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Canadian Polyamory Groups

Maintained by the [Canadian Polyamory Advocacy Association \(CPAA\)](#)
You can access this list from the shorter polyadvocacy.ca/find-poly-community
If you have any additions or updates, please log on to Google and comment!

Disclaimer: This list of polyamory groups is presented as a convenience. The Canadian Polyamory Advocacy Association is neither responsible for nor endorses the groups listed mm, except where otherwise indicated.

Last updated: Nov 2021

National

Polyamory Canada - www.facebook.com/groups/640216776020222 (private group)
www.fetlife.com/groups/32257 (open group)

Canadian Polyamory Advocacy Association (CPAA) - www.polyadvocacy.ca
www.facebook.com/PolyAdvocacy (public page)
www.fetlife.com/groups/24762 (open group)
www.twitter.com/CanPolyAdvocacy (@CanPolyAdvocacy)
info@polyadvocacy.ca

Canadian Polyamory Facilitators - www.facebook.com/polyfacilitators (public page run by the CPAA) (maintains a hidden support group for polyamory admins, facilitators, and organizers - message the page for details)

Positive Polyamory Canada - www.facebook.com/groups/2766179803619060 (private group)

Poly-Geekery: Canada - www.facebook.com/groups/polygeek.Canada (private group)

Polyamory Dating Canada - www.facebook.com/groups/746504532636214 (private group)

Polyamorous Dating Ads of Canada - www.facebook.com/groups/1893821950939465 (private group)

Canadian Triads, Unicorn dating, Social & Discussions -
www.facebook.com/groups/339584934107801 (private group)

Polyamory LGBT: Canada edition - www.facebook.com/groups/1553917881492580 (private group) (This group has been archived)

Nunavut/Northwest Territories/Yukon

Polyamory Yukon - www.facebook.com/groups/749086462420502 (private group)

Atlantic Region

Atlantic Canada Polyamory - www.facebook.com/groups/478183656204857 (private group)

Atlantic Canada Polyamory Dating - www.facebook.com/groups/2905972979671597 (private group)

Newfoundland and Labrador

Polyamory / Non-Monogamy Support Group NL - www.facebook.com/polyamnl (public page) (maintains a hidden group - message the page to join)

Newfoundland And Labrador Polyamory Non Monogamy Support Group - www.facebook.com/groups/1765079667111631 (public group) (This group has been archived)

Nova Scotia

Nova Scotia Polyamory - www.facebook.com/groups/172793782838783 (open group) (also maintains a hidden group - message an admin of the open group to join)

Polyam Dating Nova Scotia - www.facebook.com/groups/1013059888836365 (private group)

Queer Poly Forum - Nova Scotia - www.facebook.com/groups/575517603214610 (private group)

Halifax Polyamory - www.facebook.com/groups/28952962104 (private group)

Polyamory Halifax - www.fetlife.com/groups/26890 (open group)

New Brunswick

Poly New Brunswick Canada - www.facebook.com/groups/1273092002874818 (private group)

Polyamory in New Brunswick - www.fetlife.com/groups/58519 (open group)

Polyamory Moncton - www.fetlife.com/groups/77381 (open group)

Prince Edward Island

Polyamory P.E.I. - www.facebook.com/groups/873448016521529 (private group)

Quebec

Polyamour - Ville de Québec - www.facebook.com/groups/677102515726030 (private group)

Regroupement des personnes polyamoureuses du Québec (RPPQ) -

www.facebook.com/RPPQ2021 (public page)

[@RPPQ2021](https://www.twitter.com/RPPQ2021)

www.r2pq.org (website)

info@r2pq.org

Polyamour Montréal - Communauté - www.facebook.com/groups/polyamourMtl/

www.facebook.com/groups/1069218043122473 (private group)

Mono + Poly Montréal - Support group - www.facebook.com/groups/1852659454947202 (private group)

Polyamory Group/Groupe de polyamoureux @ ALCC/CCVA - Alternative Lifestyles/Modes de Vie Alternatifs (Montreal) - www.facebook.com/groups/141090245975654 (public group)

www.fetlife.com/groups/17688 (open group)

Montreal Poly People - www.fetlife.com/groups/22535 (open group)

Ethical Non-monogamy Montreal - www.meetup.com/Ethical-Open-Montreal

Polyamoureux Montréal 40et+ - www.facebook.com/groups/401500227200150 (private group)

Solo Poly Montréal, www.facebook.com/groups/218820242043129 (private group)

Rencontres / Dating polyamour Montréal -

www.facebook.com/groups/rencontres.polyamour.montreal (private group)

Polyam Queer Montreal - www.facebook.com/groups/650857382377024 (private group)

Polyamour Outaouais (Outaouais Valley and Gatineau) -

www.facebook.com/groups/polyamour.outaouais (private group)

Ontario

Ontario Polyamory - www.facebook.com/groups/OntarioPolyamory (private group)

Polyamory - Ontario - www.facebook.com/groups/538332286717860 (private group)

Ontario Polyamory, Ethical Non-monogamy, & Relationship Anarchy Hub (OPEN RAH) -

www.facebook.com/OPENRAH

www.fetlife.com/groups/112357

The Shareables: Poly in Ontario - www.fetlife.com/groups/100561 (open group)

Poly Dating in Ontario - www.fetlife.com/groups/51577 (open group)

Polyamory Women Ontario - www.facebook.com/groups/1893821950939465 (private group)

HAI Ontario: Exploring Love, Intimacy and Sexuality (polyamory run and friendly) -
www.meetup.com/HAIOntario
www.facebook.com/HAIOntario (public page)

Polywood Camping Group - www.facebook.com/groups/892745044101792 (public group)

Poly Classifieds for Northern Ontario - www.facebook.com/groups/819602558118235 (private group)

Poly Ottawa - www.facebook.com/PolyOttawa (public page) (maintains hidden group - message the public page to join)
www.fetlife.com/groups/50491 (open group)

Poly Ottawa Personals - www.facebook.com/groups/2054718908115050 (private group)

Ethical Open Ottawa ("EOO") - www.meetup.com/Ethical-Open-Ottawa (open group)

Polyamory Kingston - Belleville and Surrounding Areas Community -
www.facebook.com/groups/2785334295121916 (private group)

Poly Kingston & area personals - www.facebook.com/groups/761377527895372 (private group)

Polyamorous Living in Toronto (was Polyamory Toronto) - www.polyamorytoronto.ca
www.facebook.com/PolyamorousLivinginToronto (public page)
www.meetup.com/PolyamoryToronto / www.meetup.com/PolyamorousLivinginToronto (open group)
[@PolyamToronto](https://www.twitter.com/PolyamToronto)
organizers@polyamorytoronto.ca

Polyamorous Toronto Guys into Guys - www.facebook.com/PolyGuysTOhub (public page)
(maintains a hidden group - message the public page to be added)

Toronto Non-Monogamous BIPOC (Indigenous people, Black people, and People of Colour) -
www.facebook.com/groups/tnmbipoc (private group)

Intersectional Non Monogamy Toronto - www.facebook.com/groups/208261466448472 (private group)

Toronto Polyamory - www.facebook.com/Toronto-Polyamory-492272864119607 (public page)

Toronto Polyamory News Hub - www.facebook.com/TorontoPolyamoryNews (public page)
(maintains a hidden social group - message the public page to be added)

Poly in Toronto - www.fetlife.com/groups/9548 (open group)

Toronto Poly Personals - www.fetlife.com/groups/51643 (open group for personals)

Modern Love (Toronto) - www.meetup.com/ModernLove (open group)

Toronto Ethical Lovers' Group - www.polyamorysociety.org/Toronto_Ethical_Lover_Group.html

Polyamory Brampton - www.fetlife.com/groups/90700 (open group)

Polyamorous in Hamilton - www.fetlife.com/groups/51301 (open group)

Polyamory Niagara Network - www.facebook.com/groups/419266254782319 / www.facebook.com/groups/PolyamoryNiagara (private group)

KW Poly Munch (Kitchener-Waterloo) - www.fetlife.com/groups/66822 (open group)

London Ontario Polyamory - www.facebook.com/groups/331544854126721 (private group)

London Polyamory - www.fetlife.com/groups/21095 (open group)

Windsor Polyamory - www.facebook.com/pg/WindsorPolyamory
windsorpolyamory.wordpress.com
windsor.polyamory@gmail.com

Poly in Windsor - www.fetlife.com/groups/25220 (open group)

Polyamory Sudbury - www.pwww.facebook.com/Polyamory-Sudbury-1652835158277745 (public page) (maintains a hidden social group - message the public page to be added)

Sault Ste Marie & Area Poly - www.facebook.com/groups/1400351470285464 (private group)

Manitoba

Manitoba Polyamorous Discussion - www.fetlife.com/groups/100652

Poly Winnipeg - polywinnipeg.com
www.facebook.com/PolyWinnipeg (public page)
www.facebook.com/groups/polywinnipeg (private group)

Solo-Poly Winnipeg, www.facebook.com/groups/1730918000485485 (private group)

Saskatchewan

Polyamory: Saskatchewan - www.facebook.com/Polyamory-Saskatchewan-1632420267045814 (public page) (maintains a hidden group - message the public page to join)

PolySask - polysask.wordpress.com/facebook-community (maintains a hidden Facebook group - email theminxalot@gmail.com or contact the Polyamory: Saskatchewan page to join)

PolyRegina - www.fetlife.com/groups/34933 (open group)

PolyS'toon (Saskatoon & area) - www.fetlife.com/groups/16554

Bi/Pan/Poly group at Avenue Community Centre (Saskatoon) - www.avenucommunitycentre.ca/?s=bi+group

Alberta

Alberta Polyamory - www.fetlife.com/groups/36448 (open group)

Alberta Poly and Ethical Non Monogamy (private group) - www.facebook.com/groups/256012015481624

Sisterhood of Alternative Relationships Alberta (SARA) - www.facebook.com/groups/271282316688398 (private group)

Polyamory Calgary - www.facebook.com/groups/PolyamoryCalgary (private group)

Poly Calgary - www.facebook.com/pages/Poly-Calgary/460999460585444 (public page)
(maintains a hidden group - email or message the public page to join)
polycalgary@gmail.com

Calgary Poly - www.fetlife.com/groups/49781

PolyamQ: Calgary's Queer and Polyamorous Community - www.facebook.com/groups/PolyQ
(private group)

Polyamory Edmonton Association (PEA) - www.facebook.com/polyedmonton (public page)
www.facebook.com/groups/polyamoryedmontonassociation (public group) (also maintains a hidden group - email or message an admin of the public group to join)
[@polyedm](http://www.twitter.com/polyedm)
polyamoryedmontonassociation@gmail.com

Polyamory Edmonton - www.fetlife.com/groups/32115 (open group)

Polyamory Edmonton Anonymous Advice - www.freesuggestionbox.com/pub/qugavir

Polyamory Edmonton Connections - www.facebook.com/groups/PolyamoryEdmontonConnections
(private group)

Edmonton Polyamory Dating & Social Collaborative/Club - www.facebook.com/groups/764152030292778/ (private group)

Polyamory Dating Edmonton - www.facebook.com/groups/255951215731396 (private group)

Polyamory Edmonton Dating - www.fetlife.com/groups/79662

Poly Parents Edmonton - www.facebook.com/groups/259028014509857 (private group)

Sisters of Alberta Polyamory S.O.A.P. - www.facebook.com/groups/Sistersofpoly (private group)

Polyamory RedDeer (Poly Support Group for Central Alberta)
ca-poly@outlook.com (maintains a hidden group - email to join)

West Coast Region

North Peace Polyamory (Northern Alberta - Grande Prairie area; Northern BC - Fort St. John area) - www.fetlife.com/groups/73352 (open group)

Free Western Canada Polyamory Dating (Alberta & BC) -
www.facebook.com/groups/787876111230565 /
www.facebook.com/groups/WesternCanadaPolyamory (private group)

West Coast Non Monogamy (BC/Washington) - www.facebook.com/groups/295689051656219
(private group)

British Columbia

Polyamorous British Columbia - BC Polyamory - www.facebook.com/Polyamorousbc (public page) (maintains a hidden group - message the public page to join)

BC Poly Parents - www.facebook.com/BCPolyParents (public page) (maintains a hidden group - message the public page to join)

Prince George - Cariboo Polyamory -
www.facebook.com/PrinceGeorge-Cariboo-Polyamory-111908866889156 (public page)
(maintains a hidden group - message the public page to join)

Prince George Poly - www.fetlife.com/groups/61582 (open group)

Kootenays Poly 101 - www.facebook.com/kootenayspolyamory (public page) (maintains an East and West hidden group - contact a Vancouver group admin to join)

Kamloops Poly 101 - www.facebook.com/KamloopsPoly (public page) (maintains a hidden group - message the public page to join)

Okanagan Polyamory: Penticton, Kelowna, Vernon - www.facebook.com/OkanaganPolyamory
(public page) (maintains a hidden group in each of Penticton, Kelowna, and Vernon - message the public page to join)

Vancouver/Vancouver Island And Area Polyamory Admins (a hidden group - message an admin of a Vancouver, Victoria or Nanaimo group to join)

Polyamorous in the Fraser Valley - www.facebook.com/groups/717974425212736 (private group)
Polyamorous in the Fraser Valley also has a Discord server.

Fraser Valley Poly & Kinky - www.fetlife.com/groups/165979 (open group)

Tri-Cities Fraser Valley Poly - www.facebook.com/TricCitiesFaserValleyPoly (public page)
(maintains a hidden group - message the public page to join)

Vanpoly (Vancouver) - www.vanpoly.ca
www.facebook.com/groups/vanpoly (private group)
groups.google.com/g/vanpoly (email list)
www.fetlife.com/groups/14078 (open group)
info@vanpoly.ca

Vancouver Poly 101 www.facebook.com/VancouverPoly101 (public page) (maintains a hidden Facebook group - message the public page to join)
www.fetlife.com/groups/35199 (open group)
vanpoly101@gmail.com

Vancouver BC Polyamorous Womxn - polywomenvancouver.eventbrite.ca
www.facebook.com/polywomxnvanancouver (public page) (Also maintains a hidden Facebook group
- message the public page to join)

Vancouver Polyamorous Men's Group - www.facebook.com/groups/176824679035967 (private group)

Vancouver Poly LGBTQ+ Group - www.facebook.com/VanPolyLGBTQ (public page) (maintains a hidden group - message the public page to join)

Queer Love X: Qmunity's Non-Monogamy Peer Support Group -
www.facebook.com/groups/QueerLoveX (private group)

Vancouver Solo Polyamory - www.facebook.com/groups/VancouverSoloPoly (private group)
vancsopo@gmail.com

Poly Dating Zone Vancouver - www.facebook.com/PolyDatingZoneVancouver (public page)
(maintains a hidden group - message the public page to join)

Polyamory on the Page: A Vancouver Book Club -
www.facebook.com/groups/1254108118017736 (private group)

Polyamory on Campus - Vancouver - www.facebook.com/groups/polyamcampus (private group)

Sunshine Coast Polyamory 101 -
www.facebook.com/Sunshine-Coast-Polyamory-101-583593035384875 (public page) (maintains a hidden group - message the public page to join)

Comox Valley Polyamory- www.facebook.com/ComoxValleyPolyamory (public page) (maintains a hidden group - message the public page to join)

Open Comox Valley - www.facebook.com/groups/1350036611830568 (private group)

Nanaimo Poly 101 - www.facebook.com/nanaimopoly101 (public page) (maintains a hidden group
- message the public page to join)

Van Isle Poly (Victoria & Vancouver Island) - www.vanisle-polyamory.com
www.facebook.com/groups/2425112199
[@VanIslePoly](https://www.twitter.com/VanIslePoly)

Van Isle Poly Dating - www.facebook.com/Van-Isle-Poly-Dating-1249771948500214 (public page)
(maintains a hidden group - message the public page to join)

Vancouver Island Polyamory Community - www.fetlife.com/groups/14066 (open group)

Polyamorous encounters on Vancouver Island - www.facebook.com/groups/414497236021348
(private group)

Polyamorous Women, Trans, and Non-Binary folks of Vancouver Island -
www.facebook.com/groups/vanislewomenspoly (private group)

Victoria Poly 101 - victoriapoly101.blogspot.com
www.facebook.com/pages/Victoria-Poly-101/118495178257698 (public page) (Also maintains a hidden Facebook group - message the public page to join)
www.fetlife.com/groups/68400

League of Extraordinary Gentlemen (Victoria) (maintains a hidden group - message an admin of a Victoria or Van Isle group to join)

Victoria Poly Parents (maintains a hidden group - message an admin of a Victoria or Van Isle group to join)

Victoria BC Single, Open and/or Poly (SOAP) - www.fetlife.com/groups/34068 (open group)