender, transsexual, and non-binary, etc. who have been assigned female at birth. Not all those listed under this umbrella may identify with AFAB terminology.



OVERVIEW OF PRIDE AT SHERBOURNE*

Sherbourne’s Ongoing LGBT2SQ Programs - Continued

Note: All events listed in this section take place at Sherbourne Health.

July 3rd - August 7th **TREE: Pride edition** **1:30-3:30 pm**
(Trauma Recovery, Education and Empowerment)
2nd Floor Classroom - Room 2011

A free, psychoeducational, skills-building, trauma recovery group program for (male identified) queer, trans and Two Spirit guys (18 years +) with a history of trauma. This Pride-specific session will focus on Trauma, Relationships and Empowerment.
*Registration and intake are required.
For more information, contact Daniel Pugh (dpugh@sherbourne.on.ca) or 416-324-4180 x 3281.

Sexual Health Checkup **Mondays to Thursdays: 9 am-8 pm**
Fridays: 9 am-5 pm

Sherbourne nurses are knowledgeable in sexual health for queer and trans people. Sexual health testing and counselling are open to Sherbourne clients and program participants. Call 416.324.4100 or visit the first or second floor medical reception desks to book your appointment for a "sexual health check-up". Appointments based on availability.

Walk In Counselling **Every Tuesday: 1-3 pm**
Registration opens at noon

Sherbourne’s Mental Health Team offers free-of-charge, walk-in counselling every Tuesday afternoon. These services are for clients (16 yrs+) who are not receiving mental health counselling at Sherbourne Health or elsewhere. If you are interested, *sign up at first floor reception* beginning at noon on Tuesdays. Spots are limited, and operate on a first come, first served basis. We **do not** require: health cards, referrals or previous appointments.

Note: There is limited availability for walk-in counselling each week. Beginning June 11th, 2019, there will be extra appointment slots for the Pride Season until the end of July 2019.

If all spots are filled, clients will be asked to return the following week or be provided with alternative resources, referrals and information.

DAY-BY-DAY CALENDAR OF EVENTS: WHAT'S ON FOR JUNE?*

Monday JUNE 3RD

1-4 pm

Sherbourne Special Event

Taking Pride in Harm Reduction

Use drugs? Partying this Pride? Want to learn more about Hep C and Harm Reduction? Come on by! The Health Bus and Hep C teams offer weekly harm reduction supports and education in the parking lot for Pride! Access harm reduction supplies, Naloxone, Hep C testing, snacks and water. Mondays and Tuesdays throughout June and July (except July 1st).

Who is this for?

All LGBT2SQ clients/community members

Location:

The Health Bus - Sherbourne Health Parking Lot

Tuesday JUNE 4TH

9-11 am

Sherbourne Special Event

Pre-Pride Fancy Footcare!

Got corns or calluses? Difficult to cut toenails? Drop by to see a Nurse for free footcare. Limited # of spots. *Check in with First Floor Medical Secretaries.*

Who is this for?

All LGBT2SQ clients/community members

Location:

Sherbourne Health

1-4 pm

Sherbourne Special Event

Taking Pride in Harm Reduction

Use drugs? Partying this Pride? Want to learn more about Hep C and Harm Reduction? Come on by! The Health Bus and Hep C teams offer weekly harm reduction supports and education in the parking lot for Pride! Access harm reduction supplies, Naloxone, Hep C testing, snacks and water. Mondays and Tuesdays throughout June and July (except July 1st).

Who is this for?

All LGBT2SQ clients/community members

Location:

The Health Bus - Sherbourne Health Parking Lot



DAY-BY-DAY CALENDAR OF EVENTS: WHAT'S ON FOR JUNE?*

6-8:30 pm

Ongoing LGBT2SQ Program

Intersections at SOY

Find a meal, workshops, discussions and opportunities to chill or make art. Also connect with our youth resource workers, mentors, mental health counsellors and community guests. *This week: Newcomer Pride Talk with Kusha, FLAME with Patrick, Button/Magnet Making with Adanyi.*

Who is this for?

LGBT2SQ youth age 29 and under looking for a place to explore goals with community

Location:

2nd Floor, Sherbourne Health

Wednesday JUNE 5TH

6-8:30 pm

Ongoing LGBT2SQ Program

Black Queer Youth (BQY) at SOY

BQY is a weekly drop-in group where we celebrate Black queer and trans spectrum people's experiences and accomplishments. BQY is dedicated to your creativity and desires, and is a safer space for you to express your whole self. Find a meal and explore what gender and (a)sexuality mean to you, connect to Afro-centric health and wellness supports, share skills and talents with peers and mentors.

Who is this for?

Black, Caribbean, African or Black-identified queer and trans spectrum youth ages 29 and under

Location:

2nd Floor, Sherbourne Health

6-8:30 pm

Ongoing LGBT2SQ Program

Express at SOY

Find a meal, workshops, discussions and opportunities to chill or make art. Also connect with our youth resource workers, mentors, mental health counsellors and community guests. *This week: Harlem Ball Scene, Colour Me Dragg, Drag Musical, Stonewall, BLM, Pride Toronto - explore the history of political activism and current affairs of Pride.*

Who is this for?

LGBT2SQ youth ages 29 and under, who are newcomers, refugees, refugee claimants, or non-status people living in Canada

Location:

2nd Floor, Sherbourne Health



DAY-BY-DAY CALENDAR OF EVENTS: WHAT'S ON FOR JUNE?*

Thursday JUNE 6TH

6-8:30 pm

Trans_Fusion Crew (TFC) at SOY

Ongoing LGBT2SQ Program

TFC is a weekly health and wellbeing drop-in group where trans and non-binary youth meet and share space with each other. Find a meal, discussions, arts and crafts, movies, and chill nights.

Who is this for?

Trans and non-binary youth ages 29 and under

Location:

2nd Floor, Sherbourne Health

6-8 pm

Mature Trans Sisters (MTS)

Ongoing LGBT2SQ Program

MTS is a social drop-in group for mature trans women to get together, talk and learn, share resources and enjoy a hot meal. The group is collectively run by participants and supported by facilitators. There is a different activity each week.

Who is this for?

Women of all types of trans experiences who are 45+

Location:

2nd Floor, Sherbourne Health

Friday JUNE 7TH

3-4 pm

Pride Season NADA

Sherbourne Special Event

Feeling partied out? Anxious and overwhelmed? Dealing with Pride triggers or traumas? Drop by for group ear acupuncture. Every Friday from June 7th to July 19th.

Who is this for?

All members of LGBT2SQ communities

Location:

Room 2008 (2nd Floor), Sherbourne Health

Sunday JUNE 9TH

1:30-5 pm

Melanin Talx: Film & Discussion

Sherbourne Special Event

SOY's Melanin Linx mentorship program hosts a screening and discussion of the documentary "Our Dance of Revolution". Space is limited. Contact abrowne@sherbourne.on.ca if interested.

Who is this for?

All members of Black LGBT2SQ communities

Location:

Bloor Hot Docs Cinema



DAY-BY-DAY CALENDAR OF EVENTS: WHAT'S ON FOR JUNE?*

Monday JUNE 10TH

1-4pm

Taking Pride in Harm Reduction

Sherbourne Special Event

Use drugs? Partying this Pride? Want to learn more about Hep C and Harm Reduction? Come on by! The Health Bus and Hep C teams offer weekly harm reduction supports and education in the parking lot for Pride! Access harm reduction supplies, Naloxone, Hep C testing, snacks and water. Mondays and Tuesdays throughout June and July (except July 1st).

Who is this for?

All LGBT2SQ clients/community members

Location:

The Health Bus - Sherbourne Health Parking Lot

Tuesday JUNE 11TH

1-3 pm (approx.)

Walk In Counselling

Ongoing LGBT2SQ Program

Sherbourne's Mental Health Team offers free-of-charge, walk-in counselling every Tuesday afternoon. If you are interested, **sign up at first floor reception at noon on Tuesdays**. Spots are limited, and operate on a first come, first served basis. We **do not** require: health cards, referrals or previous appointments. There is limited availability for walk-in counselling each week. **Beginning June 11th 2019, there will be extra appointment slots for the Pride Season until the end of July 2019.** If all spots are filled, clients will be asked to return the following week or be provided with alternative resources, referrals and information.

Who is this for?

Anyone (16 yrs+) who is not receiving mental health counselling at Sherbourne Health or elsewhere.

Location:

1st Floor Reception (to sign up) - Sherbourne Health

1-4 pm

Taking Pride in Harm Reduction

Sherbourne Special Event

Use drugs? Partying this Pride? Want to learn more about Hep C and Harm Reduction? Come on by! The Health Bus and Hep C teams offer weekly harm reduction supports and education in the parking lot for Pride! Access harm reduction supplies, Naloxone, Hep C testing, snacks and water. Mondays and Tuesdays throughout June and July (except July 1st).

Who is this for?

All LGBT2SQ clients/community members

Location:

The Health Bus - Sherbourne Health Parking Lot



DAY-BY-DAY CALENDAR OF EVENTS: WHAT'S ON FOR JUNE?*

3:30-5:30 pm

Mental Health Series

Pride Feelings: Loneliness, Safety and Connection

A workshop and discussion about overcoming barriers or obstacles to accessing connection with others. No registration required.

Who is this for?

All Black, Indigenous and People of Colour who are LGBT2SQ

Location:

Room 1080 (1st Floor), Sherbourne Health

6-8:30 pm

Ongoing LGBT2SQ Program

Intersections at SOY

Find a meal, workshops, discussions and opportunities to chill or make art. Also connect with our youth resource workers, mentors, mental health counsellors and community guests. *This week: Sexual Health Discussion with Erin from Urban Health, FLAME with Patrick, and T-Shirt Decorating Part 1.*

Who is this for?

LGBT2SQ youth ages 29 and under looking for a place to explore goals with community

Location:

2nd Floor, Sherbourne Health

Wednesday JUNE 12TH

9-11 am

Sherbourne Special Event

WINK Pride Party

Women In Need 'Klinik' (WINK) is a safe and friendly drop-in for homeless, under-housed and street-involved women (trans and cis). We offer a healthy breakfast, counselling, application to primary health care, weekly workshops, and connections to community organizations. Honour your identities with us.

Who is this for?

All homeless, under-housed & street-involved women (trans and cis).

Location:

2nd Floor, Sherbourne Health

6- 8:30 pm

Ongoing LGBT2SQ Program

Black Queer Youth (BQY) at SOY

BQY is a weekly drop-in group where we celebrate Black queer and trans spectrum people's experiences and accomplishments. BQY is dedicated to your creativity and desires, and is a safer space for you to express your whole self. Find a meal and explore what gender and (a)sexuality mean to you, connect to Afro-centric health and wellness supports, share skills and talents with peers and mentors.

Who is this for?

Black, Caribbean, African or Black-identified queer and trans spectrum youth age 29 and under

Location:

2nd Floor, Sherbourne Health



DAY-BY-DAY CALENDAR OF EVENTS: WHAT'S ON FOR JUNE?*

6- 8:30 pm

Ongoing LGBT2SQ Program

Express at SOY

Find a meal, workshops, discussions and opportunities to chill or make art. Also connect with our youth resource workers, mentors, mental health counsellors and community guests. *This week: T-Shirt Art – decorate and personalize a T-Shirt. T-Shirt provided.*

Who is this for?

LGBT2SQ youth ages 29 and under, who are newcomers, refugees, refugee claimants, or non-status people living in Canada

Location:

2nd Floor, Sherbourne Health

Thursday JUNE 13TH

2- 5 pm

Sherbourne Special Event

St. James Town –Know Your Pride

Join Sherbourne's Newcomer Health Team at St. James Town's annual pre-Pride celebration. Make art, crafts and personalized buttons. Enjoy Pride Trivia & Raffles. Special performances by SOY FLAME youth.

Who is this for?

All members of St. James Town communities and their friends

Location:

The Corner, 1st Floor, 200 Wellesley Street East

6- 8:30 pm

Ongoing LGBT2SQ Program

Trans Fusion Crew (TFC) at SOY

TFC is a weekly health and wellbeing drop-in group where trans and non-binary youth meet and share space with each other. Find a meal, discussions, arts and crafts, movies, and chill nights.

Who is this for?

Trans and non-binary youth ages 29 and under

Location:

2nd Floor, Sherbourne Health

6-8 pm

Ongoing LGBT2SQ Program

Mature Trans Sisters/MTS

MTS is a social drop-in group for mature trans women to get together, talk and learn, share resources and enjoy a hot meal. The group is collectively run by participants, supported by facilitators. There is a different activity each week.

Who is this for?

Women of all types of trans experiences who are 45+

Location:

2nd Floor, Sherbourne Health



DAY-BY-DAY CALENDAR OF EVENTS: WHAT'S ON FOR JUNE?*

Friday JUNE 14TH

3-4 pm

Pride Season NADA

Sherbourne Special Event

Feeling partied out? Anxious and overwhelmed? Dealing with Pride triggers or traumas? Drop by for group ear acupuncture. Every Friday from June 7th to July 19th.

Who is this for?

All members of LGBT2SQ communities

Location:

Room 2008 (2nd Floor), Sherbourne Health

Monday JUNE 17TH

1-4 pm

Taking Pride in Harm Reduction

Sherbourne Special Event

Use drugs? Partying this Pride? Want to learn more about Hep C and Harm Reduction? Come on by! The Health Bus and Hep C teams offer weekly harm reduction supports and education in the parking lot for Pride! Access harm reduction supplies, Naloxone, Hep C testing, snacks and water. Mondays and Tuesdays throughout June and July (except July 1st).

Who is this for?

All LGBT2SQ clients/community members

Location:

The Health Bus - Sherbourne Health Parking Lot

7-11 pm

Pride Prom: Zodiac!

Sherbourne Special Event

SOY youth have predicted the future! Come dance the night away with DJ K and have your fortune told by Charm. Performances by SOY FLAME youth. Hosted by Ms Nookie Galore! \$20/Pay-What-You-Can at the door (no one turned away)

Who is this for?

All LGBT2SQ youth ages 13 to 20

Location:

Buddies In Bad Times Theatre



DAY-BY-DAY CALENDAR OF EVENTS: WHAT'S ON FOR JUNE?*

Tuesday JUNE 18TH

1-3 pm

Mental Health Series

Who is this for?

Location:

1-3 pm (approx.)

Ongoing LGBT2SQ Program

Who is this for?

Location:

1- 4 pm

Sherbourne Special Event

Who is this for?

Location:

6-8:30 pm

Ongoing LGBT2SQ Program

Who is this for?

Location:

Pride Feelings: Mourning Loved Ones

A supportive discussion about coping with grief following the Pride season. No registration required.

All LGBT2SQ clients/community members

Room 2007 (2nd Floor), Sherbourne Health

Walk In Counselling

Sherbourne's Mental Health Team offers free-of-charge, walk-in counselling every Tuesday afternoon. If you are interested, **sign up at first floor reception at noon on Tuesdays**. Spots are limited, and operate on a first come, first served basis. We **do not** require: health cards, referrals or previous appointments. There is limited availability for walk-in counselling each week. **Beginning June 11th 2019, there will be extra appointment slots for the Pride Season until the end of July 2019.** If all spots are filled, clients will be asked to return the following week or be provided with alternative resources, referrals and information.

Anyone (16 yrs+) who is not receiving mental health counselling at Sherbourne Health or elsewhere.

1st Floor Reception (to sign up) - Sherbourne Health

Taking Pride in Harm Reduction

Use drugs? Partying this Pride? Want to learn more about Hep C and Harm Reduction? Come on by! The Health Bus and Hep C teams offer weekly harm reduction supports and education in the parking lot for Pride! Access harm reduction supplies, Naloxone, Hep C testing, snacks and water. Mondays and Tuesdays throughout June and July (except July 1st).

All LGBT2SQ clients/community members

The Health Bus - Sherbourne Health Parking Lot

Intersections at SOY

Find a meal, workshops, discussions and opportunities to chill or make art. Also connect with our youth resource workers, mentors, mental health counsellors and community guests. *This week: Pride and Loneliness with Ronnie from Counselling, FLAME with Patrick, T-Shirt Decorating Part 2.*

LGBT2SQ youth ages 29 and under looking for a place to explore goals with community

2nd Floor, Sherbourne Health



DAY-BY-DAY CALENDAR OF EVENTS: WHAT'S ON FOR JUNE?*

6:15-8:15 pm

Ongoing LGBT2SQ Program

Trans Men & AFAB Post-Operative Lower Surgery Group

This group is open to trans men and AFAB people who have undergone lower transition-related surgery. Through peer-to-peer support, the meetings aim to help trans men successfully navigate their surgery(ies), healing processes, and transition options. By sharing their lived experiences, members will access resources, provide emotional support, and meet people they can identify with. The group will also host guest speakers on a variety of issues, dependent upon the participants' interests and needs.

Pre-registration is required: shc.transurgerygroups@gmail.com

Who is this for?

Any trans men and others assigned female at birth seeking support after having lower surgery

Location:

Room 1080 (1st Floor), Sherbourne Health

Wednesday JUNE 19TH

6- 8:30 pm

Ongoing LGBT2SQ Program

Black Queer Youth (BQY) at SOY

BQY is a weekly drop-in group where we celebrate Black queer and trans spectrum people's experiences and accomplishments. BQY is dedicated to your creativity and desires, and is a safer space for you to express your whole self. Find a meal and explore what gender and (a)sexuality mean to you, connect to Afro-centric health and wellness supports, share skills and talents with peers and mentors.

Who is this for?

Black, Caribbean, African or Black-identified queer and trans spectrum youth ages 29 and under

Location:

2nd Floor, Sherbourne Health

6-8:30 pm

Ongoing LGBT2SQ Program

Express at SOY

Find a meal, workshops, discussions and opportunities to chill or make art. Also connect with our youth resource workers, mentors, mental health counsellors and community guests. *This week: Express Pride Party – a celebration for all LGBT2SQ Newcomers. There will be performances and giveaways.*

Who is this for?

LGBT2SQ youth ages 29 and under, who are newcomers, refugees, refugee claimants, or non-status people living in Canada

Location:

2nd Floor, Sherbourne Health



DAY-BY-DAY CALENDAR OF EVENTS: WHAT'S ON FOR JUNE?*

Thursday JUNE 20TH

6- 8:30 pm

Ongoing LGBT2SQ Program

Trans Fusion Crew (TFC) at SOY

TFC is a weekly health and wellbeing drop-in group where trans and non-binary youth meet and share space with each other. Find a meal, discussions, arts and crafts, movies, and chill nights.

Who is this for?

Trans and non-binary youth ages 29 and under

Location:

2nd Floor, Sherbourne Health

6-8 pm

Ongoing LGBT2SQ Program

Mature Trans Sisters (MTS)

MTS is a social drop-in group for mature trans women to get together, talk and learn, share resources and enjoy a hot meal. The group is collectively run by participants, supported by facilitators. There is a different activity each week.

Who is this for?

Women of all types of trans experiences who are 45+

Location:

2nd Floor, Sherbourne Health

6:15-8:15 pm

Ongoing LGBT2SQ Program

Trans Men & AFAB Pre-Operative Lower Surgery Group

This group is open to trans men and AFAB people who have undergone lower transition-related surgery. Through peer-to-peer support, the meetings aim to help trans men successfully navigate their surgery(ies), healing processes, and transition options. By sharing their lived experiences, members will access resources, provide emotional support, and meet people they can identify with. The group will also host guest speakers on a variety of issues, dependent upon the participants' interests and needs.

Pre-registration is required: shc.transsurgerygroups@gmail.com

Who is this for?

Any trans men and others assigned female at birth seeking support before having lower surgery

Location:

Room 1080 (1st Floor), Sherbourne Health



DAY-BY-DAY CALENDAR OF EVENTS: WHAT'S ON FOR JUNE?*

Friday JUNE 21ST

3-4 pm

Pride Season NADA

Sherbourne Special Event

Feeling partied out? Anxious and overwhelmed? Dealing with Pride triggers or traumas? Drop by for group ear acupuncture. Every Friday from June 7th to July 19th.

Who is this for?

All members of LGBT2SQ communities

Location:

Room 2008 (2nd Floor), Sherbourne Health

Monday JUNE 24TH

1-4 pm

Taking Pride in Harm Reduction

Sherbourne Special Event

Use drugs? Partying this Pride? Want to learn more about Hep C and Harm Reduction? Come on by! The Health Bus and Hep C teams offer weekly harm reduction supports and education in the parking lot for Pride! Access harm reduction supplies, Naloxone, Hep C testing, snacks and water. Mondays and Tuesdays throughout June and July (except July 1st).

Who is this for?

All LGBT2SQ clients/community members

Location:

The Health Bus - Sherbourne Health Parking Lot

Tuesday JUNE 25TH

1-3 pm (approx.)

Walk In Counselling

Ongoing LGBT2SQ Program

Sherbourne's Mental Health Team offers free-of-charge, walk-in counselling every Tuesday afternoon. If you are interested, **sign up at first floor reception at noon on Tuesdays**. Spots are limited, and operate on a first come, first served basis. We **do not** require: health cards, referrals or previous appointments. There is limited availability for walk-in counselling each week. **Beginning June 11th 2019, there will be extra appointment slots for the Pride Season until the end of July 2019.** If all spots are filled, clients will be asked to return the following week or be provided with alternative resources, referrals and information.

Who is this for?

Anyone (16 yrs+) who is not receiving mental health counselling at Sherbourne Health or elsewhere.

Location:

1st Floor Reception (to sign up) - Sherbourne Health



DAY-BY-DAY CALENDAR OF EVENTS: WHAT'S ON FOR JUNE?*

1-4 pm

Sherbourne Special Event

Taking Pride in Harm Reduction

Use drugs? Partying this Pride? Want to learn more about Hep C and Harm Reduction? Come on by! The Health Bus and Hep C teams offer weekly harm reduction supports and education in the parking lot for Pride! Access harm reduction supplies, Naloxone, Hep C testing, snacks and water. Mondays and Tuesdays throughout June and July (except July 1st).

Who is this for?

All LGBT2SQ clients/community members

Location:

The Health Bus - Sherbourne Health Parking Lot

6-8pm

Sherbourne Pride Event

Post-Pride Community BBQ

Join all of Sherbourne Health for our annual Pride BBQ! Meet staff and community members. Learn more about what Sherbourne can do for you. Performances by Fruit Loopz and FLAME youth.

Who is this for?

All Sherbourne Clients and Community Members

Location:

Sherbourne Health

Friday JUNE 28TH

3-4 pm

Sherbourne Special Event

Pride Season NADA

Feeling partied out? Anxious and overwhelmed? Dealing with Pride triggers or traumas? Drop by for group ear acupuncture. Every Friday from June 7th to July 19th.

Who is this for?

All members of LGBT2SQ communities

Location:

Room 2008 (2nd Floor), Sherbourne Health

11 pm

Ongoing LGBT2SQ Program

Mentor Application Deadline for SOY Connect and Melanin Linx

Be part of the SOY Mentorship Community! Our next Mentor training series will begin July 15th, and our deadline for applications is June 28th. Email Verlia (vstephens@sherbourne.on.ca) or Afi (abrowne@sherbourne.on.ca) for application forms and if you require any further information.

Visit: soytoronto.com/mentorship-peer-leadership/

Who is this for?

We are seeking folks who reflect the diverse LGBT2SQ youth that access our services. BIPOC and Trans Communities are especially encouraged to apply.



DAY-BY-DAY CALENDAR OF EVENTS: WHAT'S ON FOR JULY?*

Tuesday JULY 2ND

1-3 pm (approx.)

Ongoing LGBT2SQ Program

Walk In Counselling

Sherbourne's Mental Health Team offers free-of-charge, walk-in counselling every Tuesday afternoon. If you are interested, **sign up at first floor reception at noon on Tuesdays**. Spots are limited, and operate on a first come, first served basis. We **do not** require: health cards, referrals or previous appointments. There is limited availability for walk-in counselling each week. **Beginning June 11th 2019, there will be extra appointment slots for the Pride Season until the end of July 2019**. If all spots are filled, clients will be asked to return the following week or be provided with alternative resources, referrals and information.

Who is this for?

Anyone (16 yrs+) who is not receiving mental health counselling at Sherbourne Health or elsewhere.

Location:

1st Floor Reception (to sign up) - Sherbourne Health

1-4 pm

Sherbourne Special Event

Taking Pride in Harm Reduction

Use drugs? Partying this Pride? Want to learn more about Hep C and Harm Reduction? Come on by! The Health Bus and Hep C teams offer weekly harm reduction supports and education in the parking lot for Pride! Access harm reduction supplies, Naloxone, Hep C testing, snacks and water. Mondays and Tuesdays throughout June and July (except July 1st).

Who is this for?

All LGBT2SQ clients/community members

Location:

The Health Bus - Sherbourne Health Parking Lot

4-6 pm

Mental Health Series

Pride Feelings: Loneliness, Safety and Connection

A workshop and discussion about overcoming barriers or obstacles to accessing connection with others. No registration required.

Who is this for?

All LGBT2SQ clients/community members

Location:

Room 1077 (1st Floor), Sherbourne Health



DAY-BY-DAY CALENDAR OF EVENTS: WHAT'S ON FOR JULY?*

Thursday JULY 4TH

6-8 pm

Sherbourne Special Event

Who is this for?

Location:

Post-Pride Movie Night!

Join us for a film, popcorn and company.

All LGBT2SQ clients/community members

2nd Floor, Sherbourne Health

615- 8:15 pm

Ongoing LGBT2SQ Program

Trans Men & AFAB Top Surgical Pre-Operative Discussion and Post-Operative Support Group

This group is open to trans men and AFAB people who are considering top surgery, and who have undergone top surgery. Through peer-to-peer support, the meetings aim to provide information about surgery options, surgical processes, navigating Ontario health care systems, trans resources, mental health, and sexuality. The discussion aims to help participants create a lasting support network of trans people from a range of social locations and experiences. The group will also host guest speakers on a variety of issues, dependent upon the participants' interests and needs.

NOTE: Pre-registration is NOT required

Who is this for?

Any trans men and others assigned female at birth seeking support before and after having top surgery

Location:

Room 1080 (1st Floor), Sherbourne Health

Friday JULY 5TH

3-4 pm

Sherbourne Special Event

Who is this for?

Location:

Pride Season NADA

Feeling partied out? Anxious and overwhelmed? Dealing with Pride triggers or traumas? Drop by for group ear acupuncture. Every Friday from June 7th to July 19th.

All members of LGBT2SQ communities

Room 2008, Sherbourne Health



DAY-BY-DAY CALENDAR OF EVENTS: WHAT'S ON FOR JULY?*

Monday JULY 8TH

1-4 pm

Sherbourne Special Event

Taking Pride in Harm Reduction

Use drugs? Partying this Pride? Want to learn more about Hep C and Harm Reduction? Come on by! The Health Bus and Hep C teams offer weekly harm reduction supports and education in the parking lot for Pride! Access harm reduction supplies, Naloxone, Hep C testing, snacks and water. Mondays and Tuesdays throughout June and July (except July 1st).

Who is this for?

All LGBT2SQ clients/community members

Location:

The Health Bus - Sherbourne Health Parking Lot

Tuesday JULY 9TH

1-3 pm

Mental Health Series

Pride Feelings: Mourning Loved Ones

A supportive discussion about coping with grief following the Pride season. No registration required.

Who is this for?

All Black, Indigenous and People of Colour who are LGBT2SQ

Location:

Room 2007, Sherbourne Health

1-3 pm (approx.)

Ongoing LGBT2SQ Program

Walk In Counselling

Sherbourne's Mental Health Team offers free-of-charge, walk-in counselling every Tuesday afternoon. If you are interested, **sign up at first floor reception at noon on Tuesdays**. Spots are limited, and operate on a first come, first served basis. We **do not** require: health cards, referrals or previous appointments. There is limited availability for walk-in counselling each week. **Beginning June 11th 2019, there will be extra appointment slots for the Pride Season until the end of July 2019.** If all spots are filled, clients will be asked to return the following week or be provided with alternative resources, referrals and information.

Who is this for?

Anyone (16 yrs+) who is not receiving mental health counselling at Sherbourne Health or elsewhere.

Location:

1st Floor Reception (to sign up) - Sherbourne Health



DAY-BY-DAY CALENDAR OF EVENTS: WHAT'S ON FOR JULY?*

1-4 pm

Taking Pride in Harm Reduction

Sherbourne Special Event

Use drugs? Partying this Pride? Want to learn more about Hep C and Harm Reduction? Come on by! The Health Bus and Hep C teams offer weekly harm reduction supports and education in the parking lot for Pride! Access harm reduction supplies, Naloxone, Hep C testing, snacks and water. Mondays and Tuesdays throughout June and July (except July 1st).

Who is this for?

All LGBT2SQ clients/community members

Location:

The Health Bus - Sherbourne Health Parking Lot

6-8:30 pm

Intersections at SOY

Ongoing LGBT2SQ Program

Find a meal, workshops, discussions and opportunities to chill or make art. Also connect with our youth resource workers, mentors, mental health counsellors and community guests.

Who is this for?

LGBT2SQ youth ages 29 and under looking for a place to explore goals with community

Location:

2nd Floor, Sherbourne Health

6:15-8:15 pm

Trans Men & AFAB Pre-Operative Lower Surgery Group

Ongoing LGBT2SQ Program

This group is open to trans men and AFAB people who are considering lower surgery, or are soon to undergo lower surgery. Through peer-to-peer support, the meetings aim to provide information about surgery options, surgical processes, navigating Ontario health care systems, trans resources, mental health, and sexuality. The discussion aims to help participants create a lasting support network of trans people from a range of social locations and experiences. The group will also host guest speakers on a variety of issues, dependent upon the participants' interests and needs.

Pre-registration is required: shc.transurgerygroups@gmail.com

Who is this for?

Any trans men and others assigned female at birth seeking support before having lower surgery

Location:

Room 1077 (1st Floor), Sherbourne Health

Wednesday JULY 10TH

1-4:20 pm

Post-Pride Fancy Footcare!

Sherbourne Special Event

Got corns or calluses? Difficult to cut toenails? Drop in to see a Nurse for free footcare. Limited # of spots. *Check in with First Floor Medical Secretaries.*

Who is this for?

All LGBT2SQ clients/community members

Location:

Sherbourne Health



DAY-BY-DAY CALENDAR OF EVENTS: WHAT'S ON FOR JULY?*

6-8:30 pm

Ongoing LGBT2SQ Program

Black Queer Youth (BQY) at SOY

BQY is a weekly drop-in group where we celebrate Black queer and trans spectrum people's experiences and accomplishments. BQY is dedicated to your creativity and desires, and is a safer space for you to express your whole self. Find a meal and explore what gender and (a)sexuality mean to you, connect to Afro-centric health and wellness supports, share skills and talents with peers and mentors.

Who is this for?

Black, Caribbean, African or Black-identified queer and trans spectrum youth ages 29 and under

Location:

2nd Floor, Sherbourne Health

6-8:30 pm

Ongoing LGBT2SQ Program

Express at SOY

Find a meal, workshops, discussions and opportunities to chill or make art. Also connect with our youth resource workers, mentors, mental health counsellors and community guests.

Who is this for?

LGBT2SQ youth ages 29 and under, who are newcomers, refugees, refugee claimants, or non-status people living in Canada

Location:

2nd Floor, Sherbourne Health

Thursday JULY 11TH

6-8:30 pm

Ongoing LGBT2SQ Program

Trans Fusion Crew (TFC) at SOY

TFC is a weekly health and wellbeing drop-in group where trans and non-binary youth meet and share space with each other. Find a meal, discussions, arts and crafts, movies, and chill nights.

Who is this for?

Trans and non-binary youth ages 29 and under

Location:

2nd Floor, Sherbourne Health

6-8 pm

Ongoing LGBT2SQ Program

Mature Trans Sisters (MTS)

MTS is a social drop-in group for mature trans women to get together, talk and learn, share resources and enjoy a hot meal. The group is collectively run by participants, supported by facilitators. There is a different activity each week.

Who is this for?

Women of all types of trans experiences who are 45+

Location:

2nd Floor, Sherbourne Health



DAY-BY-DAY CALENDAR OF EVENTS: WHAT'S ON FOR JULY?*

6:15-8:15 pm

Trans Men & AFAB Post-Operative Lower Surgery Group

Ongoing LGBT2SQ Program

This group is open to trans men and AFAB people who have undergone lower transition-related surgery. Through peer-to-peer support, the meetings aim to help trans men successfully navigate their surgery(ies), healing processes, and transition options. By sharing their lived experiences, members will access resources, provide emotional support, and meet people they can identify with. The group will also host guest speakers on a variety of issues, dependent upon the participants' interests and needs.

Pre-registration is required: shc.transsurgerygroups@gmail.com

Who is this for?

Any trans men and others assigned female at birth seeking support after having lower surgery

Location:

Room 1080 (1st Floor), Sherbourne Health

Friday JULY 12TH

3-4 pm

Pride Season NADA

Sherbourne Special Event

Feeling partied out? Anxious and overwhelmed? Dealing with Pride triggers or traumas? Drop by for group ear acupuncture. Every Friday from June 7th to July 19th.

Who is this for?

All members of LGBT2SQ communities

Location:

Room 2008 (2nd Floor), Sherbourne Health

Monday JULY 15TH

1-4 pm

Taking Pride in Harm Reduction

Sherbourne Special Event

Use drugs? Partying this Pride? Want to learn more about Hep C and Harm Reduction? Come on by! The Health Bus and Hep C teams offer weekly harm reduction supports and education in the parking lot for Pride! Access harm reduction supplies, Naloxone, Hep C testing, snacks and water. Mondays and Tuesdays throughout June and July (except July 1st).

Who is this for?

All LGBT2SQ clients/community members

Location:

The Health Bus - Sherbourne Health Parking Lot



DAY-BY-DAY CALENDAR OF EVENTS: WHAT'S ON FOR JULY?*

Tuesday JULY 16TH

1-3 pm (approx.)

Ongoing LGBT2SQ Program

Walk In Counselling

Sherbourne's Mental Health Team offers free-of-charge, walk-in counselling every Tuesday afternoon. If you are interested, **sign up at first floor reception at noon on Tuesdays**. Spots are limited, and operate on a first come, first served basis. We **do not** require: health cards, referrals or previous appointments. There is limited availability for walk-in counselling each week. **Beginning June 11th 2019, there will be extra appointment slots for the Pride Season until the end of July 2019.** If all spots are filled, clients will be asked to return the following week or be provided with alternative resources, referrals and information.

Who is this for?

Anyone (16 yrs+) who is not receiving mental health counselling at Sherbourne Health or elsewhere.

Location:

1st Floor Reception (to sign up) - Sherbourne Health

1-4 pm

Sherbourne Special Event

Taking Pride in Harm Reduction

Use drugs? Partying this Pride? Want to learn more about Hep C and Harm Reduction? Come on by! The Health Bus and Hep C teams offer weekly harm reduction supports and education in the parking lot for Pride! Access harm reduction supplies, Naloxone, Hep C testing, snacks and water. Mondays and Tuesdays throughout June and July (except July 1st).

Who is this for?

All LGBT2SQ clients/community members

Location:

The Health Bus - Sherbourne Health Parking Lot

6-8:30 pm

Ongoing LGBT2SQ Program

Intersections at SOY

Find a meal, workshops, discussions and opportunities to chill or make art. Also connect with our youth resource workers, mentors, mental health counsellors and community guests.

Who is this for?

LGBT2SQ youth ages 29 and under looking for a place to explore goals with community

Location:

2nd Floor, Sherbourne Health



DAY-BY-DAY CALENDAR OF EVENTS: WHAT'S ON FOR JULY?*

Wednesday JULY 17TH

6-8:30 pm

Ongoing LGBT2SQ Program

Black Queer Youth (BQY) at SOY

BQY is a weekly drop-in group where we celebrate Black queer and trans spectrum people's experiences and accomplishments. BQY is dedicated to your creativity and desires, and is a safer space for you to express your whole self. Find a meal and explore what gender and (a)sexuality mean to you, connect to Afro-centric health and wellness supports, share skills and talents with peers and mentors.

Who is this for?

Black, Caribbean, African or Black-identified queer and trans spectrum youth ages 29 and under

Location:

2nd Floor, Sherbourne Health

6-8:30 pm

Ongoing LGBT2SQ Program

Express at SOY

Find a meal, workshops, discussions and opportunities to chill or make art. Also connect with our youth resource workers, mentors, mental health counsellors and community guests.

Who is this for?

LGBT2SQ youth ages 29 and under, who are newcomers, refugees, refugee claimants, or non-status people living in Canada

Location:

2nd Floor, Sherbourne Health

Thursday JULY 18TH

6-8:30 pm

Ongoing LGBT2SQ Program

Trans Fusion Crew (TFC) at SOY

TFC is a weekly health and wellbeing drop-in group where trans and non-binary youth meet and share space with each other. Find a meal, discussions, arts and crafts, movies, and chill nights.

Who is this for?

Trans and non-binary youth ages 29 and under

Location:

2nd Floor, Sherbourne Health

6-8 pm

Ongoing LGBT2SQ Program

Mature Trans Sisters (MTS)

MTS is a social drop-in group for mature trans women to get together, talk and learn, share resources and enjoy a hot meal. The group is collectively run by participants, supported by facilitators. There is a different activity each week.

Who is this for?

Women of all types of trans experiences who are 45+

Location:

2nd Floor, Sherbourne Health



DAY-BY-DAY CALENDAR OF EVENTS: WHAT'S ON FOR JULY?*

Friday JULY 19TH

3-4 pm

Sherbourne Special Event

Pride Season NADA

Feeling partied out? Anxious and overwhelmed? Dealing with Pride triggers or traumas? Drop by for group ear acupuncture. Every Friday from June 7th to July 19th.

Who is this for?

All members of LGBT2SQ communities

Location:

Room 2008 (2nd Floor), Sherbourne Health

Monday JULY 22ND

1-4 pm

Sherbourne Special Event

Taking Pride in Harm Reduction

Use drugs? Partying this Pride? Want to learn more about Hep C and Harm Reduction? Come on by! The Health Bus and Hep C teams offer weekly harm reduction supports and education in the parking lot for Pride! Access harm reduction supplies, Naloxone, Hep C testing, snacks and water. Mondays and Tuesdays throughout June and July (except July 1st).

Who is this for?

All LGBT2SQ clients/community members

Location:

The Health Bus - Sherbourne Health Parking Lot

Tuesday JULY 23RD

1-3 pm (approx.)

Ongoing LGBT2SQ Program

Walk In Counselling

Sherbourne's Mental Health Team offers free-of-charge, walk-in counselling every Tuesday afternoon. If you are interested, **sign up at first floor reception at noon on Tuesdays**. Spots are limited, and operate on a first come, first served basis. We **do not** require: health cards, referrals or previous appointments. There is limited availability for walk-in counselling each week. **Beginning June 11th 2019, there will be extra appointment slots for the Pride Season until the end of July 2019.** If all spots are filled, clients will be asked to return the following week or be provided with alternative resources, referrals and information.

Who is this for?

Anyone (16 yrs+) who is not receiving mental health counselling at Sherbourne Health or elsewhere.

Location:

1st Floor Reception (to sign up) - Sherbourne Health



DAY-BY-DAY CALENDAR OF EVENTS: WHAT'S ON FOR JULY?*

1-4 pm

Taking Pride in Harm Reduction

Sherbourne Special Event

Use drugs? Partying this Pride? Want to learn more about Hep C and Harm Reduction? Come on by! The Health Bus and Hep C teams offer weekly harm reduction supports and education in the parking lot for Pride! Access harm reduction supplies, Naloxone, Hep C testing, snacks and water. Mondays and Tuesdays throughout June and July (except July 1st).

Who is this for?

All LGBT2SQ clients/community members

Location:

The Health Bus - Sherbourne Health Parking Lot

6-8:30 pm

Intersections at SOY

Ongoing LGBT2SQ Program

Find: a meal, workshops, discussions and opportunities to chill or make art. Also connect with our youth resource workers, mentors, mental health counsellors and community guests.

Who is this for?

LGBT2SQ youth ages 29 and under looking for a place to explore goals with community

Location:

2nd Floor, Sherbourne Health

Wednesday JULY 24TH

6-8:30 pm

Black Queer Youth (BQY) at SOY

Ongoing LGBT2SQ Program

BQY is a weekly drop-in group where we celebrate Black queer and trans spectrum people's experiences and accomplishments. BQY is dedicated to your creativity and desires, and is a safer space for you to express your whole self. Find a meal and explore what gender and (a)sexuality mean to you, connect to Afro-centric health and wellness supports, share skills and talents with peers and mentors.

Who is this for?

Black, Caribbean, African or Black-identified queer and trans spectrum youth ages 29 and under

Location:

2nd Floor, Sherbourne Health

6-8:30 pm

Express at SOY

Ongoing LGBT2SQ Program

Find a meal, workshops, discussions and opportunities to chill or make art. Also connect with our youth resource workers, mentors, mental health counsellors and community guests.

Who is this for?

LGBT2SQ youth ages 29 and under, who are newcomers, refugees, refugee claimants, or non-status people living in Canada

Location:

2nd Floor, Sherbourne Health



DAY-BY-DAY CALENDAR OF EVENTS: WHAT'S ON FOR JULY?*

Thursday JULY 25TH

6- 8:30 pm

Ongoing LGBT2SQ Program

Trans Fusion Crew (TFC) at SOY

TFC is a weekly health and wellbeing drop-in group where trans and non-binary youth meet and share space with each other. Find a meal, discussions, arts and crafts, movies, and chill nights.

Who is this for?

Trans and non-binary youth ages 29 and under

Location:

2nd Floor, Sherbourne Health

6-8 pm

Ongoing LGBT2SQ Program

Mature Trans Sisters (MTS)

MTS is a social drop-in group for mature trans women to get together, talk and learn, share resources and enjoy a hot meal. The group is collectively run by participants, supported by facilitators. There is a different activity each week.

Who is this for?

Women of all types of trans experiences who are 45+

Location:

2nd Floor, Sherbourne Health

Monday JULY 29TH

1-4 pm

Sherbourne Special Event

Taking Pride in Harm Reduction

Use drugs? Partying this Pride? Want to learn more about Hep C and Harm Reduction? Come on by! The Health Bus and Hep C teams offer weekly harm reduction supports and education in the parking lot for Pride! Access harm reduction supplies, Naloxone, Hep C testing, snacks and water. Mondays and Tuesdays throughout June and July (except July 1st).

Who is this for?

All LGBT2SQ clients/community members

Location:

The Health Bus - Sherbourne Health Parking Lot



DAY-BY-DAY CALENDAR OF EVENTS: WHAT'S ON FOR JULY?*

Tuesday JULY 30TH

1-3 pm (approx.)

Ongoing LGBT2SQ Program

Walk In Counselling

Sherbourne's Mental Health Team offers free-of-charge, walk-in counselling every Tuesday afternoon. If you are interested, **sign up at first floor reception at noon on Tuesdays**. Spots are limited, and operate on a first come, first served basis. We **do not** require: health cards, referrals or previous appointments. There is limited availability for walk-in counselling each week. **Beginning June 11th 2019, there will be extra appointment slots for the Pride Season until the end of July 2019.** If all spots are filled, clients will be asked to return the following week or be provided with alternative resources, referrals and information.

Who is this for?

Anyone (16 yrs+) who is not receiving mental health counselling at Sherbourne Health or elsewhere.

Location:

1st Floor Reception (to sign up) - Sherbourne Health

1-4 pm

Sherbourne Special Event

Taking Pride in Harm Reduction

Use drugs? Partying this Pride? Want to learn more about Hep C and Harm Reduction? Come on by! The Health Bus and Hep C teams offer weekly harm reduction supports and education in the parking lot for Pride! Access harm reduction supplies, Naloxone, Hep C testing, snacks and water. Mondays and Tuesdays throughout June and July (except July 1st).

Who is this for?

All LGBT2SQ clients/community members

Location:

The Health Bus - Sherbourne Health Parking Lot

6-8:30 pm

Ongoing LGBT2SQ Program

Intersections at SOY

Find: a meal, workshops, discussions and opportunities to chill or make art. Also connect with our youth resource workers, mentors, mental health counsellors and community guests.

Who is this for?

LGBT2SQ youth ages 29 and under looking for a place to explore goals with community

Location:

2nd Floor, Sherbourne Health



DAY-BY-DAY CALENDAR OF EVENTS: WHAT'S ON FOR JULY?*

Wednesday JULY 31ST

6-8:30 pm

Black Queer Youth (BQY) at SOY

Ongoing LGBT2SQ Program

BQY is a weekly drop-in group where we celebrate Black queer and trans spectrum people's experiences and accomplishments. BQY is dedicated to your creativity and desires, and is a safer space for you to express your whole self. Find a meal and explore what gender and (a)sexuality mean to you, connect to Afro-centric health and wellness supports, share skills and talents with peers and mentors.

Who is this for?

Black, Caribbean, African or Black-identified queer and trans spectrum youth ages 29 and under

Location:

2nd Floor, Sherbourne Health

6-8:30 pm

Express at SOY

Ongoing LGBT2SQ Program

Find a meal, workshops, discussions and opportunities to chill or make art. Also connect with our youth resource workers, mentors, mental health counsellors and community guests.

Who is this for?

LGBT2SQ youth ages 29 and under, who are newcomers, refugees, refugee claimants, or non-status people living in Canada

Location:

2nd Floor, Sherbourne Health

