

# Sexual orientation and gender identity resources

Below, you'll find various resources designed to help you explore sexual orientation and gender identity, as well as support someone else on their journey.

## For kids and youth

Kids Help Phone | [Kids Help Phone](#)

YouthLine | [LGBT YouthLine](#)

The Native Youth Sexual Health Network (NYSHN) | [The Native Youth Sexual Health Network \(NYSHN\)](#)

Gender Creative Kids | [Gender Creative Kids](#)

## Toronto groups and activities (in-person and virtual)

The Black Queer Youth Collective | [Black Queer Youth Collective](#)

Planned Parenthood Toronto | [Teen Health Source](#)

Sick Kids | [Gender Care Clinic](#)

Sherbourne Health | [2SLGBTQ+ Health Programs](#)

Sherbourne Health | [Supporting Our Youth \(SOY\)](#)

Sherbourne Health | [Trans Health Care](#)

ACAS | [Queer Asian Youth](#)

Friends of Ruby | [Friends of Ruby](#)

## For parents, caregivers, and family

The Miles Nadal Jewish Community Centre | [LGBTQ+ at the J](#)

The 519 | [The 519 – Family and Children](#)

Gay Fathers of Toronto | [Gay Fathers of Toronto \(GFT\)](#)

Toronto Pflag | [Toronto PFLAG](#)

Gender Spectrum | [Gender Spectrum](#)

Families in TRANSition | [Families in TRANSition](#)

Sherbourne Health | [2SLGBTQ+ Family Resources](#)

## For healthcare providers

Sick Kids | [Adolescent Medicine](#)

Rainbow Health Ontario | [2SLGBTQ+ Foundations](#)

Rainbow Health Ontario | [Resources for 2SLGBTQ+ Health](#)

Egale Canada | [Resource](#)

CAMH | [Gender Identity Clinic](#)

Pace Pharmacy | [Gender-Affirming Therapy for Transgender & Nonbinary Youth](#)

This resource was co-created with 2SLGBTQ+ ERG and Sophia Okyere-Oduro, Anti-Racism Implementation Specialist. If you have any comments or would like to suggest additional resources, please e-mail [ideaa@hollandbloorview.ca](mailto:ideaa@hollandbloorview.ca)