

# FAMILY TIPSHEET: Relationships, Sexuality, and Gender Identity Resources



Email: [Resourcecentre@hollandbloorview.ca](mailto:Resourcecentre@hollandbloorview.ca)

This tipsheet is for anyone who may be looking for resources, programs or information on disability, sexuality, relationships and gender identity.

## Programs in Toronto:

### **The 519**

- A City of Toronto agency that is committed to the health, happiness and full participation of the 2SLGBTQ+ communities. They offer community program, training and education, EarlyON, and various other supports and services.
- Website: <https://www.the519.org/>
- Phone number: 416-392-6874
- Email: [info@the519.org](mailto:info@the519.org)

### **Extend-A-Family – Sexuality and Healthy Relationships Workshops**

- The workshops are geared towards children/youth with developmental disabilities from 11 to 15 years of age. It is a 3-week group session when virtual, offered once each week, and a 5-week group session when in person. Each session is designed to provide parents and their children/youth with practical learning opportunities.
- Website: <https://www.extendafamily.ca/sexuality-and-healthy-relationships>
- Phone number: 647-292-5144
- Email: [ah@extendafamily.ca](mailto:ah@extendafamily.ca)

### **Lumenus Community Services – ReachOUT and The Studio**

- reachOUT is a creative, inclusive and accessible program for 2SLGBTQ+ youth providing family and individual counselling available to youth between the ages of 12-17 years
- The Studio is an inclusive, youth-driven drop-in centre that openly celebrates 2SLGBTQ+ youth and youth of colour, and is available to youth between the ages of 12-26 years
- Website: <https://www.lumenus.ca/>
- Email: [info@lumenus.ca](mailto:info@lumenus.ca)

## Christie Ossington Neighbourhood Centre – 2SLBTQIA+ Programs

- Christie Ossington Neighbourhood Centre (CONC) is a multi-service agency in West Downtown Toronto providing essential and innovative services for vulnerable community members.
- Website: <https://www.conccommunity.org/2slgbtqiaprograms/>
- Email: [gcnclgbtq@conc.ca](mailto:gcnclgbtq@conc.ca)

## Virtual Services and Online Resources

### Kerry's Place Autism Services – Brave Space

- Kerry's Place has developed evidence-informed resources and services for those in the Autism community who are navigating, or supporting a loved one who is navigating, their journey of discovering their identity within the spectrums of gender and sexuality. Services include parent/caregiver workshops, peer support groups, and sibling supports.
- Website: <https://www.kerrysplace.org/brave-space-at-kerrys-place/>
- Phone number: 1-833-775-3779
- Email: [intake@kerrysplace.org](mailto:intake@kerrysplace.org)

### Holland Bloorview – Disability and Sexuality Resource Hub

- Holland Bloorview has created an online resource hub that includes video simulations, conversation guides, infographics, and much more to support families in their learning surrounding the topic of disability and sexuality
- Website: <https://hollandbloorview.ca/disability-sexuality-resource-hub>
- Phone number: 416-425-6220
- Email: [profile@hollandbloorview.ca](mailto:profile@hollandbloorview.ca)

### Rainbow Health Ontario

- A program of Sherbourne Health Rainbow Health Ontario creates opportunities for the healthcare system to better serve 2SLGBTQ communities. The site includes a service provider directory for 2SLGBTQ affirming healthcare practitioners.
- Website: <https://www.rainbowhealthontario.ca/>
- Phone number: 416-324-4100
- Email: [info@rainbowhealthontario.ca](mailto:info@rainbowhealthontario.ca)

## Children's Books:

- My Shadow is Purple by Scott Stuart
- A Family Is a Family Is a Family by Sara O'Leary
- My Rainbow by DeShanna Neal & Trinity Neal