

2STLGBQ+ Resource List

1. Sexuality Education Resource Centre (SERC)

<https://serc.mb.ca/>

Information and resources relating to sexuality

2. SERC Counselling

brandoncounselling@rainbowresourcecentre.org or 204-571-3283

We have free counselling at SERC through our counselor Amanda. Counselling services are currently done over the phone, primarily evenings and weekends.

3. SERC Support Groups

rachealw@serc.mb.ca to get the Zoom info

SERC runs two monthly support groups: a 2STLGBQ+ Get Together and a Trans Peer Support and Social Group. These are social spaces to meet others in the community, we mostly have youth and young adults attending.

4. Rainbow Resource Centre

<https://rainbowresourcecentre.org/>

Resources, support, counselling, and education for the 2STLGBQ+ community. Information on Camp Aurora, the 2STLGBQ+ summer camp, can be found under "Programs".

5. TeenTalk

www.teentalk.ca

Youth focused program with a variety of activities and information including appreciating gender and diversity

6. Two Spirited People of Manitoba

www.twospiritmanitoba.ca

Two Spirited People of Manitoba is an organization that provides education and workshops about the history and experiences of Indigenous LGBTQ+/Two-Spirit people.

7. Native Youth Sexual Health Network

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

The Native Youth Sexual Health Network (NYSHN) is an organization by and for Indigenous youth that works across issues of sexual and reproductive health, rights and justice throughout the United States and Canada.

8. [Video] Coming Out

<https://www.youtube.com/watch?v=DDXnrqifaD0>

A video that includes tips around coming out

9. The Gender Unicorn/Trans Student Educational Resources

http://www.transstudent.org/gender?qclid=Cj0KCQjwybvPBRDBARIsAA7T2kivF8ch9DEFk-046qBAXKS5EjjzkQvisaS_O4CkwR39YXFUm4G9VJsaAvqgEALw_wcB

Infographics and information related to sexual and gender minority experiences

10. GDAAY Clinic

<https://klinik.mb.ca/health-care/transgender-health-klinik/community-members/>

Provides resources and services for transgender clients under the age of 18. The website is currently down, but you may also self-refer to the GDAAY program by calling the Pediatric Endocrine Nurse Clinician, Kristi Bell at 204-787-2490. Kristi is available Monday to Friday 8am to 4pm.

11. Trans Health Clinic (Brandon)

204-578-2513

Provides resources and service for transgender clients 18 and up. You can leave a confidential voicemail, and the nurse will return your call to book an appointment.

12. The Trevor Project

<https://www.thetrevorproject.org/>

An organization that advocates for 2STLGBQ+ youth, has a text line, call line, and an online community for individuals to join

13. LGBT Youthline

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

Provides support for 2STLGBQ+ youth, has a text line, call line, and online chat available

14. Trans Lifeline

<https://translifeline.org/>

A phone-in hotline run by and for trans individuals

15. PFLAG

<https://pflagcanada.ca/>

PFLAG is a group for parents and friends of 2STLGBQ+ people to learn about the community

ADDITIONAL RESOURCES

Visit the SERC website for up-to-date fact sheets, resources and information on Sexuality and Reproductive Health.

Contact us directly if you have any questions or need additional support.