

# M'Wikwedong Indigenous Friendship Centre

## Building Gender Diverse Communities

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### Building Gender Diverse Communities

Program Coordinator – Karen Houle

Space for support, community and socialising for 2S-LGBTQQIAP+ folxs and their Allies, Friends and Family in Grey and Bruce.

The Building Gender Diverse Communities (BGDC) program seeks to empower Two-Spirit and Indigenous LGBTQNBIA+ people to self-voice their perspectives, lived experiences, needs, and goals. This work is critical to inform capacity-building approaches within Ontario Friendship Centres, as well as improve broader communal knowledge of 2SLGBTQQNBIA+ life experiences and ensure positive, respectful relationships in all community spaces. BGDC Mentors provide peer counselling, advocacy services, group and community-based programming that promotes cultural restoration and preservation and ensures safe transmission of culture while also contributing to the end of family violence for 2SLGBTQQNBIA+ urban Indigenous children, youth and families.

### M'Wikwedong Indigenous Friendship Centre.

1045 3rd Ave W, Owen Sound  
Office (519) 371-1147 xt238  
Cell (519) 377-3171

[Facebook](#)  
[Linktree](#)

## Grey Bruce Local Resources

### **Local Pride Organisations**

[Grey Bruce Pride](#) – Promote 2S-LGBTQQIAP+ and inclusive events in Grey Bruce and to share news and issues of interest to the 2S-LGBTQQIAP+ population in Grey and Bruce counties – [Facebook](#) – [Twitter](#)

**Kincardine Pride** - Offers special events including Pride parade to celebrate inclusion and support for the LGBTQ community. [Facebook](#) [Twitter](#) [Instagram](#)

**Markdale LGBTQS+ Connections** - Welcomes LGBTQS+ people, their families, friends, and allies to connect with one another! [Facebook](#)

The Rainbow Club - The Rainbow Club is a social network for the LGBTQ community & friends in the South Georgian Bay Region. [Facebook](#)

## Local PFLAG

**PFLAG Owen Sound** - PFLAG Canada offers peer-u-peer support with issues of sexual orientation's oand gender identity's op. Facebook have

1 888-530-6777 ext 570  
owensoundon@pflagcanada.ca

**PFLAG Kincardine** - In-person and telephone support and information to anyone with iquestions or concerns abounds sexual orientation and/or gender identity issues. (on hiatus due to Covid kat the moment) kincardineon@pflagcanada.ca

## Southern Ontario

- [The Gilbert Centre](#) - The Gilbert Centre provides social and support services to empower, promote health, and celebrate the lives of people living with and affected by HIV and other sexually transmitted infections (STI) and the individuals and families from the lesbian, gay, bisexual, transgender, queer (LGBTQ) communities of Simcoe Muskoka.

[ARCH](#) Guelph - HIV, Harm Reduction and **Trans Health Clinic**

## YOUTH

### Support

[LGBT Youthline](#) - Peer support line 1-800-268-9688 or Text 647-694-4275

LGBT Youthline's [Anyflip Book](#) - Zines, Affirmation Decks and more!

### Manuals/Guides/Booklets

[YouthLine's Big 2SLGBTQ+ Colouring Book: The ABCs of Being 2SLGBTQ+](#)

[Trevor Project - Coming Out: A Handbook for LGBTQ Young People](#)

[Four Step Guide to Empowerment for 2SLGBTQQIAP Students](#)

### Coming Out

[Coming Out Simulator 2014 by Nicky Case!](#) - Coming Out Simulator 2014 is an interactive fiction video game made by Canadian developer Nicky Case. The

semi-autobiographical game was released on 1 July 2014 as a submission for the Nar8 Game Jam. Inspired by real-life events, Coming Out Simulator 2014 is intended to help LGBT youth to understand their sexuality.

## TWO SPIRIT / INDIGIQUEER

### Youth Supports

[We Matter Campaign - Two Spirit](#)

[Two Spirit in Motion - Youth Website](#)

### Manuals/Guides/Booklets

[You Are Made of Medicine](#)

[Sassy Sassafras Two Spirit Children's Book](#)

[Sassy Sassafras Two Spirit Colouring Book](#)

[2SLGBTQQIA+ Sub-Working Group MMIWG2SLGBTQQIA+ National Action Plan - FINAL REPORT](#)

[Two Spirit - Project Peace Workbook](#)

### Podcasts & Radio

[Re:Searching for LGBTQ2S+ Health](#)

[Q&A with Jack Saddleback: 'Excited about the future' for trans, gay, indigenous people](#)

### Youtube Videos

[Two Spirit Knowledge](#)

[Two-Spirit A movement born in winnipeg with Dr. Myra Laramee](#)

[Two Spirit and IndigiQueer Playlist](#)

[Blu Waters Youtube](#)

[Percy Lezard Youtube](#)

### Music

[Greyson Gritt](#)

## Short Films

[Wildfire](#)

## Recommended Books

[it was never going to be okay](#) Poetry

[Full Metal Indigiqueer](#) Poetry

[Returning to Ceremony](#) Metis Culture & Essays

[Making Love with the Land](#) Essays

[A Two Spirit Journey](#) Biography

[Jonny Appleseed](#) Fiction

[Magodiz](#) Fiction

[Fire Song](#) Fiction

[Love After the End](#) Short Stories

[47,000 Beads](#) Kids Story Book

[Indigiqueerness](#) - Essay

## Organizational

[Two Spirit and Indigiqueer cultural safety: Considerations for relational practice and policy](#)

## Articles

[Coming in: A Sask. filmmaker's two-spirit journey](#)

[2 Spirit, my journey. Stephanie Stephens, MSW, RSW](#)

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## Resources

[Gender and Sexuality Galaxy](#)

HEALTH

## BODY & Movement

[AK Mackellar Health and Wellness Tips](#) - exercise and advice on positive body

[The Body is Not an Apology Archives Page](#) - This drive includes any and all materials that were once accessible through The Body Is Not An Apology website as well as digital learning modules (including articles, e-books, and the 10 Tools eCourse). You will also find databases for other resources involving Sonya Renee Taylor's work adjacent to TBINAA (media collaborations, interviews, "What's Up, Y'all?" videos,

## SEXUAL HEALTH

### Support

**Sexual Health InfoLine** - In Ontario - 1-800-668-2437. For free, anonymous counselling 7 days a week

[Live Chat for Sexual Health questions](#)

**The Sexual Health Clinic in Owen Sound is currently not open. The Walkerton clinic remains cancelled until further notice. Plans for patients requiring immediate or urgent treatment will be based on an individual assessment.**

The Grey Bruce Health Unit provides education and works with partners to create and sustain community initiatives that promote and improve all aspects of health. This includes healthy sexuality.

In addition, we provide confidential services related to

- sexually transmitted infection testing and treatment
- pregnancy testing and options
- access to low-cost contraceptives
- emergency contraception

Find out more about these services by calling 519-376-9420 or 1-800-263-3456 Ext 1256. You can book appointments Mondays (10 am - 4pm) at the South Bruce Grey Health Centre in Walkerton, or Wednesdays (9 am - 3:30pm) at the Grey Bruce Health Unit office in Owen Sound.

Note: All of these services can be provided by your family doctor or nurse practitioner! We urge you to consult with them in order to obtain the comprehensive care that is best for your overall health.

If you don't have a family doctor or nurse practitioner, contact [Health Care Connect](#) for details or call us at one of the numbers above.

HIV Self Testing - [Get a Kit](#)

### Online Publications

[CATIE – Safer Sex Guide](#)

[CATIE – Sex Toy Stories](#)

[Reading This Can Save Your Ass: Safer Rimming Tips](#)

[ShoutOut Against Homophobia, Biphobia, Transphobia and Heterosexism](#)

[First Nations Sexual Health Toolkit](#)

### **Recommended Books to Purchase**

[Inclusive Guide to Periods](#)

## **PARENTS**

### **Links on Gender Identity**

[Basics of Gender Identity](#)

### **Parent Resource Sites/Groups**

[Supportive Parents](#)

[PFLAG](#)

[Canadian Parents of Trans, Two-Spirit & Gender Diverse Kids](#)

### **PDF's for Parents**

[Supporting Your Gender Diverse Child](#)

[Around the Rainbow Toolkit](#)

[How Can Parents Support Their Gender Expansive Kids](#)

[What Do YOUNG Children Know About Their Gender](#)

### **Book Suggestions**

[Unconditional: A Guide to Loving and Supporting Your LGBTQ Child \(LGBT Book, Child is Transgender or LGBTQ+\)](#)

[Raising Them](#)

[Parenting Beyond Pink and Blue](#)

[Raising My Rainbow](#)

## **Articles**

[How to Support a Transgender Child or Grandchild](#)

[Modern dos and don'ts for parents of gay kids coming out](#)

## **Games**

[Playing with Pronouns](#)

## **GENDER**

### **Healthcare**

[Trans Healthcare at ARCH in Guelph](#)

[North Simcoe Muskoka Trans Health Services](#)

[Trans Health Guide](#)

[Trans Health Knowledge Base Directory](#)

### **Links on Hormones**

[Feminizing Hormone Therapy](#)

[Masculinizing Hormone Therapy](#)

### **Dysphoria**

[Navigating Gender Dysphoria around Periods and Uterine Health](#)

### **Changing Legal Name and Sex Designation in Ontario**

[For the name change application](#), a police record check is required, [this link has information on the requirements](#) and it also costs \$137 (please see the application package attached)

A new birth certificate will be issued when the name change goes through, it takes 6-8 weeks in the mail. it is a good idea to change the sex designation at the same time as the name change, the sex designation change fee is waived

right now (yay! also should not cost money in the first place!) After April 30, 2021, the fee will be \$37. [This link has more information on changing sex designation.](#)

The person can also choose not to display gender designation in the public version of the birth certificate (and the new IDs), though it will still be registered with the government (the government keeps records of the assigned gender at birth and the amended gender)

[There is a lot of handy information here](#), it is a good idea to start with name change (which gets you the birth certificate) and go from there to other forms of ID, they do not all have to change at the same time.

**This is very important:** the government publishes the name changes of people in something called the Ontario Gazette (so much wrong with this), there is a form that can be filled out to request that this change **not** be published, [please see the form here.](#)

The application package for name change is available [through this link.](#)

## **Books on Gender Affirming Health Care**

[4th Edition: Sherbourne's Guidelines for Gender-Affirming Primary Care with Trans and Non-binary Patients](#)

## **Transitioning**

[Referrals & Advocacy Overview of Ontario Process for Transition Related Surgery](#)

[Transition Related Surgery FAQ](#)

[Basic Top Surgery Survival Guide](#)

## **Surgery**

[Surgical Summary of Phalloplasty](#)

## **Pamphlets/Online Books**

[I Heart My Chest](#)

[Everything About Binding a short Pamphlet](#)

[Gender Inclusivity Sheet](#)

[You and Your Gender Identity](#)



[Your Gender Workbook](#)

## **Gender Affirming Products / Supplies**

[General info about Gender Gear](#)

[Transitional Apparel to Buy](#)

[Short Self Sizing Video](#)

[gc2b Sizing Chart](#) (Most Binders in our Binder Exchange are donated from this beautiful company)

[Sizing, Fit, Care, & Safety FAQs](#)

[The Trans Woman's Ultimate Guide to Bras](#)

## **Resource Information Sites**

[Gender Spectrum](#)

[Mermaids](#)

[Asking ABout Gender Toolkit](#)

[Binder Guide for all Gender Expressions](#)

## **Peer Reviewed Studies**

[Gender Identity 5 Years After Social Transition](#)

## **Book Recommendations**

[Gender Queer](#)

[Who are you? The kids guide to gender identity](#)

[Allie's BasketBall Dream](#)

[Amazing Grace](#)

[Drum, Chavi, Drum!](#)

[I Am Jazz](#)

[Morris Micklewhite and the Tangerine Dress](#)

[One of a Kind, Like Me](#)

[Becoming Nicole](#)

[Gender Identity and Self-Acceptance Books for Children, Parents and Educators](#)

## **Games**

[Playing with Pronouns](#)

## **Being an Ally**

[How to Be a Friend](#)

[Trans What? A Guide to Allyship](#)

[Queer Glossary](#)

[Galaxy Activities](#)

[The Transgender Child: A Handbook for Families and Professionals](#)

[The Gender Creative Child](#)

## **RELATIONSHIPS**

### **Pamphlets/Online Books**

[Safety in Relationships - Trans folk](#)

[Safety in Relationships - Same Gender](#)

### **Videos**

[Boundaries Are Beautiful](#)

[Family Planning Webseries Course](#)

## **FILMS / TV / VIDEOS**

### **Documentaries**

[Transhood](#)

[A Place in the Middle](#)

[Becoming Johanna](#)

[I'm Just Anneke](#)

[Tomgirl](#)

[Growing up Trans](#)

[Kuma Hina](#)

[Next Goal Wins](#)

## **Feature Films**

[Ma Vie en Rose \(French\)](#)

[Tomboy](#)

## **Cartoons**

[Slumber Party Sneak In](#)

[Steven Universe](#)

[Danger and Eggs](#)

[259 LGBTQ Characters in Cartoons](#)

## **Anime**

[She RA and the Princess of Power](#)

## **National Film Board of Canada Playlists**

[Sexual Orientation and Gender Identity: Expanding our understanding \(Ages 9-11\)](#)

[Mini-Lesson for Beauty](#)

[Mini-Lesson for I Like Girls \(Ages 13+\)](#)

[First Stories - Two Spirited](#)

[Niish Manidoowag \(Two-Spirited Beings\) \(Ages 13+\)](#)

## **Youtube Playlists**

[Queer History Playlist](#)

[Two Spirit and IndigiQueer Playlist](#)

[Queer Kid Stuff](#)

[Sexual Health and Sexuality Playlist](#)

[Gender Diversity Playlist](#)

[2S-LGBTQQIAP+ Shorts Playlist](#)

## **Best Movie Lists**

[Vest Streaming Lesbian Films 2021](#)

## **HARM REDUCTION**

### **Drug Use**

[Find Needle Exchange in your Area](#)

### **Sexually Transmitted Infections**

[I'm Ready to Know](#) – Resources for HIV Testing and Care. Access to self test kits.

## **MENTAL HEALTH**

### **Website Resources**

[Mad Queer Organizing Strategies](#)

## **ALLYSHIP**

### **Online Guides**

[Allyship Guide for Working with Two Spirit Community](#)

[Aging Out – Moving Towards Competent Care for Queer Seniors](#)

[What doctors should know about gender identity](#)

## **ORGANISATIONAL CHANGE**

## **Toolkits**

[Creating Authentic Spaces](#)

[519 Glossary](#)

[Ontario resource guide on serving LGBTQ Children and Youth in the Child Welfare](#)

[Supporting & Caring for Trans Children](#)

[Asking about Gender](#)

[GLSEN](#)

[Trans Student Education Resources](#)

[An Inclusive Gender Menu](#)

[Gender Inclusive Schools](#)

[SOGI 123](#)