

# GUIDE FOR GIRLS

## LGBTQ+ and Sexuality Resources

### Youth Project

🌐 : [www.youthproject.ns.ca](http://www.youthproject.ns.ca)  
✉ : [carmel@youthproject.ns.ca](mailto:carmel@youthproject.ns.ca)  
☎ : 902-429-5429  
🏠 : 2281 Brunswick St.  
Halifax, Nova Scotia  
B3K 2Y9

### Nova Scotia Gay Straight Alliance

🌐 : <https://youthproject.ns.ca/gsas/>

### NS Rainbow Action Project

🌐 : [www.nsrp.ca](http://www.nsrp.ca)  
✉ : [nsrap@nsrap.ca](mailto:nsrap@nsrap.ca)  
🏠 : 5675 Spring Garden Rd, P.O. Box 36082,  
Halifax, NS B3J 3S9  
<https://www.facebook.com/nsrap>  
<http://twitter.com/nsrap>  
<https://www.instagram.com/n.s.r.a.p/>

### PFLAG

🌐 : [www.community.pflag.org](http://www.community.pflag.org)  
✉ : [halifaxns@pflagcanada.ca](mailto:halifaxns@pflagcanada.ca)  
☎ : 1-888-530-6777 ext 574  
<https://www.facebook.com/PflagHalifax>

### Genderbread Person

🌐 : [www.genderbread.org](http://www.genderbread.org)

### EGALE

🌐 : [www.egale.ca](http://www.egale.ca)  
☎ : 1 (888) 204 7777  
☎ : 1 (416) 964-7887  
🏠 : 120 Carlton Street,  
Suite 217  
Toronto, ON M5A 4K2  
<https://facebook.com/egalecanada>  
<https://twitter.com/egalecanada>  
<https://instagram.com/egalecanada>  
<https://www.youtube.com/egalecanada>

### Sex? - A Healthy Sexuality Resource

🌐 : [https://novascotia.ca/dhw/healthy-development/documents/11032\\_SexBook\\_En.pdf](https://novascotia.ca/dhw/healthy-development/documents/11032_SexBook_En.pdf)

### Uncensored: The Gender Diverse Sexuality Handbook for Every Body

🌐 : [southshoresexualhealth.com/resources/uncensored](http://southshoresexualhealth.com/resources/uncensored)

### Sexual Health Nova Scotia

🌐 : <https://shns.ca/>  
✉ : [provincialcoordinator@shns.ca](mailto:provincialcoordinator@shns.ca)  
☎ : (902) 543-6900  
🏠 : 109 Logan Rd., Unit 1B  
Bridgewater, NS  
B4V 2L4

### Sheet Harbour Sexual Health Centre

🌐 : <https://www.facebook.com/sheetharbourshc/>

☎️ : 902-885-3696

🏠 : 22673 Hwy 7, Sheet Harbour, NS, b0j 3b0

### Pictou County Sexual Health Centre

🌐 : <https://www.facebook.com/PCSHCentre>

☎️ : 902-695-3366

🏠 : 279 Ford Street, Stellerton, NS, b0k 1s0

### Halifax Sexual Health Centre

🌐 : [hshc.ca](http://hshc.ca)

✉️ : [admin@hshc.ca](mailto:admin@hshc.ca)

☎️ : 902-455-9656

🏠 : 7071 Bayers Rd, Suite 302, Halifax  
<https://www.facebook.com/HSHCNS/>  
<https://twitter.com/HfxSexualHealth>

### Cape Breton Centre for Sexual Health

🌐 : <https://www.facebook.com/Cape-Breton-Centre-for-Sexual-Health-887431781392027/>

☎️ : 902-919-4922

🏠 : 440 George St, Sydney Nova Scotia. B1p 1g6

### South Shore Sexual Health

🌐 : <http://www.sexualhealthlunenburg.com/>

✉️ : [southshoresexualhealth@gmail.com](mailto:southshoresexualhealth@gmail.com)

☎️ : (902) 527-2868

🏠 : 109 Logan Road, Unit 1B, Bridgewater NS B4V 2L4  
<https://www.facebook.com/shclc/>  
<https://twitter.com/shclc>

### Avalon Sexual Assault Centre

🌐 : [Avaloncentre.ca](http://Avaloncentre.ca)

✉️ : [info@avaloncentre.ca](mailto:info@avaloncentre.ca)

☎️ : 902.422.4240

☎️ : For an immediate sexual assault (within 7 days) contact the Avalon SANE Response Line 902-425-0122 or go to the emergency department of the IWK, Cobequid, QUILL of Dartmouth general Hospital (HRM)

🏠 : 1526 Dresden Row, Suite 401  
Halifax, Nova Scotia B3J 3K3  
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### Sexual Health Centre for Cumberland County

🌐 : [sexualhealthmatters.ca](http://sexualhealthmatters.ca)

✉️ : [sexualhealthcumberland@gmail.com](mailto:sexualhealthcumberland@gmail.com)

☎️ : (902) 667-7500

🏠 : 82 Church St., Amherst NS B4H 3B2  
<https://www.facebook.com/pg/Sexual-Health-Centre-for-Cumberland-County-225778277501746/>  
[https://twitter.com/shc\\_cumberland](https://twitter.com/shc_cumberland)  
<https://www.instagram.com/sexualhealthmatters/>