

# LGBTQ2S+ RESOURCES

Young people exploring their sexuality require a mentor that can express care, challenge growth, provide support, share power, affirm their identity, and expand possibilities. You can help your mentee achieve goals, overcome challenges, try new things, and get educated by visiting some of the resources below!

## PFLAG: PEER SUPPORT

QUEST COMMUNITY HEALTH CENTER  
145 QUEENSTON ST, ST. CATHARINES  
(905)-934-0021

Peer support for LGBTQ2S+ families and friends.  
Held every second Tuesday of the month.  
[Niagara.pflag@gmail.com](mailto:Niagara.pflag@gmail.com)

## PRIDE NIAGARA

4 QUEEN ST., ST. CATHARINES  
[INFO@PRIDENIAGARA.COM](mailto:INFO@PRIDENIAGARA.COM)

Events and celebrations of Niagara's Sexual and Gender Diverse Community and its supporters.

<https://prideniagara.com/annual-events/>

## YOUTH LINE

[WWW.YOUTHLINE.CA](http://WWW.YOUTHLINE.CA)

Youth Line is an online peer support system for the LGBTQ2S+ community. Non-judgmental and informational youth programs available. Chat with a support volunteer through phone, text or messenger.

## RAINBOW NIAGARA

STEPHANIE VAIL (905)-688-2559 -ext. 222  
[SVAIL@QUESTCHC.CA](mailto:SVAIL@QUESTCHC.CA)

Rainbow Niagara services individuals of LGBTQ2S+ communities by providing information, support and resources to the individuals, their families and the community within the community. Provides community presentations to schools and agencies within the community.

Transgender questioning youth group: runs on the 3rd Tuesday of each month from September - June at Quest CHC from 4-5:30 p.m. for ages 14-19

Gender Quest: 8 week support group for adults 18+ years who are Trans or questioning their identity.

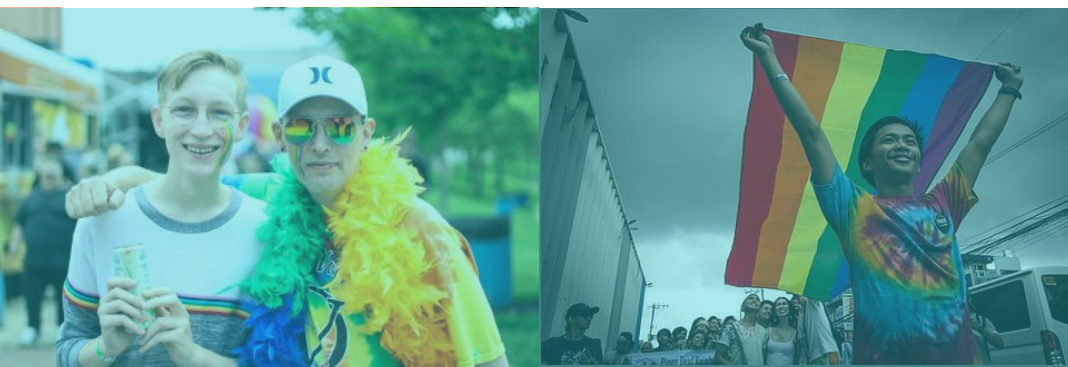
<https://www.queerevents.ca/community-resources/community-resources/rainbow-niagara>

## OUT NIAGARA

[INFO@OUTNIAGARA.CA](mailto:INFO@OUTNIAGARA.CA)

OUTniagara has a mission to unite Niagara's Sexual and Gender Diverse Community through listing upcoming events, activities, community groups, and a supporting business and services directory.

<https://www.outniagara.org/>



ASK FOR HELP  
IF YOU NEED IT.  
We are here for you!