

## Resources for Sexually and Gender Diverse Community in Niagara

<p><b>Brock Pride</b></p>	<p><a href="http://www.brockpride.ca">www.brockpride.ca</a></p> <p>FB (see Footer note)</p>	<p>A club devoted to creating a safe social environment for students of diverse gender and sexual identities. They offer weekly meetings and monthly social events. It's not necessary to be a student to attend.</p>
<p><b>Lesbian Gay Bi Trans Youth Line</b></p>	<p>1-800-268-9688 Text 647-694-4275</p> <p>Chat services at <a href="http://www.youthline.ca">www.youthline.ca</a></p> <p>FB</p>	<p>Offers confidential peer support through their telephone, text, and chat services. Services available across Ontario Sunday-Friday from 4:00pm-9:30pm for youth to 26yrs.</p>
<p><b>LGBTQ Social Group Niagara</b></p>	<p><a href="mailto:lgbtqsgniagara@gmail.com">lgbtqsgniagara@gmail.com</a></p> <p><a href="http://www.meetup.com/lgbtqsgniagara">www.meetup.com/lgbtqsgniagara</a></p> <p>FB</p>	<p>To provide a safe, casual environment for people of the LGBTQ+ and allie community. They gather at different venues for Meetups in the Niagara region, with an emphasis on meeting in St. Catharines and Niagara Falls. All are welcome.</p>
<p><b>Niagara Falls Community Health Centre</b></p>	<p>4790 Victoria Ave. Niagara Falls, ON</p> <p>Contact for LGBTQ+ youth group: Celeste Turner 905 356-4222 ex. 311 <a href="mailto:cturner@nfchc.ca">cturner@nfchc.ca</a>@NiagaraFallsCHC</p> <p>FB</p> <p>Instagram</p>	<p>Non-profit, community governed, multi-service health centre that provides primary health care, health promotion, community development services, all under one roof at no cost. This includes the Queer Youth Collective group. This group runs on Monday's from 4:00pm-5:30pm (excluding holidays). Ages 13-18 attend 1st and 3rd Monday of month. Ages 19-29 attend 2nd and 4th Monday of month. No registration is required. Drop-ins and new friends always welcome!</p>
<p><b>Niagara Regional Gay Men's Group</b></p>		<p>This group is for gay men in Niagara looking to find friends. They meet at Mahtay Cafe in downtown St. Catharines every</p>

		<b>Wednesday at 7:30pm.</b>
Niagara Region LGBTQ+ Women's Group	Ada nrilgbtqwomensgroup@outlook.com  FB	Inclusive of LGBTQ+ women, including trans women. The group gathers to make friends, socialize, and do fun activities in friendly spaces. They meet on Tuesday's at Mahtay Cafe in St. Catharines at 7pm. Look for Ada in her tie-dyed t shirt or ask cafe staff.
OUTniagara	outniagara@gmail.com  FB	OUTniagara supports our local LGBTQ2+ community and beyond by amplifying the voices of our community, acting as a public policy advocate and helping to build relationships within the community.
PFLAG+ Niagara (Parents and Friends of Lesbians, Gays, Bisexual and Trans)	JoAnn Theobald 289 362-5336 <a href="mailto:joann.theobald1@gmail.com">joann.theobald1@gmail.com</a> <a href="http://www.pflagcanada.ca/niagara.html">www.pflagcanada.ca/niagara.html</a>  FB	A sharing and supportive group for parents, family members, and friends of LGBTQ+ individuals, as well as those individuals themselves. PFLAG provides dialogue about sexual identity and gender identity to create a society that's welcoming to all. Meets monthly on 2 <sup>nd</sup> Tuesday of each month at 7pm at Quest Community Health Centre (see contact info below).
Positive Living Niagara	905-984-8684 <a href="mailto:info@positivelivingniagara.com">info@positivelivingniagara.com</a> <a href="http://www.positivelivingniagara.com">www.positivelivingniagara.com</a>  FB	PLN supports people living with and affected by HIV and this includes support of groups who are at greater systemic risk of contracting HIV such as gay men and members of the trans community.
Pride Niagara	Enzo De Divitiis Pride Niagara Chair  <a href="mailto:info@prideniagara.com">info@prideniagara.com</a> <a href="http://www.prideniagara.com">www.prideniagara.com</a>  <u>Mailing Address</u> Pride Niagara 4 Queen Street, PO Box 4020 St. Catharines, ON, L2R 3B0  FB	Pride Niagara is a celebration of Niagara's sexual and gender diverse community and its supporters. Based on a platform of acceptance, we provide information and social activities for the Niagara Region.
Quest Community Health Centre	145 Queenston St. Suite 100 St. Catharines, ON L2R 2Z9	Primary Health Care, services to individuals who experience barriers to accessing health care,

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For more copies or to make any updates contact Stephanie, Community Health Worker at [svail@questchc.ca](mailto:svail@questchc.ca)

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	<p>Phone: 905.688.2558 www.questchc.ca</p> <p>For more info about Rainbow Niagara's outreach and community programs contact:</p> <p>Stephanie Vail Community Health Worker Cell-905-380-4576 Office-905-688-2558 ex. 222 <a href="mailto:svail@questchc.ca">svail@questchc.ca</a></p>	<p>including sexually and gender diverse communities. This includes <a href="#">Rainbow Niagara LGBTQ+ Services</a> that includes primary health care, trans specific health care, mental health support/counselling, outreach, groups and health promotion/community capacity building initiatives such as Pride Prom and community presentations. LGBTQ+ youth group for ages 14-19. This group runs every 3rd Tuesday from 4:00pm-5:30pm. Gender Quest group for trans/gender questioning adults ages 18 and over. This group is 8 weeks and those interested must register.</p>
Safti (Social Activities for Transgender Individuals)	<p>Rachel Barnsdale barnsdaler@gmail.com</p> <p>FB</p>	<p>A social group for trans* individuals They hold two meetings per month. One is a social group on the 3rd Tuesday of each month from 7pm-9pm at the Silver Spire Church in the Hearth Room in St. Catharines. The second is a planned activity.</p>
Senior Pride Network of Niagara	<p>Dick Moore moore.dick@gmail.com</p> <p>FB</p>	<p>An unincorporated, community-based group that has been meeting since Dec/16. The Network consists of LGBTQ+ seniors, their allies, and representatives of organizations providing services and programs to , with, and for seniors in the Niagara region.</p>
Transgender Niagara	<p>Colleen McTigue mctigue.colleen@gmail.com</p> <p>FB</p>	<p>A trans* peer support group whose purpose is to provide the trans* community in Niagara with access to information, resources, and the companionship of others. Meetings are held on the 4th Tuesday of each month at 7pm at the Silver Spire Church in St. Catharines.</p>
Trans Lifeline	<p>1-877-330-6366 (Canadian line)</p> <p>FB</p>	<p>A hotline staffed by transgender people for transgender people. This is run by volunteers from 10am-4am.</p>

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TransParent Canada	<a href="http://www.transparentcanada.ca">www.transparentcanada.ca</a> FB	Online network for parents and their trans-identified children.
Welland LGBTQ+ Youth Group	Michael Sherman shermanm@mail.com	A safe space for LGBTQ+ youth in Welland and surrounding areas to come together to find support and acceptance. The group runs on the 4th Monday of each month from 6:30pm-8:30pm at the Welland Central United Church.

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