

# Bridging to Adulthood Tips: LGBTQ2S+ Welcoming Services and Spaces for Adults with Disabilities

The following are examples of services and spaces with an expressed commitment to welcoming adults with disabilities who identify as LGBTQ2S+ in Ontario.

## LGBTQ2S+ Welcoming Health and Social Services

- [Rainbow Health Ontario](#) has a directory of providers who have stated a commitment to providing competent and welcoming care for individuals who identify as LGBT2SQ.
- [Thehealthline.ca](#) is a directory of health and social services in Ontario. Choose your location using the map. Type 'LGBTQ+' in the search bar and press 'enter' to search for potential resources.

## LGBTQ2S+ Groups and Spaces for Adults with Disabilities

- [CILT Celebrating Pride 2022](#) – has links to news, videos, resources, activists and influencers.
- [CNIB LGBTQ2S+ Pride Connection](#) is a monthly virtual meetup for adults who are blind or partially sighted and members of the LGBTQ2S+ community.
- [Good Company](#) is a monthly, autistic-led support group for adult women and non-binary individuals with autism spectrum disorder.
- [Illuminating a Hidden Narrative](#) is an art exhibition through the Bloorview Research Institute that explores how youth with disabilities navigate sexuality across healthcare settings.
- [Let's Talk Disability & Sex](#) was a virtual event on April 28, 2021 through the Holland Bloorview Research Institute to discuss sexuality and young people with disabilities. Speaker presentations, transcripts and slides are available online.
- [Ontario Rainbow Alliance for the Deaf \(ORAD\)](#) is an advocacy organization focused on the rights of deaf LGBTQIA individuals in Ontario.

**Holland Bloorview Kids Rehabilitation Hospital**

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A teaching hospital fully affiliated with the University of Toronto.

- **Rainbow's Pride in Scarborough (RPIS)** is a community collective for people from diverse communities, including those with intellectual disabilities, to gather and celebrate.
- **Rainbow Spectrum Pride** is an autistic-led support and social group for 2SLGBTQIA+ autistic adults who are age 30+.
- **Let's Talk: Speaking OUT** is a recorded webinar about sexuality and diversity among people with developmental disabilities.
- **SprOUT** Toronto is a group of LGBTQ adults who have intellectual disabilities who gather for peer support, awareness building, and community engagement.
- **The 519** in Toronto is an innovative organization focusing on services, space, and leadership of the LGBTQ2S communities. This includes a Trans Youth Mentorship Program.

If you know of other relevant resources please let us know through the contact information below.

The information provided in this handout is for reference only. It is not intended as a recommendation or endorsement of specific programs, or as a comprehensive resource list.

This handout is brought to you by Holland Bloorview's Transitions Team  
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Last updated: 25/06/2022