



# Supporting Our Youth (SOY)

## Health & Wellbeing Programs & Services for LGBT2SQ+ Youth 29 and Under

Based at Sherbourne Health, SOY is a collection of health and wellbeing programs and services for LGBT2SQ+ youth 29 years old and under. Over fifty percent of youth we work with are newcomers. We support your goals, strengths, resourcefulness and success. We provide you with goal planning and health and wellness programming through our **Youth Resource Workers**, mental health and primary care service providers, mentors, peers, dieticians, housing, urban and newcomer health services, community partners and referrals.

As an LGBT2SQ+ youth, you may experience some or many forms of hatred, abuse, harassment, exclusion and isolation for being yourself. It can be awful and traumatic dealing with harmful beliefs that exist in our communities, organizations, services and families. You may be feeling anger, fear, grief or loss. You may want extra support as you hold your head up, strive to stay safe, and imagine your future.

Supporting Our Youth is designed to help you restore, maintain or improve your health and wellbeing. Through our **Goal Planning Service (GPS)**, our Youth Resource Workers and **Health & Wellbeing Programs** help you achieve your goals, support your strengths, and connect you with helpful resources.

We can help you:

- get support as a racialized/BIPOC youth
- get support as a youth from another country or small town
- get support as someone who has been in the child welfare system
- access support from youth resource workers who may share your identities or life experiences
- identify and achieve your personal goals
- develop and maintain your independence
- have a place to be yourself
- support your mind, body and spirit
- support your positive mental health and self-determination
- find queer and trans friends, mentors and community
- learn about LGBT2SQ+ communities, histories and issues
- find affirming counsellors and medical care
- find a place to live
- apply for money to support yourself
- get job search or career help
- get support about school
- express yourself and build your confidence
- work on relationships
- build your leadership skills
- build your spiritual, physical and creative coping skills
- celebrate and more

We are here to help you with challenges in your lives.



## SOY's Goal Planning Service (GPS)

We have five Youth Resource Workers who:

- work with you to identify and achieve your personal goals
- meet with you regularly wherever you need to meet
- go with you to appointments such as those with your: landlord, addictions or mental health counsellor, medical practitioner, school counsellor, Ontario Works representative, immigration lawyer, and others
- go with you to meetings with your family however you define family.

## Our Health & Wellbeing Programs come in many forms...

### Weekly Community Groups

|            |                                 |                    |
|------------|---------------------------------|--------------------|
| Monday:    | <b>The Monday Night Drop-In</b> | 5:00 pm to 7:30 pm |
| Tuesday:   | <b>Express</b> (Newcomer Youth) | 6:30 pm to 8:30 pm |
| Wednesday: | <b>Black Queer Youth (BQY)</b>  | 6:30 pm to 8:30 pm |
| Thursday:  | <b>Trans Fusion Crew (TFC)</b>  | 6:00 pm to 8:00 pm |

*Please Note: our drop-in programs may change in January of 2019.*

### SOY's Mentorship and Peer Leadership Programs

Stay tuned for more information throughout the Fall of 2018 about:

- Group Mentorship
- Individual Mentorship
- The Black Queer Youth Mentorship Project
- SOY Lead

### SOY's Transitional Housing Program

## To learn more...

- Drop by our **Intake Office:** Monday to Friday, 10 am to 6 pm, Room 2070  
Sherbourne Health, 333 Sherbourne Street, Toronto, ON
- Reach us directly: **416-324-5077 • [soy@sherbourne.on.ca](mailto:soy@sherbourne.on.ca)**