

Canadian Resources for Supporting 2SLGBTQ+ Children and Youth in Saskatchewan

Supporting 2SLGBTQ+ children and youth is crucial for their well-being, resilience, and mental health. Below is a curated list of Saskatchewan and Canadian-specific resources for parents and caregivers, including what each organization offers and their contact information.

Saskatchewan-Based Resources

Family Service Regina

- **What They Offer:**
 - Free counselling specializing in the exploration of relationship to self, sexuality, and gender, as well as addressing depression, anxiety, relationships and low self-esteem
 - **Contact:**
 - Website: www.familyserviceregina.com/2slgbtqia
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OUTSaskatoon

- **What They Offer:**
 - Free short-term counselling for 2SLGBTQ+ youth and their families
 - Peer support and navigation
 - Pride Home (long-term housing for 2SLGBTQ+ youth ages 16-21)
 - Workshops, education, and a queer-affirming sexual health clinic
 - **Contact:**
 - Website: www.outsaskatoon.ca
 - Peer Support Line: (306) 665-1224 | Toll-free (833)-662-7233
 - Email: hello@outsaskatoon.ca (general)
 - Email: Support@outsaskatoon.ca (for more information or to receive peer support by email)
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TransSask Support Services

- **What They Offer:**
 - Peer support, advocacy, and public education
 - Support and act as a resource network for trans-identified, genderqueer, intersex and gender non-conforming individuals, their spouses, family, friends, and allies

- Trans Health Navigators for accessing gender-affirming healthcare
 - Saskatchewan Medical Transition Guide
 - Youth-specific programming
 - **Contact:**
 - Website: www.transsask.ca
 - Email (General): infor@transsask.ca
 - Mailing Address: PO Box 3911, Regina, SK S4P 3R8
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fYrefly Saskatchewan

- **What They Offer:**
 - Annual leadership and wellness camp for 2SLGBTQ+ youth ages 14-24
 - School-based educational programming
 - Community-building and resilience workshops
 - **Contact:**
 - Website: www.ualberta.ca/en/camp-fyrefly | [Camp fYrefly Saskatchewan](#)
 - Email: campfyre@ualberta.ca
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PFLAG Canada (Saskatchewan Chapters)

- **What They Offer:**
 - Peer support, education, and advocacy for families and allies of 2SLGBTQ+ people
 - Local support groups and online resources for parents and caregivers
 - **Contact:**
 - Regina Chapter: reginask@pflagcanada.ca | Phone: 306-533-3965
 - Saskatoon Chapter: saskatoonsk@pflagcanada.ca | Email: saskatoonsk@pflagcanada.ca
 - National: www.pflagcanada.ca | Email: support@pflagcanada.ca
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National Resources

Kids Help Phone

- **What They Offer:**
 - 24/7 mental health support for youth, including 2SLGBTQ+ specific resources
 - Phone, text, and online chat support
 - Information on gender identity, sexual orientation, coming out, and resilience
- **Contact:**
 - Website: kidshelpphone.ca
 - Phone: 1-800-668-6868

- Text: CONNECT to 686868 (youth) or 741741 (adults)
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Summary Table of Key Resources

Resource	What They Offer	Contact Information
OUTSaskatoon	Counselling, peer support, housing, education	outsaskatoon.ca , Phone: 306-665-1224, Email: hello@outsaskatoon.ca
TransSask	Peer support, health navigation, youth programs	transsask.ca , Email : info@TransSask.org
fYrefly Saskatchewan	Youth leadership/wellness camp, school programs, resilience workshops	www.ualberta.ca/en/camp-fyrefly , Camp fYrefly-Sask , Email: fyrefly@ualberta.ca
PFLAG Canada	Parent/caregiver support, advocacy, local groups	pflagcanada.ca , Email: reginask@pflagcanada.ca , Phone: 306-533-3965
Kids Help Phone	24/7 crisis support, resources for youth and parents	kidshelpphone.ca , Phone: 1-800-668-6868

Tips for Parents and Caregivers

- **Reach out:** Don't hesitate to contact these organizations for support, guidance, or just a listening ear.
- **Educate yourself:** Utilize the available resources and workshops to gain a deeper understanding of your child's experience.
- **Build community:** Connect with other parents and caregivers to share experiences and strategies for supporting 2SLGBTQ+ youth.

Supporting queer children and youth is a journey best taken together, with community and professional guidance at your side.