

Trans, Gender Diverse, Non-Binary and
Intersex Groups and Supports in Victoria

Monash Health Gender Clinic

February 2019

Note: The Gender Clinic uses the term “trans, gender diverse and non-binary” to include the range of gender diversity. However, many other terms are similarly used that aim to be inclusive: such as trans, transgender or trans and gender diverse – we have left these self-descriptions largely unaltered.

Disclaimer

These are some targeted sources of support for the adult trans, gender diverse, non-binary and intersex community in Victoria. However, the information contained is not exhaustive. No warranty, representation or undertaking is made about the content, accuracy and/or completeness of the information provided. Also, Monash Health Gender Clinic (MH GC) is not endorsing any of the listed sources of support. MH GC accepts no responsibility or liability for any loss, damage and/or injury which may arise from the use of this resource. Users of this resource should not solely rely on the information provided and must make their own enquiries and assessments as to suitability and quality of services.

If you or your organization is providing a Gender Service and you'd like to be part of this list or if you'd like to notify us of errors or changes to information please contact us.

E-mail: genderclinic@monashhealth.org

Trans, Gender Diverse and Non-Binary Peer Support Groups

Alphabet Soup Westgarth

Alphabet Soup in Westgarth has a special place in the heart of the Melbourne trans and gender diverse community. It's been there for years. Relaxed. Inclusive. Welcoming. Constant. We know we can bring family, friends and allies, and they will be welcomed with the same warmth as anyone else. It goes beyond virtual networks, and brings real people together for companionship and support. Monthly events (dinner), are held on the third Tuesday of each month in Westgarth.

Facebook: <https://www.facebook.com/alphabetsouptrans/>

For individual support, contact Tina Healy 0418 991 227.

Email: tinagirl4579@gmail.com

Alphabet at the Sycamore Tree Cafe

In a first for Australia, the trans and gender diverse community operate and staff a cafe for three hours from 1pm to 4pm on the first Saturday of every month. Located at the Sycamore Tree Cafe in Heidelberg, members of our community, partners, friends and family can enjoy coffee, tea and cake. Come and be an active part of your community. Volunteers are welcome.

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Email: tinagirl4579@gmail.com

Alphabet Soup Stawell and Horsham

Alphabet Soup runs monthly gatherings for the LGBTIQ community in both Stawell and Horsham.

They are inclusive of the trans, gender diverse and non-binary communities, as well as friends,

families and allies. Notices of forthcoming events are posted in the Alphabet Soup Grampians

Facebook page at <https://www.facebook.com/events/768197226718328/>

For individual support, contact Tina Healy 0418 991 227

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Australian Non-Binary Community

<https://www.facebook.com/groups/999718613439135/>

This Facebook group has a moderator from every State of Australia who can provide support. Darcy Lovely is organising meetups in Melbourne and will post the events in this group and other non-binary groups. If a non-binary person needs assistance, such as a first contact or to be able to ask questions, they can contact Darcy through their Facebook: <https://www.facebook.com/MxMLLovely/>

Ballarat transgender peer support group

Ballarat transgender peer support group. A social support group for transgender and gender fluid people to meet and develop friendships. No charge or paperwork required. Contact Ballarat Community Health Jayne on 0484 308 542.

Sound Psychology Ballarat, Level 2, 3 Peel St, Ballarat VIC 3350

Phone: 5384 5163 Web: www.soundpsych.com.au, E-mail: hello@soundpsych.com.au

ButchFemmeTrans

ButchFemmeTrans is a group for anyone who identifies in some way with any of the labels Butch, or Femme, or Trans, and their allies.

Facebook: <https://www.facebook.com/butchfemmetrans>

Gender Diverse Peer Support

Peer support group for trans, gender diverse and non-binary people hosting regular meet ups across Melbourne for people to try new things, meet new people and have fun together.

Facebook: @ Gender Diverse Peer Support <https://www.facebook.com/groups/1806889609378514/>

Gender Diversity Australasia (GenDA)

Gender Diversity Australia is a peer facilitated social hub for gender diverse people living in Australia. The GenDA Facebook group is one of the most active gender community discussion groups in Australia with hundreds of members. Group members organise social gatherings, offer peer support and advice on treatment options, counsellors, GP clinics, therapists, hair removal, etc.

Facebook: <https://www.facebook.com/genderdiversityaustralia/>

Web: <https://genda.org.au>, Email: genderdiversityaustralia@gmail.com

Genderqueer Australia

A news, information and events site for people identifying as genderqueer.

Web: <http://www.genderqueer.org.au/>

Gippsland Rainbow Collective

The Gippsland Rainbow Collective is committed to the support of Lesbian, Gay, Bisexual, Transgender and Intersex (LGBTI) people living in the Latrobe Valley in the hope that we can make Gippsland a more accepting and safer place to live for our LGBTI community.

Facebook: https://www.facebook.com/pg/GippslandRainbowCollective/about/?ref=page_internal

Non-Binary Gender Pride

This is an online peer support group on Facebook that has over 6000 members worldwide. It is a safe space to ask questions, express your gender and share positive and general experiences related to being non-binary.

Facebook: <https://www.facebook.com/groups/1601168520209978/about/>

Non-Binary Pregnancy and Parenting Group

This is an online peer support group for assigned female at birth trans and/or non-binary parents. It exists so that non-binary parents can share their journeys and ask questions. Topics can include; becoming pregnant, surrogacy, chest-feeding and exploring alternative names for non-binary parents besides mum or dad. It has over 300 members world-wide and is a friendly and supportive space.

<https://www.facebook.com/groups/1117781851639369/>

Outblack

Koorie, gay and transgender Sistergirls support group. Outblack caters to Indigenous Australians and Torres Strait Islander gay and transgender Sistergirls living in Victoria.

Web: <http://www.ourcommunity.com.au/directories/listing?id=19516>

Facebook: <https://www.facebook.com/OutBlackVictoria/>

Rainbow Families Victoria

Rainbow Families a volunteer community organisation based in Victoria, Australia. They support and promote equality for 'rainbow' families (parents and prospective parents who identify as lesbian, gay, bi, transgender or intersex, and their children).

<http://www.rainbowfamilies.org.au/>

Facebook: <https://www.facebook.com/RainbowFamiliesVictoria/>

Seahorse Victoria

Seahorse Victoria Inc was formed in 1975 as a support and social group for the Victorian transgender community and is the longest running organisation of its type in Australia. It aims to create a safe and supportive space in which those who identify as transgendered can meet.

Web: www.seahorsevic.com.au

Sistergirls & Brotherboys Australia

Provides peer support for Sistergirls, Brotherboys, and gender diverse Aboriginal and Torres Strait Islander people and their families and friends across Australia.

Facebook: <https://www.facebook.com/groups/sistergirls.brotherboys/>

Spectrum Intersections

The Rainbow Neurodiverse Group is a free peer led group for people 18 and over who identify as neurodiverse and on the LGBTIQ+ Spectrums. This is a safe space and learning environment for people without fear of judgment, misunderstanding, harassment or abuse.

Web: www.spectrumintersections.org

E-mail: enquiries@spectrumintersections.org

THE Shed

The Shed is a support group for transmasculine and non-binary identifying people designed to support and nurture the masculine side of our gender. We meet face to face each month and via Facebook to obtain mutual support and gain resilience through shared experiences of our lives. Everyone is welcome, and there is no requirement for medical transition. We run a binder program and free clothes are available at meetings. STPs and packers are for sale via the website.

Web: <http://www.ftmshed.com>

Trans Housing Melbourne

Trans Housing Melbourne is a group for people seeking shared accommodation in Melbourne with trans or trans friendly people. The group can also be used to start a share house. This group aims to create safe housing opportunities and exists due to the specific barriers that trans people face attaining accommodation. Please Note: Trans is an inclusive term including but not limited to transgender, transsexual, gender-queer, non-binary and non-cis people.

Facebook: <https://www.facebook.com/groups/1448801052032092/>

TRANSmision

TRANSmision is a monthly gathering of transgender and gender non-conforming folks working together through our struggles, no matter how big or how small. Our goal is to weave a sense of community, and to serve as reminder that you are not alone. Facilitated by community activist Miranda Sparks, TRANSmision meets regularly at the Mental Health Foundation Australia – Victoria office; Suite J, 450 Chapel St, South Yarra. For more information contact Miranda Sparks.

Phone: 0439 398 030, E-mail: mirandasparks596@gmail.com

Facebook: <https://www.facebook.com/groups/transmission.vic/>

Ygender (youth)

A support group for trans, genderqueer, gender questioning young people and friends based in Melbourne.

Web: <http://www.ygender.com>

Intersex Support Groups

Androgen Insensitivity Syndrome Support Group Australia (AISSGA)

Androgen Insensitivity Syndrome Support Group Australia is a peer support, information and advocacy group for people and their families affected by AIS and/or related intersex variations and variations of sex characteristics.

Web: <http://www.aiSSGA.org.au/>

Email: aiSSGAustralia@gmail.com

Australian X and Y Spectrum Support

A support group which helps individuals and families affected by sex chromosome variations including XXY (Klinefelter Syndrome), XYY and more.

Web: <https://axys.org.au/>

Phone: 0412 038 142

Congenital Adrenal Hyperplasia (CAH) Support Group

CAH support group provides support to people affected by CAH and their families.

Web: <http://www.cah.org.au/>

Intersex Human Rights Australia

Intersex Human Rights Australia is an independent support, education and policy development organisation, by and for people with intersex variations or traits.

<https://ihra.org.au/>

Turner Syndrome Association of Australia

Provides information, support and opportunities to connect for females living with Turner Syndrome and their support networks.

Web: <https://www.turnersyndrome.org.au/>

Professional support

Alsorts Housing

Alsorts Housing is a state-wide youth homelessness supportive initiative for LGBTIQ young people from 15-25. For more information phone 9890 2673 (Mon – Fri, 9 - 5pm). Self-referral or worker referral OK. Contact person name – Clinton (every second Friday off). cmcdonald@fan.org.au

Web: www.fan.org.au/also-project-alsorts.html

Be Who You Are!

Be Who You Are! Is exclusive to trans women to gain employment skills and receive boutique dressing sessions (with clothes to take home) . First Tues of every month: 10-3 at Dress for Success South East Melbourne, 25 Ross Smith Avenue East, Frankston

Email: bwya@groomedtogo.org

Mobile: 0411 664 118

Thorne Harbour Health

Through a range of projects, Thorne Harbour Health delivers community-led and culturally appropriate services that improve the health and wellbeing of LGBTI people living throughout Victoria. The organisation is built on a historical foundation of peer-to-peer and professional expertise in services and programs delivered by staff and volunteers and in partnership with other organisations.

Web: <https://thorneharbour.org/>

Toll Free: 1800 13 4 840, Ph: 9865 6700 (Mon – Fri, 2 - 4pm)

Victorian Police Gay and Lesbian Liaison Officers (GLLOs)

The GLLOs provide a contact point for LGBTI community members and offer advice, assistance and recommendations to Victoria Police on the policing needs of LGBTI people. There are Lesbian, Gay, Bisexual, Transgender and Intersex Liaison Officers located at various police stations throughout

Victoria. By calling a GLLO, victims can discuss the incident then work out the most suitable process for the matter to be reported.

Web: http://www.police.vic.gov.au/content.asp?document_id=30300

Phone: 9247 5346

WorkingOUT

WorkingOUT is a free specialist employment service for lesbian, gay, bisexual, trans and gender diverse or intersex identified people with a disability or mental health condition that may be a barrier to employment. It is a unique service and the only one in Australia catering to the LGBTIQ+ community. Web: <https://employment.expression.com.au/content.asp?id=10&t=WorkingOUT&cid=3>

Clinical support

(adolescents/adults)

More information in regards to medical, mental health and other individual practitioners or services specialists in trans, gender diverse and non-binary healthcare can be found at the Australia and New Zealand Professional Association for Transgender Health <https://www.anzpath.org/>

DocLIST

DocLIST is a online list of doctors and mental health professionals who have been recommended by lesbian and bisexual women in Australia.

Web: <http://www.doclist.com.au/>

Drummond Street Services

A family services agency providing a wide range of support for individuals, families, couples, young people and children. Two are particularly relevant: Queerspace and QHealth:

Queerspace is a health and wellbeing service for LGBTIQ+ people, that offer a range of individual, relationship and family counselling, groups and community events.

Web: <https://ds.org.au/our-services/queerspace/>

QHealth is a counselling service for people who would like to talk about the concerns or impacts of their alcohol or other drug use in a confidential, nonjudgmental and queer-affirmative space. The service is committed to supporting the health and wellbeing of Melbourne's LGBTIQ+ communities. All counsellors are LGBTIQ+ identifying. QHealth is open to people living in Brimbank, Darebin, Hume, Maribyrnong, Melbourne, Moreland, Wyndham or Yarra. Free service. No referral needed.

Web: <https://ds.org.au/our-services/qhealth/>

100 Drummond St, Carlton, VIC 3053

Phone: 03 9663 6733

Equinox - Gender Diverse Health Care Clinic

Equinox is a peer led Trans and Gender Diverse Health Service operated by Thorne Harbour Health. Services include General Practice healthcare, sexual health, hormone initiation and management, Pre-Exposure Prophylaxis (PrEP) and counselling.

Web: <https://equinox.org.au/>

Phone: 03 9416 2889

Gateway Health Gender Service - Wodonga

Providing support, information and referral for Gender-questioning, trans and gender diverse young people aged 17 and under; Parents, carers and family members, and GPs and service providers.

A registered nurse coordinates this service. There is no cost to see the nurse.

Opening hours: Wednesday and Thursday from 9am – 5pm. To make a confidential appointment: Speak to Gateway Health reception by phoning (02) 6022 8888 or Free Call 1800 657 573 or you can visit reception at 155 High Street, Wodonga.

Web: <http://gatewayhealth.org.au/gender-diverse>

Headspace

Headspace centres are located across metropolitan, regional and rural areas of Australia. Each centre can help with mental health, physical health (including sexual health), alcohol and other drugs or work and study issues. Headspace has good policies around inclusive care of trans gender diverse and non-binary people; centres often have experienced clinicians and sometimes run support groups.

Online and phone counselling service: <https://eheadspace.org.au/>

Phone: 1800 650 890

Psychiatrists experienced in Aboriginal and Torres Strait Islander culture and Gender Dysphoria can be accessed via the Headspace National Telehealth Service if you are based in a regional or rural area. You can be referred to the Telehealth service either by your local GP or a headspace centre's GP; a mental health treatment plan is not required.

Web: <https://www.headspace.org.au/>

iHeal

Drummond Street, Queerspace, Victorian Aids Council and Merri Health have partnered to deliver the iHeal service for survivors of family violence who are no longer in crisis. iHeal provides a range of supports tailored to suit LGBTIQ survivors, and where appropriate their family's needs. Support may include counselling, case work and advocacy, support groups and workshops.

Web: <https://ds.org.au/our-services/iheal-family-violence-recovery-support/>

Phone: 03 9663 6733

La Trobe University Voice Clinic

The Communication Clinic at La Trobe University provides preventative and rehabilitative services in the area of voice, including voice modification for individuals with gender dysphoria.

<http://www.latrobe.edu.au/communication-clinic/clinical-programs/voice>

Launch Housing

Operates as a provider of services to the homeless including trans and gender diverse people. There are several ways to access services. If you're experiencing homelessness, at risk of losing your home, or you need to escape family violence, call Opening Doors on 1800 825 955 (free call, open 24/7).

Launch Housing takes referrals from Opening Doors, a state wide program which coordinates support to people experiencing homelessness. You can also drop into Launch Housing entry points in Collingwood, Cheltenham and St Kilda.

<https://www.launchhousing.org.au/need-help-4/>

Mind Specialist LGBTI Clinics

Specialist therapeutic support for sexually and gender diverse people. Clinics are located at Alphington and Fitzroy North.

Web: <https://www.mindaustralia.org.au/need-help/mind-services-in-victoria/mind-victoria/specialist-lgbti-clinic.html>

Monash Health Gender Clinic

The Gender Clinic provides assessment and support services for trans, gender diverse and non-binary people aged 17 and over, usually those who are seeking to make a medical or social transition. A doctor's referral is required for this service.

Address: Monash Health Gender Clinic, 352 South Road, Hampton East 3188

Web: http://www.monashhealth.org/page/gender_clinic

Phone: 03 9556 5216

Northside Clinic

LGBTI friendly general medical practice. Address: 370 St Georges Road, Fitzroy North VIC

Web: <http://www.northsideclinic.net.au>

Phone: 03 9485 7700

Prahran Market Clinic

LGBTI friendly general medical practice. Address: 325 Chapel St, Prahran VIC 3181

Web: <http://www.prahranmarketclinic.com>

Phone: 03 9514 0888

Q Health (see Drummond St Services)

Queerspace (see Drummond St Services)

Royal Children's Hospital Gender Service

Gender Clinic for children and adolescents under 17 years of age. Address: 50 Flemington Road, Parkville, VIC 3052

Web: <http://www.rch.org.au/adolescent-medicine/gender-service/>

Phone: 03 9345 5522

The Bouverie Centre, Victoria's Family Institute

The Bouverie Centre is a state-wide service which provides Family Therapy, Training and Consultation. Family Therapy is provided to families including Trans and gender diverse families. The centre-based service is funded by the Department of Human Services and is free of charge.

Web: <https://www.bouverie.org.au/>

Phone: 9385 5100

Trans and Gender Diverse Anxiety Support Group

Transgender Victoria (TGV) and the Anxiety Recovery Centre Victoria (ARCVic) have partnered to create a support group that provides information and self-help opportunities for trans and gender diverse people experiencing anxiety. Please contact TGV or ARCVic for further details.

ARCVic: Phone 03 9830 0533

Web: <http://www.arcvic.org.au/our-services/support-groups>

TGV: Phone 9020 4642 (voice mail) Web: <http://www.transgendervictoria.com/projects/training>

Transgender clinical group – Ballarat

A monthly clinical group on Fridays commenced early 2018. No fees with a Mental Health Care Plan in place. A friendly, semi-structured opportunity to meet with other trans and gender fluid people within the region while working through issues around identity and mental health. Contact reception for further details on how to attend.

Sound Psychology Ballarat, Level 2, 3 Peel St, Ballarat VIC 3350

Phone: 5384 5163

Web: www.soundpsych.com.au

E-mail: hello@soundpsych.com.au

QLife

QLife is Australia's first nationally-oriented counselling and referral service for people who are lesbian, gay, bisexual, trans, and/or intersex (LGBTI). QLife provides nation-wide, early intervention, peer supported telephone and web based services to people of all ages across the full breadth of people's bodies, genders, relationships, sexualities, and lived experiences. The service operates 3:00pm to midnight in your state, around Australia, every day.

Web: <https://qlife.org.au/>

Phone: 1800 184 527

VincentCare

VincentCare welcomes people who are lesbian, gay, bisexual, trans, gender diverse or intersex. VincentCare is a specialist housing and homelessness service that supports people who are homeless, at risk of becoming homeless or experiencing a housing crisis. This includes couch surfing, emergency or insecure accommodation, rooming or boarding housing – or being kicked out of home and having nowhere to go. VincentCare can help you find crisis accommodation, support you to find sustainable housing, refer you to other LGBTIQ-friendly services, provide information about support or peer groups, help with mental health, alcohol or drug issues, general health or family violence.

Web <https://vincentcare.org.au/what-we-do/programs-and-services/lgbtiq-support>

Phone: 03 9304 0809

Switchboard Victoria

Switchboard provides a free, confidential and anonymous telephone counselling, referral and information service for the Victorian and Tasmanian lesbian, gay, bisexual, transgender, intersex and queer (LGBTIQ) communities and their supporters. The telephones are answered by trained volunteers who themselves identify as LGBTIQ. Switchboard also provides a volunteer service, **Out and About**, a volunteer based home visiting service for older LGBTIQ Victorians.

Web: <http://www.switchboard.org.au/>

Toll free: 1800 184 527, Phone: 9663 2939

Parent, Family and Friend Supports

Alphabet Soup Westgarth, Stawell and Horsham

Alphabet Soup in Westgarth has a special place in the heart of the Melbourne trans and gender diverse community. It's been there for years. Relaxed. Inclusive. Welcoming. Constant. We know we can bring family, friends and allies, and they will be welcomed with the same warmth as anyone else. It goes beyond virtual networks, and brings real people together for companionship and support. Monthly events (dinner), are held on the third Tuesday of each month in Westgarth.

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Facebook: <https://www.facebook.com/alphabetsouptrans/>

For individual support, contact Tina Healy 0418 991 227.

Email: tinagirl4579@gmail.com

Beyond Blue

Provides information, education and resources for individuals and families.

Web: <https://www.beyondblue.org.au/who-does-it-affect/lesbian-gay-bi-trans-and-intersex-lgbti-people>

Gender Help for Parents

This website has been created by Australian parents who have struggled to find information about services and support for issues around their child's identity.

Web: <http://www.genderhelpforparents.com.au/>

Headspace

Headspace, the national youth mental health organisation, has extended its phone line to support parents who are concerned about the mental health and wellbeing of their child. The phone line (1800 650 890) is available to parents between 9am and 5pm Monday to Friday and is staffed by qualified youth mental health professionals.

Web: <https://www.headspace.org.au/>

Nexus LGBTI Community Group

The Nexus LGBTI Community group is a social group for anyone who supports LGBTI people. We meet monthly in a safe and inclusive environment for a meal and fun social events across Mitchell and Murrindindi Shires. There is no need to register for events – simply let us know you're coming. If you have specific access needs please let us know. You don't have to be LGBTI yourself. Contact us on 1300 773 352 if you want to know more.

Web: <http://www.nexusprimaryhealth.org.au/groups-and-events/>

Parents of Gender Diverse Children

Supports gender diverse young people and their families. E-mail: info@pgdc.org.au

Web: <http://www.pgdc.org.au>

PFLAG Shepparton

We are a group of parents, families and friends of gay, lesbian and bisexual people who meet regularly to offer support and friendship to families, particularly parents, and also to members of the GLBTI community who may need support in coming out to their families and friends.

Web: <http://pflagshepparton.org.au/>

Facebook: <https://www.facebook.com/pflaggreatershepparton>

Parents and families of gender diverse young people - Warrnambool

Monthly meeting for parents, carers, family members and friends of children and young people who identify as transgender or gender diverse. First Monday of each month—5:30 to 7:00 pm, Brophy Family

Brophy Family and Youth Services, 210 Timor St, Warrnambool.

Web: <http://www.brophy.org.au/safe-south-west>

Phone: 5561 8888

PERK: Parents Empowering Rainbow Kids

Quarterly network for parents of LGBTIQ+ young people up to the age of 25 in Macedon Ranges and district, aimed at supporting each other, and LGBTIQ+ young people. In 2019, meetings are held on 26th March, 18th June, 10th September, 3rd December. The parent network provides a forum for discussion, education and training, development of projects and connecting into the local community. PERK is now held in Woodend.

Address: Cobaw Community Health, 47 High Street, Kyneton Vic, 3444;

Contact Person: Mez Lanigan, Jacqueline Carter
Phone: 1300 026 229 or 03 5421 1666.
Email: admin@cobaw.org.au

Switchboard Victoria

Switchboard is a volunteer organisation which provides a free, confidential and anonymous telephone counselling, referral and information service for the Victorian and Tasmanian lesbian, gay, bisexual, transgender, intersex and queer (LGBTIQ) communities and their supporters.

Web: <http://www.switchboard.org.au/>

Toll free: 1800 184 527, Phone: 9663 2939

Transcend

Transcend provides parent/carer support, community connection, information, advocacy and fundraising.

Web: <http://www.transcendsupport.com.au> <http://www.transcendsupport.com.au/parent-hub/>

TransFamily

TransFamily is a Peer Support Group for parents, siblings, partners, extended family and/or friends of a TGD person. They are a Melbourne-based group that meet in Carlton on the 4th Saturday of each month except December and January. They regularly run workshops and have guest speakers to address the group.

Web: <https://transfamilysite.wordpress.com/>

Facebook: <https://www.facebook.com/transfamilysupportgroup>

Sport

Fearless Movement Collective

This business gives you specialised fitness and nutrition help for TGD clients and supports the body while transitioning. Run by a non-binary trainer. On-line modules are also available.

Email: hello@fearlessmovement.co

Website: <https://fearlessmovementco.com/>

Guideline: Trans and gender diverse inclusion in sport

This guideline issued by the Victorian Equal Opportunity and Human Rights Commission outlines obligations under the Equal Opportunity Act regarding discrimination against trans, gender diverse and non-binary people in sport. It provides practical guidance for sporting clubs and organisations about promoting an inclusive environment, being proactive in preventing discrimination and responding appropriately if it occurs. It can also help individuals and players understand their rights.

<https://www.humanrightscommission.vic.gov.au/home/our-resources-and-publications/eoa-practice-guidelines/item/1560-guideline-trans-and-gender-diverse-inclusion-in-sport-complying-with-the-equal-opportunity-act-2010>

LGBTIQ+ Sport Clubs

This website provides an overview of LGBTIQ+ sport and recreation groups in Melbourne.

Web: <http://teammelbourne.org.au/clubs-and-sports/>

Proud 2 Play

Proud 2 Play seeks to encourage LGBTIQ+ young people as well as their allies, friends and families to participate in sport and exercise, by providing structured opportunities and pathways.

Web: <https://www.proud2play.org.au/>

Trans, gender diverse and non-binary inclusive supports for young people – regional

Ballarat

Ballarat transgender peer support group

Ballarat transgender peer support group. A social support group for transgender and gender fluid people to meet and develop friendships. No charge or paperwork required.

Ballarat Community Health, 28 Victoria Street Bakery Hill in the Acacia Room – fortnightly on Friday nights 4:00 – 6:00. Contact Sound Psychology Ballarat for further details on how to attend.

Sound Psychology Ballarat, Level 2, 3 Peel St, Ballarat VIC 3350

Phone: 5384 5163

Web: www.soundpsych.com.au

E-mail: hello@soundpsych.com.au

Transgender clinical group – Ballarat

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Web: www.soundpsych.com.au

E-mail: hello@soundpsych.com.au

Zaque

Zaque is a group that aims to provide a safe and supportive space for LGBTIQ young people aged 12-25! The group will give young people the opportunity to engage with like-minded young people and discuss LGBTI issues, projects, and community engagement. For more information please call Andy at Headspace on 5304 4777.

Web: <https://headspace.org.au/headspace-centres/ballarat/zaque-glbti-headspace-ballarat/>

Email: zaque@headspaceballarat.org.au

Facebook: <https://www.facebook.com/zaqueheadspaceballarat/>

Barwon South West

Federation University Rainbow Collective

Rainbow Collective is a support group for LGBTIQ students studying at FedUni, as well as any friends of the University. It is a club that is run by students, for students and hosts a number of small events and social gatherings throughout the year.

Facebook: <https://www.facebook.com/fedunirainbowcollective>

Email: fedunirainbow@gmail.com

GASP Geelong

GASP offers a number of social and support groups for people aged 12-25 who are lesbian, gay, bisexual, intersex, transgender, gender diverse, or just not sure in central Geelong. To join a GASP group please phone 5272 6120 (Monday to Friday 9am-5pm) and ask to speak to a GASP project worker. GASP also offers Geelong Gender Group for 25years and over, which meets twice a month for social events.

Web: <http://www.gaspgeelong.net.au/>

Facebook: <https://www.facebook.com/GeelongGenderGroupPublic/>

Yumcha - Warrnambool

LGBTIQA+ Youth Diversity Group YUMCHA (social group) meet on Mondays 4 pm @ Brophy Community Youth Complex (210 Timor St, Warrnambool) during school terms providing a safe, friendly environment for young LGBTIQ people (up to 25 years). Co-located with Headspace Warrnambool.

Facebook: <https://www.facebook.com/yumchamedia/>

Email: safe@brophy.org.au/

Ph: 5561-8888

Gippsland

Gippsland Rainbow Collective

The Gippsland Rainbow Collective is committed to the support of Lesbian, Gay, Bisexual, Transgender and Intersex (LGBTI) people living in the Latrobe Valley in the hope that we can make Gippsland a more accepting and safer place to live for our LGBTI community.

Facebook: https://www.facebook.com/pg/GippslandRainbowCollective/about/?ref=page_internal

Whatever

A social and support group for GLBTIQ+ young people in the La Trobe Valley supported by Headspace Morwell.

Web: headspace.org.au/headspace-centres/morwell

Facebook: <https://www.facebook.com/headspacemorwell/>

Contact no. 5136 8300/ Email: info@headspacemorwell.org.au

Hume

Alphabet Crew, Albury-Wodonga

The group provides a space where you can be yourself, meet people, hear from guest speakers and get involved in community activities that celebrate diversity! The Alphabet Crew meets fortnightly at Retro Lane Café in the Albury Wodonga area from 4.30pm until 6.00pm during school term. The Alphabet Crew welcomes same sex attracted, intersex, transgender and gender diverse young people as well as friends and allies aged 12-18.

Web: <https://www.facebook.com/WayOutWodonga/>

Email: sophie.rhys@gatewayhealth.org.au

Diversity Shepparton

Diversity Group is a social-support group for same-sex attracted and sex and gender diverse young people between the ages of 12 – 25 years (and their friends) in the greater Goulburn Valley. The Group provides an open, friendly and welcoming environment for young people to explore sexuality issues, get information, discuss concerns and talk with others about similar life experiences. Meets fortnightly. Contact Georgie at Uniting Office on 5831 6157.

Case managers: Anna Diktakis, Cindy Senya for case management support.

Facebook: <https://www.facebook.com/diversityprojectgreatershepparton>

Nexus LGBTI Support Group

The Nexus LGBTI Support group is a social group for anyone who supports LGBTI people. We meet monthly in a safe and inclusive environment for a meal and fun social events across Mitchell and Murrindindi Shires. There is no need to register for events – simply let us know you're coming. If you have specific access needs please let us know. You don't have to be LGBTI yourself. Contact us on 1300 773 352 if you want to know more.

Web: <http://www.nexusprimaryhealth.org.au/groups-and-events/>

QATS (Queer Ace/ro Trans Same-gender), Albury-Wodonga

QATS (pronounced "cats") is a peer LGBT+ social group for young adults (17-30 years old).

Facebook: <https://www.facebook.com/QATSAlbury/>

Loddon Mallee

Alphabet Soup Mildura

Alphabet Soup is a fortnightly discussion/activity/social and support group for young people aged 12-25 who are LGBTIQA. LGBTIQ young people in Mildura have long been isolated from face-to-face supports and safe social spaces for meeting peers, making friends, learning about issues such as safe sex and addressing homophobia and transphobia, and building confidence and support around their sexuality and gender identity.

Peer support worker's position is funded until July 2019 – Best to contact the Mildura office after July for more updated information regarding the program.

Web: <https://headspace.org.au/headspace-centres/mildura/>

Phone: 5021 2400

Inquiry in regards to family/peer support: E-mail: finley.hopleywillcock@headspacemildura.com.au

Rainbow Eagles

Rainbow Eagles is a social and support student-led club for students of La Trobe University in Bendigo. LGBTIQ+ people and allies who are students at La Trobe University Bendigo.

Facebook: <https://www.facebook.com/rainboweagless>

To contact the Queer Counsellor at **Bundoora**, call 9479 2956 or email counselling@latrobe.edu.au. To contact the Queer Counsellor at **Bendigo**, call 9479 7408 or email counselling@latrobe.edu.au.

Web: <https://www.latrobe.edu.au/students/support/wellbeing/lgbtiqa-services/queer-counselling>

The House of Awesome

The House of Awesome is a fortnightly on Wednesdays from 4-6pm in Kyneton and a few extra groups on a Thursday in Romsey as a trial as well. WayOut offers these facilitated safe space for LGBTIQ+ young people and their friends up to the age of 25 in the Macedon Ranges (i.e Kyneton, Gisborne, Woodend, Romsey, Lancefield and surrounding districts) to meet to share experiences, create and deliver a range of projects, develop leadership skills and connect with other like-minded people.

Address: Cobaw Community Health, 47 High Street, Kyneton Vic, 3444.

Email: admin@cobaw.org.au

Phone: 1300 026 229 or 03 5421 1666

Mornington Peninsula

Peninsula Pride

Peninsula Pride is Queer Straight Alliance Youth Project providing social groups for young people living in the Frankston and Mornington Shire Council catchments. We provide social groups, support groups, camps and events.

Web: http://www.frankston.vic.gov.au/Things_To_Do/Youth_Hangouts/Peninsula_Pride

Facebook: <https://www.facebook.com/peninsulapride/>

Gender Queery (Not running currently – in the process of recruitment

For Trans, intersex and gender questioning/gender fluid young people. Two groups run on alternate weeks. (13-17 years old one week and 18-25 years the next).

Web: <https://headspace.org.au/headspace-centres/frankston/>

Trans, gender diverse and non-binary inclusive groups for young people – Melbourne

Melbourne Metro

Melbourne Aces Meetup

Melbourne Aces Meetup is a social (and occasional support) group for asexual people anywhere in Australia – although most meetups will be in Melbourne. The average age of attendees is 20-25, so please feel free to contact the group admin if you're wondering if the group is for you/someone you know. Please note, this is an informal, peer led and run group. The group is not affiliated with an organisation.

Web: <http://www.meetup.com/en-AU/Melbourne-Aces-Meetup/>

Minus 18

Minus 18 is a web based support network for same sex attracted, gender questioning young people under 21 years of age. Minus18 is Australia's largest youth driven organisation for LGBTIQ youth and organizes social events, dance parties and resources for LGBTIQ youth.

Web: <https://www.minus18.org.au/>

Splash - Family Planning Victoria's Support Group for LGBTIQ Young People

Splash is about supporting young people aged 12 to under 25 of diverse sexes, sexualities and genders to talk, share and learn about sexual health and respectful relationships, enhance their connections to the LGBTIQ community and offer social support and positive interactions with like-minded peers. Splash sessions run fortnightly on Tuesdays at our secure, accessible and youth-friendly Action Centre in Melbourne's CBD.

Web: <http://www.fpv.org.au/courses/sexuality-support-services-for-lgbti-youth-in-a-group-setting?section=communities>

Phone: 03 9660 4700 or freecall 1800 013 952

Email: splash@fpv.org.au

Ygender

A support group for trans, genderqueer, gender questioning young people and friends based in Melbourne.

Web: <https://www.ygender.org.au/>

Thorne Harbour Peer Workshops: Young & Gay and Transmasculine Workshop

Young & Gay is a free, 6 week workshop for guys aged 26 years and under who are attracted to other guys. It provides a fun, interactive, and informative environment for young men to meet new people while talking about sexuality and health.

One-day Transmasculine Workshop is also expected to run in the first quarter of 2019 for trans men and transmasculine folk to have discussions around transition, relationships, identity and self-esteem.

Web: <https://thorneharbour.org/lgbti-health/peer-workshops/>

Email: peer.ed@thorneharbour.org

Melbourne East

Be Ur Self

Be Ur Self is a social support group for SSAITGD young people aged between 16 and 21 years living, working or studying in the Cardinia Shire and surrounding areas. Be Ur Self meet weekly and offer a range of activities and opportunities for young people to share their experiences with like-minded people. 4-6pm Thursdays. Contact person: Miranda

Web: www.cardinia.vic.gov.au/youth

Phone: 59403100/ 1800 4YOUTH

Email: myplace@cardinia.vic.gov.au

Box Hill Eastern Diversity Group

EDG is a support/social group for anyone aged 15-25 who identify as Diverse Sexuality and Gender, or are just not sure. Meets Thursdays 3-5pm in Box Hill. Contact Rebecca at Family Access Network on 9890 2673. Co-located with Youth Homelessness, Mothers group within the organisation. Brokerage available for housing.

“Engage” is another program to provide support LGBTIQ youth in employment.

Web: <http://www.fan.org.au/2017/07/30/test-post-4/>

'4 Me' Group

4 Me is a structured support program that embraces the diversity of same sex attracted, gender diverse and questioning young people aged 14 - 18 years, who live, work, study or hang out in the City of Knox.

4 Me provides a safe environment for young people to explore relationships with themselves, others and their community. Once participants complete 4 Me, some are introduced to the next program Free 2 Be Me, which is held 12 sessions fortnightly. Family therapy and counselling also available.

Knox City Council Youth Services (located at Knox Westfield) Phone: 9298 8000

Contact name: Katie Email: youth@knox.vic.gov.au

Web: http://www.knox.vic.gov.au/Page/Page.aspx?Page_Id=254

'Emerge' Group

'Emerge', a discussion group held each fortnight for young people aged 18-25 years who may also identify as same sex attracted, gay, lesbian, bisexual, transgender, unstraight, unsure, pansexual or gender questioning. Emerge group members are involved in group discussions which may include guest speakers and projects. Family therapy and counselling also available.

Knox City Council Youth Services (Knox Westfield) Phone: 9298 8000

Email: youth@knox.vic.gov.au

Melbourne North

Glitter – Craigieburn

Glitter is a safe place for same sex attracted, gender diverse and LGBTIQA young people and supporters to catch up, learn skills and event management, take part in community forums, attend training sessions, organise guest speakers, and put together a MASSIVE end of year Glitter Ball Party! Meeting is held regularly during the school term.

Email: youth@hume.vic.gov.au

Phone: 9205 2556

Web: https://www.hume.vic.gov.au/Services_For_You/Youth/Youth_Events/Glitter_Crew

Rainbow Space Bayule

Rainbow Space Bayule provides opportunities for young people aged 14-25 who are gay, lesbian, bisexual, transgender, intersex and queer (GLBTIQ) their friends, family and supporters to engage in a positive and safe space to be themselves, connect with their peers and be supported by youth workers. Social events are organised (random) and regular consumer meetings. Contact Richard or Gemma Bouchet (consumer advisory panel) on 9490 4377.

Web: <http://www.banyuleyouth.com/>

Email: richard.euston@banyule.vic.gov.au

Facebook: <https://www.facebook.com/rainbowspacebanyule/>

The Rainbow project

This program aims to build a positive supportive network for young people aged 12 - 25 years who identify as LGBTIQ+ and those supporting them. Various programs and events available. Parents information session re support offered every term. Contact Emma or Tanya. Ph: 03 9404 8800.

Facebook: <https://www.facebook.com/baselineyouth/> Email: baseline@whittlesea.vic.gov.au

Web: http://www.baselinewhittlesea.com/whats_happening/the_rainbow_project

Y-GLAM Queer Youth Theatre

A space for young queer people to come together and explore sexuality and gender identity through artistic means. Known as YGLAM, we provide a safe space for queer young people to express themselves. No cost or referral needed. Booking can be made by calling Merri Health 1300 637 744 and by speaking with the YGLAM project officer. The group runs weekly in Coburg.

Web: <https://www.merrihealth.org.au/services/young-adults/queer-youth-theatre/>

Facebook: <https://www.facebook.com/YglamPerformingArtsProject/>,

<https://www.facebook.com/events/2258719327738645/>

Melbourne South

Full Spectrum – currently not running -> A monthly event to be launched

Youth work and youth counselling available. Contact: Youth Worker TL Jackie Aitken, Bayside City Council jaiken@bayside.vic.gov.au , 9599 4493

Glen Eira Pride

Glen Eira Pride is a new gender and sexually diverse or questioning support group for 14-25 year olds that is safe, supportive, inclusive and confidential. This program runs on a weekly basis during school terms and is an opportunity to meet other like-minded people, share experiences, provide support and promote LGBT awareness and inclusion in the City of Glen Eira. To register, go to website. Contact Jason for details on 9524 3676.

Web: <http://www.gleneira.vic.gov.au/Community-services/Youth/Programs-for-youth/Glen-Eira-Pride>

Peninsula Pride

Peninsula Pride is Queer Straight Alliance Youth Project providing social groups for young people living in the Frankston and Morning Shire Council catchments. We provide social groups, support groups, camps and events.

Web: http://www.frankston.vic.gov.au/Things_To_Do/Youth_Hangouts/Peninsula_Pride

PRISM Bentleigh

PRISM is a pride group facilitated by and for young people aged 12-25. If you're looking for a safe place to chill out, meet others from the community who can provide support and a fun place to be yourself, we are here for you. Held weekly on Thursdays

Web: <https://headspace.org.au/headspace-centres/bentleigh/#services>

Queer in Kingston (QIK)

QIK is a safe and confidential social support group where GLBTIQ young people aged 14 to 24 can talk, gain information and support, share experiences and make new friends. The group meets weekly during the school terms and runs all year through.

Web: <http://kingstonyouth.org.au/QIK>

Unite Alliance, Dandenong

Unite Alliance is an Action group for LGBTIQ young people 14-25yrs and their allies that aims to tackle homophobia, transphobia and discrimination through education, awareness campaigns and projects.

Web: www.facebook.com/unitealliance

Melbourne West

The Space - Melton

The Space is a social support group for young people aged 12-25yrs who are questioning their sexuality and/or sexual identity. The Space hang out, share stories, support one another, make stuff, go to places around Melbourne, learn and laugh. It is a safe space to meet amazing young people and get support and friendship. To contact, call Melton City Council Youth Services on 9747 5373/ 9747 5422 or email yse@melton.vic.gov.au

Web: <http://www.melton.vic.gov.au/Services/People/Youth/Get-support/The-Space>

Moonee Valley Queer Youth Group

Our Queer Group provides a welcoming, safe space for young people aged 12 to 25 identifying as same-sex attracted, bisexual, intersex, transgender, gender diverse, questioning or curious from across our local area to regularly hang out, create events, support each other, and express who they are. Meetups in 2019 are held on the last Friday of the month, between 4.30pm and 6.30pm in Niddrie. Contact via website or call 9243 1225.

Web: <http://valleyyouth.mvcc.vic.gov.au/en/Whats-on/Committees/Queer-Youth-Group>

Q, Wyndham City

Q is a social group and committee for young people aged up to 25 years who may be Gay, Lesbian, Bisexual, Transsexual, Intersex, Gender questioning, Pan Sexual and Straight. Meets weekly. Contact youth worker Tanya at Tanya.Whipmore@wyndham.vic.gov.au. Tanya has also capacity to support family members. Ph: 8734 1355.

Web: <https://www.wyndham.vic.gov.au/services/youth-services/services-programs/youth-programs>

Queer Crafternoon Sunshine

Queer Crafternoon is a fun and informative social support group for LGBTIQ+ young people aged 13—25. Come take part in craft that celebrates sexual and gender diversity, meet people, make new friends, learn new craft skills and have good chat. Headspace Sunshine. Call Tash 9927 6222 (Headspace Sunshine). Held on Thursdays.

Web: <http://brimbankyouth.com/programs/queer-crafternoon/>

Email: info-headspacesunshine@orygen.org.au

Key Advocacy Organisations

Trans and Gender Diverse

Transgender Victoria (TGV)

The primary objective of the Transgender Victoria is to achieve justice, equity and quality health and community service provision for trans people, their partners, families and friends. They provide LGBTI and trans and gender diverse awareness training across many industries

Web: www.tgv.org.au,

Email: enquiries@tgv.org.au

Phone: 9020 4642 (voice mail)

Zoe Belle Gender Collective (ZBGC)

Zoe Belle Gender Collective is an online not-for-profit seeking to provide support, training and resources for the Victorian trans and gender diverse community.

Web: <http://www.zbgc.com.au/>

Facebook: <https://www.facebook.com/ZoeBelleGenderCollective/>

Intersex

Intersex Human Rights Australia (IHRA formally known as OII Australia)

IHRA is an independent support, education and policy development organisation, by and for people with intersex variations or traits. Their work focuses on human rights, bodily autonomy and self-determination, and on evidence-based, patient-directed healthcare.

Web: <https://ihra.org.au/information/about/>

Email: info@ihra.org.au

LGBTIQ

Australian GLBTIQ Multicultural Council Inc

The AGMC Inc is a peak body for individuals/groups from a Gay, Lesbian, Bisexual, Transgender, Intersex and Queer multicultural background.

GLBTIQ multicultural directory: <https://agmc.org.au/directory/>

Web: <http://www.agmc.org.au/>

Bisexual Alliance Victoria Inc

Bisexual Alliance Victoria Inc. is a non-profit volunteer-run organisation dedicated to promoting the acceptance of bisexuals in LGBTI and mainstream society, providing a fun, safe space where bisexuals can meet, make friends, and talk about their experiences, and informing the bisexual community about relevant news and opportunities for activism.

Web: <http://www.bi-alliance.org/>

Email: info@bi-alliance.org

Black Rainbow

Black Rainbow is Australia's first and only National Aboriginal and Torres Strait Islander Lesbian, Gay, Bisexual, Queer, Trans* and Intersex (LGBQTI) Suicide Prevention National Advocacy Platform and

National Touchpoint. Black Rainbow supports Aboriginal and Torres Strait Islander LGBTQI people who are homeless, leaving domestic violence relationships or the justice system. Black Rainbow is 100% Indigenous owned and operated.

Web: <http://www.blackrainbow.org.au/>

LGBTI Communities, Ageing and Dementia

Alzheimer's Australia is committed to ensuring that the needs of people from LGBTI (Lesbian, Gay, Bisexual, Transgender and Intersex) communities are met in all aspects of service provision, information, support and education.

Web: <https://www.dementia.org.au/sites/default/files/NATIONAL/documents/Lesbian-Gay-Bisexual-Transgender-and-Intersex-Dementia-Framework.pdf>

<https://www.dementia.org.au/resources/LGBTI>

GLHV

GLHV, formerly known as Gay and Lesbian Health Victoria, is a lesbian, gay, bisexual, transgender and intersex (LGBTI) health and wellbeing policy and resource unit. GLHV is funded by the Victorian Government and sits within the Australian Research Centre in Sex, Health and Society (ARCSHS), La Trobe University.

Web: <https://www.glhv.org.au/>

National LGBTI Health Alliance

The National LGBTI Health Alliance is the national peak health organisation in Australia for organisations and individuals that provide health-related programs, services and research focused on lesbian, gay, bisexual, transgender, and intersex people and other sexuality and gender diverse (LGBTI) people and communities.

Web: <http://lgbtihealth.org.au/>

Phone: 02 8568 1123

Email: info@lgbtihealth.org.au

Queers in Science

Queers in Science is an initiative to build community and improve support for LGBTIQIA+ people working in Science, Technology, Engineering, Mathematics and Medicine in Australia.

Web: www.queersinscience.org.au

Email: queersinscienceau@gmail.com

Twitter: <https://twitter.com/queersinscience?lang=en>

Rainbow Network

Empowering service providers to provide safer, more inclusive services for young same sex attracted, intersex, trans and gender diverse Victorians.

Web: <http://www.rainbownetwork.com.au/>

Val's LGBTI Ageing & Aged Care

Val's LGBTI Ageing and Aged Care (formerly Val's Café) was established in 2009 and is a Victorian-based program working to improve healthy ageing pathways, care and visibility of older LGBTI people. The organisation focusses on building the capacity of service providers to be LGBTI inclusive as a means to improving the health and wellbeing of older LGBTI people. Through undertaking research and professional development, resourcing and support, Val's is building a network of organisations that are equipped to provide LGBTI inclusive service.

Web: <https://www.latrobe.edu.au/arcshs/health-and-wellbeing/lgbti-ageing-and-aged-care>

Ph: 1300 528 7623, Email: valslgbti@latrobe.edu.au

Victorian Equal Opportunity and Human Rights Commission

Lesbian, gay, bisexual, trans and intersex rights: We know that people in the lesbian, gay, bisexual, trans and intersex (LGBTI) community continue to face discrimination in many areas of life, despite decades of equal opportunity laws in Victoria. The Human Rights Commission Website informs about rights and how to lodge a complaint.

Web: <https://www.humanrightscommission.vic.gov.au/discrimination/discrimination/types-of-discrimination/gender-identity-lawful-sexual-activity-sexual-orientation>

Email: information@veohrc.vic.gov.au

Phone: 1300 292 153