

Resources



-services-clinics/campbellford-district-community-mental-health-centre



Umbrella
MENTAL HEALTH NETWORK

(800)268-9688
youthline.ca

(416) 324-4100
rainbowhealthontario.ca

(877)330-6366
translifeline.org

(416) 535-8501
camh.ca

(416) 964-7887
egale.ca

(613) 969-0830
youthab.ca

(844) G02-CMHS
(462-2647)
cmhsonline.ca

(705) 632-2105
cmh.ca/programs
-services-clinics/campbellford-district-community-mental-health-centre

(416) 944-9300
2spirits.org

(647) 687-6543
umhn.ca

Peterborough Resources



(888) 530-6777
EXT. 583
pflagpeterborough.com

(705) 755-387
Ext. 235
nogofc.ca

(705) 312-0858
parn.ca

(705) 748-6711
cmhahkpr.ca/programs/trans-peer-outreach/

(705) 749-9355
ptbo-clc.org

(800) 230-8531
kinark.on.ca/child-youth-mental-health

(705) 743-1000
peterboroughpublichealth.ca/your-health/sexual-health-clinic/

(866) 888-4577
hkpr.on.ca/health-topics/sexual-health/lgbtq2plus/

(705)651-4866
peterboroughfht.com



**For those who identify with
the community, for families,
friends, and
allies of Trent Hills
and surrounding area**

Trent Hills

Trent Hills

Trent Hills Pride

Trent Hills Pride is committed to fostering a safe, supportive, and inclusive environment for 2SLGBTQ+ individuals and their allies. Our mission includes enhancing education and awareness of 2SLGBTQ+ issues, promoting understanding, and advocating for equality within our community. We coordinate activities and events during Pride Month (June) and throughout the year, providing opportunities for connection, celebration, and support. Through education, outreach, and advocacy, we strive to create a more inclusive and accepting community for all.



Trenthillspride@gmail.com



Trenthillspride.ca



Facebook.com/trenthillspride

Brighton

LGBTQ Family Support Group

56 Prince Edward Street, Brighton, ON
Connect with others who are supporting family members in a safe and inclusive environment. Engage in discussion, peer support, education. Group meets first Tuesday of every month 6:30-8:00pm.



613-475-1311



brightonlgbtqgroup@gmail.com



Rainbow Youth Centre

21 Prince Edward Street, Brighton, ON

A collaborative initiative with PARN, to create a safe, inclusive, and welcoming space for 2SLGBTQ+ youth (15-24 years old) and their allies. Our mission is to empower and uplift the community through educational leadership, skill development, recreation, and various tailored programs that cater to the needs and desires of our Youth Advisory Committee and local 2SLGBTQ+ Youth and allies.



homerainbowyouth.ca

Cobourg/ Port Hope



Community Health Centres of Northumberland

99 Toronto Road, Suite 101, Port Hope, ON

Offering gender affirming care to rostered clients. See website and calendar of programs and services for information about health care, wellness and social well being.



(905) 885-2626



chcnorthumberland.ca



Facebook.com/chcnorthumberland

Cobourg Queer Collective

The Cobourg Queer Collective, provides information for and about the LGBTQQIAP2S+ community in Cobourg, Ontario and the surrounding area.



www.queerevents.ca/community-resources/
community-groups/cobourg-queer-collective



PFLAG

Trinity United Church, 284 Division Street, Cobourg, ON

We are a family that supports and helps each other grow. Our chapters are run by a dedicated group of volunteers. We are proud to offer peer-to-peer support, education, resources, and events. Find your local chapter to connect with your pflag family. Meeting first Thursday of every month from 7:30 - 8:30 pm.



pflagcobre.org



pflagcanada.ca/chapters



Facebook.com/pflagcobre

Northumberland Pride

A place to share everything and anything related to Pride Celebrations and more in Northumberland County.



Facebook.com/groups/583728377191656

Surrounding Area

Canadian Mental Health Association, Haliburton, Kawartha, Pine Ridge (CMHA HKPR)

466 George Street North, Peterborough, ON
Trans Peer Outreach Worker / Trans Family Support Worker
A peer support program for ages 16+, offering one-on-one consultation, group programming in person, virtual appointments available. Services include education and support with strategies to address challenges related to your gender identities, community resources and engagement opportunities, tools for improving communication regarding your gender identity, strategies and information on transitioning, aid with navigating healthcare and developing advocacy skills for accessing healthcare. Please note the service does not include medical transition support.



(705) 748-6711



transpeeroutreach@cmhahkpr.ca



cmhahkpr.ca/programs/trans-peer-outreach

Peterborough AIDS Resource Network (PARN)

360 Reid St., Peterborough, ON
The Rainbow Youth Program works to make lesbian, gay, bisexual, transgender, 2-spirit, queer and questioning (LGBTQ+) youth (aged 13-23 yrs.) feel safe, included, and empowered in Peterborough and the four counties. We give LGBTQ+ youth the space to be themselves and the tools to lead positive change in their schools, peer groups, and community.



705-749-9110 or Toll free: 1-800-361-2895



parn.ca



info@parn.ca



Facebook.com/PARN4Counties

Rainbow Caregiver Network

Connections and resources for caregivers of people in the 2SLGBTQ+ community.



(613) 849-4641



jld1307@yahoo.ca



Facebook.com/RainbowCaregiversNetwork

