

LGBTQ Resources - Calgary

Social Services, Health Services and Housing Supports:

- **Calgary Sexual Health Centre:**
 - Free one-to-one support for LGBTQ+ youth struggling with family acceptance, social disconnection, homelessness, transitioning or any other issues they may be facing.
 - Free counseling for families needing more information and resources in supporting their LGBTQ+ children.
Phone: 403-283-5580 x.333
Email: lallard@calgarysexualhealth.ca
- **The Alex Youth Health Centre:**
 - LGBTQ+-friendly youth health centre (including psychology) and drop-in centre.
Phone: 403-520-6270
Webiste: www.thealex.ca
- **Boy and Girls Club of Calgary - Aura Host Homes :**
 - LGBTQ2S+ Youth Housing Program
 - Ages 14 to 24
 - For youth who do not have CFS status
Phone or text: 403-828-4673
Email: hope@bgcc.ab.ca

LGBTQ-positive Child and Adolescent Counseling and Therapy:

- **Ashleigh Yule, Registered Psychologist:**
 - Child Psychologist
Phone: (403) 973-0237
Email: ashleigh@aycp.ca
Website: <http://www.aycp.ca>
- **Carolyn Claire, Registered Psychologist**
 - Trans youth 13+
Phone: 403-861-0164
Email contact@carolynclaire.ca
Website: <http://www.carolynclaire.ca/>
- **Jennifer Kuntz, MSW, RSW:**
 - Private counseling for youth and adults 17+
 - fee range: 120 to 150 per hour
 - Insurance coverage available
Email: info@karunacounsellinggroup.com

Website: <http://www.karunacounsellinggroup.com/>

- **Nora MacQuarry, Registered Psychologist:**
 - Adolescent and adult counseling
 - fee: 180 per hour with sliding scale and pro bono availablePhone: 403-978-0409
Email: contact@noramacquarrie.com

Community Support Groups:

Youth peer groups:

- **Queermunity:**
 - LGBTQ+ Youth Group (ages 12-24)
 - Information, resources and community
 - Meets Mondays – 6:30 to 8 p.m.
 - The Alex Youth Health Centre – 1116 Centre St. N.
 - Call: 403-520-6270; Text: 403-680-9627
- **LGBTQ2S Youth Group:**
 - LGBTQ2S Youth Group (ages 12-24)
 - Information, resources and community
 - Wednesdays, 11 am to 1 pm
 - Wood's Homes - Exit Outreach – 117-7 Ave. SW
 - Call or text: 403-262-9953
- **Mosaic Youth Group:**
 - Peer-facilitated group for LGBTQ youth and allies, ages 10-25
 - Meets Wednesdays – 7 to 9 p.m.
 - Community Wise Resource Centre – 223 12 Ave. SW
 - Facebook: Mosaic Youth Group
- **Transformers:**
 - Peer support for trans guys, those questioning their gender, trans-masculine folks, allies and partners.
 - Email: transformerscalgary@gmail.com

Family peer groups:

- **Trans Families:**
 - Peer support group for the natural supports of trans-identified individuals
 - Meets the third Wednesday of every month from 6:30 – 8:30 pm at CommunityWise Resource Centre - 223 12 Ave S.W., Room 106.
 - Email: transfamilies@calgaryoutlink.ca
- **PFLAG Calgary:**

- Peer support group for friends and families of LGBTQ people.
- Meets the last Wednesday of each month from 6:30 - 8:30pm at the Wild Rose United Church: 1317 - 1st Street N.W.
Email: calgaryab@pflagcanada.ca
PFLAG Canada website: www.pflagcanada.ca/en/index.html

Youth engagement:

- **Calgary Gay Straight Alliance Network:**
 - A program of the Calgary Sexual Health Centre to support the creation and facilitation of GSA's in schools across Calgary and surrounding areas.
Email: gsanetwork@calgarysexualhealth.ca
- **Camp fYrefly:**
 - Leadership camp for LGBTQ youth ages 14 to 24.
Website: www.fyrefly.ualberta.ca
- **fYrefly in Schools:**
 - Raising awareness of LGBTQ issues in schools
 - Youth speaking opportunities
Website: www.fyrefly.ualberta.ca

Schools:

- **Calgary Gay Straight Alliance Network:**
 - A Program of the Calgary Sexual Health Centre to support the creation and facilitation of GSA's in schools across Calgary and surrounding areas.
Email: gsanetwork@calgarysexualhealth.ca
- **MyGSA.ca:**
 - A national resource for Gay Straight Alliances.
Website: www.mygsa.ca
- **Canadian Teachers' Federation website:**
Website: www.ctf-fce.ca Look under: Issues *Diversity and Human Rights*
- **Alberta Teachers Association:**
Website: www.teachers.ab.ca Look under: *For members* ⇒ *Professional Development*
⇒ *Diversity, Equity & Human Rights* ⇒ *Sexual Orientation and Gender Identity*

Faith based supports:

- **United Churches:**
 - Affirming United Churches in Calgary:
<http://affirmunited.ause.ca/category/congregation/ab/calgary/>

- **Calgary Inter-Mennonite Church**
<http://cimchurch.org/about-us/affirming-congregation/>
- **Young Queer Church:**
Facebook: YQC
- **El-Tawhid Juma Circle Mosque:**
<http://jumacircle.blogspot.ca/>
- **Temple B'nai Tikvah:**
<http://templebnaitikvah.org/>

Phone Lines:

- **Distress Centre:**
 - 24-Hour crisis line
Phone: 403-266-HELP (4357)
- **ConnecTeen:**
Website: [www.http://calgaryconnecteen.com/](http://calgaryconnecteen.com/)
Phone: 403-264-8336
- **Trans Life Line:**
Phone: 1-877-330-6366

Online Resources:

- **Trans Equality Society of Alberta (TESA):**
Website: www.tesaonline.org
- **Alberta Trans:**
Website: www.albertatrans.org/news.shtml
- **Egale:**
 - National lesbian, gay, bisexual, and trans (LGBT) human rights organization: advancing equality, diversity, education and justice.
Website: www.egale.ca
- **Gender Creative Kids:**
 - Provides resources for supporting and affirming gender creative kids within their families, schools and communities.
Website: gendercreativekids.ca
- **Trans Pulse Project (Ontario):**
Website: <http://transpulseproject.ca>
- **Gender Spectrum:**

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

- **Family Acceptance Project:**
 - Research and Resources on family acceptance/family rejection and impacts on sexually and gender diverse youth.
Website: <http://familyproject.sfsu.edu/>
- **I heart my chest: A chest Health Resource for Trans Folks**
PDF: http://qmunity.ca/wp-content/uploads/2015/03/I_Heart_My_Chest_-_English_version.pdf
- **Calgary Trans Resource and Info Guide:**
PDF: http://media.wix.com/ugd/bc1b8e_e0d73b55e2124ed09967fe0c3797b7d6.pdf
- **Gender diversity poster:**
Website: <http://www.crimethinc.com/tools/posters.html>
- **The Gender Book:**
 - Youth-friendly book and online resource on gender identity:
Website: <http://www.thegenderbook.com/>

Literature:

LGBTQ-General:

- **Sexual Orientation and Gender Identity Recommended Fiction and Nonfiction Resources for K-12 Schools - 2nd Edition:**
PDF: <http://www.ismss.ualberta.ca/sites/www.ismss.ualberta.ca/files/SOGIFictionandNonfictionEPSandEPL.pdf>

For Youth:

- Belge, Kathy, *Queer: The Ultimate LGBT Guide for Teens*, Zest Books (2011).
- Bornstein, Kate, *My New Gender Workbook*, Routledge, (2013).
- Bornstein, Kate, *A Queer and Pleasant Danger: The True Story of a Nice Jewish Boy who joins the Church of Scientology, and leaves twelve years later to become the lovely lady she is today*, Beacon Press (2013).
- Coyote, Ivan E., Spoon, Rae, *Gender Failure*, Arsenal Pulp Press (2014).
- Hugel, Kelly, *GLBTQ: The Survival Guide for Gay, Lesbian, Bisexual, Transgender, and Questioning Teens*, Free Spirit Publishing, (2011).
- Kuklin, Susan, *Beyond Magenta: Transgender Teens Speak Out*, Candlewick (2014).
- Peters, Julie, A., *Luna*, Time Warner Book Group, (2004).
- Seba, Jaime A., *Feeling Wrong in Your Own Body: understanding What It Means to Be Transgender*, Mason Crest Publishers (2010).
- Teich, Nicholas, M., *Transgender 101: A Simple Guide to a Complex Issue*, Columbia University Press (2012).
- Wittlinger, Ellen, *Parrotfish*, Simon & Schuster Books for Young Readers, (2007).

LGBTQ-inclusive children's books:

Welcoming Schools:

<http://www.welcomingschools.org/pages/looking-at-gender-identity-with-childrens-books>

Flamingo Rampant:

<http://www.flamingorampant.com/>

Social Work Practice:

- *Bending Gender, Ending Gender: Theoretical Foundations for Social Work Practice with the Transgender Community*, Burdge, Barb J., 2007.
- *Family Acceptance in Adolescence and the Health of LGBT Young Adults*, Journal of Child and Adolescent Psychiatric Nursing, 2010.
- *Family Rejection as a Predictor of Negative Health Outcomes in White and Latino Lesbian, Gay, and Bisexual Young Adults*, American Academy of Pediatrics, 2009.
- *Helping Families Support Their Lesbian, Gay, Bisexual, and Transgender (LGBT) Children*, Ryan, C., Family Acceptance Project – San Francisco State University, 2009.
- *Supportive Families, Healthy Children: Helping Families with Lesbian, Gay, Bisexual and Transgender Children*, San Francisco State University – Family Acceptance Project, 2009.

For Families:

PDF's

- *Families in Transition: A Resource Guide for Parents of Trans Youth*, Central Toronto Youth Services
- *Our Trans Children*, PFLAG Transgender Network, Sixth Edition
- *Supportive Families, Healthy Children: Helping Families with Lesbian, Gay, Bisexual and Transgender Children*, San Francisco State University – Family Acceptance Project, 2009
- *Welcoming our Trans Family and Friends: A Support Guide for Parents, Families and Friends of Transgender and Gender Non-Conforming People*, PFLAG National

Books:

- *Gender Born, Gender Made: Raising Healthy Gender Nonconforming Children*, Diane Ehrensaft, The Experiment, New York, 2011.
- *Helping Your Transgender Teen: A Guide for Parent*, Irwin Krieger, Genderwise Press, New Haven, 2011.
- *The Transgender Child: A Handbook for Families and Professionals*, Stephanie A. Brill and Rachel Pepper, Cleis Press Inc., San Francisco, 2008.

For Teachers/Schools:

- *Challenging Silence, Challenging Censorship: Inclusive resources, Strategies and Policy Directives for Addressing Bisexual, Gay, Lesbian, Trans-Identified and Two-Spirited Realities in School and Public Libraries*, Canadian Teachers' Federation, 2007.
- *Every class in every school: The first national climate survey on homophobia, biphobia, and transphobia in Canadian schools. Final report.* Taylor, C. & Peter, T., with McMinn, T.L., Elliott, T.,

Beldom, S., Ferry, A., Gross, Z., Paquin, S., & Schachter, K. Toronto, ON: Egale Canada Human Rights Trust, 2011.

- *Gay-Straight Alliances in Alberta Schools: A Guide for Teachers*, Kristopher Wells, The Alberta Teacher's Association, 2006.
- *Lessons Learned: A Collection of Stories and Articles about Bisexual, Gay, Lesbian and Transgender Issues*, Canadian Teachers' Federation, 2005.
- *Seeing the Rainbow: Teachers Talk about Bisexual, Gay, Lesbian, Transgender and Two-Spirited Realities*, Canadian Teachers' Federation, 2002.
- *Schools in Transition: A Guide for Supporting Transgender Students in K-12 Schools*, Asaf Orr, Joel Baum, Gender Spectrum, 2015.
- *Supporting Transgender and Transsexual Students in K-12 Schools*, Canadian Teachers' Federation, 2012.

Films (some available online)

- *Brandon Teena Story* (1998); New Video Group; 88 min.
- *Girl Inside* (2007); Women Make Movies; 70 min.
- *Growing Up Trans*; PBS; 84 min.
- *Ma Vie en Rose* (1997); Columbia TriStar Home Video; 88 min
- *No Dumb Questions* (2001); Epiphany Productions; 24 min.
- *Red Without Blue* (2007); Cinema Libre; 77 min.
- *She's a Boy I Knew* (2007); Media Education Foundation; 70 min.
- *Straighlaced: How Gender's Got Us All Tied Up* (2008); New Day Films; 67 min
- *Trans, The Movie* (2012); Roseworks and Sex Smart Films; 93 min.
- *TransAmerica* (2006); Genius Products; 104 min.