



## TRANSGENDER RESOURCES

- **AlbertaTrans.org:** An all-inclusive website and resource for anyone on the transgender spectrum, whether they identify as male-to-female (MTF), female-to-male (FTM); transsexual, cross-dresser, gender queer, drag performer; pre-op, post-op, semi-op, non-op, intersexed, two-spirit, questioning, bi-gendered, androgynous, full-time, part-time, straight, gay, bisexual, pansexual, as well as their friends, family and supporters.
- **Alberta Trans Peer Support Edmonton Group:** Meets the first and third Sundays of every month from 2:00pm-4:00pm at the Pride Centre, 9540-111Ave.
- **TTIQ Alliance:** Second Tuesday of every month, 7:30pm-9:30pm at the Pride Centre, 9540-111 Ave.
- **Youth Space:** An after-school drop-in for gay, lesbian, bisexual, transgender, queer and questioning, youth under 25 years old. Open Tuesday to Friday 3:00pm-7:00pm and Saturdays 2:00pm-7:00pm, at the Pride Centre, 9540-111 Ave.
- **Youth Understanding Youth (YUY):** A discussion and support group for youth under 25 years old. Meets every Saturday evening from 7:00pm-9:00pm at the Pride Centre, 9540-111Ave.
- **Inner City Youth Housing Project:** Shelter for homeless/street involved youth familiar with the inner city. 6 homes located in Central and north-east Edmonton. Non gendered housing structure (youth not separated by gender). Phone: 780 479-7075
- **Catholic Social Services Safehouse:** Safe house for homeless/street involved youth. Focus is on teen girls and female-identified transgender youth. Phone: 780 474-9938.
- **Youth Emergency Shelter:** Provides young people in crisis with immediate support in a residential environment. There are four programs in place which provide residential care, support services, education and training to youth at risk. Address 9310-82 (Whyte) Ave, Edmonton. Phone: 780 468-7070



## **GROUPS:**

**Illusions Social Club of Edmonton:** Second Thursday of each month at 8:30pm. Meets at Boots, 10242-106 Street. [http://groups.yahoo.com/groups/edmonton\\_illusions/](http://groups.yahoo.com/groups/edmonton_illusions/). A safe, secure and discreet social setting for cross-dressers, transsexuals, two-spirited, and other transgender individuals, their sweethearts and friends.

**Reflections Edmonton:** Significant others support group. First Thursday of each month. Fireside Chat (for transgender males), last Thursday of each month. Social group/potluck, second Saturday of each month. [reflectionsedmonton@yahoo.ca](mailto:reflectionsedmonton@yahoo.ca). Reflections is not a dating club! It is a peer-support group that offers a safe environment for cross-dressers, transsexuals, transgender individuals and their spouses/significant others. Interested individuals are asked to contact the group by email before attending their first meeting in order to ensure safety.

**Transgendered, Transsexual, Two-Spirited, Intersexed, and Questioning:** 1<sup>st</sup> and 3<sup>rd</sup> Sunday of every month. 2:00pm-4:00pm at the Pride Centre of Edmonton. <http://www.albertatrans.org/atgroup.html>. TTIQ is a mixed gender open support group addressing the needs of transsexual and transgendered individuals. In addition to meetings at the Pride Centre, the group has brunch at a local restaurant on the last Sunday of each month at 12:00pm.

**Transgender Education and Support Group:** 2<sup>nd</sup> Tuesday of every month. 7:00pm-9:00pm at the Pride Centre of Edmonton. TESSG provides education and support for transgender, transsexual and questioning people at any stage of transition.

## **Doctors and Counselling:**

**Grey Nuns Community Health Centre:** Psychiatry Department, 34 Avenue and 66 Street. Referral required. Gender clinic Grey Nuns ask for psychiatric outpatient. Dr. Lorne Warneke – psychiatrist taking trans identified patients. Phone: 780 735 7119.

**Catharsis Online:** <http://www.catharsisonline.net> Online counselling for LGBTQ people. \$50 membership fee.



**Alberta Trans:** <http://www.albertatrans.org> Very useful website with information on news, groups, articles, and resources. Contains most of the other links listed here, among others.

**The Antijen Pages:** <http://www.antijen.org>. Resources for transgendered youth.

**Egale Canada:** <http://www.egale.ca>. Resources and information for gay, lesbian, bisexual, and trans-identified people.

**Forge-Forward:** <http://www.forge-forward.org>. An educational and advocacy group for female-to-male trans individuals.

**FTM International:** <http://www.ftmi.org>. The largest, longest-running organization serving the female-to-male community.

**Gender Education and Advocacy:** <http://www.gender.org>. GEA is a national organization focused on the needs, issues and concerns of gender variant people.

**Gender Mosaic:** <http://www.gendermosaic.ca>. Ottawa-based society that offers support and information.

**Hudson's FTM Resource Guide:** <http://www.ftmguide.org>. A resource for information on a variety of topics related to trans-men.

**International Foundation for Gender Education:** <http://www.ifge.org>. Advocates freedom for gender expression.

**Intersex Society of North America:** <http://www.isna.org>. Devoted to systemic change to end shame, secrecy and unwanted genital surgeries for people born with an anatomy that has been determined to be not standard for males or females.

**Trannyweb:** <http://www.trannyweb.com>. Huge website with chat rooms, software, blogs, and links to resources and businesses.

**Transgender Aging Network:** <http://www.forge-forward.org>. Workshops, information and advice related to issues of aging, including elder care, senior abuse, and others.

**Transgender Support Site:** <http://www.heartcorps.com/journeys>. Diary, photos, information and advice.

**Transsexual Women's Success Stories:**

<http://www.ai.eecs.umich.edu/people/conway/TSsuccesses.html>. Stories and encouragement from women who have transitioned successfully, in many languages.



## **Gender Reassignment Surgery (GRS)**

**Estrogen** – A hormone produced by females that promotes the development of feminine secondary sex characteristics, such as breasts. It works slowly and can be reversed.

**FTM** – Transformation of female to male.

**Gender Identity** – A sense of self being as male or female.

**Gender Identity Disorder** – Disorder, classified in the DSM-IV, is characterized as a strong and persistent identification with the opposite sex and the desire or perception that one is of that gender.

**Gender Reassignment Surgery** – the alteration of the physical appearance of a person's anatomy to resemble, as closely as possible, the other sex's anatomical configuration.

**Identity** – An integration of a person's social and occupational roles and affiliations, self attributed personality traits, attitudes about gender roles, beliefs about sexuality and intimacy, long term goals, political ideology, and religious beliefs.

**MTF** – Transformation of male to female.

**Sexual Orientation** – An individual's feeling of sexual attraction and erotic potential.

**The Gender Clinic** – Located at the outpatient psychiatric ward at the Grey Nuns Hospital in Edmonton, Alberta. Dr. Warneke practices out of this clinic.

**Testosterone** – A hormone produced by males that promotes the development of masculine secondary sex characteristics, such as a deep voice and hair growth. It works very quickly and is irreversible.



## **History Of Transsexuals**

1479 – 1458 BC – The first transgender account dates back to the ancient times. Egypt was ruled by Hatshepsut. Although having a female leader was not impossible Pharaoh was defined as male. In response to this Hatshepsut created a hybrid gender of which she categorized herself as.

1700 – The English gay community established Mollyhouses as a safe place to gather and socialize. Molly is a term used to describe men who dress up as women. This was the first successful creation of a queer community. By the end of the 19<sup>th</sup> century failed asylum therapy people to believe the ‘absurdity’ of transgender could not be cured and in response the insane removed to a larger asylum to protect the public and avoid exploitation of the insane. The Victorian era termed cross-dressers as “tight-lacers”.

1869 – The first medical paper on transsexuality is published by Karl Friedrich Otto Westphal.

The late 1800’s and 1900’s – Increased awareness to sexuality with interests of Henry Havelock Ellis and Sigmund Freud. Controversy lead to the banishment of Havelock’s work and Freud continued to shock society with his 3 essays on the Theory of Sexuality.

1910 – Magnus Hirschfeld coins the term transvestite.

1913 – The Mental Deficiency Act created the board of control to manage the mental health system. The Act categorized transgender, homosexual, criminals, and un-married mothers as moral defects.

1914 – Transgender individuals were once again ostracized and regularly shot with a charge of being a spy or a coward.



1919 – Magnus Hirschfeld founds the institute for Sexology in Berlin, the first clinic to serve the transgendered community. The institute housed the first complete MTF surgery.

1923 – The term transvestite changed to transsexual.

1930 – The encyclopaedia of Sexual Knowledge by Norman Haire was published which addressed transvestism in detail and procedures for the first sex change was described.

1938 – Electroshock therapy was developed and used to ‘treat’ transgendered individuals.

1939 – The introduction of Aversion Therapy was used as an effort to eradicate homosexuals and later transgendered people.

1939 – The Second World War continued to be extremely horrendous for transgendered people, bringing murder, abuse and sterilization to the community by the Nazis. The Institute for Sexology is demolished and all records are burned.

1949 – Hormone therapy for the transgendered community was introduced in the United States.

1951 – The first full surgically altered transsexual in the United States.

1958 – The first Phalloplasty for gender reassignment performed.

1959 – The Mental Health Act abolished the Board of Control.

1966 – Johns Hopkins Medical Centre opens the first gender clinic.



1970 – Metoidioplasty developed for FTM transsexuals. The United Kingdom passed a law stating that post operative transgendered individuals are not allowed to get married.

1973 – The diagnosis of homosexuality changed from a disease to a condition, transsexuals continue to be on the DSM as gender dysphasia.

1976 – Transsexual people are legally accepted in their new identified gender after surgery.

1979 – John Hopkins Medical Centre closes. John Money insists that gender is learned and transgendered people need to transition. Gay, lesbian, and transgendered individuals who have been condemned to death changed the law that they must undergo SRS surgery and keep quiet about their past.

1984 – International foundation for gender education (IFGE) formed.

1995 – Triangle program developed in Toronto, Ontario for gay, lesbian, bisexual, and transgendered students at risk of dropping out or suicide due to homophobia.

1999 – Transsexualism termed a condition and not a state of mind.

2002 – Transgender law centre established.

2004 – Gender recognition act is introduced into UK law which enables transsexuals to be recognized as their true sex after surgery and get married.



## **Real Life Tests**

Before the real life tests (RLT) can be medically acknowledged a diagnosis of gender identity disorder (GID) must be attained by Dr. Warneke; the practicing psychiatrist for transgendered people in Alberta at this time. A referral must be given by your practicing general physician in order for an appointment with Dr. Warneke to be obtained. Although it is not in the opinion of Dr. Warneke that transgender individuals should be classified with a mental disorder the diagnosis is required in order to proceed with the Gender Reassignment Surgery (GRS).

RLT is a defining characteristic as to whether a person is ready to take on life as their true gender. This is one of the first steps to beginning your transformation. You must live full time in your preferred gender role. Full time means 24/7 while working full time, going to school full time, or doing significant time in volunteer work. A letter, the carry letter, will be written by Dr. Warneke explaining that you are going through a transition to protect you from discrimination and aid in the understanding of people in positions of authority. During the RLT you must legally change your name with Alberta Vital Statistics and it is necessary to provide your birth certificate. A change of gender status on your driver's licence is not possible until after GRS. When travelling you will be required to bring your passport and have your carry letter with you. It is imperative not to destroy pictures or any identification from your previous gender life, this documentation may be important for legal matters. The RLT must be on record for a minimum of one year and regular appointments must be kept during the RLT at the gender clinic. The year must be completed before surgery can become an option; this is to ensure that you are able to cope with the challenges that will be faced when you are transitioning. Challenges may come from dealing with family, employers, co-workers, and the general public. This will also give the people in your life time to understand the transformation of their loved one. Near the end of the one year period, a second psychiatric opinion needs to be obtained for surgery to be an option.





## Hormone Therapy

After two or three months of the RLT, you can become eligible for hormone therapy. Dr. Warneke will refer you to an Endocrinologist at the Grey Nuns to start a physical transformation. Depending on the transformation of MTF or FTM certain hormones will be given to enhance the true gender features.

### MTF:

- *Spirolactone or Cyproterone acetate, Finasteride (Testosterone Blocking Agents)*
- *Estrogen – comes in the form of an intramuscular injection, cream, gel, patch, or pill.*
- *Side Effects:*
  - Testosterone Blocking Agents: 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.*

NOTE: If Estrogen is not attaining satisfactory results Progestagens may be used. The possible risks include depression, weight gain, and changes in blood fats.

### FTM:

- *Testosterone – comes in the form of an intramuscular injection, skin patch, cream/gel, or pill. Information obtained from Dr. Warneke indicates that testosterone given is in the form of injection. Depending on what type of route is taken will decide how quickly your body changes.*
- *Side Effects:*
  - Can increase the risk of heart disease, stroke, and diabetes. May cause headaches and migraines or increase intensity of existing ones.*

IMPORTANT NOTE: If changes are occurring slower than desired it is important not to double dose or add a steroid (stacking) to speed up changes. Higher doses may slow down changes because the extra Testosterone can be converted into Estrogen and vice versa. Taking medication over long periods of time can lead to liver disease, especially for those at risk for liver disease.

Dosing is dependent on the individual (age, hormone receptors and sensitivity). Factors to consider: health (each type has different risks and side effects), availability (what is offered locally), and finances.



**Speech Therapy:** Referral required.

- Edmonton Glenrose Rehabilitation Hospital  
Voice Clinic (780)735-7999
- Grey Nuns Hospital  
Speech Therapy Clinic (780)735-7119
- Prairie Mountain  
Speech and Language Therapy (Calgary, Alberta) (403)710-8437
- Rockyview General Hospital  
Speech Language Pathology Dept. (Calgary, Alberta) (403)943-3332

**Surgeons for SRS:**

A referral is required plus documentation of the completion of the RLТ and a letter from two psychiatrists.

- Doctors Yvon Menard/ Pierre Brassard GRS  
1003 East-St. Joseph Blvd  
Montreal Quebec  
(514)288-2097

**Surgeons:** Referral required.

- Doctor Murray Morrison  
Vocal Cord Surgery  
Vancouver General Hospital  
(604)875-5382

**Dermatologists:** Referral required for removal from phalloplasty donor site.

Doctor Barry Lycka  
Laser Hair Removal  
#780 10665 Jasper Avenue  
(780)425-1212

Doctor David Will  
Laser Hair Removal  
#102 9145-82 Avenue  
(780)469-4704

Pat Lauzon/Salwa Tarrabain  
Laser Hair Removal  
University Dermatology Centre  
2-104 Clinical Sciences Bldg Edmonton  
(780)407-3777

Corona Rejuvenation Centre  
Pulsed Light Hair Removal  
#508 10665 Jasper Avenue  
(780)424-8885



## Yahoo Groups:

### **Alberta Trans Peer Support Group:**

<http://groups.yahoo.com/group/AlbertaTransPeerSupportNetwork/>. Open to Alberta Transsexual, Transgendered, Intersexed, Two-Spirited and Questioning individuals at any point in transition. Also runs the TTIQ group that meets at the Pride Centre.

**Crone:** [http://health.groups.yahoo.com/group/CRONE\\_portal/](http://health.groups.yahoo.com/group/CRONE_portal/). An international list about proper uses of female hormones and related products. A searchable archive of over 14,200 postings is available to members.

### **Edmonton Cross-dressers and Transgender Support:**

[http://groups.yahoo.com/Edm\\_Crossdressers\\_And\\_Transgender\\_Support/](http://groups.yahoo.com/Edm_Crossdressers_And_Transgender_Support/). This group is a non-sexual group. It is intended for cross-dressers and various transgender individuals to support each other, their spouses, partner or friends. Fun, make-up tips and getting together to go out en-femme.

**Reflections:** <http://groups.yahoo.com/group/reflectionsedmonton/>. A safe environment for transsexuals, transgender individuals, cross-dressers and their spouses/significant others. Also runs Significant Others support group and other support groups.

**Transaction Canada:** <http://groups.yahoo.com/group/transactioncanada/>. A group dedicated to the health, and welfare and legal/justice issues of the Canadian trans community.

**TS Breasts:** <http://groups.yahoo.com/group/TS-BREASTS/>. All about breasts development via hormones, herbals or cosmetic surgery.

**TS Care:** <http://groups.yahoo.com/group/ts-care/>. A group meant to allow transsexuals to discuss providers of products and services for transitioning. The emphasis of this group is to build a registry of providers who are most cost effective while remaining competent.

**TS Tall Girls:** <http://groups.yahoo.com/group/TSTallGirls/>. A group for big and tall MTF transsexuals. Open to any transsexual women who feel that they are a bit big and this makes passing difficult.

**TS Women:** <http://health.groups.yahoo.com/group/TSWomen/>. A very active discussion group covering every aspect of being a transgendered woman.



## **FTM Surgery**

**Hysterectomy** - Removal of all female reproductive organs

**Elective Bilateral Mastectomy** - The reduction or complete removal of the breasts is optional, sometimes hormone therapy will be sufficient to reduce the size of breasts enough to satisfy the individual. This surgery entails a small surgical incision close to the nipple and the removal of nearly all the fat and tissue of the breast. Some individuals elect to have masculine nipples constructed from grafting of the existing nipple. This surgery results in attaining a more masculine appearing chest shape and may be the only surgery necessary for an FTM to adequately assume their true gender.

**Meidioplasty** - Testosterone hormone use will increase the size of the clitoris significantly which allows the construction of a new penis through this procedure. The clitoral skin is removed so it can be elongated from the pubic area and look like a penis. This will leave the penis smaller than the average penile length and may limit sexual intercourse. The urethra may also be extended to enable urination while standing which is necessitated the removal of the vagina. The fat of the pubic region is extracted and tightened to result in a more masculine appearance. The new scrotum is equipped with inflatable expanders during or after the surgery to allow room for testicular implants.

**Phalloplasty** - This surgery is 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. This skin graft is taken with the nerves, arteries, and veins and moulded around a catheter tube. This tube will serve as the urethra and permit urination to ensure once the procedure is complete and the tube is extended to the existing urethra. Along with the urethra the skin from the forearm also constructs the glands or head of the penis and the shaft of the penis. The nerves that have been grafted from the forearm are attached to nerves of the clitoris and be part of the penis. The tissue and skin of the vagina are used to create the scrodum. After about six or nine months and evidence of a healthy recovery, testicular implants may be put into the scrodum. This surgery can last three hours or longer. Complications include necrosis (death of the tissue) and hardening of the urinary tract.

(Dr. Warneke, personal communication, January 22, 2010)  
(LGBT Health Channel, 2007)



## **Post Surgery**

The patient is required to stay in bed for seven to eight straight days. Pain will be felt with coughing, laughing, and sneezing and it will be difficult to move around or roll over in bed. General anaesthetics are prescribed to aid in coping with this pain. A catheter is in place for three to four days to help with urination, after the catheter is removed urination may be painful but full functioning is usually returned in the first couple of weeks. The anaesthetic will most likely cause constipation for the first few days so a stool softener or enema may also be prescribed. Sexual sensation may be returned as quickly as two weeks but sexual intercourse is not recommended for six weeks. Most people can return to work in two to three weeks. The gender clinic requests that clients book two to three appointments after their operation. This is to discuss any problems that may have emerged or to reaffirm that everything is going smoothly. An individual is still welcome to attend the clinic if they feel further attendance is required.

(Dr. Warneke, personal communications, January 22, 2010)

(The Transgendered Support Site)

(LGBT Health Centre, 2007)



## **MTF Surgery**

**Elective Bilateral Orchiectomy** - The removal of the testicles to decrease the production of testosterone. An incision is made in the scrotum and the spermatic cord is clamped, stitched, and cut to release the testicle. The end of the cord is replaced into the body. The procedure is done on an outpatient basis and under general anesthesia.

**Tracheal Shave** - A small incision is made in the front of the throat and the tracheal cartilage is shaved flat which results in a more feminine appearance. This procedure is done on an outpatient basis and under local anesthesia.

**Vocal cord surgery** - This is also referred to as a feminization laryngoplasty. The aim is to decrease the size of the male vocal chords in an attempt to increase the pitch of the voice. A small incision is made in the front of the throat over the Adam's Apple and a portion of the voice box is removed decreasing the size. The vocal cords are stretched and up to half of the cord is removed, also decreasing the size. Tension in the voice box is applied with the insertion of a tiny metal plate to keep the vocal cord and the cartilage in place during the healing process. This surgery is done on an outpatient basis and is performed under general anesthesia. The tracheal shave is not required if this surgery is performed.

**Vaginoplasty** - This surgery involves removing the male genitalia, preserving the skin of the scrotum and sexual sensitive tissue to make a `neovagina` and clitoris, also repositioning of the urethra is done.

Removing the male genitalia involves taking the inner penile tissue out not amputating the penis. The outer skin is left connected, turned inside out, and then implanted inside the body to form the new vagina. The labia, or vaginal lips, are constructed from the scrotal tissue after the testicles are removed.

A minimal surgical cut is made near the base of the newly inverted penis at the point of attachment. This is where erectile tissue is pushed through and becomes the clitoris which provides sexual sensitivity and orgasm possibilities. A second slip is cut below the one for the clitoris to reroute the urinary tube which will create a female urinary opening. The abdominal muscles are moved around the new vagina to allow for contractions and increase sexual stimulation.

Surgical gauze is inserted into the new vagina to maintain its shape and then secured into place with thin surgical wire that goes into the abdomen, under the pelvic bone, through the new vagina, back up the pelvic bone, and then out of the abdomen once again. After the vagina has healed and is in place the wire is removed, this usually occurs in seven days.

(Dr. Warneke, personal communication, January 22, 2010)  
(The Transgender Support Site)  
(LGBT Health Channel, 2007)



## Costs

All hormone therapy is covered by an individual's drug plan.

Since the costs of the gender reassignment surgery (GRS) are not covered by the Alberta government, this creates problems for the transgendered society. For the GRS for a MTF change the costs are a lot more affordable than the FTM.

MTF: \$25,000

FTM: \$70,000

These are approximate costs in Montreal. Having surgery in the United States, the cost doubles that of Canada. Although there are surgeons working in Thailand where the surgeries performed there are more affordable than in Montreal. In Thailand, people are expected to stay there a month post operation to make sure of little to no complications.



## Free or Low Fee Services

<p><b>AADAC</b>  Ramon Flores, RSW – Addictions Counsellor,  Youth Services.  12813 – 116 Avenue  Edmonton, Alberta, T5M 3C8  <a href="http://www.aadac.com">www.aadac.com</a>  <a href="mailto:ramon.flores@aadac.gov.ab.ca">ramon.flores@aadac.gov.ab.ca</a></p>	<p>Ph: 780-422-7383  Direct: 780-644-3624  Cell: 780-499-4535  Fax: 780-644-3628</p>
<p><b>Catholic Social Services</b>  Counselling Appointment  Immigration  10709 – 105 Street  8212 – 118 Avenue  8815 – 99 Street</p>	<p>780-420-1970  780-424-3545  780-424-3545  780-471-1122  780-432-1137</p>
<p><b>Jewish Family Services</b>  #202, 10339 – 124 Street  <i>Handicap Accessible (free to people who can't pay)</i>  <i>Open to anyone; Non-religious</i></p>	<p>Ph: 780-454-1194</p>
<p><b>Planned Parenthood Association of Edmonton</b>  #50, 9913 – 106 Street  <a href="mailto:ppae@ppae.ab.ca">ppae@ppae.ab.ca</a>  <a href="http://www.ppae.ab.ca">www.ppae.ab.ca</a>  <i>Relationship counselling, pregnancy option counselling, support services, information for individuals and groups concerning sexuality. Advocacy for marginalized groups.</i></p>	<p>Ph: 780-423-3737</p>
<p><b>Sexual Assault Centre</b>  #205, 14964 – 121 A Avenue  Mon – Thurs: 9:00 A.M. to 5:00 P.M.  Friday: 9:00 A.M. to 4:00 P.M.  Closed Daily from 12:00 P.M. to 1:00 P.M for lunch.</p>	<p>Ph: 780-423-4102  Fax: 780-421-8734  24/7 Crisis Line  780-421-4121</p>
<p><b>The Support Network</b>  #301, 11456 – Jasper Avenue (101 Avenue)  <i>Single session counselling, call ahead to determine wait time.</i></p>	<p>Walk-Ins: 780-482-0198  24/7 Distress Line: 780-482-4357</p>





## Other Psychiatric Resources

<p><b>Pride Centre Counselling Program</b>          Every Wednesday in the board room;          7:00 P.M to 10:00 P.M.          Free; Drop-In or by appointment.  <a href="mailto:Blair@pridecentreofedmonton.org">Blair@pridecentreofedmonton.org</a></p>	<p>Ph: 780-488-3234</p>
<p><b>Walk-In Clinic</b>          Walter McKenzie Health Sciences          Centre          University Hospital          8440 – 114 Street  <i>The assessment is lengthy; please plan          for this.</i>  <i>Morning assessment: 8:30 A.M.</i>  <i>Afternoon assessment: 12:30 P.M.</i></p>	<p>Ph: 780-407-6501</p>
<p><b>Edmonton Mental Health Clinic</b>          9942 – 108 Street  <i>Provides mental health assessment and          treatment for persons with psychotic          illness, depression and destructive          reactions to crisis. Respond to clients on          an urgent basis if necessary.</i></p>	<p>Ph: 780-427-4444</p>
<p><b>Grey Nuns Community Health Centre</b>          Psychiatry Department          34<sup>th</sup> Avenue and 66<sup>th</sup> Street          1100 Youville Drive West  <i>Referral required.</i>  <i>Gender clinic Grey Nuns ask for          psychiatric outpatient.</i>  <i>Dr. Lorne Warneke – Psychiatrist taking          trans identified patients.</i></p>	<p>Ph: 780-735-7119</p>



## Mental Health Services and Support – General

<b>Alberta Mental Health Board</b>	780- 427-4444
<ul style="list-style-type: none"> <li>• <b>Edmonton Mental Health Clinic</b></li> <li>• <b>Fort Saskatchewan Mental Health Clinic</b></li> <li>• <b>Leduc Mental Health Clinic</b></li> <li>• <b>St. Albert Mental Health Clinic</b></li> </ul>	780-998-5225 780-986-2660 780-467-6562 780-459-2820
<b>Alberta Mental Health Self-Help Network</b>	780-452-1930
<b>Canadian Mental Health Association</b>	780-414-6300
<b>Catholic Social Services</b>	780-420-1970
<b>Child And Adolescent Services Association</b>	780-438-0011
<b>Depression and Manic Depression Association of Alberta</b>	1-888-757-7077
<b>Mental Health Patient Advocate</b> <i>For individuals detained under the Mental Health Act.</i>	780-422-1821
<b>Prosper Place</b> <i>A clubhouse offering opportunities for employment, education, socialization and community involvement.</i>	780-426-7861
<b>Psychologists' Association of Alberta Referral Line</b> <i>For referral to a chartered psychologist.</i>	780-428-8255
<b>Schizophrenia Society of Alberta</b>	780-452-4661
<b>St. Albert Family and Community Services</b>	780-459-1512
<b>The Family Centre</b>	780-423-2381
<b>The Support Network</b>	780-482-4636
<b>The University of Alberta Hospital Psychiatric Treatment Clinic</b>	780-407-6501



## Self-Help Support Groups

<b>Depression</b> <ul style="list-style-type: none"> <li>• Youth/ Young Adult Depression/Manic Group</li> </ul>	780-437-1283 (Guy)
<b>Eating Disorders</b> <ul style="list-style-type: none"> <li>• Eating Disorder Education Organization</li> </ul>	780-944-2864
<b>Family Support</b> <ul style="list-style-type: none"> <li>• University of Alberta hospital Family Support Group</li> </ul>	780-407-7664
<b>Schizophrenia</b> <ul style="list-style-type: none"> <li>• Unsung Heroes</li> </ul>	780-452-4661

## Help Lines

<b>Alberta Mental Health Board Help Line</b>	1-877-303-2642
<b>Children's Mental Health Crisis Line</b> <i>Verbal support and direction from nurses online.</i> <i>Mon – Fri: 8:00 A.M. to 11:00 P.M.</i> <i>Sat – Sun: 12:00 noon to 8:00 P.M.</i>	780-427-4491
<b>Lakeland Mental Health Crisis Line</b>	1-888-255-3353
<b>LGBTQ Support</b> 24/7	1-877-688-4765 1-877- OUT IS OK
<b>Salvation Army Teen Help Line</b>	780-428-8336 (24 hours)
<b>Sexual Assault Centre Help Line</b>	780-423-4121
<b>The Support Network Distress Line</b>	780-482-4357



## **Drop In and Food**

Bissel Centre 10527-96st (780) 423 - 2285

Drop-in M/T/T/F: 7am - 3pm

Food Monday/Friday: 9am Sandwiches

Sunday Inner City Pastoral Lunch

First three Wednesdays of the month: Movies 5pm - 7pm

Boyle Street Community Services 10116-105ave (780) 424 - 4106

Drop in Monday - Friday 6am - 9pm

Weekends and holidays: 6am - 9pm

Food Breakfast and lunch available: 7days

The Mustard Seed 10635-96st (780) 426 - 5600

Drop-in M/T/T/F 1pm - 4:30pm

Monday - Friday: 8pm - 11pm

Saturday: 6pm - 11pm

Food Monday: Friday 7pm Supper

Saturday: 5pm Supper

Old Strathcona Youth Co-op 10325-83ave (780) 496 - 5947

Drop-in Tuesday - Thursday: 12 - 5pm

Friday: 2pm - 5pm

NOT OPEN MONDAYS

Salvation Army Crossroads Community Church 11726-95st (780) 474 - 4324

Monday - Friday: 9am - 5pm

Friday evenings: 7pm - 11pm

Sunday church service: 2pm - 5pm

Emergency Response

Mental Health Crisis (780) 484 - 0222

24/7

Child Welfare Crisis (780) 427 - 3390

24/7

Red Cross (780) 423 - 2680

Monday - Friday: 830am - 430pm

1 - 800 - 565 - 4483 (after hours 24/7)



## **Food**

J-Jireh Mission Soup Kitchen (780) 489 - 9138  
11905 - 82st  
W/F/Sat: 4pm  
West 11524/11526 Stony Plain Road  
Tues/Thurs: 4pm  
Sun: 10am

Lighthouse Ministries 3010-119ave  
Wed/Sun: 1pm Lunch 7pm Dinner

Marian Centre 10528 - 98st (780) 424 - 3544  
M/T/T/F/Sat: 12pm - 1245pm Lunch  
Tues: Free clothing available

New Beginners Christian Centre 3207-92st (780) 462 - 1212  
Friday: 630pm 830pm

Christ Church 12116-102ave (780) 488 - 1118  
Third Saturday of the month: 5pm

Red Road Healing Society 4225-118ave (780) 471 - 3221  
Tuesday: 530pm  
Friday: 12pm - 1pm

Robertson Wesley United Church 10209-123st (780) 482 - 1587  
Second Saturday of each month: 5pm

St.Faith's Anglican 1175-93st (780) 477 - 5931  
Thursday: 1230 pm soup only  
Saturday: 830am - 10am Breakfast  
Third Friday of each month: 5pm - 7pm Supper

Victory Cafe and Soup Bar  
Monday: 530pm - 645pm

B's Diner #6 10015-82ave (780) 414 - 6040  
Wednesdays: 1pm - 3pm Lunch



Edmonton Family Worship 10613 - 95st (780) 424 - 6422  
Sunday: 3pm - 5pm Lunch

Edmonton Centre Victory Church 10665-98st (780) 424 - 4803  
8pm - 10pm Supper  
Friday night coffee house: 7pm - 10pm

Canadian Native Friendship Centre 11205-101st (780) 479 - 1999  
Wednesday: 6pm - 7pm Dinner  
Friday: 12pm - 1pm Lunch

Marian Centre 10528-98st (780) 424 - 3544  
M/T/T/F/Sat: 1230pm - 130pm  
Sunday: 1230pm - 115pm  
Bag lunches at back door

Hope Mission 9908-106ave (780) 422 - 2018  
Breakfast: 8am - 845am  
Lunch: 12 - 1245pm  
Supper: 5pm - 545pm  
Weekends and holidays  
Brunch 11am - 1145am  
Supper: 430pm - 515pm

St.Peters Lutheran Church 9606-110ave  
T/W/T Breakfast: 7am - 9am

Crystal Kids 8718-118ave (780) 479 - 5753  
Monday - Friday: 5pm Supper

House of Refuge 104ave 95st (780) 983 - 4123  
Supper every day, after Gospel service that starts at 7pm  
Drop-in: 5pm - 9pm

Fort Road Victory Church 13470 Fort Road (780) 475 - 1647  
Monday - Friday: 4pm - 7pm  
Hot soups, sandwiches, muffins, coffee/hot chocolate, fresh fruit.



## **Out Reach Vans**

Winter Homeless Emergency Van (BSCS)  
(780) 423 - 3122 ext. 261 (830am - 4pm)  
Request winter emergency Response  
(780) 554 - 2795 (cell)  
2pm - 10pm Daily

## **Youth Shelters**

Hope Mission Youth 9908 - 106ave, 2nd floor (780) 717 - 7649  
930pm - 815am Intake till 2am

Inner City Youth Housing Project 13047-102st (780) 468 - 7070  
9pm - 8am Last intake at 4am

Safe House (Catholic Social Services) 8815 - 99st (780) 432 - 1137 or (780) 474 - 9938  
TRANS-FRIENDLY

Youth Emergency Shelter 9310-82ave (780) 468 - 7070



# Change of Name, Address or Sex

## Change of Name

There are three types of name changes: a legal name change, an assumed name change through marriage and reverting to a birth (maiden) name. For a legal name change, you must apply to Vital Statistics. Once approved, you will be issued a 'Legal Change of Name' certificate that you will need to present to a registry agent. For an assumed name change due to marriage, you will need to present your original marriage certificate to the registry agent. To revert back to a maiden name, you will need to present your marriage certificate or divorce decree in addition to your birth certificate. The *Operator Licensing and Vehicle Control Regulation of the Alberta Traffic Safety Act* requires that if a person changes their name, address or postal address, they must make application within 14 days of the change to have a new licence issued. For a legal name change, this would be 14 days from the time you receive your legal name change certificate. For assumed names, since the use of these names are optional, this would be 14 days from the time you start using the assumed name.

## Change of Address

If you change your address, you are required by law to update the address information on your driver's licence and/or vehicle registration within 14 days. To do this, you may visit any registry agent. You will be required to provide acceptable identification (in addition to the driver's licence).

There is a fee for the change of address service and for printing the new driver's licence; however, it may be possible for you to renew your licence early at the same time, in which case you will pay only a renewal fee. The registry agent will retain your old licence and provide you with a temporary interim licence to use until your new licence arrives in the mail (7 to 10 business days). This interim licence will not have a photograph, so it is recommended that you carry some other form of photo ID (e.g., passport) if you anticipate requiring photo ID during these few days. If you have not physically moved but your address has been changed by Canada Post or the municipality, you may provide the letter issued by Canada Post or the municipality outlining the details and your change of address and new driver's licence will be provided free of charge.

There is no government fee to update the address information on your vehicle registration. You have three options available: your updated registration certificate can be mailed to you free of charge after the registry agent makes the update on the system, it can be printed right away at the registry agent office (for a service fee) or you may renew your registration early and extend your term and update the address simultaneously. When you renew your registration early, you will only pay the regular renewal fees, the address change is free.

For a list of fees, see the [Registry Agent product catalogue](#) (pdf).





## Change of Sex

If you are under the care of an accredited psychologist or psychiatrist and will be undergoing sex reassignment surgery (SRS) in the future, you may change the sex designation on your driver's licence or identification prior to the surgery being completed. You will need to submit the required documentation outlined below to the Edmonton or Calgary Motor Vehicle District office for approval. Once approved, you may attend a registry agent for an updated operator licence or identification card.

Once your SRS is complete you must submit two affidavits: one from the surgeon or clinic that completed the procedure and one from your attending psychologist or psychiatrist, within 90 days of completion of the SRS. If you have decided not to complete the SRS, you must notify Motor Vehicles within 90 days of your decision not to complete the SRS. If your driver's licence or identification card is up for renewal and you are still in the program with the intent to complete the SRS, you must provide updated documentation as shown below, dated within 90 days, otherwise your sex designation will revert to the original designation.

Once approved, you have two options; have the sex designation changed on your card with no extension to the expiry date, or to avoid the replacement card fees, you may have the option to renew your driver's licence early. If this option is chosen, the normal renewal fees are applicable. Please discuss this option with your registry agent to see if you are eligible. You must reapply with the appropriate documentation at your next renewal.

The documentation that must be presented is:

- Letter from the client to the Director of Motor Vehicles requesting the change of sex. The letter must include your full legal name, date of birth, current address, telephone number and must be signed and dated within the last 90 days.
- Letter from your Psychologist or Psychiatrist who is an accredited member of any College of Physicians and Surgeons or College of Psychologists in Canada that you are under their care and, that in their opinion, the change of sex is appropriate. The letter must be signed and dated within the last 90 days.

To submit your application and documents you may take them to a registry agent and they will fax your documents to the district office. Optionally, you may also send your documents directly to one of the district offices below:

### Calgary (South District)

Motor Vehicles, South District  
Service Alberta Building  
710 - 4 Avenue S.W.  
Calgary, AB T2P 0K3

ATTN: Director

### Edmonton (North District)

Motor Vehicles, North District  
J.E. Brownlee Building  
3rd floor, 10365 - 97 Street  
Edmonton, AB T5J 3W7

ATTN: Director



## **RESOURCES.**

Explore these resources to guide you in talking with your children about sexual health and well being. Visit your local library, bookstore or online bookseller; choose resources you feel comfortable with. Visit websites for additional information. Share those you like with your teenager.

### **FOR YOUNG CHILDREN.**

*It's Not the Stork: A Book About Girls, Boys, Babies, Bodies, Families and Friends* By Robie Harris & Michael Emberley)

*It's So Amazing!: A Book About Eggs, Sperm, Birth, Babies, and Families* By Robie Harris & Michael Emberley

*The Bare Naked Book* By Kathy Stinson & Heather Collins

*What's The Big Secret? Talking About Sex With Girls and Boys* By Laurie Krasny Brown & Marc Brown

*Where Did I Come From?* By Peter Mayle

### **FOR OLDER CHILDREN AND YOUNG TEENS.**

*Boys, Girls & Body Science: A First Book About Facts of Life* By Meg Hickling & Kim La Fave

*Changes In You And Me: A Book About Puberty Mostly for Boys* By Paulette Bourgeois, Martin Wolfish & Kim Martyn)

*Changes In You And Me: A Book About Puberty Mostly For Girls* By Paulette Bourgeois, Martin Wolfish & Kim Martyn

*Hair In Funny Places* By Babette Cole

*It's Perfectly Normal: Changing Bodies, Growing Up, Sex And Sexual Health* By Robbie Harris & Michael Emberley

*My Body, Myself For Boys (What's Happening to My Body?)* By Lynda Madaras and Area Madara)

*My body, Myself For Girls (What's Happening to My Body?)* By Lynda Madaras and Area Madara)

*Sex, Puberty and All That Stuff: A Guide to Growing Up* By Jacqui Bailey & Jan McCafferty

*What's Happening To Me?: An Illustrated Guide To Puberty* By Peter Mayle

### **WEB RESOURCES FOR TEENS.**

[advocatesforyouth.org](http://advocatesforyouth.org)

[calgarysexualhealth.ca](http://calgarysexualhealth.ca)

[optionssexualhealth.ca](http://optionssexualhealth.ca)

[sexetc.org](http://sexetc.org)

[spiderbytes.ca](http://spiderbytes.ca)

[teenwire.com](http://teenwire.com)

[calgaryoutlink.ca](http://calgaryoutlink.ca)

[goaskalice.columbia.edu](http://goaskalice.columbia.edu)

[scarleteen.com](http://scarleteen.com)

[sexualityandu.ca](http://sexualityandu.ca)

[teachingsexualhealth.ca](http://teachingsexualhealth.ca)



### **FOR OLDER TEENS.**

*All The Way: Sex For The First Time* By Kim Martyn

*Cycle Savvy: The Smart Teens Guide to The Mysteries of Her Body* By Tony Weschler

*Deal With It! A Whole New Approach to Your Body, Brain and Life as a gURL* By Esther Drill, Heather McDonald & Rebecca Odes

*Doing It Right: Making Smart, Safe, and Satisfying Choices About Sex* By Bronwen Pardes

*S.E.X: The-All-You-Need-To-Know Progressive Sexuality Guide to Get You Through High School and College* By Heather Corinna

*The Care And Keeping of You: The Body Book For Girls* By Valorie Schaefer & Norma Bendell

*The Guy Book: An Owner's Manual* By Mavis Jukes

### **FOR PARENTS.**

*Beyond The Big Talk: Every Parent's Guide To Raising Sexually Healthy Teens* By Debra W. Haffner

*But How'd I Get There In The First Place? Talking to Your Young Child About Sex* By Deborah Roffman

*From Diapers to Dating: A Parent's Guide to Raising Sexually Healthy Children* By Debra W. Haffner & Alyssa Haffner Tartaglione

*Our Bodies, Ourselves: A New Edition For A New Era* By Boston Women's Health Book Collective

*Ten Talks Parents Must Have With Their Children About Sex And Character* By Pepper Schwartz & Dominic Cappello

*The New Speaking of Sex: What Your Children Need to Know and When They Need to Know It* By Meg Hickling

### **WEB RESOURCES FOR PARENTS.**

[calgaryoutlink.ca](http://calgaryoutlink.ca)

[cfsh.ca](http://cfsh.ca)

[iwannaknow.org](http://iwannaknow.org)

[kidshealth.org](http://kidshealth.org)

[littlewarriors.ca](http://littlewarriors.ca)

[pflag.org](http://pflag.org)

[religiousinstitute.org](http://religiousinstitute.org)

[sexualityandu.ca](http://sexualityandu.ca)

[sieccan.org](http://sieccan.org)

[siecus.org](http://siecus.org)

[talkingwithkids.org](http://talkingwithkids.org)

[teachingsexualhealth.ca](http://teachingsexualhealth.ca)

[wontgetweird.com](http://wontgetweird.com)



## Alberta GLBTQ-Friendly Resources

### **All of Alberta:**

#### **1-877-OUT-IS-OK (877-688-4765)**

A toll free, twenty four hour support/crisis line operated by the Calgary Distress Center to support sexual minority and questioning youth

#### **Parents and Friends of Lesbian and Gays (PFLAG) Canada National Support Line**

Ph: 1-888-530-6777

<http://www.pflagcanada.com>

#### **Youth Safe**

Online resource directory for Alberta Youth

<http://youthsafe.net>

### **Bully Free Alberta**

Online bullying prevention resource for parents, teens, and community members includes information on homophobic bullying.

<http://www.bullyfreealberta.ca>

### **AlbertaTrans.org**

A website providing information, support, and connecting resources for anyone on the transgender spectrum, whether they identify as female, male or dual expression; transsexual, cross dresser, gender queer, drag, inter sexed, two-spirit, questioning, bi-gendered, androgynous, and regardless of sexual orientation.

### **Edmonton and Area**

#### **Pride Center of Edmonton**

A community center for gay, lesbian, bisexual, transgender, two-spirit, queer and questioning individuals, their friends and families. Offer a variety of groups and services to members of the community. (Full list available on website)

9540-111<sup>th</sup> Avenue Edmonton AB. T5G 0A5

Ph: 1-780-488-3234

Email: [admin@pridecenterofedmonton.org](mailto:admin@pridecenterofedmonton.org)

<http://www.pridecenterofedmonton.org>

#### **Parents and Friends of Lesbians and Gays (PFLAG) Edmonton**

Ph: Ruby Swanson 1-780-436-1998 (after 6:00pm)

Email: [edmontonab@pflagcanada.ca](mailto:edmontonab@pflagcanada.ca)



### **All of Alberta:**

#### **Team Edmonton**

Provides the gay, lesbian, bisexual, and transgendered communities with access to well organized and fun sporting events and other recreational activities to allow them to participate and interact in a positive social framework.

[Http://www.teamedmonton.ca](http://www.teamedmonton.ca)

#### **Camp fYrefly**

Canada has the largest lesbian, gay, bisexual, trans-identified, two-spirited and queer youth leadership retreat.

<http://www.fyrefly.ualberta.ca>

#### **Youth Understanding Youth (YUY)**

A social and support group LGBTQ youth in Edmonton and area. Meets Saturdays 7-9pm at the Pride Center.

<Http://www.yuyedm.ca>

#### **Alt View**

A social and support group for LGTBQ youth in Sherwood Park/Strathcona County

<Http://www.altview.ca>

#### **Edmonton Prime Timers**

Is a group of older (40+) gay and bisexual men and their parents. They meet the second Sunday of the month at 2:30pm, with the exception of December, July, and August, at the Unitarian Church at 10804-119<sup>th</sup> Street.

#### **OUT Reach**

U of A Students Group-meets during the school year on Tuesdays at 5pm, 620Athabasca Hall.

Email: [ualberta.ca/-outreach](mailto:ualberta.ca/-outreach)

#### **Options Sexual Health Association**

(Formerly Planned Parenthood Edmonton)

They provide relationship counselling, pregnancy options, support services, information for individuals and groups concerning sexuality.

#50, 9912-106 Street Edmonton, AB. T5K 1C5

Ph: 780-423-3737

<http://www.optionssexualhealth.ca>



### **All of Alberta:**

#### **HIV Edmonton**

Educates, supports and advocates for those infected and affected by HIV and related conditions

11456 Jasper Avenue Edmonton, AB. T5K0M1

Ph: 1-780-488-5742

<http://www.hivedmonton.com>

#### **Edmonton STD Center**

Suite 3B20, 11111-Jasper Avenue (Edmonton General Hospital) Edmonton, AB. T5K 0L4

Ph: 1-780-413-5156

### **Calgary & Area**

#### **Calgary Outlink: Center for Gender and Sexual Diversity**

#### **((Formerly Gay & Lesbian Community Services Association))**

Provides support, safety and fellowship to Calgary's community of sexual and gender diversity.

#4, 1230A 17<sup>th</sup> Avenue SW Calgary, AB T2T 0B8

Ph: 403 234-8973

Email: [info@calgaryoutlink.ca](mailto:info@calgaryoutlink.ca)

[www.calgaryoutlink.ca](http://www.calgaryoutlink.ca)

#### **Parents and Friends of Lesbians and Gays (PFLAG) Calgary**

Ph: Jeny Mathews-Thusoo/Sean Alley 403-695-5791

Email: [calgaryab@pflagcanada.ca](mailto:calgaryab@pflagcanada.ca)

#### **Apollo Friends in Sports**

Provides the gay, lesbian, bisexual, and transgendered communities with access to well organized and fun sporting events and other recreational activities to allow them to participate and interact in a positive social framework.

Ph: 403 777-9499 ext. 3000

[www.apollocalgary.com](http://www.apollocalgary.com)

#### **Inside Out Youth Group**

A peer facilitated Drop-In youth group for GLBTQ ages 15-25. It runs from 7 P.M. to 9 P.M. every Monday at OutLink (former GLCSA). It is a safe environment with a variety of resources and activities.

Ph: 403-234-8973

Email: [insideout@calgaryoutlink.ca](mailto:insideout@calgaryoutlink.ca)



### **Queers of Campus (formerly GLASS)**

U of C Students Group – Peer support: Rm. 279R Students Union Club spaces. Coffee Night: 7 P.M., Second Cup, Kensington.

Ph: 403-220-6394

<http://people.ucalgary.ca/~qcampus/>

### **Aids Calgary**

Education and resource centre providing community outreach, volunteering, support, information and training programs. 110, 1603 10<sup>th</sup> Avenue SW, Calgary, AB, T3C 0J7.

Ph: 403-508-2500

Email: [info@aidscalgary.org](mailto:info@aidscalgary.org)

<http://www.aidscalgary.org>

### **Calgary Sexual Health Centre**

Provides counselling and education services that help people consider their sexual and reproductive choices in informed and responsible ways.

304, 301-14<sup>th</sup> Street NW, Calgary, AB, T2N 2A1

Ph: 403-955-5580

### **Calgary STI Centre**

5<sup>th</sup> floor, 1213 4<sup>th</sup> Street SW (Sheldon M. Chumir Health Centre) Calgary, AB, T2R 0X7

Ph: 403-955-6700

### **Red Deer & Area**

#### **Affirm**

United Church GLBTQ group meets 2<sup>nd</sup> Tuesday at the Sunnybrook United Church @ 7 P.M.

Ph: 403-347-6063

#### **Pride on Campus**

Red Deer College Student Group

C/O SARDC, box 5005, Red Deer, AB, T4N 5H5

Outreach Line: 403-304-6789

Email: [prideoncampus@hotmail.com](mailto:prideoncampus@hotmail.com)



### **Central Alberta AIDS Network**

Local charity responsible for all of the HIV prevention and support in the David Thompson Health Region.

4611 Central Ave, Red Deer, AB, T4N 3Z9

Ph: 403-346-8858

<http://www.caans.org>

### **Parents and Friends of Lesbians and Gays (PFLAG) Lacombe**

Ph: Monica Loewen 403-782-5513

Email: [lacombeab@pflagcanada.ca](mailto:lacombeab@pflagcanada.ca)

### **Lethbridge and Area**

#### **Parents and Friends of Lesbians and /gays (PFLAG) Lethbridge and Area**

PFLAG Lethbridge and Area is available 24 hours a day for information, crisis intervention, family mediation/counselling, individual counselling and support, and connection to other GLBTQ teens/parents and resources. Contact person is: Betty Neil, MSW, RSW, who is also a community mental health therapist for ages 15-26.

Ph: 403-382-4567 (W)/ 403-288-9597 (H)

Email: [pflaglethbridge@hotmail.com](mailto:pflaglethbridge@hotmail.com)

#### **Lethbridge HIV Connection**

A volunteer-based non-profit organization that provides leadership in building individual and community capacity to respond to, and reduce the harm associated with HIV and Hepatitis C in South-Western Alberta.

1206 6<sup>th</sup> Avenue South, Lethbridge, AB, T1J 1A4.

Ph: 403-328-8186

Email: [lethhiv@teluspanet.net](mailto:lethhiv@teluspanet.net)

<http://www.lethbridgehiv.com>

### **Medicine Hat**

#### **Parents and Friends of Lesbians and Gays (PFLAG) Hinton**

Ph: Winn & Nigel Knight: 780-865-7459

Email: [hintonab@pflagcanada.ca](mailto:hintonab@pflagcanada.ca)





### **HIV West Yellowhead**

Offers weekly movie nights on the topics of sexual and gender diversity, free of charge.

622 Connaught Drive (Upstairs) Jasper, AB, T0E 1E0

Ph: 1-877-291-8811

<http://www.hivwestyellowhead.com>

### **Grand Prairie/ Peace Country**

### **Gay and Lesbian Association of the Peace (GALAP)**

Strives to improve the quality of life and empower the gay, lesbian, bisexual, transgender, and two-spirited community and its supporters through communication, education, participation, and understanding.

205, 10113 103<sup>rd</sup> Avenue, Grande Prairie, AB, T8V 1C2

Ph: 780-513-1990

Email: [info@galap.org](mailto:info@galap.org)

<http://www.galap.org>

### **HIV North**

Serves all the communities of the Peace Country region.

10116 102<sup>nd</sup> Ave, Grande Prairie, AB, T8V 1A1

Ph: 780-538-3388

Email: [info@hivnorth.org](mailto:info@hivnorth.org)

<http://www.hivnorth.org>

### **Fort McMurray**

### **Wood Buffalo HIV & AIDS Society**

Runs programs for people living with HIV and AIDS, as well as a group of GLBT individuals (Freedom Fort McMurray).

#002, 9908 Franklin Ave, Fort McMurray, AB, T9H 2K5

Ph: 780-743-9200

Email: [daven@wbhas.ca](mailto:daven@wbhas.ca) (Daven Seebarran)

<http://www.wbhas.ca>



## Resources for Youth and Young Adults

### **Basic Needs/Financial**

#### **Alberta Employment and Immigration (AEI)**

*Income Support Contact Centre (24/7)* 780-644-5135

**Edmonton Food Bank** 780-425-4190

**Money Mentors** 780-423-5265

**Youth Emergency Shelter (Under 19 yrs)** 780-468-7070

### **Counselling (No Cost)**

**Catholic Social Services** 780-420-1970

#### **City of Edmonton Community Services**

*\*Assessment and Short-Term Counselling* 780-496-4777

**Cornerstone Counselling Centre** 780-482-6215

**The Family Centre** 780-424-5580

#### **Foundation for Families in Transformation (FFIT)**

*(Support for families in grievance of death,  
Separation or divorce.)*

780-448-1180

**Jewish Family Services** 780-454-1194

#### **Psychologists' Association of Alberta**

*Referral Line Service* 780-428-TALK (8255)

#### **The Support Network**

*Walk-In Counselling (Call first)* 780-482-0198

**YWCA Edmonton – Counselling Centre** 780-423-9922 x222

### **Crisis**

#### **AHS – Children's Mental Health**

*Community Response Team (CRT)* 780-413-4733

*Crisis Line (Telephone support; Not 24/7)* 780-427-4491

#### **Child & Family Services Region 6**

*Child Abuse Hotline (24/7)* 1-800-387-5437

**Kids Help Phone** 1-800-668-6868

#### **Salvation Army Community & Family Services**

*Teen Support Line* 780-428-TEEN (8336)

**Sexual Assault Centre of Edmonton (24/7)** 780-423-4121

#### **The Support Network**

*Distress Line (24/7)* 780-482-HELP (4357)

*Online Crisis Support* [www.thesupportnetwork.com](http://www.thesupportnetwork.com)



### **Health/Pregnancy/Sexuality**

#### **Alberta Health Services (AHS)**

*Birth Control Centre* 780-735-0010  
*Pregnancy Testing and Counselling* 780-735-0010  
*STD and HIV Testing* 780-735-0010  
*Eating Disorder Program* 780-407-6114  
*Health Link Alberta* 780-408-LINK (5465)  
**Anorexics and Bulimics Anonymous** 780-443-6077  
**OPTIONS Sexual Health Association** 780-423-3737  
**Pride Centre of Edmonton – Youth Outreach** 780-488-3234  
**Woman’s Health Options (abortion services)** 780-484-1124

### **Life Skills/Education/Employment**

#### **Alberta Employment & Immigration**

*Career Information Hotline* 780-422-4266  
*For local employment offices dial 211*  
*Students Finance* 780-427-3722

#### **Alberta Learning Information Service (ALIS)**

*(careers/learning/employment info)* [www.alis.gov.ab.ca](http://www.alis.gov.ab.ca)

**Bredin Institute – Centre for Learning** 780-425-3730  
*Youth Connections (16-24 yrs)* 780-415-4968

**Chimo –Chimo Life Skills Program (13-17 yrs)** 780-420-0324

#### **Edmonton Public Schools**

*Transition Support (17-19 yrs; special needs)* 780-465-8007  
*Transition & Outreach (drop out)* 780-429-8000  
*Centre High (upgrade/complete high school)* 780-425-6753

#### **Elizabeth Fry Society**

*Girls Empowered and Strong* 780-784-2202



### **Recreation**

<b>Boys &amp; Girls Clubs of Edmonton</b>	780-422-6038
<b>City of Edmonton Community Services</b>	780-496-4999 (311)
<i>Leisure Access Program</i>	780-496-4918
<b>Edmonton Sport Council (sport referrals)</b>	780-497-7678
<b>Kid Sport (funding; 5-18 yrs)</b>	780-487-2666
<b>Sport Central Association (no cost equipment)</b>	780-477-1166
<b>YMCA of Edmonton – Jumpstart (5-18 yrs)</b>	780-429-5725

### **Substance Abuse/Addictions**

#### **AHS Addiction & Mental Health (FKA: AADAC)**

<i>Youth Services (12-17 yrs)</i>	780-422-7383
<b>Al-Anon Family Groups (including Lateen)</b>	780-433-1818
<b>Catholic Social Services – Genesis II – Youth And Family Substance Abuse Treatment</b>	780-471-1122

### **Support**

<b>Boys and Girls Clubs of Edmonton</b>	780-422-6038
<b>Kids on Track Association</b>	780-481-2942
<b>Mill Woods Family Resource Centre</b>	780-413-4521
<i>Child and Youth Groups</i>	780-413-4521
<b>Northeast Teen Centre</b>	780-475-2589
<b>Old Strathcona Youth Society (14-24 yrs)</b>	780-496-5947
<b>Terra Centre for Pregnant and Parenting Teens</b>	780-428-3772
<b>The Support Network – Crisis Support Blog</b>	<a href="http://www.crisissupport.blogspot.com">www.crisissupport.blogspot.com</a>
<b>Youth Emergency Shelter Society</b>	780-468-7070