

## **Gender Related -Community Resource List**

### **Skipping Stone**

Calgary-based not-for-profit organization whose mission is to support and empower trans and gender diverse people and their families in Alberta. They offer a wide range of community, educational and medical supports for the trans community. Services include: group support, gender affirming gear, community events, medical and mental health services, system navigation, training and education, ID services. Online and in person options available.

587- 333-4342 <https://www.skippingstone.ca/>

### **Calgary Outlink: Centre for Gender and Sexual Diversity**

Calgary Outlink is a community-based, not-for-profit charity dedicated to providing support, education, outreach, and referrals for the 2SLGBTQIA+ and allied communities in Calgary. Runs groups, peer support programs, and community events. Website includes a “Community Calendar” of events/programs taking place each month.

403-234-8973 [www.calgaryoutlink.ca](http://www.calgaryoutlink.ca)

### **Centre for Sexuality**

The Centre for Sexuality normalizes sexuality and sexual health in Alberta and across Canada by providing evidence-informed, non-judgmental sexual health programs and services. Providing teaching, training, and advocacy in the areas of sexuality, healthy relationships, human rights, gender identity, sexual orientation, equality, and consent in the Calgary community.

403-283-5580

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

### **The Alex**

The Alex is a non-profit health and social services organization that has provides integrated and accessible supports. With a full complement of health, housing, and community programs, the Alex is a hub of supports and outreach services. Runs two social groups for those that identify as 2SLGBTQAI+, one for adult and one for youth. Can also support with hormone starts.

403-520-2260 <https://www.thealex.ca/>

### **End of the Rainbow Foundation**

Connects sexually diverse (SOGIE) people to volunteers to create: support groups and mentorship; match convention refugees to sponsor groups or ‘groups of five’; and provide language, employment, other training or educational services.

403-262-4086 <https://endoftherainbow.ca/>

### **Pflag Canada & Pflag Alberta**

Pflag Canada is a national charitable organization, founded by parents who wished to help themselves and their family members understand and accept their LGBTQ2S children. Regular meetings held at a variety of locations across the province.

1-888-530-6777 <https://pflagcanada.ca/>

### **Trans Lifeline**

Trans Lifeline is a grassroots hotline and non-profit organization offering direct emotional and financial support to trans people in crisis – for the trans community, by the trans community.

1-877-330-6366 <https://translifeline.org/>

## **Online Resources:**

### **Trans Equality Society of Alberta (TESA):**

Advocacy group to open opportunities for formal engagement with authorities who otherwise overlook the unique needs of the larger trans community. [www.tesaonline.org](http://www.tesaonline.org)

### **Trans Wellness Initiative:**

The Trans Wellness Initiative aims to improve the health and wellness of trans and nonbinary communities in Alberta by building connections, facilitating access, and fostering capacity. <https://transwellnessinitiative.ca/>

### **Egale:**

Informing public policy, inspiring cultural change, and promoting human rights and inclusion through research, education, awareness and legal advocacy. <https://egale.ca/>

### **Gender Spectrum:**

National organization committed to the health and well-being of gender- diverse folks through education and support for families, and training and guidance for educators, medical and mental health providers, and other professionals. <https://www.genderspectrum.org/>

### **Arches:**

Arches Queer Health is a local hub of holistic queer support. Their website provides an evolving wealth of information and resources to enable you to gain insight into your personal health as a queer individual navigating the Lethbridge area. <https://archesqueerhealth.ca/>

### **Trans Parent Alberta 101**

Trans Parent Alberta 101 is a compilation of resources for supportive parents, transgender parents, family and allies of transgender, non-binary and gender diverse children (minor or adult) in Alberta. <https://www.transparentalberta101.com/>

### **Youth Line**

Youth Line offers confidential and non-judgemental peer support through our telephone, text and chat services. LGBT Youth Line is a 2SLGBTQ+ youth-led organization that affirms and supports the experiences of youth (29 and under). <https://www.youthline.ca/>