

## 2SLGBTQIA+ RESOURCES

Name	Specialty	Contact Info
<b>General</b>		
<b>Spectrum Community Centre</b>	Community Support and Event Programming	283 Duke Street West, Unit 210 Kitchener, Ontario Canada N2H 3X7 226 779-9695 info@ourspectrum.com
<b>Building Your Family</b> The Complete Guide to Donor Conception	Book written by Lisa Schuman and Mark Leondires E-book and Audiobook also available	Found at Kitchener Library, Waterloo Library, amazon.ca, and indigo.ca
<b>Counselling / Support Groups</b>		
<b>Rainbow Galaxy Counselling</b>	Queer- and Autistic- supportive counselling provided by a therapist with lived experience as a queer and transgender person.	226-407-7173 rainbowgalaxycounselling@gmail.com www.rainbowgalaxycounselling.com
<b>Planting the Seed</b>	Virtual Support group for queer fertility journeys Meets monthly.	<a href="http://www.queerevents.ca/events/toronto/virtual/planting-seed">www.queerevents.ca/events/toronto/virtual/planting-seed</a>
<b>Sherbourne Health</b>	Various workshops on fertility and family building.	<a href="https://sherbourne.on.ca/community-health-programs/2slgbtq-family-resources/">https://sherbourne.on.ca/community-health-programs/2slgbtq-family-resources/</a>
<b>Family Equality</b>	Fertility & Trying to Conceive (TTC) Virtual Peer Support Space Bi-weekly. USA-based. Last meeting of the month focuses on Grief and Loss.	<a href="https://familyequality.org/fertility-peer-support-space-lgbtq/">https://familyequality.org/fertility-peer-support-space-lgbtq/</a>
<b>Rainbow Families</b>	Various support groups on fertility, family building, grief/loss, parenting, etc. USA-based.	<a href="https://rainbowfamilies.org/programs/support-groups/">https://rainbowfamilies.org/programs/support-groups/</a>
<b>Parenting</b>		
<b>Shore Centre</b>	Pride and Joy Parenting classes <a href="http://www.shorecentre.ca/pride-joy">www.shorecentre.ca/pride-joy</a>	130-235 King St. E. Kitchener, ON N2G 4N5 519-743-9360 info@shorecentre.ca <a href="http://www.shorecentre.ca">www.shorecentre.ca</a>

<b>Early ON Centre</b>	<b>Rainbow Family Drop-In</b> Join other 2SLGBTQIA+ children (aged 0-6), caring adults and families in play and exploration together!  [Roger St. Location Only]	161 Roger St., Waterloo, ON N2J 1B1 519-741-8585 ext. 3110 earlyyearsinfo@ytr.ymca.ca www.earlyyearsinfo.ca
<b>The 519</b>	<b>Various Family Workshops and Programing</b>	519 Church St, Toronto, ON M4Y 2C9 <a href="http://www.the519.org/programs/category/family-children/">www.the519.org/programs/category/famil y-children/</a>

