



2SLGBTQIA+ SUPPORT GUIDE

NOVA SCOTIA
& CANADA



ABOUT THE GUIDE



This 2SLGBTQIA+ Support Guide is part of a series of outputs from the project “Countering Anti-2SLGBTQIA+ Misinformation in Rural Canada: Investigating How Older Canadians Interact with the Anti-SOGI Movement in Alberta, British Columbia, and Nova Scotia.” The project is a partnership between the Department of Political Science and Global Development Studies at Saint Mary’s University and the Canadian Institute for Far-Right Studies.

This report was written by **Cydney Carruthers** and **Jonah Wozney**, with editorial support from **Mustafa Hussaini**, under the close supervision and guidance of the project’s Principal Investigator, **Dr. Paulo Ravecca** ([SMU profile/publications](#)).

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Government
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du Canada

Canada 



**Saint Mary's
University**

ARTS



CIFRS

Canadian Institute for
Far-Right Studies

KNOW. NAVIGATE. CONNECT.



Photo by Shann Daniels from diversifylens

This resource directory is for anyone in Nova Scotia seeking support around queer and trans health, well-being, or community resources - whether you're looking for services yourself, supporting someone else, or working on the frontlines. Inside, you will find clear, up-to-date information about local and national resources, including gender-affirming healthcare, mental health support, community programs, crisis lines, and more.

LEGEND



Service
Type



Service
Area



Address
and/or
website



Contact



Hours of
Operation



Eligibility



...NEED HELP WITH?

Healthcare and Gender Affirming Care (GAC)

1

Community and Culture

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Educational Resources and Advocacy

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Indigenous and Two-Spirit Resources

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Mental Health Support

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Resources for Allies

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HEALTHCARE AND GENDER AFFIRMING CARE

BLUENOSE HEALTH GENDER AFFIRMING CARE CLINIC



Bluenose Health is a subscription-based, nurse practitioner-led primary care clinic in Halifax, offering accessible and inclusive medical support tailored to the needs of queer and trans communities. With a personalized, patient-centred approach, Bluenose Health helps bridge gaps in the public healthcare system by providing timely, compassionate care that respects both dignity and autonomy.

The clinic offers a broad spectrum of gender-affirming and primary healthcare services - including hormone replacement therapy, surgical readiness and aftercare letters. They offer STI testing and treatment, PrEP, PEP, mental health support, and referrals to counselling. Bluenose Health also provides minor surgeries and joint injections, ensuring that gender-diverse patients can access affirming care in one trusted setting.



Healthcare + Gender Affirming Care



Halifax, Nova Scotia



6140 Young Street, Unit 70 Halifax, Nova Scotia B3K 0G2

[Click here to visit their website.](#)



902-707-5404
contact@bluenosehealth.com



Call the clinic for more information.



Open to all

COASTAL GENDER AFFIRMING CARE

COASTAL

Coastal Gender Affirming Care is a medical clinic in Halifax that provides specialized gender-affirming healthcare to adults across Nova Scotia. The clinic is dedicated to offering inclusive, patient-centered care, ensuring that trans and gender-diverse individuals can access medical services in a supportive and affirming environment. Coastal Gender Affirming Care also helps clients navigate both medical and social aspects of their gender journeys.

Services at Coastal Gender Affirming Care include hormone therapy, injection teaching, surgical referrals, and assistance with Medical Services Insurance (MSI) applications. The clinic also provides psychosocial assessments and access to cosmetic treatments, such as Botox and fillers, to support clients' overall well-being.



Healthcare + Gender Affirming Care



Nova Scotia



**2369 Agricola St, Suite 202
Halifax, NS B3K 4B7**

[Click here to visit their website.](#)



**902-580-7655
admin@coastalgac.com**



Monday to Friday | 9:00AM to 5:00PM



Contact for more Information

HEALTHCARE AND GAC

HALIFAX SEXUAL HEALTH CENTRE



HSHC is a nonprofit community clinic that provides inclusive, confidential, and sex-positive healthcare for people across Halifax and Nova Scotia. With a commitment to equity and accessibility, HSHC is a trusted resource for queer and trans communities seeking affirming care. The centre is grounded in values of respect, dignity, and client choice, ensuring that everyone who walks through its doors is met without stigma or judgment.

HSHC offers a wide range of services, including sexual and reproductive healthcare, gender-affirming support, and harm reduction resources. Clients can access STI testing, contraception, pregnancy options, and PrEP, alongside specialized services such as hormone therapy support, surgical referrals, and post-operative care.



Healthcare + Gender Affirming Care



Halifax, Nova Scotia



7071 Bayers Road, Suite 302

Halifax, NS, B3L 2C2

[Click here to visit their website.](#)



902-455-9656



Monday | 9:00am-5:00pm

Tuesday | 9:00am-8:00pm

Wednesday to Friday 9:00am-5:00pm



Open to All

HEALTHCARE AND GAC

HEALTH EQUITY ALLIANCE NS



2SLGBTQIA+ Health | HIV Support For All

Health Equity Alliance of Nova Scotia (HEAL NS) is a dedicated organization that provides comprehensive support and advocacy for individuals living with HIV/AIDS. Their services are designed to meet the diverse needs of the queer and trans communities in Nova Scotia, focusing on harm reduction, health literacy, and wellness.

HEAL NS offers a range of educational workshops and outreach programming to increase awareness of HIV transmission, prevention, and care. Among their primary services is system navigation and support.

Individuals can access free HIV self-test kits, which provide a private and accessible way to monitor one's health status. Their tests are through a NS Health program called STI Care Now, and people can access Chlamydia and Gonorrhea tests, as well as HIV tests through the program. People need a Canadian health card to access this service. [Click here for more information regarding testing.](#)



Healthcare + Gender Affirming Care



Nova Scotia



5561 Spring Garden Road, Suite 200, Halifax

[Click here to visit their website.](#)



Local | 902-425-4882

Toll Free | 1-800-566-2437



Monday to Friday | 10:00AM to 4:00PM



18 years and older.

HEALTHCARE AND GAC

IWK GENDER AFFIRMING CARE



IWK GAC is a specialized program within the IWK Health Centre that supports 2SLGBTQIA+ youth across Nova Scotia. The program provides affirming and confidential care tailored to the unique needs of young people exploring their gender identity, helping them access medical, social, and emotional supports in a safe environment.

Services include guidance on gender identity exploration, readiness assessments for medical interventions, and information about the benefits and risks of different treatments.

Their program also supports youth with hormone therapy, surgical referrals, working closely with families and healthcare providers to ensure holistic, youth-centered support.



Healthcare + Gender Affirming Care



Nova Scotia



850/5980 University Avenue Halifax
[Click here to visit their website.](#)



902-470-8888



N/A



Contact for more information.

NS GOV. DEPARTMENT OF HEALTH AND WELLNESS



HEALTH & WELLNESS

The Nova Scotia Department of Health and Wellness is responsible for overseeing the province's healthcare system and plays an important role in advancing equity through access to gender-affirming care. As part of its mandate, the department funds a range of gender-affirming surgeries under Medical Services Insurance (MSI), reflecting its commitment to inclusive and accessible healthcare for trans and gender-diverse communities.

Coverage includes procedures available within Nova Scotia as well as surgeries performed out of province at specialized clinics such as GrS Montreal. In addition, the department supports related services like hormone therapy, surgical referrals, and post-operative care.



Healthcare + Gender Affirming Care



Nova Scotia



1894 Barrington Street Halifax, NS, B3J 2A8
[Click here to visit their website.](#)



For Questions about the Approval Process |
1-800-563-8880
For Questions about out of province travel and accomodation | 1-877-449-5476



N/A



Contact for more Information

PRIDEHEALTH



Pride Health is a partnership between Nova Scotia Health and IWK Health that works to improve access to safe, inclusive, and affirming care for 2SLGBTQIA+ communities across the province. The program helps people connect to services such as gender-affirming care, sexually transmitted and blood-borne infection (STBBI) testing, fertility and reproductive health, mental health supports, and community programs.

Alongside direct support, prideHealth offers training, consultation, and educational resources to reduce barriers and promote equity within healthcare settings. The program also organizes learning opportunities, such as the Affirming Care Conference, and provides practical tools to help individuals navigate hormone therapy, legal transition, and gender-affirming surgery in Nova Scotia.



Healthcare + Gender Affirming Care



Nova Scotia



[Click here to visit their website.](#)



902-487-0470
prideHealth@nshealth.ca



N/A



2SLGBTQIA+ identifying people

RAINBOW HEALTH ONTARIO: RESOURCES



Rainbow Health Ontario develops accessible, evidence-based resources for service providers, organizations and 2SLGBTQ+ community members.

From clinical guidelines to health promotion tools and their podcast, '2SLGBTQ+ Health in Focus', their materials are grounded in research and lived experience.

Their resource page compiles and shares the most relevant and reliable 2SLGBTQ+ health resources from trusted providers.



Healthcare + Gender Affirming Care



Located in Ontario but accessible resources throughout Canada.



[Click here to access their resources page.](#)



[Click here to contact.](#)



N/A



Open to All

HEALTHCARE AND GAC

SUGAR HEALTH



SUGAR Health is a virtual sexual, gender, and reproductive health (SGRH) registry and warmline service that connects community members to SGRH resources across Nova Scotia. Designed to be accessible and user-friendly, SUGAR Health helps individuals navigate the healthcare system, find affirming clinics, and access support for sexual, gender, and reproductive health. The service prioritizes inclusivity, making it a valuable resource for queer, trans, and gender-diverse communities seeking reliable information and guidance. Through its network, SUGAR Health connects clients to a range of services, including sexual health clinics, community-based programs, and health education resources. The platform offers personalized support, helping people identify the services that best meet their needs and ensuring they can access care in safe and affirming spaces.



Healthcare + Gender Affirming Care



Nova Scotia



[Click here to visit their website.](#)



902-455-9656
infosexualhealthns@gmail.com



N/A



Contact for more Information



COMMUNITY AND CULTURE

COMMUNITY AND CULTURE

ANNAPOLIS VALLEY PRIDE



Annapolis Valley Pride is a community-driven organization dedicated to celebrating and supporting the 2SLGBTQIA+ community in the Wolfville and Kentville areas of Nova Scotia. The organization coordinates the annual Valley Pride Festival, a week-long event that includes a variety of activities aimed at fostering connection, visibility, and celebration among queer individuals and allies in the region.

The festival typically features a diverse lineup of events, including marches, drag shows, family-friendly performances, wellness activities, and social gatherings. These events are designed to be inclusive, accessible, and welcoming to individuals of all ages and backgrounds.



Community and Culture



Annapolis Valley, Nova Scotia



[Click here to visit their website.](#)



avalleypride@gmail.com



N/A



The 2SLGBTQIA+ community and their allies.

COMMUNITY AND CULTURE

BEE'S KNEE'S



Bee's Knees General Store & Bakery is a queer-owned business located in Lawrencetown, Nova Scotia. Founded by Sue Littleton (she/her) and Candice Zaina (they/them), the store offers a welcoming and inclusive space for the local 2SLGBTQIA+ community. The owners bring over 40 years of combined experience in food service and hospitality to their venture, aiming to create a community hub that celebrates diversity and fosters connection.

The store features a general shop stocked with locally sourced pantry staples, artisan products, and Nova Scotian-made goods. Their bakery offers a variety of freshly baked items, including focaccia, ginger cookies, and cheese buns. In addition to their regular offerings, Bee's Knees hosts a range of 2SLGBTQIA+ Pride events, and friendly community events such as Knit Nights, live music sessions, and themed community dinners.



Community and Culture



Lawrencetown, Nova Scotia



498 Main St, Lawrencetown, NS B0S 1M0
[Click here to visit their website.](#)



(902) 955-0230



Sunday & Monday 10-4
Tuesday CLOSED
Wednesday & Thursday 10-8
Friday & Saturday 10-6



Open to all

COMMUNITY AND CULTURE

CUMBERLAND PRIDE



Cumberland Pride has created this page as a safe space for members of the 2SLGBTQ+ community and their allies to come together, share information, and keep Cumberland County, Nova Scotia in touch with Pride activities happening locally and globally!



Community and Culture



Cumberland County, Nova Scotia



[Click here to visit their Facebook group.](#)



cumberlandpride@outlook.com



N/A



The 2SLGBTQIA+ community and their allies.

COMMUNITY AND CULTURE

EASTERN SHORE PRIDE



Eastern Shore Pride is a volunteer-led, non-profit organization dedicated to fostering and celebrating the 2SLGBTQIA+ community on Nova Scotia's Eastern Shore. The organization strives to create inclusive spaces by working collaboratively with leaders and allies to promote diversity, equity, and inclusion throughout the Eastern Shore region.

In addition to their advocacy efforts, Eastern Shore Pride organizes the annual Eastern Shore Pride Festival, typically held in August. The festival features a variety of events, including drag shows, campfire gatherings, kids' fairs, and social mixers, aimed at bringing the community together in celebration and support of queer individuals and their allies.



Community and Culture



Eastern Shore, Nova Scotia



[Click here to visit their website.](#)



Info@easternshorepride.ca



N/A



Open to all

COMMUNITY AND CULTURE

ELDERBERRIES

Elderberries is a senior 2SLGBTQIA+ social group that fosters connection, belonging, and community among older 2SLGBTQIA+ adults in Nova Scotia. The group works to provide outreach, increase awareness, and create safe spaces where members can share experiences and build friendships.

Elderberries typically meets on the second Sunday of each month and sometimes hosts an additional event during the month. To find out specific details, those interested can contact the group by email or consult their online newsletter. By centering the voices and needs of seniors, Elderberries aims to reduce social isolation and to celebrate the rich histories and contributions of older 2SLGBTQIA+ community members.



Community and Culture



Halifax, Nova Scotia



[Click here for more information.](#)



atlanticcanadaelderberries@gmail.com



N/A



2SLGBTQIA+ seniors (55+) and their allies.

COMMUNITY AND CULTURE

GO PROUD



Lunenburg Pride has recently partnered with 107.9 Go Rock to launch Go Proud, a 2SLGBTQIA+ Radio Station.

GoProud is a digital radio station that works to elevate 2SLGBTQ+ voices in rural Nova Scotia.



Community and Culture



Nova Scotia



[Click here to visit their website.](#)



lunenburgpride@gmail.com



Live 12am to 8pm



Open to all

COMMUNITY AND CULTURE

GAY NOVA SCOTIA (2SLGBTQIA+)



Gay Nova Scotia (2SLGBTQIA+) is a Facebook group created to bring together 2SLGBTQIA+ people and allies from across the province. The group serves as a platform for connection, discussion, and information-sharing, offering members the opportunity to engage with others in Nova Scotia's queer community.

The group highlights inclusive events, promotes queer-friendly or allied businesses, and supports side hustles and freelance work within the community. Gay Nova Scotia encourages members to share resources, seek advice, and celebrate queer culture, all while remaining free of political content to maintain a welcoming and inclusive environment for everyone.



Community and Culture



Nova Scotia



[Click here to visit the Facebook group.](#)



N/A



N/A



The 2SLGBTQIA+ community and their allies.

CULTURE AND COMMUNITY

GET OUT HALIFAX!

Get Out Halifax! is a Facebook group that connects individuals interested in queer-friendly events and activities in Halifax that are non-alcoholic, low-key, and not centered around large crowds or parades. The group provides a space for members to share information about accessible social events, workshops, meetups, and other inclusive activities.

Members can use the group to discover gatherings that focus on community, creativity, and connection without relying on nightlife or alcohol-centered events. Get Out Halifax!'s goal is to encourage members to explore new hobbies, meet like-minded individuals, and engage with the local queer community in ways that align with their interests and comfort levels. The group is designed to be welcoming and supportive, making it easier for members to find safe, inclusive, and enjoyable experiences in Halifax.



Culture and Community



Halifax, Nova Scotia



[Click here to visit the Facebook group.](#)



N/A



N/A



The 2SLGBTQIA+ community and their allies.

COMMUNITY AND CULTURE

GLITTER BEAN CAFÉ



Glitter Bean Café is a queer-centric, unionized, worker-owned cooperative located in Halifax, Nova Scotia. The café offers specialty coffees and teas, baked goods, light meals, liquor service, catering, and venue rental, providing a welcoming environment for both casual visits and organized events.

Beyond its food and beverage offerings, Glitter Bean hosts a variety of community events, workshops, and fundraisers, often serving as a hub for queer culture and connection in Halifax. The café provides a safe and inclusive space where members of the 2SLGBTQIA+ community can gather, socialize, share resources, and access information about local initiatives and support networks.



Community and Culture



Halifax, Nova Scotia



5896 Spring Garden Rd, Halifax, NS B3H 0A6
[Click here to visit their website.](#)



(902)-407-5715
glitterbeancafe@gmail.com



Monday to Friday | 7:30AM to 6:00PM
Saturday | 10:00AM to 5:00PM
Sunday | 11:00AM to 5:00PM



Open to All

COMMUNITY AND CULTURE

HALIFAX BEARS



Halifax Bears is a Facebook group for gay men in Nova Scotia that provides a social space for connection, friendship and community. The group hosts a variety of planned social events and meetups, and members can also share opportunities for networking and socializing with others. The group emphasizes inclusivity and celebrates diversity within the gay community, in terms of age, identity, ability, body type, interests, as well as cultural and ethnic backgrounds. Discussions within the group can range from personal stories and interests, to sharing news and/or information about community events.



Community and Culture



Nova Scotia



[Click here to visit their Facebook group.](#)



N/A



N/A



Gay Men in Nova Scotia

COMMUNITY AND CULTURE

HALIFAX PRIDE



Halifax Pride is a volunteer-run nonprofit organization that serves as both a celebration of 2SLGBTQIA+ communities and a year-round advocate for equity and inclusion. Best known for producing the annual 11-day Halifax Pride Festival - featuring a flagship parade and more than 150 diverse community events - the organization highlights queer history, culture, and resilience while also fostering spaces of joy and connection.

In addition to the festival, Halifax Pride works year-round in collaboration with local organizations and community leaders to support initiatives that address health equity, social inclusion, and education. Their efforts extend beyond celebration, focusing on building safer and more affirming environments for queer and trans people across the Halifax region.



Community and Culture



Halifax, Nova Scotia



223M-2021 Brunswick St, Halifax, NS B3K 2Y5
[Click here to visit their website.](#)



[Click here to contact them.](#)



N/A



Open to All

COMMUNITY AND CULTURE

HALIFAX QUEER CREATIVES



Halifax Queer Creatives is a Facebook group for members of the queer community in Halifax, Nova Scotia, who are interested in creative expression and collaboration. The group provides a space for artists, writers, performers, and other creatives to connect, share ideas, and support one another.

The group hosts weekly meetings at Glitter Bean Café, offering structured and informal opportunities for members to work on projects, exchange feedback, and participate in collaborative activities. Members can also use the Facebook group to share resources, discuss upcoming events, and stay connected with the broader creative community in Halifax.



Community and Culture



Halifax, Nova Scotia



[Click here to visit their Facebook group.](#)



N/A



N/A



2SLGBTQIA+ identifying people who engage in creative pursuits, and live in Halifax.

COMMUNITY AND CULTURE

HALIFAX QUEER NETWORK



Halifax Queer Network is a Facebook group for queer individuals across Nova Scotia that provides a space for connection, support, and networking. The group is open to anyone who identifies as 2SLGBTQIA+ and offers a variety of ways for members to engage with each other.

Within the group, members can post about looking for housing or roommates, share information about queer-owned businesses and organizations, ask for recommendations for services, or seek friendship and social connections. The platform also allows for discussions around local events, queer culture, and community initiatives, making it a versatile resource for staying informed and connected with other queer people in the province.



Community and Culture



Nova Scotia



[Click here to visit their Facebook group.](#)



N/A



N/A



2SLGBTQIA+ individuals living in Nova Scotia.

IMMIGRATION SERVICES NOVA SCOTIA



At ISANS, they offer a variety of inclusive services to support LGBTQIA+ newcomers as they settle and build their lives in Canada, such as LGBTQIA+ case management and their Well-Being for all project. The Case Management and Youth Case Management Program provides intensive settlement support for vulnerable, multi-barrier Government-Assisted Refugees (GARs) during their first 12 to 24 months in Canada. Designed to create a warm, welcoming, and safe environment, the program takes a holistic, client-centred approach to case management, helping refugees navigate their settlement journey successfully. The Newcomer Wellness Program provides education, tools, and support to help newcomers and their families navigate the stress that can arise during the settlement process. Mental health and wellness are essential to a smooth transition into a new country, and this program helps individuals build resilience and access the resources they need.



Community and Culture



Nova Scotia



Mumford Professional Center, 6960 Mumford Rd. Suite 2120
[Click here to visit their page.](#)



pride@isans.ca



Monday to Thursday from 8:30am to 8:30pm and Friday from 8:30 to 4:30



2SLGBTQIA+ individuals living in Nova Scotia.

COMMUNITY AND CULTURE

LUNENBURG COUNTY PRIDE



Lunenburg County Pride Society is a volunteer-led, non-profit organization that advocates for and celebrates the 2SLGBTQIA+ community across Lunenburg County, Nova Scotia, including the towns of Lunenburg, Bridgewater, Mahone Bay, Chester, and surrounding areas. The organization works to create safe, inclusive, and welcoming spaces for 2SLGBTQIA+ individuals and their allies throughout the South Shore.

In addition to community-building initiatives, Lunenburg County Pride Society organizes events, workshops, and social activities aimed at increasing visibility, promoting understanding, and building connections amongst members of the 2SLGBTQIA+ community.



Community and Culture



Lunenburg County, Nova Scotia



[Click here to visit their website.](#)



**General Inquiries: lunenburgpride@gmail.com
Pride Parade: lunenburgpride.parade@gmail.com**



N/A



The 2SLGBTQIA+ community and their allies.

COMMUNITY AND CULTURE

OWLS HALIFAX

OWLS Halifax is a Facebook group for Lesbians living in Nova Scotia. The group provides opportunities for members to connect and socialize in a low-key, comfortable environment.

Meetings are typically announced through the Lesbians in Halifax Facebook page, and members can join to receive information about upcoming gatherings. The group offers a space for casual social interaction, discussion, and community among Lesbians in the local queer community.



Community and Culture



Halifax, Nova Scotia



[Click here to visit the Facebook group.](#)



N/A



N/A



OWLs is designed for older lesbians living in Halifax.

COMMUNITY AND CULTURE

PICTOU COUNTY PRIDE



Pictou County Pride is a community-led organization dedicated to celebrating and supporting the 2SLGBTQIA+ community across Pictou County, Nova Scotia. Through advocacy, education, and inclusive programming, the organization works to create safe, welcoming spaces for queer and gender-diverse individuals.

Pictou County Pride hosts Pride Pictou County Week - a multi-day celebration featuring marches, performances, workshops, and social events that foster visibility, connection, and joy. Beyond the festival, the organization offers ongoing community supports, including monthly 2SLGBTQIA+ drop-in gatherings and partnerships with local schools, businesses, and organizations to promote inclusion and awareness.



Community and Culture



Pictou County, Nova Scotia



[Click here to visit their website.](#)



pridepictoucounty@gmail.com



N/A



The 2SLGBTQIA+ community and their allies.

COMMUNITY AND CULTURE

PRIDE CAPE BRETON SOCIETY



Pride Cape Breton is a not-for-profit organization that supports and celebrates the 2SLGBTQIA+ community on Cape Breton Island. The group organizes the annual Pride Cape Breton Festival, which features events such as marches, drag shows, family-friendly performances, wellness activities, and social gatherings.

The organization focuses on creating inclusive and accessible spaces for queer individuals and allies, promoting community engagement and visibility across the region.



Community and Culture



Cape Breton, Nova Scotia



[Click here to visit their website.](#)



pridecapebreton@outlook.com



N/A



The 2SLGBTQIA+ community and their allies.

COMMUNITY AND CULTURE

QUEER ARABS HALIFAX



A safe space and social group for queer and trans (LGBTQ+) Arabs and Middle Eastern folks in K'jipuktuk (Halifax, NS) to hang out, support each other, and be themselves.



Community and Culture



Halifax, Nova Scotia



[Click here to visit their Facebook group.](#)



**queerarabshalifax@gmail.com
Instagram: queerarabshalifax**



N/A



Queer and trans (LGBTQ+) Arabs and Middle Eastern folk.

COMMUNITY AND CULTURE

QUEER MUSLIM NETWORK



Queer Muslim Network is dedicated to creating a world where 2SLGBTQ+ Muslims and their allies can thrive through spaces that celebrate diversity, acceptance, and progressive Islamic practices. Their vision is rooted in the belief that storytelling and community connection have the power to foster radical acceptance.

By organizing community events that promote queer liberation and amplify marginalized voices, they aim to create a multi-sect environment where every Muslim feels valued and celebrated for who they are, regardless of their nuanced relationship to Islam. Queer Muslim Network events are spaces for people to make friends, share their experiences, and feel the warmth of acceptance within a faith context.



Community and Culture



Based in Toronto, Montreal, & Ottawa.



[Click here to visit their website.](#)



info@queermuslimnetwork.com



N/A



LGBTQIA+ identifying Muslim folk and their allies.

COMMUNITY AND CULTURE

QUEER SPIRIT CHURCH



FIRST
BAPTIST
CHURCH
HALIFAX

Queer Spirit Church gathers for worship monthly, on the first Wednesday of the month to worship as a queer community. All genders and sexual orientations are welcome to experience God's enduring love through song, story, and sacrament.



Community and Culture



Halifax, Nova Scotia



1300 Oxford St. Halifax, NS B3H 3Y8
[Click here to visit their website.](#)



queerspiritchurchhalifax@gmail.com
902 422-5203



Office Hours: Mon-Thu, 9:30am-2:00pm
Sunday Worship: 10:30am



Open to all

COMMUNITY AND CULTURE

RAINBOW MOTO HFX



Rainbow Moto HFX is an inclusive and queer motorcycle Facebook group based in Halifax. The group provides a space for 2SLGBTQ+ riders and enthusiasts to connect, share their passion for motorcycles, and engage with others in a supportive environment.

Members use the group to plan occasional get-togethers, group rides, and social events, all coordinated through their Facebook page. Rainbow Moto HFX welcomes people of all skill levels and backgrounds, offering opportunities to share experiences, tips, and resources related to riding while creating connections within the queer motorcycle community.



Community and Culture



Halifax, Nova Scotia



[Click here to visit their Facebook group.](#)



N/A



N/A



Queer motorcyclists in Halifax.

COMMUNITY AND CULTURE

RAINBOW-SOCIALABLES OF HFX

Rainbow Sociables of Halifax, NS (RSH) is a Facebook group for people in and around Halifax, Nova Scotia, who are looking to meet others in their community. The group organizes regular gatherings where members can socialize, make friends, and build connections with like-minded individuals. Events are welcoming and inclusive, providing opportunities for both casual conversation and organized activities.

In addition to indoor meetups, RSH hosts outdoor events during the summer months, giving members the chance to enjoy the season while connecting with others. The group accommodates a diverse range of people and encourages members to share interests, experiences, and local resources, making it an active and engaging space for social interaction.



Community and Culture



Halifax, Nova Scotia



[Click here to visit their Facebook group.](#)



N/A



N/A



Open to all

COMMUNITY AND CULTURE

SHEET HARBOUR PRIDE

Sheet Harbour Pride is a Facebook group created to bring together 2SLGBTQIA+ people and allies from across the province. The group serves as a platform for connection, discussion, and information-sharing, offering members the opportunity to engage with others in Nova Scotia's queer community.

The group highlights inclusive events, promotes queer-friendly or allied businesses, and supports side hustles and freelance work within the community. This page aims to foster connection and the development of a welcoming 2SLGBTQIA+ community in the Eastern Shore.



Community and Culture



Sheet Harbour



[Click here to visit the Facebook group.](#)



N/A



N/A



The 2SLGBTQIA+ community and their allies.

SOUTHWEST NOVA SCOTIA PRIDE ASSOCIATION



Southwest Nova Pride Association is a non-profit supporting the 2SLGBTQIA+ community in the Tri-Counties, NS. This group offers a space for online community but also advertises local events, such as board game nights and trivia nights.



Community and Culture



Southwest Nova Scotia



[Click here to visit their Facebook group.](#)



N/A



N/A



The 2SLGBTQIA+ community and their allies.

COMMUNITY AND CULTURE

TRANS FAMILIES NOVA SCOTIA



Trans Family Nova Scotia (TFNS) is a Facebook-based peer-support group that welcomes trans, genderqueer, and questioning individuals, along with their parents, partners, family members, and allies. The group provides a safe and affirming online space for people to connect, share experiences, and build supportive networks.

Trans Family Nova Scotia was created to help facilitate connections among trans and gender-diverse individuals, their families, and allies living across Nova Scotia. Through online discussion, shared resources, and community engagement, the group aims to create understanding, inclusion, and a sense of belonging for everyone involved.



Community and Culture



Nova Scotia



[Click here to visit their Facebook group.](#)



N/A



N/A



Trans, gender-diverse, and questioning individuals, their family, and allies.

COMMUNITY AND CULTURE

TRANSFORMATION CLOSET



The Transformation Closet provides free gender-affirming gear to anyone, anywhere in Nova Scotia. In addition to their gear program, they also offer education, resources, and workshops about gender-affirming gear to individuals, organizations, and groups. They are working on developing new programs to support and expand access to gender-affirming care.



Community and Culture



Nova Scotia



[Click here to visit their website.](#)



transformationclosetshns@gmail.com



N/A



2SLGBTQIA+ community their families, and allies.

COMMUNITY AND CULTURE

TRURO PRIDE



Truro Pride is a non-profit community organization that supports and celebrates the 2SLGBTQIA+ community in Colchester County, Nova Scotia. The group organizes the annual Pride festivities in Truro and hosts additional events throughout the year.

Their activities provide opportunities for social connection, community engagement, and celebration of queer culture. Truro Pride welcomes individuals of all ages and backgrounds, aiming to create inclusive spaces and promote visibility, acceptance, and support across the Truro and Colchester County region.



Community and Culture



Truro, Nova Scotia



[Click here to visit their website.](#)



[Click here to contact them.](#)



N/A



The 2SLGBTQIA+ community and their allies.

COMMUNITY AND CULTURE

WAYVES



Wayves is an independent publication, published by a non-profit collective. It exists to inform lesbians, gay men, bisexuals, and transgender people in Atlantic Canada of the activities of their communities, and to promote those activities and support their aims and objectives. They accept articles from anyone, anywhere.

Anyone who contributes to Wayves is automatically considered to be a member of the collective and is welcome to participate in any meetings or discussions.



Community and Culture



Atlantic Canada



[Click here to visit their website.](#)



2020@wayves.ca



N/A



Open to all

COMMUNITY AND CULTURE

WEST HANTS PRIDE



West Hants Pride Society aims to raise awareness for the LGBTQIA2S+ community in West Hants, Nova Scotia. Activities to stimulate and foster awareness include, and are not limited to: annual parade, community events, marketing and communication regarding events/progress. West Hants Pride Society actively engages in fundraising to promote and host events and activities for the LGBTQIA2S+ community and its allies (E.g.: Annual Parade, Out Together, etc.) as well as promote education and awareness through activities, events, and online marketing campaigns.

Their doors are wide open to people of all ages, abilities, identities, orientations, and all racial, ethnic, and national backgrounds. They honor and uplift the rich diversity of West Hants Regional Municipality, including the vibrancy of Indigenous Peoples and racialized communities. They know and understand what true inclusion means creating spaces where everyone feels seen, heard, and valued—especially trans and gender-diverse community members. Visibility is comfort, and comfort is resistance. They are striving to build a community where authenticity is celebrated, where love and support flow freely, and where every person feels safe to be their full, unfiltered self.



Community and Culture



West Hants, Nova Scotia



[Click here to visit their website.](#)



Email: info@westhantspride.ca

Facebook and Instagram: [@westhantspride](#)



N/A



The 2SLGBTQIA+ community and their allies.

A woman with long dark hair, wearing a white lace-up jumpsuit and black boots, stands in a grassy park holding a large transgender flag (blue, pink, and white stripes) high above her head with both arms. The background shows green trees and city buildings under a blue sky with clouds.

EDUCATION AND ADVOCACY

GAY, LESBIAN & STRAIGHT EDUCATION NETWORK



GLSEN is a U.S.-based organization focused on creating safe, inclusive, and affirming K-12 school environments for 2SLGBTQIA+ students. Founded by educators, GLSEN supports student-led initiatives, develops research-based resources, and coordinates a nationwide network of chapters and Gay-Straight Alliances (GSAs).

The organization also advocates for protective policies and programs to combat discrimination and promote educational equity for 2SLGBTQIA+ and other marginalized youth. GLSEN's work includes providing practical guidance and resources for schools, students, and educators to help foster environments where all students can feel safe, supported, and included.



Education and Advocacy



U.S Based but accessible in Canada



[Click here to visit their website.](#)



(212) 727-0135 Ext. 6565
[Click here to contact them.](#)



N/A



Educators and Students.

GAY MEN'S SEXUAL HEALTH ALLIANCE



The Gay Men's Sexual Health Alliance (GMSH) is an Ontario-based organization focused on promoting the health and well-being of 2SGBTQIA+ men. While their programs are centered in Ontario, they also provide online educational resources that can be accessed more widely. GMSH offers clear information on safer sex practices, HIV and STI prevention, and harm reduction strategies, as well as resources on testing and treatment.

Their work is grounded in community-based approaches, centering the voices and experiences of queer and trans men in shaping health resources. By making sexual health information accessible online, their aim is to help address gaps in knowledge and services, particularly for individuals who may not have access to affirming health care providers in their local areas.



Education and Advocacy



Canada-wide



[Click here to visit their website.](#)



[Click here to contact them.](#)



N/A



2SGBTQIA+ identifying men.

EDUCATION AND ADVOCACY

GENDER CREATIVE KIDS CANADA



Gender Creative Kids is a community organization that supports trans, non-binary, and gender-fluid youth. The organization provides guidance and resources for families, schools, and communities to assist with affirmation and understanding of gender-diverse children.

Services include virtual support groups for families, educational materials for parents and youth, and school-based resources to help create safe and inclusive learning environments. Gender Creative Kids also offers advice on navigating social, familial, and educational challenges, helping youth and their families access practical support while fostering understanding of gender diversity.



Education and Advocacy



Québec



[Click here to visit their website.](#)



[Click here to contact them.](#)



N/A



Youth up to 18 years of age.

GUIDELINES FOR SUPPORTING TRANSGENDER AND GENDER-NONCONFORMING STUDENTS



Guidelines for Supporting Transgender and Gender-Nonconforming Students is a resource offered by the Government of Nova Scotia. It provides detailed guidance for schools, educators, and administrators on creating safe, inclusive, and affirming environments for transgender and gender-nonconforming students.

The guidelines outline practical strategies for supporting students' rights to privacy, safety, and respect. This includes using correct names and pronouns, providing access to appropriate facilities, addressing bullying or harassment, and developing policies that support gender diversity.



Education and Advocacy



Nova Scotia



[Click here to access the Guide.](#)



**studentservices@novascotia.ca
902-424-7454**



N/A



Educators and Parents

IMPRINT TRANS ID CLINIC - UNB



Imprint Trans ID Clinic is a free, virtual service operated by Pro Bono Students Canada (PBSC) at the University of New Brunswick (UNB). In partnership with the Imprint Youth Association and supported by McInnes Cooper lawyers, the clinic assists individuals across Atlantic Canada in updating their legal name and/or sex marker on provincial and federal identification documents.

Facilitated by PBSC-trained UNB law students, the clinic provides guidance on completing necessary forms, understanding provincial regulations, and addressing complexities such as being outside the province of birth, minor status, associated fees, and publication requirements. The clinic operates in a trans-positive, non-judgmental, anti-oppressive, and inclusive virtual space, ensuring accessible support for clients throughout the Atlantic provinces.



Education and Advocacy



**Nova Scotia, New Brunswick, PEI,
Newfoundland and Labrador**



[Click here to visit their website.](#)



**506-458-7037
probono@unb.ca**



Please visit the website for next clinic dates



People who need to change their legal documents to update their name and gender marker

EDUCATION AND ADVOCACY

INVESTIGAYTORS



Investigaytors is a community health leadership program designed to equip 2SLGBTQIA+ people with the social connections, health knowledge, and community-based research skills needed to become health leaders in their communities. The program supports participants in building confidence, fostering networks, and contributing to healthier, more inclusive environments.

In Nova Scotia, Investigaytors operates in partnership with Dalhousie University's SHaG (Sexual Health and Gender) Lab, led by Dr. Matthew Numer, Professor and Head of the Division of Health Promotion. The SHaG Lab advances research in sexual health, influences health policy and outcomes, and provides a training environment for students, ensuring participants gain valuable mentorship and applied learning opportunities while shaping future community health initiatives.



Education and Advocacy



Canada-wide

Head office: 1007-808 Nelson Street, Vancouver, British Columbia, Canada, V6Z 2H2



Shag Lab: 6224 University Ave, Halifax, Nova Scotia, B3H 1X1

[Click here to visit their website.](#)



[Click here to contact them.](#)
shagexec@dal.ca



N/A



The 2SLGBTQIA+ community and their allies.

EDUCATION AND ADVOCACY

JUSTICE TRANS



JusticeTrans was founded by Benjamin Mitsuk in 2015 to create a comprehensive legal resource app intended to help 2Spirit, trans, non-binary, and gender diverse (2S/TNBGD) community members understand their legal rights in what is colonially known as Canada. Since then, they have expanded into a national 2S/TNBGD-led and serving non-profit organization. In 2023, JusticeTrans gained charitable status.



Education and Advocacy



Canada



[Click here to visit their website.](#)



info@justicetrans.org



N/A



Open to all

LET ME BE ME: A LEGAL INFORMATION GUIDE TO CANADA'S CONVERSION THERAPY* BAN



In 2022, Canada added new provisions to our Criminal Code that address the widely discredited and harmful practice of conversion therapy*. Conversion therapy* is a practice that is intended to change a person's sexual orientation, gender identity, or gender expression to heterosexual and/or cisgender. Conversion therapy* is rooted in homophobic and transphobic ideas about acceptable behaviours and identities.

This new legislation came into force on January 7, 2022 and makes it illegal in Canada to provide, promote, or profit from the practice of conversion therapy.*

This guide is intended to help you understand what conversion therapy* is and is not, what its impacts are on the health and wellbeing of 2SLGBTQIA+ communities, and what these new laws mean for people across our country.



Education and Advocacy



Nova Scotia



[Click here to visit their website.](#)



[Click here to contact Legal Info Nova Scotia](#)



N/A



The 2SLGBTQIA+ community and their allies.

LGBTQ2CANADA - IMMIGRATION

As actions in the United States continue to threaten the well-being of 2SLGBTQIA+ individuals, more and more people are exploring opportunities for leaving the country. With concerns of where to get information the author decided it would be more useful to have a central location where resources can be made available.

Many of the links/resources can be helpful to those from other countries who are exploring immigration to Canada as well as those living in the US but who do not hold US citizenship.



Education and Advocacy



Canada



[Click here to visit their website.](#)
[Click here to visit their Facebook page.](#)



lgbtq2canada@gmail.com



N/A



The 2SLGBTQIA+ community and their allies.

NOVA SCOTIA ADVISORY COUNCIL ON THE STATUS OF WOMEN



**Nova Scotia
Advisory Council on
The Status of Women**

The Guide for Girls is an online resource offered by the Nova Scotia Advisory Council on the Status of Women. It is designed to support young girls by providing accessible and reliable information on a variety of topics, including 2SLGBTQIA+ identities and sexuality. The toolkit includes listings of clinics, services, and organizations across Nova Scotia and Canada, offering practical pathways to care and support.

It helps connect young people to health professionals, safe spaces, and educational materials that address questions about sexual health, relationships, and identity.



Education and Advocacy



Canada-wide



[Click here to access the PDF.](#)



women@novascotia.ca



N/A



Young Female Identifying Nova Scotians

EDUCATION AND ADVOCACY

PFLAG CANADA



PFLAG Canada is a national non-profit organization that supports, educates, and provides resources to individuals with questions or concerns about sexual orientation, gender identity, and gender presentation.

Founded by parents seeking to better understand and support their 2SLGBTQIA+ children, PFLAG Canada has grown to include chapters across the country, offering peer support, educational resources, and community connection for 2SLGBTQIA+ individuals, their families, and allies.

In Nova Scotia, PFLAG chapters are active in multiple communities, including Halifax, the Annapolis Valley, and Truro. These chapters provide local support groups, workshops, and educational programs, helping members navigate challenges, celebrate identities, and build understanding within their families and communities.



Education and Advocacy



Canada-wide



[Click here to visit their website.](#)



annapolisvalley@pflagcanada.ca
trurons@pflagcanada.ca
halifaxns@pflagcanada.ca



N/A



The 2SLGBTQIA+ community and their allies.

HALIFAX RAINBOW ENCYCLOPEDIA



Halifax Rainbow Encyclopedia is a portal to all things Queer in Halifax. They have an upcoming events calendar, sports groups, social groups, content for teachers, a religion and spirituality section, and Facebook groups. Their goal is to have a page for every person, place, thing, and event of relevance to the Queer community in Halifax.

The site is designed for easy storage and retrieval of facts, stories, and indexes to the locations of other sites, groups, and more.



Education and Advocacy



Halifax, Nova Scotia



[Click here to visit their website.](#)



N/A



N/A



The 2SLGBTQIA+ community and their allies.

RAINBOW REFUGEE ASSOCIATION OF NOVA SCOTIA



The Rainbow Refugee Association of Nova Scotia (RRANS) is a grassroots, non-profit and registered charity founded in 2011. The organization is dedicated to advocating for, supporting, and privately sponsoring 2SLGBTQIA+ refugees as they resettle in Nova Scotia.

RRANS offers a variety of community based and individual programming and services. These include weekly 2SLTBQIA+ newcomer community hangouts on Thursdays from 6pm - 8pm, art-based programs including pottery, 1-on-1 peer support, and settlement support. RRANS is also always looking for volunteers to support their work through mentorship and matching, and fostering community connections.

They have open office hours on Wednesdays from 2pm - 5pm at their office. Drop by and have a chat to learn more about RRANS.



Education and Advocacy



Nova Scotia



210 - 5940 South Street, Halifax, NS, B3H1S6
[Click here to visit their website.](#)



[Click here to contact them.](#)



Wednesdays: 2pm-5pm
Thursdays: 6pm-8pm



2SLGBTQIA+ Identifying newcomers and refugees.

RAINBOW RIGHTS: A HUMAN RIGHTS LEGAL INFORMATION GUIDE FOR 2SLGBTQIA+ NOVA SCOTIANS



This guide is for anyone from the 2SLGBTQIA+ community in Nova Scotia who wants to better understand human rights protections, particularly in the workplace.

Rainbow Rights explores both provincial and federal human rights legislation. However, Rainbow Rights more often focuses on the Nova Scotia Human Rights Act.

Included is general information about how our human rights are protected in Canada, what steps you can take if you experience discrimination in an area covered by human rights legislation, and what is involved in filing a human rights complaint.

This guide includes a special section by respected and celebrated social worker and therapist Robert Wright. Robert is a queer African Nova Scotian Social Worker and Sociologist. This section is his 6-point plan on how to stay sane when operating in a culture that can be hostile toward queer and marginalized folks.



Education and Advocacy



Nova Scotia



[Click here to visit their website.](#)



[Click here to contact Legal Info Nova Scotia](#)



N/A



The 2SLGBTQIA+ community and their allies.

EDUCATION AND ADVOCACY

SCARLETEEN



Scarleteen is a progressive, inclusive sexuality and relationships education organization that operates primarily online, making it widely accessible to young people around the world.

Scarleteen offers a broad range of resources on sexual health, consent, relationships, identity, and mental well-being. Scarleteen is especially valuable for 2SLGBTQIA+ individuals who may not receive comprehensive or affirming sex education in traditional settings.

In addition to its articles and guides, the platform provides interactive elements such as peer support, advice columns, and forums where individuals can ask questions in a safe and nonjudgmental space.



Education and Advocacy



Canada-wide



[Click here to visit their website.](#)



[Click here to contact them.](#)



N/A



Open to all

EDUCATION AND ADVOCACY

T.R.A.N.S



T.R.A.N.S. (Trans/Non-Binary Rights Advocacy Nova Scotia) is a queer-led consulting and advocacy firm based in downtown Halifax. The organization specializes in supporting businesses, service providers, and government agencies in developing and implementing inclusive, 2SLGBTQIA+ affirming policies, training, and workplace practices. Through an intersectional, human rights framework, T.R.A.N.S. delivers services such as inclusive policy consulting, diversity and equity training, respectful workplace assessments, mediation, and alternative dispute resolution, along with free advocacy resources for 2SLGBTQIA+ adults in Nova Scotia. Led by a founder with deep roots in public service and human rights work, T.R.A.N.S. emphasizes trauma-informed, decolonized, and culturally competent approaches in all its programs. The firm promotes multigenerational inclusion and offers discounted rates for non-profit and equity-serving organizations.



Education and Advocacy



Nova Scotia



989 Young Avenue, Halifax, NS B3H 2V9
[Click here to visit their website.](#)



(902)-410-2955
TRANSadvocacy@outlook.com



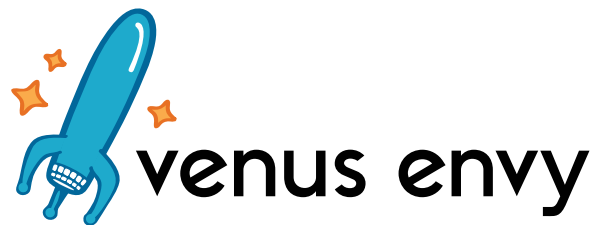
N/A



People facing human resource, managerial, and policy challenges.

EDUCATION AND ADVOCACY

VENUS ENVY



Venus Envy is a queer and trans owned business. They are an education-based sex shop and bookstore that provides a safe space for exploring sexual health, gender, sexuality, feminism, and social justice. The store offers a wide range of books, products, and resources designed to support learning, self-expression, and well-being for people of all genders and sexual identities.

In addition to retail offerings, Venus Envy Halifax frequently hosts workshops and events focused on sexual health, consent, pleasure, and social justice topics. These workshops provide spaces for members of the community to share their knowledge, engage in discussions, and access resources in a welcoming and inclusive environment.



Education and Advocacy



Halifax, Nova Scotia



1727 Barrington St, Halifax, NS B3J 2A4
[Click here to visit their website.](#)



(902) 422-0004



Monday - Thursday 11:00-7:00
Friday - Saturday 11:00-8:00
Sunday 11-6:00



Open to All

EDUCATION AND ADVOCACY

THE YOUTH PROJECT



The Youth Project is a nonprofit organization dedicated to supporting 2SLGBTQIA+ youth across Nova Scotia through education, advocacy, and community-building. They have three locations: Halifax, Sydney and Annapolis Valley. The organization provides a wide range of programs and services designed to create safer spaces where queer and trans youth can connect, learn, and grow. With a focus on empowerment and inclusion, The Youth Project helps young people build confidence, resilience, and supportive networks.

Services include peer support groups, educational workshops in schools, social events, summer camps, and one-on-one support for youth exploring their identities. The Youth Project also works with educators, families, and service providers to increase awareness and reduce stigma, ensuring that youth are met with affirmation both inside and outside the classroom.



Education and Advocacy



Nova Scotia



[Click here to visit their website.](#)



(902)-562-3510

Halifax: youthproject@youthproject.ns.ca

Sydney: youthproject@youthproject.ns.ca

Valley: valleyyouthproject@gmail.com

Instagram: [@nsyouthproject](#)



N/A



People 25 years of age and under.

YOUTH 2SLGBTQIA+ NEWCOMER PROGRAM



The Youth 2SLGBTQIA+ Newcomer Program, offered by the YMCA Centre for Immigrant Programs, is dedicated to supporting young newcomers who identify as 2SLGBTQIA+. The program provides a safe and inclusive space where clients can overcome structural barriers to accessing essential services. Confidential in-person and one-on-one sessions are available to ensure privacy and personalized support.

Services include accessible trainings, workshops, and individual sessions, all designed to empower and support 2SLGBTQIA+ youth. Additionally, the YMCA Centre for Immigrant Programs offers a curated list of employment and education resources for 2SLGBTQIA+ individuals, including connections to queer-friendly businesses and educational institutions.



Education and Advocacy



Halifax, Nova Scotia



7071 Bayers Road, Suite 104
[Click here to visit their website.](#)



902-221-3386



Monday - Friday | 9:00am-4:30pm



Young newcomers who identify as 2SLGBTQIA+.



INDIGENOUS AND TWO-SPIRIT SUPPORT

NATIONAL COLLABORATING CENTRE FOR INDIGENOUS HEALTH: AN INTRODUCTION TO THE HEALTH OF TWO-SPIRIT PEOPLE



National Collaborating Centre
for Indigenous Health

This paper, authored by Dr. Sarah Hunt, introduces the historical, contemporary and emergent issues related to Two-Spirit health.

The paper touches on the diversity of Two-Spirit roles and identities within Aboriginal cultures. It discusses the impacts of colonization on Aboriginal peoples' gender roles and sexuality, including the decline of previously revered spaces occupied by Two-Spirit peoples.

It provides an overview of the social determinants of Aboriginal peoples' health, with a particular view to understanding the experiences of Aboriginal lesbian, gay, bisexual, trans, queer and Two-Spirit (LGBTQ2S) people.

The paper is intended to be an introductory paper for health practitioners, Indigenous community members and researchers working in areas of Indigenous health, gender and sexuality.



Indigenous and Two-Spirit Support



Canada



[Click here to visit the paper.](#)



nccih@unbc.ca



N/A



2 Spirit identifying Indigenous people, practitioners, friends, and family.

NATIVE WOMEN'S ASSOCIATION CANADA - INTERSECTIONS: INDIGENOUS AND 2SLGBTQQIA+ IDENTITIES



Native Women's
Association of Canada

L'Association des
femmes autochtones
du Canada

This booklet was developed as a learning resource to enhance knowledge and understanding of Indigenous language and culture and the intersections with 2SLGBTQQIA+ identities. The aim of this resource is to elevate the voices of Indigenous 2SLGBTQQIA+ People across Turtle Island and Inuit Nunangat by sharing their experiences and knowledge

Throughout the booklet, you will find the wisdom shared by Knowledge Keepers about their thoughts and experiences with the intersections of Indigenous and 2SLGBTQQIA+ identities.

This booklet begins with a discussion of gender identity and how it relates to language and culture. Then, it explores the roles of Two-Spirit identities and gender diversity in Indigenous cultures. Also included in this booklet are activities to facilitate sharing and reflection on gender identity. Lastly, this booklet lists wellness resources of supports and programs that anyone experiencing distress or wanting more resources on mental health or the 2SLGBTQQIA+ community may access.



Indigenous and Two-Spirit Support



Canada



[Click here to access the booklet.](#)
[Click here to access their Knowledge Hub.](#)



reception@nwac.ca



N/A



Indigenous youth

NATIVE YOUTH SEXUAL HEALTH NETWORK - YOU ARE MADE OF MEDICINE: A MENTAL HEALTH PEER SUPPORT MANUAL



NATIVE YOUTH SEXUAL HEALTH NETWORK

This manual is written by and for Indigiqueer, Two-Spirit, and LGBTQ+ Indigenous youth. Included are tips, strategies, and resources to manage mental health and wellness! These tips will help you support yourself and others who are facing similar challenges.

Whether you are supporting yourself, a friend, a family or community member, included are easily accessible, cheap and/or free resources as possible in this manual.



Indigenous and Two-Spirit Support



Canada and USA wide.



[Click here to visit the manual.](#)



[Click here to contact them.](#)
info@nativeyouthsexualhealth.com



N/A



For Indigiqueer, Two-Spirit, LGBTQ+ and gender non-conforming Indigenous youth, family, and allies.

OKANAGAN COLLEGE: TWO-SPIRIT AND INDIGIQUEER - INDIGENOUS STUDIES



This Two Spirit and Indigiqueer guide is an extensive resource that offers a wide array of materials such as videos, books, articles, and podcasts, as well as connections to Two Spirit and LGBTQIA+ groups.

It not only provides numerous opportunities for learning and personal enrichment. The guide also seeks to play a significant role in fostering a sense of community by including a variety of groups within its framework.



Indigenous and Two-Spirit Support



Canada



[Click here to visit their website.](#)



[Click here to contact them.](#)



N/A



2SLGBTGIA+ Indigenous people, family, and friends.

2 SPIRITS IN MOTION SOCIETY



2SiMS is a national non-profit organization for and by two spirit people across Turtle Island. The organization fosters spaces for two-spirit people to express themselves through cultural ways of knowing and being around gender and sexuality, as well as to succeed and be empowered in all areas that are grounded in the medicines that two spirit people carry from coast to coast to coast.



Indigenous and Two-Spirit Support



Canada



[Click here to visit their Facebook group.](#)



media@2spiritsinmotion.com



N/A



2SLGBTGIA+ Indigenous people, family, and friends.

THE TWO SPIRIT EXPERIENCE



The Two-Spirit Experience is an online reading list provided by the Halifax Public Libraries in collaboration with the Wabanaki Two-Spirit Alliance. The list includes both fiction and non-fiction works that center the experiences, art, and histories of Two-Spirit individuals, highlighting their significance within Indigenous communities. The collection is continuously updated as new works are added to expand understanding of Two-Spirit identities.

The resource is intended for Two-Spirit people, as well as friends, family, and allies who want to learn more about supporting and affirming Two-Spirit individuals. It provides a curated selection of books and materials that explore identity, culture, and community, offering insight and guidance for building understanding and inclusive relationships.



Indigenous and Two-Spirit Support



Nova Scotia



[Click here to visit their website.](#)



N/A

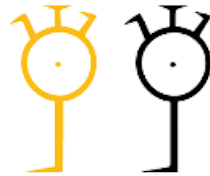


N/A



Open to All

WABANAKI TWO-SPIRIT ALLIANCE



The Wabanaki Two-Spirit Alliance (W2SA) is a volunteer-led organization composed of researchers, academics, knowledge holders, youth, Elder Two-Spirits, and allies. The alliance focuses on supporting the well-being of Two-Spirit and Indigenous 2SLGBTQIA+ individuals and communities within Wabanaki Territory, which includes Nova Scotia, New Brunswick, Prince Edward Island, Newfoundland and Labrador, the Gaspé region of Quebec, and northern areas of Maine.

The alliance's mission is to represent the emotional, spiritual, mental, and physical health of Two-Spirit and Indigenous LGBTQ+ people, guided by the beliefs and values within the Peace and Friendship Treaty framework. W2SA provides cultural guidance, community connections, advocacy, and support for initiatives that promote safety, wellness, and recognition of Two-Spirit identities across Wabanaki Territory.



Indigenous and Two-Spirit Support



Nova Scotia



6285 Almon St, Halifax, Nova Scotia, B3L 1V1, Canada

[Click here to visit their website.](#)



Info@w2sa.ca



N/A



Two-Spirit and 2SLGBTQIA+ identifying Indigenous people.

WE MATTER - INDIGENOUS YOUTH TOOLKIT



We Matter – Indigenous Youth Toolkit is an online resource designed to support Indigenous youth in navigating difficult times and promoting mental wellness. The toolkit provides practical strategies, information, and multimedia content to help young people feel supported and understood, particularly during periods of stress or challenge.

The resource can be used independently or together with friends, family members, or caregivers. It includes downloadable materials, videos, and guidance to encourage self-care, resilience, and connection to community, offering accessible support tailored to the unique experiences of Indigenous youth.



Indigenous and Two-Spirit Support



Nova Scotia



[Click here to visit their website.](#)



info@wemattercampaign.org



N/A



Indigenous youth, including Two-Spirit and 2SLGBTQIA+ identifying Indigenous Youth.

WESTERN UNIVERSITY: EDUCATIONAL RESOURCE AIMED TO DEEPEN UNDERSTANDING OF TWO SPIRIT EXPERIENCES OF GBV AND STRENGTHEN INCLUSION



Gender-based violence (GBV) and the crisis of Missing and Murdered Indigenous Women and Girls remain serious issues in Canada, with devastating consequences. Despite increased awareness and efforts to address these issues, the voices and experiences of two-spirit* individuals have largely been excluded.

This Learning Network Backgrounder centers two-spirit Indigenous Peoples and their understandings and experiences of GBV. It also identifies and offers solutions to address the multiple intersecting barriers that hinder two-spirit inclusion in the GBV sector.

This Backgrounder was guest authored by Imriel Bissnette and designed by Owen Petit, both from 2 Spirits in Motion Society (2SiMS).

This is an educational resource not direct support.



Indigenous and Two-Spirit Support



Canada



[Click here to access the resource.](#)



gbvln@uwo.ca



N/A



2SLGBTGIA+ Indigenous people, family, and friends.

MENTAL HEALTH SUPPORT



MENTAL HEALTH SUPPORT

ALL GENDERS HELPLINE



All Genders Helpline is a free and confidential service offered by Family Service Nova Scotia for adults of all genders, including non-binary and trans individuals, who have concerns about their well-being, safety, or the safety of others. The service supports people in navigating personal challenges, helping them access the guidance, resources, and referrals they need.

Callers can connect with trained professionals who provide information, navigation, referrals, and brief intervention counselling tailored to their unique circumstances. The helpline operates 24 hours a day through 2-1-1, with toll-free access at 1-855-466-4994 when 2-1-1 is not available. While it is not a crisis line, individuals experiencing a crisis are directed to the 24-Hour Provincial Crisis Line at 1-888-429-8167 or are advised to call 9-1-1 for immediate support.



Mental Health Support



Nova Scotia



[Click here to visit their website.](#)



**Local | 2-1-1
Toll Free | 1-855-466-4994**



24/7



2SLGBTQIA+ Identifying people over the age of 18.

MENTAL HEALTH SUPPORT

EATING DISORDERS NOVA SCOTIA



Eating Disorders Nova Scotia offers a virtual peer support group specifically for trans and non-binary individuals who are navigating concerns related to food, body image, and gender dysphoria. The program provides a confidential and inclusive space for participants to discuss personal challenges, share experiences, and explore strategies for self-care and emotional well-being.

Sessions focus on a variety of topics including self-compassion, unlearning gender binaries, coping with societal pressures, and addressing the intersections of gender identity and body image. The group is facilitated by two peer mentors who identify as trans and non-binary, providing guidance and support from an affirming perspective and fostering connections among participants to help build resilience and community.



Mental Health Support



Nova Scotia, New Brunswick, Newfoundland and Labrador, and PEI



[Click here to visit their website.](#)



**902-229-8436
info@eatingdisordersns.ca**



Monday-Friday | 9:00am-5:00pm



2SLGBTQIA+ identifying people ages 17 years and older who are struggling with concerns related to food, body image, and/or gender dysphoria.

MOVING FORWARD FAMILY SERVICES SOCIETY



Moving Forward Family Services Society is a non-profit organization that offers free short-term and affordable long-term counselling for individuals who cannot access private therapy or face long wait times for public services. The organization also provides free psycho-educational coaching programs designed to support mental health and personal growth.

Counselling services are offered virtually - either online or over the phone - for people living in Nova Scotia and cover a range of topics including depression and anxiety, substance use, couples and family conflict, trauma, grief and loss, identity and sexuality, stress, and anger. The phone line is available at all times, with calls returned within 24 hours, and online sessions are typically offered Monday to Friday from 1:00 pm to 9:00pm on a pay-what-you-can basis.



Mental Health Support



Canada-wide, but in Nova Scotia only online programs are offered



**12827 76th Avenue, Unit 101
Surrey, BC, V3W 2V3
[Click here to visit their website.](#)**



Toll Free | 1-877-485-5025



24/7



Open to All

MENTAL HEALTH SUPPORT

QUEER AND TRANS THERAPISTS OF NOVA SCOTIA



The Queer and Trans Therapists of Nova Scotia (QTTNS) is a group of 2SLGBTQIA+ identified therapists who focus on providing a safe and affirming therapeutic space for 2SLGBTQIA+ clients. QTTNS is a closed space for licensed mental health therapists practicing in Nova Scotia who identify within the 2SLGBTQIA+ community.

They came together in early 2022 and are guided by anti-oppressive, anti-racist, intersectional approaches that acknowledge the detrimental effects that structural oppression and systemic discrimination have on our community's mental health, as well as the impacts these have on access to sexual and gender-diverse care.



Mental Health Support



Nova Scotia



[Click here to visit their website.](#)



info.qttns@gmail.com



N/A



2SLGBTQIA+ Identifying people.

MENTAL HEALTH SUPPORT

RED SPRUCE MENTAL HEALTH CENTRE



Red Spruce Mental Health Centre is community-focused counselling program run through the School of Counselling at Acadia University. The centre provides free individual, group, and couples counselling to individuals who do not otherwise have access to mental health services, helping to remove barriers to care for the local community.

Counselling services are provided by graduate interns under the supervision of the Centre Coordinator, an experienced counselling practitioner who oversees client referrals and ensures quality of care. The centre offers a professional, supportive, and inclusive environment where clients can address mental health concerns, explore personal growth, and receive guidance, all at no cost.



Mental Health Support



In-person counselling at the Red Spruce and virtual counselling province-wide



38 Crowell Drive, Wolfville, NS, B4P 2R4,
Acadia University, Willet House, Room 401
[Click here to visit their website.](#)



902-585-1569



Monday, Tuesday, Thursday - 8:30-4:30
Wednesday 12-6



Anyone ages 7 and up.

SEXUAL MINORITIES AND SUICIDE: A SUICIDE PREVENTION TOOLKIT



centre for
suicide prevention

Sexual Minorities and Suicide: A Suicide Prevention Toolkit is an online resource offered by the Centre for Suicide Prevention. The toolkit is designed to provide guidance, strategies, and practical information for supporting suicide prevention among sexual minority populations, including 2SLGBTQIA+ individuals.

It includes information on identifying risk factors, recognizing signs of suicidal distress, and creating safe and supportive environments. The toolkit is intended for service providers, educators, community organizations, and anyone supporting sexual minority individuals, offering evidence-based guidance to help reduce risk and promote mental health and well-being.



Mental Health Support



Nova Scotia



[Click here to access the Toolkit.](#)



csp@suicideinfo.ca



N/A



Open to All

MENTAL HEALTH SUPPORT

TRANS LIFELINE HOTLINE



Trans Lifeline is a peer support phone service operated by trans and non-binary individuals for people who are trans, non-binary, or questioning. The service provides emotional support, a listening ear, and guidance for callers, whether or not they are experiencing a crisis.

Calls to Trans Lifeline are anonymous and confidential. The hotline follows a strict policy against non-consensual active rescue, meaning they will not contact 911, emergency services, or law enforcement without the caller's explicit request.



Mental Health Support



Canada-wide



[Click here to visit their website.](#)



Toll Free | 1-877-330-6366



Monday-Friday | 2:00pm-10:00pm



Trans and Non-Binary Identifying people and those who are questioning.



RESOURCES FOR ALLIES

TOOLKIT FOR PARENTS AND CAREGIVERS OF GENDER DIVERSE CHILDREN

Toolkit for Parents and Caregivers of Gender Diverse Children is an online resource provided by The Trevor Project, aimed at supporting parents, family members, and caregivers of LGBTQ+ youth. The toolkit offers guidance on understanding gender diversity, using affirming language, and recognizing the unique challenges that gender-diverse children and teens may face. It emphasizes the critical role that supportive adults can play in promoting the well-being and mental health of LGBTQ+ youth.

The resource also acknowledges that not all young people have supportive family or friends due to rejection, discrimination, or misunderstanding. It provides strategies for caregivers to connect with life-affirming resources, build affirming environments, and offer consistent emotional support. The toolkit reinforces that all youth are deserving of respect, love, and affirmation, and highlights that The Trevor Project is available as a resource for ongoing guidance and support.



Resources for Allies



Nova Scotia



[Click here to visit their website.](#)



212-695-8650



N/A



Parents and caregivers of 2SLGBTQIA+ identifying people.

MOVING BEYOND THE BINARY: HOW TO MEANINGFULLY INCLUDE GENDER DIVERSE PEOPLE



Whether you're an employer, service provider, educator, business owner, community group, or ally in Nova Scotia, this guide is for you.

This guide has been designed to support your journey toward understanding the lived experiences of Two-Spirit, trans, non-binary, and gender diverse people—and to help you take meaningful action rooted in inclusion, care, respect, and legal responsibility.

When everyone feels seen, safe, and valued in the places we live, work, and gather, our communities thrive. That includes workplaces, schools, government services, coffee shops, shopping centres, and all the other spaces that shape life in this province.

[Click here to watch the companion video for this project.](#)



Education and Advocacy



Nova Scotia



[Click here to visit their website.](#)



[Click here to contact Legal Info Nova Scotia](#)



N/A



2SLGBTQIA+ people, their family members and allies.

WELCOMING OUR TRANS FAMILY AND FRIENDS

Welcoming Our Trans Family and Friends is a 65-page support guide published by PFLAG National and made available through CMHA Nova Scotia. It is designed to assist parents, families, and friends of transgender and gender non-conforming individuals in understanding and supporting their loved ones during their gender journey. The guide offers insights from parents, professional viewpoints from gender experts, and information from educators about how to support young people at home and at school.

The publication includes comprehensive information on terminology, a list of other resources, and unique advice on how to embrace your transgender or gender non-conforming loved one, helping them feel more comfortable as they strive to live openly, honestly, and authentically. It serves as a valuable resource for those seeking to provide informed and compassionate support to their transgender and gender non-conforming family members and friends.



Resources for Allies



Nova Scotia



[Click here to access the Support Guide.](#)



N/A



N/A



Family and Friends of 2SLGBTQIA+ identifying people.

PFLAG RESOURCES



On this resource page, you'll find several dedicated sections aimed at providing comprehensive support and guidance. There is a section specifically focused on how you can offer meaningful support to your loved one who identifies as LGBTQIA+. The section provides insights and practical advice on understanding their experiences, fostering open communication, and creating a supportive environment.

Another section is devoted to encouraging active participation in the broader movement for LGBTQIA+ rights, offering various ways to join the fight for equality, justice, and acceptance. Lastly, there is an informative section on becoming a better ally.

Each section is thoughtfully designed to equip you with the knowledge and tools necessary to make a positive impact and support the LGBTQIA+ community in meaningful ways.



Resources for Allies



National



[Click here to access their resource page .](#)



[Click here to contact them.](#)



N/A



Family and Friends of 2SLGBTQIA+ identifying people.



Thank you!