



Calgary LGBTQ2S+ Resources (Services during COVID-19 Pandemic)

LGBTQ2S+ Services:

Centre for Sexuality

- **Website:** www.centreforsexuality.ca
- **E-mail:** intake@centreforsexuality.ca.
- **Status:** Office is closed until further notice. Safer sex supplies and pregnancy tests are available outside office doors during business hours. Staff are providing services, training and education remotely. Counselling services to support clients are available via phone or video and can be booked by emailing intake or completing an online intake form at: <https://www.centreforsexuality.ca/programs-workshops/counselling/>. Resources and referrals can be accessed through e-mailing our intake.
- Training centre is offering professional development webinars and support to organizations and companies on a variety of topics including sexual orientation and gender identity inclusion. For more information or to book please e-mail: bvantassel@centreforsexuality.ca.
- As of now, camper and volunteer applications are still available for Camp fyrefly, a 4-day summer camp for LGBTQ2S+ youth and allies: <https://www.ualberta.ca/camp-fyrefly/applications>.

Calgary Outlink: Centre for Gender and Sexual Diversity

- **Website:** www.calgaryoutlink.ca
- **E-mail:** support@calgaryoutlink.ca
- **Phone:** 587-917-6459
- **Hours:** Monday-Friday from 10:00am-5:00pm
- **Status:** Office is closed until further notice. Calgary Outlink's social meet-up, Grabba Java is occurring nightly at 5:00pm from Monday to Friday (participants are typically over 18). Peer support groups and in-person services are still available online and over the phone. People can schedule weekly phone-calls with Calgary Outlink staff for social connection and support.

Skipping Stone Foundation

- **Website:** www.skippingstone.ca
- **E-mail:** info@skippingstone.ca
- **Status:** Many of Skipping Stones peer support groups are running online, check social media for a current schedule of events. Skipping Stone is still serving clients through phone and video conferencing.
- Individuals who are not currently clients can contact eddy@skippingstone.ca for a phone or video meeting.

- Skipping Stone can deliver care packages with food, pet food and personal hygiene products to individuals in need. They are providing gender affirming gear on specific days of the week.

Calgary Queer Arts Society

- **Website:** www.calgaryqueerartssociety.com
- **E-mail:** info@calgaryqueerartssociety.com
- **Status:** All in-person programs are currently postponed. FairyTales Film Festival is an all ages queer film festival now occurring online from May 14-24th:
<https://www.calgaryqueerartssociety.com/fairytales>
- Calgary Queer Arts Society will be hosting a Queerintine corner on their website to highlight local arts and queer initiatives, including online performances:
<https://www.calgaryqueerartssociety.com/queerantime-corner>

The Alex Youth Health Centre:

- **Website:** www.thealex.ca
- **Phone:** 403-520-6270
- **Text:** 403-680-9627
- **E-mail:** youthinfo@thealex.ca
- **Hours: Monday-Friday from 9:40am-4:00pm**
- **Status:** The Alex is not accepting new patients. Current clients of the Alex are able to access services through telehealth appointments (no walk-in appointments available). All social, wellness and food programs at Community Food Centre, Community Health Centre and Youth Health Centre are currently on pause.

HEAT Program - HIV Community Link

- **Website:** <https://hivcl.org/heat/>
- **E-mail:** heat@hivcl.org
- **Phone:** (403) 508-2500 ext. 129
- **Status:** HIV Community Link is continuing to provide services in Calgary and Medicine Hat. Their office is closed until further notice however they are actively providing support by phone and through outreach. They are working on developing new ways to offer some of our services, such as online education and delivery services to our registered clients. The HEAT worker is providing services through e-mail and can also be found through social media and dating app outreach.

Housing Supports:

Boy and Girls Club of Calgary - Aura Host Homes:

- **Website:** www.boysandgirlsclubsofcalgary.ca/programs/youth-housing-and-shelters/youth-housing/
- **Email:** aura@bgcc.ab.ca
- **Phone or text:** 403-828-4673
- **Status:** All preschool, school-based, afterschool, evening, and day camp programs with Boys and Girls Club of Calgary are closed indefinitely. Essential services for children and youth in our foster cares, group home, emergency shelter and housing programs are still available.

Social and Support Groups:

Rainbow Elders

- **Website:** <http://www.rainbowelderscalgary.ca/>
- **E-mail:** RainbowEldersCalgary@gmail.com
- **Status:** Rainbow Elders is a social, support and advocacy group of LGBTQ2S+ seniors. They are actively looking for ways to connect and support community members during the pandemic. Please contact them by email for further information.

TransJourneys

- **Website:** <https://endoftherainbow.ca/transjourneys/>
- **E-mail:** transjourneys@endoftherainbow.ca
- **Status:** TransJourneys is connecting only through a private Facebook group. They are considering doing remote meetings but haven't set up for this yet. To refer clients to their support group, they can send an introductory e-mail to the TransJourneys e-mail.

Our Stories: Parents+ of LGBTQ2IA+

- **Website:** <https://hillhurstunited.churchcenter.com/groups/social-justice/our-stories-parents-of-lgbtq2ia>
- **E-mail:** affirming@hillhurstunited.com
- **Status:** Meeting on Zoom on the third Tuesday of every month to continue to provide connection and conversation to the parents of LGBTQ2S+ youth.

Grabba Java

- **Website:** www.calgaryoutlink.ca
- **E-mail:** support@calgaryoutlink.ca
- **Status:** 18+ group running nightly at 5:00pm from Mondays-Fridays. E-mail or direct message Calgary Outlink for the link to the group.

Rainbow Families YYC

- **Instagram:** @rainbowfamiliesyyc
- **Status:** The playgroup is on hiatus indefinitely, however LGBTQ2S+ parents/guardians are still looking to meet through video calls.

Be Gay Do Crafts

- **Instagram:** @begaydocrafts
- **Status:** Be Gay Do Crafts is hosting Netflix Parties and online craft nights over Skype. Follow their Instagram page for more updates on events.

LGBTQ2S+ Yoga

- **Website:** <https://vimeo.com/user109854363>
- **Status:** LGBTQ2S+ Yoga is hosting regular free video classes, check the Junction 9 video stream for more information.

Phone and Crisis Lines:

Distress Centre 24/7 Crisis Line:

- **Website:** www.distresscentre.com
- **Phone:** 403-266-HELP (4357).
- **Status:** Currently in service, higher volumes/wait times than usual. No longer accepting visitors in office with updated visitor protocol.

ConnecTeen:

- **Website:** www.calgaryconnecteen.com/
- **Status:** Currently in service.
- **Phone:** 403-264-8336 or Text: 587-333-2724
- **Hours:** Monday-Friday from 3:00pm-10:00pm, Saturday-Sunday from 12:00pm-2:00pm
- Online chat also available via the website

Woods Homes EastSide Family Centre:

Website: www.woodshomes.ca/programs/eastside-family-centre/

- **ETherapy e-mail:** etherapy@woodshomes.ca.
- **Text:** 587-315-5000 (9:00am-10:00pm)
- **Phone:** 1-800-563-6106 and 403-299-9696
- **Hours:** Monday: 1 p.m. to 7 p.m.
Tuesday-Thursday: 11 a.m. to 7 p.m.
Friday: 12 p.m. to 5 p.m.
Saturday: 11 a.m. to 4 p.m.
- **Status:** In-person services are closed, phone and eTherapy support is available.

Trans Life Line:

- **Website:** www.translifeline.org
- **Phone:** 1-877-330-6366
- **Status:** Currently in service. Offering remote training for peer support volunteers.

Online Resources:

- **Advocates for Youth (I Think I Might Be...) Pamphlets:** www.advocatesforyouth.org/i-think-i-might-be/
- **Trevor Project Coming Out Resource:** <https://www.thetrevorproject.org/wp-content/uploads/2019/10/Coming-Out-Handbook.pdf>
- **Trans Affirmations Colouring Book:** www.gumroad.com/l/transaf
- **Everyone is Gay and My Kid is Gay:** www.everyoneisgay.com and www.mykidisgay.com
- **Queer Kids Stuff:** www.queerkidstuff.com