

## **LGBTQ Resources**

### **Kate Moore, Vital Shift Consulting**

[www.vitalshiftconsulting.com](http://www.vitalshiftconsulting.com)

[kate@vitalshiftconsulting.com](mailto:kate@vitalshiftconsulting.com)

647-985-9829

Kate provides customized training for camps and other organizations and companies in diversity and inclusion including LGBTQ-focused workshops.

### **Egale**

<http://egale.ca/>

1(416)964-7887 | 1(888)204-7777

Founded in 1995, Egale Canada Human Rights Trust is Canada's only national charity promoting lesbian, gay, bisexual, and trans (LGBT) human rights through research, education and community engagement.

### **The 519**

<http://www.the519.org>

[info@the519.org](mailto:info@the519.org)

416-392-6874

The 519 is committed to the health, happiness and full participation of the LGBTQ community. A City of Toronto agency with an innovative model of Service, Space and Leadership, we strive to make a real difference in people's lives, while working to promote inclusion, understanding and respect.

### **PFLAG**

<http://www.pflagcanada.ca/en/index.html>

1-888-530-6777

[inquiries@pflagcanada.ca](mailto:inquiries@pflagcanada.ca)

Every day, PFLAG Canada volunteers are contacted by frightened adolescents and by angry, fearful or ashamed parents. PFLAG Canada supports, educates and provides resources to anyone with questions or concerns. Just call us at 1-888-530-6777.

### **The Ten Oaks Project**

<http://www.tenoaksproject.org/>

[info@tenoaksproject.org](mailto:info@tenoaksproject.org)

(613) 614-1537

The Ten Oaks Project is a charitable, volunteer-driven organization that engages and connects children and youth from LGBTQ+ (lesbian, gay, bisexual, trans, two-spirit, queer) families, identities, and communities. Based in Ottawa, the Ten Oaks Project was founded in 2004 and continues to offer a variety of essential programming each year.

**Vital Shift Consulting** [www.vitalshiftconsulting.com](http://www.vitalshiftconsulting.com)  
[info@vitalshiftconsulting.com](mailto:info@vitalshiftconsulting.com) 647-985-9829