

Resources catering to the LGBTQ* Community in Calgary

For a more complete and general listing of all resources and supports, visit Informalberta.ca

Calgary Based (or online) Resources:

Bisexual/Pansexual Resources:

The Calgary Sexual Health Centre
Bisexual/Pansexual Group
CalgarySexualhealth.ca
403.283.5580

Domestic Violence and Sexual Assault Related Resources:

*go to informalberta.ca for a complete listing of all domestic violence related services. The ones listed here are the ones that have LGBTQ related services.

Calgary Communities Against Sexual Abuse
Support for people who have experienced sexual assault. Court Support, counseling, etc.
Calgarycasa.com
403.237.5888

Calgary Counseling Centre
Offers Support to men who have experienced domestic violence.
Alex Cameron
403.691.5964 or 403.651.8075
Alex.cameron@calgarycounselling.com

Violence in Gay Male Relationships
Resources for male-male relationship violence
Vigorcalgary.ca
403.255.7004

Safety Under the Rainbow
A coalition of organizations coming together to address issues of same-sex domestic violence and homophobic youth bullying.
Sutr.ca

Gay Bars in Calgary:

(some are not exclusively “gay”, but most of them cater to the gay male community)

Twisted Element

A large dance club that plays top 40 music. Mostly young people, and young gay men in particular. There have been multiple reports of transphobic club policies, anti-woman policies, and drug related issues.

1006 11 Ave SW
403.802.0230

The Backlot

A gay pub with a relaxed atmosphere. Does not serve food. Had good happy hour specials. Mostly gay men, but inclusive.

209 10 Ave SW
403.265.5211

Gay Male Resources:

Calgary Outlink (for full listing – see under LGBTTTQQI2SAA Community Support)

Offers support groups and in person and over the phone peer support for individuals

Between Men Group

A Support and Social group for gay, bi, trans, and queer men. Launching in April/May 2012. See Website for details.

In Person Peer Support

In the Calgary Outlink Office Tuesdays 11 am – 2 pm, Wednesdays 4 pm – 7 pm, and Thursdays 3 pm – 6 pm

Over the Phone Peer Support: The Out is Ok Line

8 am – 11 pm over the phone peer support for all community members

1.877.OUT.IS.OK (1.877. 688.4765)

Calgaryoutlink.ca

#303, 223 12 Ave SW

403.234.8973

Goliath's Bathhouse and Texas Lounge

All men's bathhouse with lockers or rooms for rent. Open 7 days per week, 24 hours per day, and includes a hot tub, steam room and televisions. Serves food. Monday is leather night. Patrons must rent a room or locker.

Rear Entrance, 308 17 Ave SW

Goliaths.ca

403.299.0911

Grindr

On-line, location based gay men's personals and hookups

Grindr.com or iphone app

Prime Timers

Prime Timers Calgary is open to all mature gay or bisexual men forty years of age or older and their younger admirers (if sponsored by a member).

Coffee every Saturday morning from 10 – 11 am at the Co-op on 11 Ave and 11 St Sw, on the second floor in the coffee shop.

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

#36-5790 Patina Drive S.W.

Calgary, Alberta, Canada

T3H 2Y5

primetimerscalgary@gmail.com

Don P. 809-4110

Tony R. . 547-9129

Ross M. 701-0690

Scruff

On-line, location based gay men's personals and hookups. Primarily bears, and admirers.

Sruffapp.com

Health Resources:

Aids Calgary

Information, resources, volunteering, and training related to HIV/Aids

Aidscalgary.org

403.508.2500

Contact: Mark Randall (Heat Worker for HIV/Aids prevention for gay men)

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Inside Out Youth Group

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Calgary Sexual Health Centre

Offers resources, education and counseling services surrounding pregnancy testing, options counseling, birth control counseling, post abortion counseling, phone counseling, STI counseling.

calgarysexualhealth.ca/

403.283.5580

Canadian Mental Health Association

Numerous programs and counseling related to suicide

Cmha.calgary.ab.ca

Canadian Rainbow Health Coalition:

A national organization “whose objective is to address the various health and wellness issues that people who have sexual and emotional relationships with people of the same gender, or a gender identity that does not conform to the identity assigned to them at birth encounter”

rainbowhealth.ca/

Phone: 1.800.955.5129

The Distress Centre

24 hour crisis intervention, counseling

Distresscentre.com

403.266.4375

The Gender Center Online:

Australian based website which offers a multitude of resources for those individuals and their family members who are struggling with issues of gender.

gendercentre.org.au/

STI Clinic

Safe, confidential, and free STI (sexually transmitted infection) testing. Anonymous testing is possible too.

The staff has been given diversity training.

Sheldon Chumir Health Centre

5th Floor

1213 – 4 ST SW

403.955.6700 (call for hours)

Counseling:

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Calgary Psychology Group:

Dr. Lindsay Macleod is a gay male psychologist who is queer friendly; he offers counseling, business and

therapy services

Dr. Natasha Kutlesa is queer friendly and a strong ally
calgarypsychologygroup.ca
Phone: 403.238.8300

Dr. Susan Garber

226-1982 KENSINGTON RD NW, Calgary, AB, T2N 3R5
403.283.3370

Trans Friendly and Queer Friendly

Dr. Kevin Alderson

1300 8 St SW, Calgary, AB, T2R 1B2
403.605.5234

alderson@ucalgary.ca

Trans friendly and queer friendly

*Lower cost option: he sees clients at his home office at a reduced rate

Dr. Cathy Pittman

714 – 45th Street SW, Calgary, AB, T3C 2B6
403.228.8811

Trans Friendly and Queer Friendly. Specializes in Gender Identity Dysphoria

Dr. Lynn Sloane

1218 – 10 Avenue S.E., Calgary, AB, T2G 0W7
403.262.5340

Trans Friendly and Queer Friendly. Specializes in Gender Identity Dysphoria

Jane Oxenbury

206, 5920 Macleod Trail S., Calgary, AB, T2H 0K2
403.255.7004

Trans Friendly and Queer Friendly. Specializes in Gender Identity Dysphoria

Dr. J.J. Miles

714 – 45th Street S.W., Calgary, AB, T3C 0A1
403.228.8811

Trans Friendly and Queer Friendly. Specializes in Gender Identity Dysphoria

*Many of these psychologists may be willing to see you at a reduced rate if you are low income and need their support in order to transition/have mental health issues. These psychologists do not have sliding fee scales/low income fee assistance set up, but you can ask to pay a reduced rate and see what happens – the worst they can say is no.

Kink Resources:

Priape

A store that sells sex toys, underwear, fetish wear etc.

1322 17 Ave SW

403-215-1800

calgary@priape.com

Legal Resources:

Lawyers:

Courtney Aarbo

<http://www.courtneyaarbo.ca/>

1138 Kensington Road NW

Calgary AB T2N 3P3

403.571.5120 (phone)

403.571.5134 (fax)

info@courtneyaarbo.ca

They are LGBTTTQQI2SA community members

Dan Aberle

403.229.1129

Queer and trans ally

Legal Aid Family Law Office

The Family Law Office (FLO) assists clients who have a family law legal problem and who have qualified for services through Legal Aid Alberta.

<http://www.legalaid.ab.ca/about/programs/Pages/flo.aspx>

Legal Advice

The Women's Centre

Legal Advice Clinic

Free 30 minute session with a female lawyer

All volunteer lawyers have gone through volunteer training and screening from the Women's Centre which protects against discrimination

646 First Avenue NE

Calgary, Alberta, T2E 0B6

Phone: (403) 264-1155

Fax: (403) 264-1203

Email: info@womenscentrecalgary.org

Web: www.womenscentrecalgary.org

Call to book an appointment

These services are for anyone who identifies as a woman. If a trans woman goes there and does not get the support she needs, Calgary Outlink will advocate on her behalf.

Calgary Legal Guidance

Free 20 minute session with a lawyer on anything other than driving under the influence/driving related

Must be low income and not able to get Legal Aide

“All the lawyers are volunteer lawyers with big hearts”

Call to book an appointment

100, 840 – 7th Avenue SW

Calgary AB T2P 3G2

ph 403 234 9266, fax 403 234 9299

clg@clg.ab.ca

www.Clg.ab.ca

They have an anti-oppressive mandate/policy, but this is not an explicitly queer friendly service

Sandra G. Sebree

Offers legal Advice

403.228.8108

sandrasedree@nucleus.com

Calgary Communities Against Sexual Abuse
Sexual Assault court support and accompaniment

Calgarycasa.com

403.237.5888

Court Support Program

CWES (Calgary Women's Emergency Shelter)

Offers help with completing Protection Orders (restraining order), child support orders, spousal support orders, etc. to people who have experienced domestic violence (people of all genders can access this service)

Needs to be referred through Connect at the Sheldon Chumir: either we can call in a referral after we've done an intake with a client to Connect, or they have to go there for an intake appointment

Connect phone number: 403.237.5888

Info needed for referral: Name, Date of Birth, Contact info (is it ok to leave a msg?), gender, Partner's info, are their children? Who are the children living with? Is family services involved?

Lesbian Resources:

Brenda

iPhone app (similar to Grindr) for dating and hook ups.

Calgary Dyke March
Annual Event Supporting Female-identified Queers
Calgarydykemarch.com
403.667.4770
Contact: Juliet Burgess

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Calgaryoutlink.ca
#303, 223 12 Ave SW
403.234.8973

The Calgary Sexual Health Centre
Lesbian Seniors Group (partnered with the Kerby Centre)
CalgarySexualhealth.ca
403.283.5580

Lesbian Meet Up Groups
Social connections for lesbians
Meetup.com/calgarylesbian

LGBTTTQQI2SAA Community Support:

Apollo/Western Cup
Annual Sporting festival for Queer community in Calgary, and yearly sporting and fitness events
Westerncup.com

ARGRA (Alberta Rockies Gay Rodeo Association)
Alberta Gay Rodeo: Annual Events, Dances etc.
Argra.org

Asexuality Visibility and Education
Learn more about Asexuality
Asexuality.org/en

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Calgary Police Service

Sexuality and Gender Diversity Unit

Calgarypolice.ca/community/sexgender.html

Camp Firefly

Annual Camp for Queer youth in Alberta

Firefly.ualberta.ca

780.492.0772

Canadian LGBT Archives

Canadian (Toronto Based) Queer archives

Clga.ca

416.777.2755

Don't Buy In

Police Run Program Educating About Hate

Dontbuyin.ca

403.206.8162

Contact: Elizabeth Cooke

Different Strokes Calgary

Different Strokes (DSC) is a non-profit, volunteer run swim club inclusive of lesbians, gay men, bisexuals, transgender and their straight friends, dedicated to the master swim program philosophy of “fun and fitness for life” in an environment that is both positive and supportive.

Differentstrokescalgary.org

info@differentstrokescalgary.org

Egale Canada

Justice for LGBT people through Awareness and Activism (Canada)

Egale.ca

1.888.204.7777

FairyTales Film Festival

Queer Film Festival, screenings and Arts Centre

Fairytalefilmfest.com

403.244.1956

The Good Life Community Bicycle Shop

Offers a queer positive space and a monthly queer workshop and social on bike mechanics called

“Queers & Gears”

Goodlifebikes.ca

403.984.4727

I am Asexual

Read stories and find support regarding Asexuality

Experienceproject.com/group/am-asexual/420

Pride Calgary

Annual Parade and Events – volunteer opportunities

Pridecalgary.ca

403.797.6564

Contact: Dallas Barnes

Pride Centre at MRU

Library, counseling, referrals, gay friendly housing referrals at Mount Royal University

403.440.5604

Queers on Campus
University of Calgary Queer Group (coffee nights, events, Gender Bender, Queer speed dating etc)
Ucalgary.ca/~qcampus

Parents and teachers Resources:

PFLAG (Parents and Friends of Lesbians and Gays) Calgary
Monthly meetings and online resources
Pflagcanada.ca
403.695.5791

Alberta Civil Liberties Research Centre
Teachers Guide books on human rights
Aclrc.com
402.220.2505
Contact: Melissa Luhtanen

Alberta Teachers Association
Legal and Ethical Responsibilities to Students – based out of Edmonton
Teachers.ab.ca

Safety Under the Rainbow
Resources to help end same-sex domestic violence
Sutr.ca

Society for Safe and Caring Schools
Alberta wide initiative to end bullying
Sacsc.ca
800.822.1500

Human Rights Education Network
Global Teachers Resource for Human Rights
Hrea.org

Day of Silence
In school Homophobia Awareness Event
Dayofsilence.org

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Print Media:

Gay Calgary and Edmonton Magazine
Free monthly magazine for community members in Calgary and Edmonton
GayCalgary.com
Outlooks Magazine
Canada-wide free monthly community magazine
Outlooks.ca

Zine Tree Collective
Calgary based Zine (small distribution magazine) Collective and Zine Library
The Old Y Centre: 104, 223 12 Ave SW Calgary, AB T@R-0G9
Thezinetreecollective@riseup.net

Spirituality:

Unitarian Church of Calgary
Non-judgmental church, safe space for worship
Unitarianscalgary.org
403.276.2436

Knox United Church
Downtown Church, Events for queer members – very youth friendly
Knoxunited.ab.ca
403.269.8382 ex 29
Contact: Dr. Dan Moulton

Lutherans Concerned North America
Individual support, resources and a safe space
Lcna.org
403.220.3899
Lccalgary@lncna.org

Salaam Canada
The Queer Muslim Community in Canada
Salaamcanada.com

Trans Resources:

Alberta Trans
Alberta Trans Resources Online
Albertatrans.org
Contact: Mercades Allen

Trans Equality Association of Alberta (TESA)
Info and activism about trans issues in Alberta and Canada
Tesaonline.org and on Facebook
info@tesaonline.org
Contact: Brianne Languille

PFLAG Gender Line
Gender Questions online
1.888.822.9494

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United Church of Canada
Resources for trans people about spirituality
United-church.ca/exploring/trans/resources

Trans Alliance Society
Vancouver Based Trans Resource Centre & online resources
Transalliancesociety.org

Trans Parent Canada
Canada-wide resources for parents of young trans people
Transparentcanada.ca

Transitioning

“Transition” is the word generally used to refer to the stage, or series of stages, through which a trans individual passes as they move from living as one gender to living as another gender. There are a number of stages to transition, although not everyone who transitions will go through all of them. Some important stages are self-identification as trans, changing one’s name, coming out, and the decision to pursue or not to pursue medical or surgical transition.

Ultimately, the path one takes is up to them. There are some things, however, that aren’t negotiable under the current Standards of Care, such as 1 year Real Life Test (RLT) before sex reassignment surgery (SRS) if that’s something the person would like to pursue, but the rest is up to them, and healthcare providers will ideally respect that.

Choosing a name

Choosing a new name to fit one’s identity is often the first stage in transition.

Trans individuals choose their names in many different ways.

There are a number of options when choosing a name. These include:

- Going with the male/female version of your birthname.
- Asking their parents what other names they were considering “if they had been born ‘the other gender’”, and going with one of those.
- If their parents are supportive of their transition, asking them to re-name them a name of their choosing.

- Choosing a name that was popular around the time they were born. (This option is most often chosen by those who are concerned that they will stand out for having a name that isn't "appropriate" for their age. Standing out in this way can interfere with a trans person's ability to "pass" as the gender they are transitioning to, or give them away as obviously trans.)
- Choosing a name that is traditionally feminine or masculine within their culture. (This option is most often chosen by those who are most concerned with "passing" as normatively-gendered women/men.)
- Choosing a name they like, possibly a name which is currently popular or which they design themselves. (This is the option most often chosen by those who identify strongly with being "trans", and are not as concerned with passing or appearing "obviously trans".)
 - Asking friends what names they think suit them, or choosing a name they "look like".
- Some trans individuals have a name that "speaks to them". This doesn't always happen, but sometimes a trans person's name sort of "chooses them". A name that they really identify with... that they just feel is THEIR name. Sometimes this name will "follow them around" for years, and when they realize they are trans, there's no doubt in their mind that that is their name.

The most important thing to remember when choosing a name is that you have to live with this name. If you can't picture yourself being called that name by friends, family, your partner, etc, the name probably isn't for you.

Some other things to consider are; is the name easy to spell and pronounce?, can the name be mistaken for a similar name typically associated with the "other" gender? (An example of this would be Dominic and Dominique. Although Dominic is traditionally an Italian guy's name, and Dominique is traditionally a French girl's name, some people have only ever heard the name Dominique, so when they see the name "Dominic", they are inclined to pronounce it the same way they pronounce "Dominique". If you're worried about being misgendered constantly, this is definitely something to consider when choosing a name.)

Coming out

Coming out can be a difficult process. Many transgender people worry about how other people will react and how they'll treat them once they find out.

For many people, it also means that they can be honest about how they feel and not hide that part of themselves.

Realizing that you're transgender or trans

The first stage of coming out is acknowledging to yourself how you feel about your gender. This isn't always straightforward.

Some trans people feel clear about their gender identity from a young age. But for others, it's less obvious, and how they feel about their gender may shift over time.

Acknowledging how you feel about yourself sometimes involves overcoming feelings of shame and guilt or fear of disapproval.

If you feel a persistent discomfort about your gender and you can't work it out on your own, therapy or counseling may help.

Some advice on coming out:

Coming out as transgender is different for everyone. However, some tried and true methods have been used with some amount of success by many people coming out.

- Look at your audience. For some people it may not make sense to come out. For instance a person under the age of 18 may have a harder time with this process due to being a minor and dependent on family members still. It may be smarter to confide in a trustworthy friend or two before going to the parents. Some family members and friends may be more willing to be your allies than others. Start with a brother, cousin, or a friend who you can trust.

- Do some research. Arm yourself with knowledge in case a loved one has questions, and to make your coming out methods as informed as possible.

- Don't do it angrily. Don't automatically be on the defensive. Don't expect people to accept you immediately. Remember that this can be difficult for them too, and just as much of a process for them as it is for you. It is especially difficult if they are family, or have known you for a long time.

- One idea is to write a letter or an email. This is the best way to come out to people who you think may not be the most accepting, because it avoids confrontation, gives you time to think about and write out exactly what you want to say, and it gives the reader time to think out how they're going to react and what they're going to say. It may seem rather impersonal to come out via a letter or email, but it's a good option if you are either too afraid to do it in person, or think the person may take your news badly.

In your letter, be clear on why you are transitioning and reaffirm the importance of this process. Include facts about transsexuality, etc, so that they will understand that this is not just a decision you made. A letter can also be used to come out to family members you rarely talk to or see. Search for example letters to get a good idea of what one may look like. Use the letter as a framework and tailor it to your needs.

- Provide reading material. Literature on the transgender community may help those whose loved ones are drawn to reading material. This can give a lot of information to a person without you having to interact with the individual a great deal. Link them to a website, suggest books for them to read, or if you can find a pamphlet, give that to them. Quite a few books have been published on the transgender community.

Review a couple and pick the one that's best for your situation.

- Sit down and talk about it. Being open and direct is a tactic that can earn many points with relatives and friends. This gives them a chance to ask questions and, while you may not always have the answers, you can be honest about your desire to transition or identify as trans. This option is good for people who you think may be accepting.

- Be patient. This isn't going to all happen overnight. Coming out is a longer process that may take a lifetime. You can get the important people notified, but you may always be running into acquaintances and people from an earlier time in your life.

- Be confident. Knowing that you identify as transgender and may need to take action in some way, shape, form, or fashion is a position that you need to be clear on. Speak clearly and firmly, but be responsive and flexible.
- The results may surprise you. The ones that you thought would support you may not, and the one you thought wouldn't support you might.

Finding a trans-friendly doctor

If you wish to medically transition, it's beneficial to have a doctor who has knowledge on the subject, or is at least trans-friendly, and willing to learn.

Unfortunately there are currently very few known doctors in Calgary who are trans-friendly and accepting new patients. That doesn't mean, however, that there aren't any out there.

You just may have to put in effort to find one.

One option is Dr. Ted Jablonski.

He is (usually) not accepting new patients at his practice, but he and psychologist Dr. JJ Miles hold a trans "clinic" once every three months at Dr. Miles' office (Dr. Miles is a psychologist specializing in Gender Identity Disphoria), where he prescribes hormones etc. Some members of the trans community are critical of him for providing only one type of hormone to trans women, as opposed to various options.

Contact Dr. JJ Miles for info about the "clinic", at (403) 228-8811 or contact Monique, Dr. Jablonski's trans clinic booking person at (403) 208-3230.

Another good option is Dr. Harvey Martin (403) 640-4320.

Doctors who are keen on helping trans people may be more likely to take on new patients if they "out" themselves as trans when trying to book a first appointment.

In Alberta, the practice of medicine is governed by the College of Physicians and Surgeons of Alberta. If you are looking for a General Practitioner (family doctor) who is accepting patients at this time and is open to seeing trans patients, you can put in a request to them, and they will do their best to locate one — however, this can yield mixed results. With the low number of doctors accepting patients at the moment, and high number of those who are uncomfortable with trans concerns or who feel that they don't have adequate training in this area, they may not be able to locate one close by, but it is certainly worth a try.

The College of Physicians and Surgeons of Alberta is located at the 9th Floor, 10180-101 Street (Manulife Place), Edmonton.

You can call toll-free at 1-800-561-3899. You can also email them at publicinquiries@cpsa.ab.ca.

If you have a complaint about a physician, they also have an additional toll-free number to address these issues at 1-800-661-4689.

Get a referral to the gender specialist in Alberta

Dr. Lorne Warneke at the Gender Clinic at Grey Nun's Hospital in Edmonton is currently the only gender specialist in Alberta. If you wish to have SRS (Sex reassignment surgery), you will most likely need to get a referral to Dr. Warneke. It is best to take this step as soon as possible, as the wait times to get in to see him are very long. Sometimes the waiting list can be as long as 12 to 24 months, and he can only see people every 3 months. He's considered the province's specialist.

In order to see him, you will need to get referred to him by your G.P. or a psychologist who specializes in Gender Identity Disphoria. If you don't have a family doctor, a walk-in clinic doctor may be able to do so for you as well. It is also possible to get a referral from a psychologist or another psychiatrist.

The Phone number to the Grey nuns clinic is: (780) 735-7292.

Therapy

Sometimes in order to access hormones and some surgeries, you need to see a therapist for a certain amount of time first. In some cases, therapists aren't necessary, however, it's a good idea to get one if you are thinking of transitioning. They can be a great support, especially if you have no one else to talk to about your gender identity. The majority of psychologists are quite expensive (\$160 to \$170 per hour).

Many insurance plans through a person's employment, university, or private health insurance cover counseling (many stipulate that it must be with a registered psychologist).

Online therapists:

Dr. Graham L Peveller

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

Melissa Leonhardt

<http://brandnewdaycounseling.com>

Local therapists:

Dr. Susan Garber

226-1982 KENSINGTON RD NW, Calgary, AB, T2N 3R5

Phone: (403) 283-3370

Fax: (403) 283-3372

Dr. Kevin Alderson
1300 8 St SW, Calgary, AB, T2R 1B2
Phone: 403-605-5234
Email: alderson@ucalgary.ca

*Lower cost option: he sees clients at his home office at a reduced rate

Dr. Cathy Pittman
714 – 45th Street SW, Calgary, AB, T3C 2B6
Phone: (403) 228-8811

Dr. Lynn Sloane
1218 – 10 Avenue S.E., Calgary, AB, T2G 0W7
Phone: Phone (403) 262-5340

Jane Oxenbury
206, 5920 Macleod Trail S., Calgary, AB, T2H 0K2
Phone: 403.255.7004

Dr. J.J. Miles
Phone: (403) 228-8811
Address: 714 – 45th Street S.W., Calgary, AB, T3C 0A1

*Many of these psychologists may be willing to see you at a reduced rate if you are low income and need their support in order to transition/have mental health issues. These psychologists do not have sliding fee scales/low income fee assistance set up, but you can ask to pay a reduced rate and see what happens – the worst they can say is no.

Support

Support Groups

Online:

Alberta trans peer support network (Yahoo)

<http://groups.yahoo.com/group/AlbertaTransPeerSupportNetwork>

Alberta Trans Facebook group

<http://www.facebook.com/groups/6159997897/>

In person:

New Directions

New Directions is a drop – in peer support group focused on providing support and resources for individuals or couples who identify with transexual, transgender, inter-sexed or questioning.

Meets on the 1st Sunday @ 1 pm, & every 3rd Friday of every month @ 7pm.

The New Directions group meets at in room # 106 of the Old Y Centre located at 223 12 Ave SW. It is on the main floor, turn left once you enter the building.

Trans families

Offers support, discussion, and news for parents and family of transsexual and intersexed children/family members.

Meets on the 2nd Thursday of every month @ 6:30pm

The meeting location is room # 106 of the Old Y Centre located at 223 12 Ave SW. It is on the main floor, turn left once you enter the building.

Name change:

How to change your name

To legally change your name in Alberta, you need to do the following:

- You must be over 18.
- Get your fingerprints done. This will cost between \$25 and \$60, depending on where you go. Fingerprinting services listed below.
- Go to a registry with your fingerprints and a few pieces of identification.
 - Ask for an application for name change document and fill it out.
 - Present document and identification. Pay fee, which can be anywhere from \$180 – \$225.
- You will need to swear an oath, then your application will go in for processing. It will take up to 3 weeks for your name change certificate to arrive in the mail. In some cases, you'll have to go pick it up from the registry. They will call you when it comes in.
- When you have your name change certificate, you can begin changing your name on your identification. Most of which can be done at a registry, with the exception of your social insurance card, which you can have changed at a Service Canada location.

Where to get fingerprints done:

The RCMP used to offer this service, but they no longer do.

Individuals requiring non-criminal fingerprinting must go to a fingerprinting service.

Here are a couple of them in the Calgary area.

Calgary Fingerprinting

910 – 7th Ave SW, Suite 1100

Calgary, Alberta, Canada

T2P 3N8

Toll Free: 1-866-242-2411

Phone: (403) 698-8800

Fax: (403) 698-8801

Hours of Operation: Monday – Friday, 8:30am – 5:00pm

-You must bring two pieces of valid government issued identification, and one must be a photo ID.

Fee: 60\$ + tax

<http://www.finger-printing.com/calgary-fingerprinting>

L-1 Identity Solutions

615 Macleod Trail South, Suite 103, Calgary, Alta., T2G 4T8

Phone: 403-261-9880

Fax: 403-261-9824

Hours:

Monday 8:30-3:30

Tues-Wed 8:30-5:00

Thurs-Fri 8:30-3:30

Walk ins available

<http://www.l1id.com/pages/564>

Registries:

Here are just a few registries in Calgary that do legal name changes.

You can search for additional registries at <http://www.servicealberta.ca/1641.cfm>

New Urban Registry

AT # 4 – 140 11TH AVENUE S.W. T2R 0B8

(corner of 1st Street and 11th Avenue S.W.)

Phone: 403-262-9999

Fax: 403-262-8695

Email: services@newurbanregistry.com

Hours:

Mon – Fri 8:00 – 8:00

Saturday 9:00 – 5:00

Sunday 12:00 – 5:00

Holidays 10:00 – 2:00

<http://www.newurbanregistry.com>

Shawnessy Licence & Registry Ltd.

124-250 Shawville Blvd SE, Calgary, Alberta T2Y 2Z7

Located at the corner of 162nd Avenue and McLeod Trail, beside the Co-op.

Phone: 403-254-4222

Fax: 403-254-8596

Email: admin@shawnessyregistry.com

Hours:

Monday – Friday 9:00AM – 8:00PM
Saturday 9:00AM – 5:00PM
Sunday 12:00PM – 4:00PM
Closed all statutory holidays

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

Registry Unlimited
2754 – 32 Street NE
Calgary, Alberta T1Y 6J7
Phone: 403-291-9696
Fax: 403-291-6811
E-Mail: admin@registryunlimited.com
Monday – Friday 8:30 am – 6:00 pm
Saturday 10:00 am – 4:00 pm
Closed Sunday & Statutory Holidays.

<http://www.registryunlimited.net/>

MoJo's License and Registry
3 – 6020 1A Street SW, Calgary, T2H 0G3
Phone: (403) 252-3333
Fax: (403) 252-3218
Monday – Wednesday 8 AM – 6 PM
Thursday & Friday 8 AM – 8 PM
Saturday 9 AM – 5 PM
Sunday 12 PM – 4 PM

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

Registry Express
1841, 1632 – 14 Ave NW
Calgary, Alberta
T2N 1M7
inside Northhill Shopping Mall
Tel: (403) 282-3820
Fax: (403) 282-1223
E-Mail: reiregistry@shaw.ca
Mon -Fri 9:00 am – 7:00 pm
Saturday 9:00 am – 5:00 pm
Closed Sundays.

<http://www.registryexpressinc.ca>

Changing the Gender Marker on Your I.D.

Although you can change the name on your I.D. once you've legally changed your name, the gender marker ("M" or "F") on your I.D. cannot be changed until you can present a letter from your surgeon that Gender Reassignment Surgery (GRS) has been completed.

On rare occasions, transgender people have had an unthinking clerk change the gender specification on some documentation (i.e. driver's licenses) by mistake, but this is unusual and not policy. You can ask, but until you have the surgeons' letter, you can't expect the gender notation to be changed. This leaves non-operative transsexuals in an unfortunate situation, and some activist groups are working toward gender recognition for those who have lived as their preferred gender for some defined amount of time.

Hormone Replacement Therapy (HRT)

Regimens for feminizing hormone therapy (MtF)

MTF:

- Testosterone blockers – Spironolactone or Cyproterone acetate, Finasteride.
- Estrogen – comes in the form of an intramuscular injection, cream, gel, patch, or pill.

Side Effects:

- Testosterone blockers: Depression and elevated liver enzymes, low blood pressure, changes of heart rhythm, skin rash.
- Estrogen: Risk of blood clots (higher in smokers and 40+), nausea, vomiting, headaches, migraines.

For more information, go to:

<http://www.sexuality.org/l/transgen/hormone.html>

Regimens for masculinizing hormone therapy (FtM)

FTM:

- Testosterone – comes in the form of an intramuscular injection, skin patch, cream/gel, or pill.

Side Effects:

- Can increase the risk of heart disease, stroke, and diabetes.
- May cause headaches and migraines or increase intensity of existing ones.

For more information, go to:

<http://www.ftmguide.org/>

Criteria for Feminizing/Masculinizing Hormone Therapy

1. Persistent, well-documented gender dysphoria;
2. Capacity to make a fully informed decision and to consent for treatment;

3. Age of majority in a given country (if younger, follow the SOC for children and adolescents);
4. If significant medical or mental concerns are present, they must be reasonably well-controlled.
5. One referral from a therapist / psychologist / psychiatrist. (Possibly)

Psychotherapy is not an absolute requirement prior to initiation of hormone replacement therapy, but in order to obtain hormones in Alberta, one may need to see a therapist first.

Surgeries

Photos of surgery results (both MTF and FTM) – to help make an informed decision:

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

MTF Surgeries:

Orchiectomy – Bilateral orchiectomy involves removal of both testicles, which eliminates the sources of androgen production.

Vaginoplasty – A surgery that creates a vagina, usually by using the penis and scrotum as donor material to form the vagina.

Breast augmentation/implants – The enlargement of breasts, which some trans women choose if hormone therapy does not yield satisfactory results. Usually typical growth for trans women is one to two cup sizes below closely related females such as the mother or sisters.

Other MTF Surgeries:

Tracheal shave (reduction of the Adam's apple)

Voice modification surgery

Suction-assisted lipoplasty (contour modeling) of the waist

Rhinoplasty (nose correction)

Facial Feminization Surgery (FFS) – is a set of reconstructive surgical procedures that alter typically male facial features to bring them closer in shape and size to typical female facial features. FFS can include various bony and soft tissue procedures such as brow lift, rhinoplasty, cheek implantation, and lip augmentation though the term “FFS” is generally not regarded to include facial hair removal.

None of the above surgeries for MTF's are currently funded by the Alberta government.

Although these surgeries do not require referral by mental health professionals, such professionals can play an important role in assisting clients in making a fully informed decision about the timing and implications of such procedures in the context of the social transition.

For more information on all MTF surgeries, go to:

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

FTM Surgeries:

Hysterectomy – Removal of all female reproductive organs (in Alberta, this surgery is covered by healthcare)

Bilateral Mastectomy – The removal of the breasts and the shaping of a male contoured chest. (in Alberta, this surgery is covered by healthcare, if you go with a local surgeon that accepts healthcare.)

Metoidioplasty – With the effects of testosterone treatment, the clitoris enlarges, over time, to an average of 4–5 cm (due to the clitoris and penis being developmentally homologous organs). In a metoidioplasty, the enlarged clitoral tissue is released from its position and moved forward to more closely approximate the position of a penis. (Not funded by Alberta government)

Phalloplasty – The creation of a penis using the skin of the inner forearm as well as the tissue from the vagina and connecting to the vaginal region. (Not funded by Alberta government)

For more information on all FTM surgeries go to:

<http://www.ftmguide.org/>

Criteria for Breast/Chest Surgery

Mastectomy and creation of a male chest in FtM patients:

1. Persistent, well-documented gender dysphoria;
 2. Capacity to make a fully informed decision and to consent for treatment;
 3. Age of majority in a given country (if younger, follow the SOC for children and adolescents);
 4. If significant medical or mental health concerns are present, they must be reasonably well controlled.
 - 5.) One referral from a doctor or therapist/psychologist/psychiatrist
- Hormone therapy is not a pre-requisite.

Breast augmentation (implants/lipofilling) in MtF patients:

1. Persistent, well-documented gender dysphoria;
2. Capacity to make a fully informed decision and to consent for treatment;
3. Age of majority in a given country (if younger, follow the SOC for children and adolescents);
4. If significant medical or mental health concerns are present, they must be reasonably well controlled.

Although not an explicit criterion, it is recommended that MtF patients undergo feminizing hormone therapy (minimum 12 months) prior to breast augmentation surgery. The purpose is to maximize breast growth in order to obtain better surgical (aesthetic) results.

Criteria for genital surgery

Hysterectomy and ovariectomy in FtM patients and orchiectomy in MtF patients:

1. Persistent, well documented gender dysphoria;
2. Capacity to make a fully informed decision and to consent for treatment;
3. Age of majority in a given country;
4. If significant medical or mental health concerns are present, they must be well controlled;

5. 12 continuous months of hormone therapy as appropriate to the patient's gender goals (unless the patient has a medical contraindication or is otherwise unable or unwilling to take hormones).

The aim of hormone therapy prior to gonadectomy is primarily to introduce a period of reversible estrogen or testosterone suppression, before a patient undergoes irreversible surgical intervention.

These criteria do not apply to patients who are having these surgical procedures for medical indications other than gender dysphoria.

6. Referrals from 2 different doctors / psychiatrists.

Metoidioplasty or phalloplasty in FtM patients and vaginoplasty in MtF patients:

1. Persistent, well documented gender dysphoria;

2. Capacity to make a fully informed decision and to consent for treatment;

3. Age of majority in a given country;

4. If significant medical or mental health concerns are present, they must be well controlled;

5. 12 continuous months of hormone therapy as appropriate to the patient's gender goals (unless the patient has a medical contraindication or is otherwise unable or unwilling to take hormones);

6. 12 continuous months of living in a gender role that is congruent with their gender identity.

7. Referrals from 2 different doctors / psychiatrists.

Although not an explicit criterion, it is recommended that these patients also have regular visits with a mental health or other medical professional.

The criterion noted above for some types of genital surgeries – i.e., that patients engage in 12 continuous months of living in a gender role that is congruent with their gender identity – is based on expert clinical consensus that this experience provides ample opportunity for patients to experience and socially adjust in their desired gender role, before undergoing irreversible surgery.

Real Life Experience (RLE)

The "Real Life Experience" (RLE) (also known as living "full time", or the "real life test", or "RLT") is a period in which a transgender individual lives in the gender role congruent with their gender identity, for a certain amount of time.

The current SOC states that RLE is not required in order to get on hormones, but some doctors will require a patient to have a minimum of 3 months RLE before they will prescribe hormones.

12 months RLE is required for most types of genital surgeries.

The social aspects of changing one's gender role are usually challenging – often more so than the physical aspects.

The purpose of the RLE is to give patients ample opportunity to experience and socially adjust in their desired gender role before undergoing irreversible surgery, as well as give them awareness of what familial, interpersonal, educational, vocational, economic, and legal challenges are likely to be, so that they can function successfully in their gender role.

The duration of 12 months allows for a range of different life experiences and events that may occur throughout the year (e.g., family events, holidays, vacations, season-specific work or school experiences).

Support from a qualified mental health professional and from peers can be invaluable in ensuring a successful gender role adaptation.

Living full-time as the gender you identify as doesn't necessarily mean conforming to stereotypes of femininity or masculinity, or "passing" for being non-trans.

It's about manifesting your gender identity as you define it, moving from thinking or dreaming about how you want to express your gender to actually doing it.

The RLE entails:

- Presenting consistently, on a day-to-day basis and across all settings of life, as your desired gender role.

(This can include using a name and gender pronoun that is consistent with your gender identity, legally changing your name, having an appearance (clothes, hairstyle, etc.) that is consistent with your gender identity, people in your day-to-day life – friends, partner(s), co-workers, teachers, etc. – knowing you in your desired gender role (They don't need to know that you're trans.), etc.

- Coming out to partners, family, friends, and community members who already know you (e.g., at school, work, other settings).

In some situations, if needed, health professionals may require verification that this criterion has been fulfilled:

For example, documentation of a legal name change, or note from your boss stating that you've been presenting as the gender you identify as at work.

Passing/Gender presentation

Passing refers to being perceived as the gender you identify as.

When presenting as YOUR gender identity, though, you do not have to fit a certain stereotype. Do what is comfortable for you.

You do not have to pass in order to present as the gender you identify as, but if you wish to pass, you may have to put in a little more effort.

MTF:

See these links for presentation/passing tips

http://www.t-vox.org/index.php?title=MTF_passing_tips

<http://susans.org/>

<http://www.lauras-playground.com/>

<http://www.tsroadmap.com/index.html>

Here are some local shops/businesses where you can find products and services for your gender presentation needs. All places listed are trans-friendly:

Clothing

Tall Girl Shop

(carries larger sized shoes and longer clothes for tall women)

3221 Sunridge Way Northeast, Calgary, AB T1Y 7H9

(403) 263-1486

Value Village

104 58 Avenue Southeast, Calgary, AB T2H 0N7

(403) 255-5501

Le Chateau Outlet

6008 Macleod Trail Southwest, Calgary, AB T2H 0K1

(403) 255-4615

Wigs, breast forms, makeup, etc.

Deva Dave Salon & Boutique (Calgary)

810 Edmonton Trail Northeast, Calgary, AB T2E 3J6

Phone: (403) 290-1973

Mon 12 pm – 7 pm

Tue 10 am – 7 pm

Wed-Fri 10 am – 8 pm

Sat 10 am – 6 pm

Closed Sundays.

Trans-friendly salon & boutique that sells wigs, breast forms, hip pads, etc.

Trans-friendly hair and makeup services.

Clothing, shoes, and accessories for drag queens & crossdressers.

<http://devadave.com/>

Don's Hobby Shop (Calgary)

1515 Centre St North, Calgary, AB, Canada

Phone: 403 262-5717

Email: info@donshobbyshop.ca

Monday – Saturday 10am to 6pm

Closed Sundays

Trans-friendly costume shop that sells decently priced, high quality wigs.

Also sells makeup, fake facial hair, etc.

Professional makeup artist on site may be able to assist with makeup.

<http://donshobbyshop.ca/>

Mac cosmetics
6455 Macleod Trail SW
Calgary, AB T5T 4M2
(403) 410-6033

Walk on the wildside
Canadian online store specializing in products for crossdressers & transwomen
Phone: 416-921-6112

<http://www.wildside.org/>

The breast form store
A web-based mail-order service located in Richmond B.C. which specializes in breast forms at decent prices, as well as pocketed bras.

<http://www.thebreastformstore.ca/>

Laser hair removal/Electrolysis:

Champion Laser
Suite 222, 1632 – 14th Avenue N.W.
North Hill Shopping Centre
Calgary, AB
T2N 1 M7
Phone 403 210.4801
Toll Free 1.866.810.4801
Fax (403) 208.2816
E-mail hairfree@telus.net

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

Voice therapy:

Prairie Mountain Speech and Language Therapy (Calgary, Alberta)
(403)710-8437
Rockyview General Hospital Speech Language Pathology Dept. (Calgary, Alberta)
(403)943-3332

FTM

See these links for presentation/passing tips:

<http://www.ftmguide.org/>

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

http://www.t-vox.org/index.php?title=FTM_passing_tips

<http://notanotheraiden.com/passing-for-the-effeminate-trans-guy/>

Binders, packers, etc:
Come as you are (Canadian company):

<http://www.comeasyouare.com>

Underworks:

<http://ftm.underworks.com/>

T-Kingdom:

<http://www.t-kingdom.com/>

Peacock products:

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

Double T:

<http://en.mydouble.net/>

Little Sisters (Canadian company. Sells packers):

<http://littlesisters.ca/shop/?cat=15>

The tool shed:

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

Lola Jake:

<http://www.lolajake.com>

DJ Knows Dicks

<http://djknowsdicks.com>

Used/New Free/inexpensive binders:

Binder boys:

<http://www.facebook.com/binderboys>

Big brothers used binder program:

<http://www.thetransitionalmale.com/BBUB2.html>

The Circle:

<http://www.transcircle.org/>

FTM Garage sale:

<http://ftmgaragesale.livejournal.com/>

Shoes that increase height:

Tall men shoes:

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

Natural transitioning for transmen:

<http://www.transqueernation.com/page/natural-transitioning-an-ftm>

Youth Resources:

Calgary Communities Against Sexual Abuse

Support for people who have experienced sexual assault/abuse, youth friendly

[Ccasayouth.blogspot.com](http://ccasayouth.blogspot.com)

403.237.5888

Calgary Outlink (for full listing – see under LGBTTTQQI2SAA Community Support)

Offers support groups and in person and over the phone peer support for individuals

Inside Out Youth Group

Meets every Monday evening from 7 – 9 pm in room 106 of the Old Y Building (223 12 Ave SW)

In Person Peer Support

In the Calgary Outlink Office Tuesdays 11 am – 2 pm, Wednesdays 4 pm – 7 pm, and Thursdays 3 pm – 6 pm

Over the Phone Peer Support: The Out is Ok Line

8 am – 11 pm over the phone peer support for all community members

1.877.OUT.IS.OK (1.877. 688.4765)

Calgaryoutlink.ca

#303, 223 12 Ave SW
403.234.8973

The Calgary Sexual Health Centre
Sexual Health related: resources, counseling, education (for youth in schools and in groups), professional
development training, young men focused sex-ed
CalgarySexualhealth.ca
403.283.5580

The Distress Centre
24 Hour phone Support for everyone
Distresscentre.com
403.266.HELP

Kids Help Phone
Canada-wide, 24 hour phone support for children and youth ages 5 to 20
Kidshelpphone.ca
1.800.668.6868

Miscellaneous Youth Network
Online & Real Life Queer Teen Support in Calgary
The Miscellaneous Youth Network (MYN) was created to provide and increase education, support and
resources with regards to and for gay, bisexual, lesbian, queer, questioning, two-spirited and trans
identified (GBLQTT) youth and the community through youth friendly gatherings and educational
programs.

Mosaic Youth Group: a peer facilitated group for LGBTQ youth, as well as queer friendly allies, ages 10 to
25. As a branch from the Miscellaneous Youth Network, this group is also a provider of safe spaces for
youth involving fun activities and education into their community. As a youth group run specifically by
youth, we provide comfort as well as close understanding.

Meets every Wednesday evening from 7 – 10 pm in the Common Room of the Old Y Building (223 12
Ave SW)
Miscyouth.ca
403.282.0127

Youth Safe
Alberta Wide Queer Resources
Youthsafe.net
403.220.2505
Alberta Based (or online) Resources:

LETHBRIDGE

The OUTreach Southern Alberta Society
www.galalethbridge.ca
GALALethbridge@gmail.com

HIV connection

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

(403) 328-8186
lethhiv@telusplanet.net

University of Lethbridge Student Union Pride

<http://www.ulsupride.ca/>

lethpride@gmail.com

Lethbridge Pride Festival

<http://lethbridgepridefest.com/>

Lethbridge College Pride Society
lethcollegepride@gmail.com

EDMONTON

Edmonton Pride Centre

<http://pridecentreofedmonton.org/>

Womonspace
womonspace@gmail.com
www.womonspace.ca

TTIQ

Contact: Mickey Wilson
(780) 718-1412
transadvocacy@yahoo.ca

<http://www.albertatrans.org>

Youth Understanding Youth

<http://www.yuyedm.ca/>

youthwrk@ualberta.ca

OUTreach at U of A

<http://www.ualberta.ca/~outreach/>

outreach@ualberta.ca

RED DEER

Red Deer Pride

<http://reddeerforpride.com/>

GRANDE PRAIRIE

Gay and Lesbian Association of the Peace

<http://www.galap.org/>

info@galap.org

galapgp@gmail.com

780.513.1990

HIV North Society

780-538-3388

<http://www.hivnorth.org/>

MEDICINE HAT

Medicine Hat Cares Centre

Provides non-judgmental, compassionate and confidential support for people at risk for, living with or affected by HIV/AIDS and Hepatitis C. They have space to use the computer, internet, or phone, play cards or board games, read the paper and magazines, and have coffee and snacks. They have the following programs: needle exchange, counseling, referrals and advocacy, and outreach. This is a safe space for LGBTQ people.

HIV/AIDS Society of Southeastern Alberta

(403) 527-5882

hssa.director@gmail.com

<http://www.hivmedicinehat.ca/>

Medicine Hat Women's Shelter Society

Provides direct service to abused women and their children. Safe housing, wrap around supports and advocacy for women and children affected by family violence. Programs offered: 24 hour crisis line, Phoenix Safe House (short term emergency shelter), Masasa House (second stage shelter), Children's support program, outreach program, women's support groups, youth support group (for youth aged 13 – 18 exposed to violence), children support Group, and public education and awareness. Supportive of the LGBTQ community.

24 hour telephone support

Crisis line: 403.529.1091

Rural line: 1.800.661.7949

SAMHC (Students' Association of Medicine Hat College)

Peer Support Centre – LGBTQ Student Group

www.samhc.ca

sa_psc@mhc.ab.ca

(403) 502.8992

(403) 529.3925

PFLAG Medicine Hat

Sheila or Ryan

(403) 488-2260

SOUTHERN ALBERTA

Southern Alberta HIV Clinic

<http://www.calgaryhealthregion.ca/programs/sac/>

Alberta Rockies Gay Rodeo Association

<http://www.argra.org/>

CANADA Wide (or online) Resources:

Egale Canada

<http://www.egale.ca>

Egale Canada Trans Information

<http://www.trans.egale.ca>

Egale National Safer School

<http://www.mygsa.ca>

Canadian Lesbian and Gay Archives

<http://www.clga.ca/>

Amnesty Canada

<http://www.amnesty.ca>

INTERNATIONAL (or online) Resources:

Human Rights Campaign

<http://www.hrc.org/>

Human Rights Watch

<http://www.hrw.org/>

ARC International

<http://www.arc-international.net/>

WELCOMING AND GLBT FRIENDLY CHURCHES IN ALBERTA

http://www.gaychurch.org/Find_a_Church/foriegn_nations/Canada/canada_Alberta_AB.htm