

2SLGBTQ+ Resources for Common Law Students:

Faculty of Law Contacts

uOttawa [OutLaw](#) student club:

OUTLaw's mission is to create a safe space for 2SLGBTQ+ identified University of Ottawa law students and their allies where they can engage in discussion, network, and promote awareness within the law school community; a place where all students can come together to explore the ways in which the lives of 2SLGBTQ+ identified persons are affected by, and intersect with, the law, the legal profession, and legal education. In particular, the purpose of this group is to provide a space for this discussion to take place, but more than that, this group should be a place where all OUTLaw members feel safe and accepted, and where discussion around any number of issues, not just issues that directly affect the queer community, can be discussed with thoughtfulness and respect.

Indigenous Learner Advocate, Faculty of Law:

- Services: Culturally Specific Wellness Supports including beading circles and referrals to community resources
- For Whom: All Learners at the Faculty of Law with focus on Indigenous Learners
- Contact Information: Tasha Simon tsimon@uottawa.ca

Fauteux Allies: <https://www.uottawaoutlaw.ca/alli%C3%A9s-fauteux-allies>

Counsellors:

Please connect with either law school counsellor for support in connecting with Black counsellors and/or navigating anti-Black racism services and resources.

Equity & Student Success Counsellor: clawacc@uottawa.ca

Our **Equity and Student Success Counsellor** will work with you to help clarify various personal issues and learn strategies that can help you cope with the challenges you are facing in your educational, personal and professional lives in order to promote a successful experience in law school.

Mental Health & Wellness Counsellor: couns@uottawa.ca

Our **Mental Health and Wellness Counsellor** provides [a range of mental health services](#), including assessments, short-term counselling and referrals to specialized and long-term counselling services. The services are provided from a holistic and collaborative approach since our counsellor is a member of the University of Ottawa's [Counselling Services](#) staff. To schedule an appointment, please email couns@uottawa.ca.

Other Campus and College Support Groups

Law Society of Ontario's Member Assistance Program (MAP)

The [MAP](#) is a confidential support and counselling program coordinated by the LSO and funded by the annual fees paid by its members. While it is coordinated by the LSO, the MAP program operates separately to ensure your confidentiality. This service offers short term and long-term counselling along with a range of wellness resources. Students are invited to self-refer [online](#) or telephone 1-855-403-8922 (TTY: 1-866-433-3305). Cost: No cost to students and their family members.

Connecting Ottawa

The Connecting Ottawa project is funded as an Access to Justice initiative of the Law Foundation of Ontario. [Connecting Ottawa – Effective Communication. Accessible Justice.](#)

Pride Centre of University of Ottawa (English/French)

Support, education and advocacy for students and youth. Peer support groups. 613-562-5800 ext. 3161 <https://www.seuo-uosu.com/services/pride-centre/>

Algonquin QSA (English)

Algonquin College's Queer Straight Alliance. For more information join the Algonquin QSA Facebook group. Campus Positives Spaces Campaign contact positivespace@algonquincollege.com

Carleton University Gender and Sexuality Resource Centre (English)

Support, education and advocacy for students and youth. Peer support groups. 613-520-3723 www.cusaonline.com/glbtc/

Youth Groups & Support

Youth Services Bureau SPECTRUM LGBTQ+ youth group (English) (ages 12-25)

Tuesdays 6pm-8pm at Downtown Services and Drop-In 147 Besserer Street. Youth-led space for Queer and trans youth offering workshops, discussions, and art collaborations, and harm reduction services. Support, referrals, and counselling available from YSB staff. Contact Sari 613-241-7788 ext. 213 [sleamanaysb.ca http://www.facebook.com/spectrumysb](http://www.facebook.com/spectrumysb)

Queer Trans Youth (up to age 25) (English)

Youth-led peer discussion and support group for Queer & Trans youth ages 25 and under, Wednesdays 7-9 pm offered by Kind (formerly PTS) New location April 1, 2016. 222 Somerset Street West, suite 404 near (Somerset near Elgin Street). 613-563.4818 <http://kindsospace.ca/>

LGBTQ Newcomers Group - Centretown Community Health Centre (18+) (English with French & Arabic)

Monthly group for LGBTQ adults including refugees, asylum seekers, and people from newcomer communities. Join the conversation about cultural identities, and sexual orientation and gender identity. LGBTQ asylum seeker and settlement support. Contact Mega, (English and Arabic) 613-233-4443 ext. 2125 or email mnerses@centretownchc.org. View group meeting dates at <http://www.centretownchc.org/lgbtq>

LGBTQ+ [Around the Rainbow](#) (English)

Public Education and Resources including community development and workshops on gender identity, gender expression and sexual orientation. Host inclusive events and supports for gender creative children, parents and LGBTQ+ families. Contact Beck 613-725-3601 ext. 105 or email bhood@familyservicesottawa.org

Trans Health Services at [Centretown Community Health Centre](#) (ages 18+)

Hormone therapy assessments and hormone starts. Referral for trans inclusive medical services. Offers trauma-informed care, counselling and transition support. Call Trans Health Services Intake at 613-233-4443 ext. 2109.

Projet Jeunesse Idem (ages 14-25) (French)

Francophone peer support and discussion group for GLB youth ages 14 to 25 years. Contact for meeting times and/or more information 819-776-1445; www.jeunesseidem.com

Kind Space (formerly PTS)

Information and referral, discussion and peer support groups in an inclusive space for broad range of Queer & Trans people. Contact Kind at 613-563-4818. 222 Somerset Street West, suite 404 near (Somerset near Elgin Street). <http://kindspace.ca/>

Sexual Health Services

Anonymous HIV testing and counselling

Free Anonymous HIV testing (no record kept), and HIV/AIDS prevention counselling available at sites across the City of Ottawa. Free condoms available. Call the AIDS Info line at 613-563-2437

Centretown Hormone Therapy

<https://www.centretownchc.org/trans-health-hormone-therapy-starts-and-surgery-referral-support/>

<https://www.centretownchc.org/trans-health-services-overview/>

Sexual Health Centre and Satellite clinics

Free and confidential sexual health services: counselling, testing and treatment of sexually transmitted Infections, and Hepatitis B vaccine. Satellite centres in some area schools. Free condoms available. 179 Clarence Street. 613-234-4641 http://ottawa.ca/en/health_safety/sexual/centre/index.html

Gay Zone Gaie: A Sexual Health Centre and more for Guys into Guys

A sexual health clinic open Thursday evenings from 5 to 8 pm at Centretown Community Health Centre, 420 Cooper Street for guys into guys. Sexual health testing and health promotion activities. Visit event links at www.gayzonegaie.ca email info@gayzonegaie.ca

Sexual Assault & Partner Abuse Care Program

Free services for people age 16 and over who have been sexually assaulted. Please call the Ottawa Hospital, Civic Campus at 613-739-3762

MAX Ottawa

Offers several health services (mental, sexual, physical and community health) to the GBT2Q community. Launched new [mental health services](#). These services are **free** and accessible to students who are part of the community in different languages (in addition to English and French).

Virtual Trans ID clinic <https://www.the519.org/events/virtual-trans-id-clinic>

Housing

Non-Profit Housing — Youth Services Bureau safe, affordable housing for youth ages 16-21, including GLBTTQ youth. Call 613-729-0577 ext. 1247 www.ysb.on.ca

Young Women's and Young Men's Emergency Shelters — YSB www.ysb.on.ca

Youth Services Bureau provides GLBTTQ inclusive short-term emergency housing for youth ages 12-20. Locations are confidential. Young Women's Shelter 613-789-8220 Young Men's Shelter 613-907-8975

Help Lines & Crisis Centres

The Youth Line Ontario's provincial LGBT peer support and info line 1-800-268-9688 or www.youthline.ca

The Ottawa Rape Crisis Centre (ORCC) supports and empowers trans and cis women, trans men, two-spirit, gender-fluid, and non-binary survivors. [Get Support | Ottawa Rape Crisis Centre \(orcc.net\)](http://www.orcc.net)

Trans Lifeline Canada (877) 330 6366 Trans Lifeline is primarily for transgender people in a crisis, from struggling with gender identity to thoughts of self-harm. Provides 24/7 hotline

LGBT National Help Center 1 (888) 843 4564 LGBT National Hotline, the LGBT National Youth Talkline, and the SAGE LGBT Elder Hotline as well as private, volunteer one-to-one online chat, that helps both youth and adults with coming-out issues, safer-sex information, school bullying, family concerns, relationship problems and a lot more.

Good2Talk A free confidential online/phone counselling and resource service (Also a crisis service). *This is not a 2SLGBTQ+ specific resource, however, you can ask to speak to someone with Queer competency. <https://good2talk.ca/ontario/>

Provincial and Government Support Services

Canadian Centre for Gender and Sexual Diversity (Formerly Jer's Vision) Promotes diversity and intersectionality in gender identity and sexuality. <http://ccgsd-ccdgs.org/> 613-400-1875. Local, regional and Canada wide initiatives.

Ottawa Police Services-Hate Crimes Unit To report crimes motivated by hate such as a threat, harassment, or acts of violence. Call 613-236-1222 ext. 2466. For emergencies call 911. The Hate Crime unit works closely with Ottawa LGBT Police Liaison Committee <http://qlbt.ottawapolice.ca/>

OCASI Positive Spaces Initiative for LGBT Newcomers-LGBT Settlement Support Provincial LGBTQ initiative by the Ontario Council of Agencies Serving Immigrants (OCASI) www.positivespaces.ca Contact Mego for Ottawa area info 613-233-4443 x 2125 mnerses@centretownchc.org