



2SLGBTQIA+

# PRIDE RESOURCE

for  
Recreation  
Therapists



CHILDREN

TEENAGERS

ADULTS

SENIORS

TRO X Tiana Demma  
June > 2024

# Programs for Children

Pride Tie Dye Socks/ T-shirts



'Queer Kid Stuff' Read-A-Loud



<https://youtu.be/g9gbc7zM0eU>

Pride Bracelets



DIY Pride Pins

<https://youtu.be/xDX52RzFoQk>

love out loud.



# Programs for Teenagers

Pride Tie Dye Socks/ T-shirts  
(specific colours for each flag)



Free Trans-Affirming Colouring Book

[Link Here](#)



Teen Discord Drop-In Chat  
([Discussion Questions Link](#))



LET'S CELEBRATE

#LOVEWINS!

# Programs for Adults

Colouring Book for Queer Adult Self-care (Free Download)

Pride Movie Night (Trailers/ where to watch)



**52 LGBTQIA+ Movies and Shows to Stream Now to Celebrate Pride**

We compiled 52 great movies and TV shows in honor of Pride month—and they don't disappoint.

RS Real Simple / May 7



Treat yourself to something that makes you feel good.  
Treat yourself to SEVERAL things that make you feel good.

PRIDE Trivia!  
([Link Here](#))

Coffee and Chat- Online or in-person (Drop in group to connect and share life experiences)



# Programs for Seniors



## A GUIDE TO ADDRESSING: LGBTQ+ DEMENTIA AND MEMORY LOSS

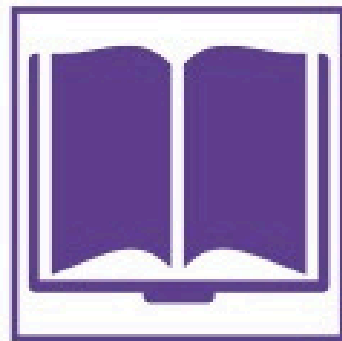


### WHY IT MATTERS <sup>1</sup>

- 40% of LGBT folks in their 60's and 70's say their healthcare providers do not know their sexual orientation.
- Twice as likely to age without a spouse or partner, and more likely to live alone.
- Less likely to have children to support them.

### THE DAY TO DAY IMPACTS <sup>1</sup>

- May lose the ability to decide whether or not to be "out".
- Can go back to a time before "coming out" or transitioning.
- Memories of prejudice, discrimination, and harassment can become more pronounced.
- LGBTQ+ older adults are more likely to have increased vulnerability factors including social isolation and stigmatization making it difficult to find support.



### THINGS TO CONSIDER <sup>2</sup>

- What is the culture of the home?
- Will residents be able to express their relationships without threat?
- Is there space to be intimate with a partner?
- Do any staff identify as part of the LGBTQ+ community?

### NOW WHAT?

- Consult community specific resources such as Alzheimer's Society's Talking Point.
- Book a professional workshop and conduct an organizational assessment through the Safer Spaces program.



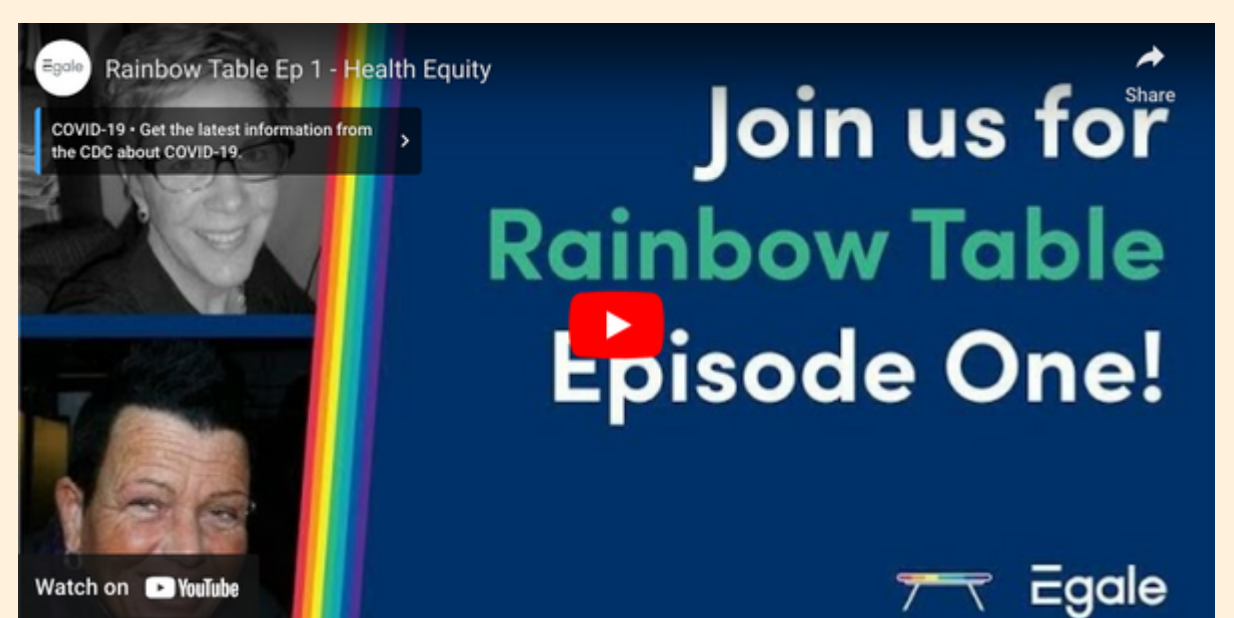
1. [https://www.giaging.org/documents/SAGE\\_lgbt-dementia-issues-brief\\_FINAL.pdf](https://www.giaging.org/documents/SAGE_lgbt-dementia-issues-brief_FINAL.pdf)  
2. <https://www.alzheimers.org.uk/get-support/daily-living/lgbt-care-settings>

[www.SaferSpaces.ca](http://www.SaferSpaces.ca)

Pride Lunch and Learn  
(Enjoy conversations about health, legal rights, and stories in a safe environment)

## Rainbow Table

(Facebook group for support, resources, and community engagement for seniors)



<https://youtu.be/fACZ97DN5EU>

Click this poster for more resources!

Pride Themed Bingo Night ([Etsy Link](#))





## **Mental Health Supports**

**Trans Lifeline** – Trans peer support

**Youthline** – Confidential, non-judgmental and informed Peer Support for LGBTTQQ2SI+ Youth

**The Trevor Project** – world's largest suicide prevention and crisis intervention organization for LGBTQ youth

**2S-LGBTQ+ Counselling Service Provider Directory**

**CAMH – Rainbow Services**

**The 519 – Counselling Referrals for Adults 30+**

**eMentalHealth.ca** – LGBTQ Mental Health Resources

**CMHA – LGBTQ**

## **Family Support**

**Families in TRANSition** – resources for parents of trans youth

**2SLGBTQI+ Around the Rainbow** – family services

**RESPECT FOR DIVERSITY**