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## RESOURCE LIST

Welcome to the Winnipeg Bi+ Network's resource list! Here you can find a collection of bi+ and bi+ friendly resources for the bi+ community, for friends and family, and for allies.

*Please note we are still in the process of building this list.* If you have any resources you'd like to add to this list, or if you have any questions, email us at [wbn@rainbowresourcecentre.org](mailto:wbn@rainbowresourcecentre.org).

This list has been put together by the volunteer facilitators of the Winnipeg Bi+ Network support group. If you have a concern regarding any of the resources listed, please email the volunteer coordinator at [jonahw@rainbowresourcecentre.org](mailto:jonahw@rainbowresourcecentre.org). This list was last updated on 2024-01-18.

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## **BI+ SUPPORT GROUPS**



### Winnipeg Bi+ Network

*The Winnipeg Bi+ Network provides a community where bisexual, pansexual, omnisexual, polysexual, queer, two-spirit, fluid, questioning, and other bi+ people of Winnipeg can socialize, share diverse perspectives, discover common experiences, and find support within a safer, welcoming space.*

- In-person support group
  - Every 4th Thursday of the month; 6:30 pm - 8:00 pm
  - Rainbow Resource Centre, 2nd floor
  - 545 Broadway, Winnipeg, Manitoba R3C 0W3
- Online support/community groups/social media
  - [Winnipeg Bi+ Network private Facebook group](#)
  - [Winnipeg Bi+ Network public Facebook page](#)
  - [Winnipeg Bi+ Network Instagram page](#)

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## **BI+ COMMUNITY EVENTS**



### Winnipeg Bi+ Network

*The Winnipeg Bi+ Network provides a community where bisexual, pansexual, omnisexual, polysexual, queer, two-spirit, fluid, questioning, and other bi+ people of Winnipeg can socialize, share diverse perspectives, discover common experiences, and find support within a safer, welcoming space.*

- In-person group outings/events
  - 1 Saturday per month; time and locations vary
  - [Check here for more information](#)

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## **BI+ ONLINE RESOURCES**



### [Bisexual Resource Centre](#)

*The Bisexual Resource Center works to connect the bi+ community globally and help its members thrive through resources, support, and celebration.*

- [What is Bisexuality?](#)
- [Am I Bi Enough?](#)
- [Coming Out as Bi+](#)
- [Bi+ Global Resource List](#)
- [Mental Health in the Bi+ Community](#)
- [Sexual Health Tips for the Bi+ Community and Best Practices for Providers](#)
- [Bisexuality and Disability](#)
- [Bi+ Intersections/Trans and Non-Binary Folks in the Bi+ Community](#)
- [Bisexuality and Religion](#)
- [Bi+ Youth](#)

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## **CANADIAN 2SLGBTQ+ COMMUNITY & SUPPORT**



### [Rainbow Resource Centre](#)

*Rainbow Resource Centre offers support to the 2SLGBTQ+ community in the form of counselling, education, and programming for individuals ranging from children through to 55+.*



**OUT THERE WINNIPEG**  
SPORTS AND RECREATION

### [Out There Winnipeg](#)

*Out There Winnipeg provides an inclusive, accessible, and safe(r) space for adult folks of the 2SLGBTQ+ community and allies to meet, socialize, be active and have fun!*



### [Egale Canada](#)

*Organization dedicated to improving the lives of 2SLGBTQI people in Canada and enhancing the global response to 2SLGBTQI issues.*



### [Pflag Canada](#)

*A national charitable organization, founded by parents who wished to help themselves and their family members understand and accept their LGBTQ2S children.*



### [It Gets Better Canada](#)

*It Gets Better Canada uplifts, empowers, and connects Two-spirit, lesbian, gay, bisexual, transgender, and queer (2SLGBTQ+) youth across Canada.*



### [The 519](#)

*The 519 is committed to the health, happiness and full participation of the 2SLGBTQ+ communities. 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.*



### [Friends of Ruby](#)

*We support two-spirit, lesbian, gay, bisexual, transgender, queer, intersex, asexual and all gender non-conforming youth (aged 16-29) by providing free counselling, housing and social services.*



### [KIND](#)

*Kind Space is a community centre in Ottawa – unceded Algonquin territory – that offers resources, events, social and educational programming. Our work celebrates, supports, and prioritizes oppressed sexual orientations, gender identities, and expressions.*



[Jeunes Adultes Gais et Lesbiennes de St-Hyacinthe](#)

*JAG is a community awareness, support and referral organization that serves the population of Montérégie West, Center and East. It is aimed at anyone directly or indirectly affected by emotional, sexual and gender diversity, or who is questioning it. With the aim of offering positive models, the JAG stands out for its openness and human approach.*



[LGBT Youth Line](#)

*Confidential database of services and organizations serving 2SLGBTQ youth across Ontario*



[Youthsafe.net](#)

*Youthsafe.net provides links to information and resources, in Alberta, for lesbian, gay, bisexual and transsexual (“LGBTQ”) people and allies. The website is focused on services for youth and young adults.*

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## INTERNATIONAL 2SLGBTQ+ COMMUNITY & SUPPORT



### [LGBT National Help Centre](#)

*All support volunteers identify as part of the LGBTQIA+ family, and are here to serve the entire community, by providing free & confidential peer-support,*

*information, and local resources through national hotlines and online programs.*

- **1-888-843-4564 (peer support, information, & local and national resources for all ages)**
- **1-888-688-5428 (coming out support line)**



### [The Trevor Project](#)

*Focused on suicide prevention efforts among lesbian, gay, bisexual, transgender, queer, and questioning youth, they offer a toll-free telephone number where confidential assistance is*

*provided by trained counselors.*

- **Call: 1-866-488-7386**
- **Text: 678-678**

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## **BI+ FRIENDLY CRISIS RESOURCES - MANITOBA**



Winnipeg Regional  
Health Authority  
Office régional de la  
santé de Winnipeg

### [Adult Mobile Crisis Unit \(24/7\)](#)

*The Mobile Crisis Service assists individuals experiencing a mental health or psychosocial crisis, including persons*

*with a co-occurring mental health/substance use disorder.*

*Calls or referrals are welcome from anyone who is concerned about a person experiencing a mental health or psychosocial crisis, including self-referrals and referrals from family members.*

**Call 204-940-1781. Mobile Crisis Staff are available to assist you 24 hours, 7 days per week.**



### [Crisis Response Centre \(24/7\)](#)

*A central point of access for adults experiencing a mental health crisis, accessible 24 hours a day, seven days a week within an atmosphere that promotes healing and recovery. This Centre of Excellence in crisis resolution ensures expert short term clinical treatment and*

*support services are available through walk-in services, mobile services and scheduled appointment services, combined with planned linkage and referral to appropriate services and supports.*

**To access the Crisis Response Centre, go to 817 Bannatyne Avenue in Winnipeg, Manitoba.**

For those who cannot make it to the Crisis Response Centre, you can have the Mobile Crisis Service come to you by calling 204-940-1781.





[Klinik Community Health Centre \(24/7\)](#)

*The Klinik Crisis Program operates a variety of crisis phone lines and online support services, providing free and confidential counselling, support and referrals for people who are suicidal, in*

*crisis or struggling to cope.*

**Call 204-786-8686. Toll-free: 1-888-322-3019, TTY: 204-784-4097.**

**Crisis Counsellors are available to assist you 24 hours, 7 days per week.**



[Manitoba Suicide Prevention & Support Line \(24/7\)](#)

*The Manitoba Suicide Prevention and Support Line is a toll-free, confidential 24-hour crisis line run by trained crisis counsellors from Klinik Community Health.*

**Call 1-877-435-7170. Crisis Counsellors are available to assist you 24 hours, 7 days per week.**

**Hope for Wellness Helpline**

[First Nations and Inuit Hope for Wellness Help Line \(24/7\)](#)

*The Hope for Wellness Helpline is available to all Indigenous people across Canada. Experienced and culturally competent counsellors are reachable by telephone and online 'chat' 24 hours a day, 7 days a week.*

**Call 1-855-242-3310 or [chat online](#)**

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## **BI+ FRIENDLY CRISIS RESOURCES - CANADA**



### [Talk Suicide Canada](#)

*If you are feeling like you have lost hope and are struggling to cope, if you are dealing with thoughts of suicide, or if you are worried about someone else, 9-8-8 is here for you. When you reach out, a*

*trained responder will listen without judgment, provide support and understanding, and can tell you about resources that will help.*

**Call or text (in Canada): 9-8-8**

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### [Trans Lifeline](#)

*Trans Lifeline is a grassroots hotline and microgrants 501(c)(3) non-profit organization offering direct emotional and financial support to trans people in crisis – for the trans community, by the trans community.*

**Call: 1-877-330-6366**

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### **Kids Help Phone**

### [Kids Help Phone](#)

*Kids Help Phone is Canada's only 24/7 e-mental health service offering free, confidential support to young people in English and French.*

- **Call: 1-800-668-6868**
- **Text: CONNECT to 686868**

## **BI+ FRIENDLY MENTAL HEALTH CARE RESOURCES - MANITOBA**

### [Klinic Community Health Centre - Drop-In Counselling](#)

*One-time drop-in sessions for individuals, couples and families, aged 13+, who would like the support of a counsellor.*

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### [Youville Community Health Centre](#)

*No-cost individual support to men, women and youth (+14) in the community. Please note that wait times to see a counsellor can be 6 months or more depending on demand.*

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### [Cognitive Behavior Therapy with Mindfulness \(CBTm\)](#)

*CBTm is a no-cost, self-guided, evidence-based 5 class program for Manitobans to help build resilience & improve mental wellness.*

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### [Strongest Families Institute](#)

*Provides free e-mental health services to children, youth, and adults with mild to moderate mental health concerns. Their services include cognitive behaviour therapy (CBT) skills and strategies for children and their caregivers who are dealing with disruptive behaviours, anxiety, or bedwetting. Services for youth and adults are focused on providing CBT skills and strategies to help individuals overcome anxiety and depression.*

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### [Addictions Foundation of Manitoba](#)

*Addictions Foundation of Manitoba provides addictions services and supporting healthy behaviours.*

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Recommended Reading: [A Pathway to Mental Health and Community Wellness: A Roadmap for Manitoba](#)

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## **BI+ FRIENDLY MENTAL HEALTH CARE RESOURCES - CANADA**

WELLNESS TOGETHER  
**Canada**

[Wellness Together Canada](#)

*A national resource that allows individuals to make decisions about the care they require and choose (self-refer) from a number of 24/7 services, such as*

*immediate crisis support, self-assessment tools, educational resources, peer support and counselling support by phone, text or live chat.*

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## **BI+ FRIENDLY THERAPISTS & COUNSELLORS**

[Psychology Today](#)

*Therapists/counsellors with “bisexual” listed as part of their care.*

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[LGBTQ and All](#)

*2SLGBTQ+ friendly mental health care in Manitoba.*

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## **BI+ FRIENDLY GENERAL HEALTH CARE**

### [Nine Circles Community Health Centre](#)

*Nine Circles Community Health Centre, with expertise in the care and treatment of HIV, Hepatitis C and other sexually transmitted infections, delivers comprehensive primary care, social support, education and prevention services – creating healthier communities for Manitobans.*

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### [Youville Community Health Centre](#)

*Health care, wellness education, and counselling services that include ask a nurse, baby and me, counselling, foot care, PATHways for Diabetes, and seniors programs.*

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### [Youville Diabetes Centre](#)

*Provides education and resources to adults in the Winnipeg Health Region who are living with Type 1 and Type 2 diabetes and taking medication (pills, insulin or other injectables); and women with pre-existing diabetes who are pregnant or who develop gestational diabetes during pregnancy.*

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## **JUDGMENT-FREE STI CLINICS**

### [Klinik Community Health Centre](#)

167 Sherbrook Street; Winnipeg, Manitoba R3C 2B7

Drop-in hours, no appointment needed:

- Tuesday, Wednesday, and Thursday evenings from 4 – 7:30 pm
- Fridays & Saturdays from 10:00 am – 3:30 pm

*We recommend arriving at the drop-in at least an hour before the starting time to ensure you get a spot. Spots can fill up fast!*

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### [Youville Teen Clinic](#)

6-845 Dakota Street  
Winnipeg, Manitoba R2H 0S8

*Nurses, a doctor and volunteers available every Tuesday from 4:00 pm to 7:00 pm who can answer questions for those 14-20 years old; provide testing, low cost/no cost birth control, free condoms; and connect you with the resources you need.*

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## **SEX & STI RESOURCES**

### [Sex Friendly Manitoba](#)

*Designed to provide people in Manitoba with accurate, up-to-date information about sexually transmitted and blood-borne infections (STBBIs for short).*

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### [Sexuality Education Resource Centre MB](#)

*Promotes sexual health through education.*

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### [Street Connections](#)

*A mobile public health service to help reduce the spread of sex-u-al-ly trans-mit-ted and blood-borne infec-tions (STB-BIs), includ-ing hepati-tis C and HIV, and reduce oth-er drug-relat-ed harms.*

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### [Government of Canada - Sexually Transmitted Infections](#)

*Government of Canada's guide to sexually transmitted infections.*

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## RESOURCES FOR FRIENDS AND FAMILY

- [For Families of Bi+ Youth](#)
- 

## RESOURCES FOR ALLIES

- [How to Be an Ally to a Bi+ Person](#)
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## POLYAMORY & ETHICAL NON-MONO GAMY RESOURCES



[OPEN \(Organization for Polyamory and Ethical Non-monogamy\)](#)

*A nonprofit organization dedicated to fostering the polyamory and non-monogamy movement by advancing cultural acceptance, building political power, and supporting non-monogamous communities and leaders.*

- [What is Non-Monogamy?](#)
- [Consensual Non-Monogamy Fact Sheet](#)  
*A comprehensive, sourced introduction to consensual non-monogamy and related topics. This guide is intended for journalists, content creators, advocates, and anyone interested in learning more about non-monogamy.*

- [Peer Support](#)
  - Non-Monogamy Peer Support Group
  - New to Non-Monogamy Peer Support Group

*OPEN's Peer Support Circles are dedicated to fostering open discussion, providing a safe haven for meaningful conversations, and promoting understanding around non-monogamy. These free sessions are offered on the second and third Tuesday of each month. Canadians welcome!*

- [Non-Monogamy and Deathcare](#)  
*An end-of-life resource for the non-monogamy community. Note that this resource was written for United States residents, however there's lots of great transferable information that Canadians can benefit from.*

## BOOKS

### [More Than Two: A Practical Guide to Ethical Polyamory](#)

By Franklin Veaux and Eve Rickert\*

*Can you love more than one person? Have multiple romantic partners, without jealousy or cheating? Absolutely! Polyamorous people have been paving the way, through trial and painful error. Now the new book More Than Two can help you find your own way. With completely new material and a fresh approach, Franklin Veaux and Eve Rickert wrote More Than Two to expand on and update the themes and ideas in the wildly popular polyamory website [morethantwo.com](http://morethantwo.com).*

### [Polyamory and Jealousy: A More Than Two Essentials Guide](#)

By Franklin Veaux and Eve Rickert\*

*"How do you deal with jealousy?" It's the first question many people ask when they hear about polyamory. Tools for dealing with jealous feelings are among the most basic resources in a well-equipped polyamory toolkit. In this book, you will find pragmatic ways to handle feelings of jealousy when they arise. You'll learn tools for identifying*



*jealousy, strategies for decoding what it means, and hands-on advice for dealing with it before it undermines your relationship.*

*\*Despite some controversy surrounding the authors, we included these books for their valuable information on ethical non-monogamy, suitable for experienced individuals, but especially newcomers.*

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### [Polywise](#)

By Jessica Fern

*Polywise provides both the conceptual framework to better understand the shift from monogamy to non-monogamy and the tools to navigate the next steps.*

### [Polysecure](#)

By Jessica Fern

*Polyamorous psychotherapist Jessica Fern breaks new ground by extending attachment theory into the realm of consensual non-monogamy. Using her nested model of attachment and trauma, she expands our understanding of how emotional experiences can influence our relationships. Then, she sets out six specific strategies to help you move toward secure attachments in your multiple relationships. The principles presented in this book can also be applied to monogamy.*

### [Polysecure Workbook](#)

By Jessica Fern

*The Polysecure Workbook encourages examination of any attachment challenges you may have experienced in your opening up process and offers insights into how to build secure relationships. Through practical exercises, you will explore your own attachment history, examine your reasons for practicing non-monogamy and the different styles of non-monogamy that you relate to, and consider whether you rely on relationship structure for your attachment security. The Polysecure Workbook provides the tools needed to navigate the complexities of multiple loving relationships and to build personal security.*

## [Stepping off the Relationship Escalator: Uncommon Love and Life](#)

By Amy Gahran

*Love and relationships are not one-size-fits-all. Good thing we have options! Most people assume that healthy or serious relationships which involve romance and sex are supposed to follow this path: from attraction and dating, through exclusivity and living together, to marriage that ideally lasts a lifetime. However, there are options that don't involve lying, cheating, affairs, infidelity, avoiding dating or relationships, swearing off sex or love, or not being true to yourself or others. To learn more about non-traditional relationships, this is a great starting point.*

## **BISEXUALITY+ & FAITH/SPIRITUALITY**



### [Bisexuality+ and Christianity](#)

*This page on the Bisexual Resource Center website provides insights into the relationship between bisexual+ identities and Christianity, including tips for coming out and navigating faith and sexuality.*

*You may find that many points can be applied to faith and spirituality as a whole.*

## **2SLGBTQ+ FRIENDLY FAITH & SPIRITUALITY - MANITOBA**



### [Anakhnu Jewish LGBTQ Group](#)

*Anakhnu is a group for LGBTQ+ and like-minded individuals, family members, and friends to socialize, gain information, and share ideas in a welcoming and inclusive Jewish environment.*



### [Congregation Shaarey Zedek](#)

*Congregation Shaarey Zedek is the oldest synagogue in Winnipeg. It is a centre for Conservative Judaism that welcomes the community to experience spiritual growth, continuing education, and the enrichment of life cycle events. It is an inclusive, egalitarian, LGBTQ-affirming shul - open and welcoming to all members of the community.*



### [Dignity Winnipeg](#)

*An organization of Roman Catholics who focus on celebrating diverse sexualities as a gift of God through worship and social events.*



### [First Unitarian Universalist Church of Winnipeg](#)

*A church which prides itself of being at the forefront of 2SLGBTQ+ inclusion for more than 40 years.*



### [Lutheran Churches](#)

*Below is a list of some 2SLGBTQ+ inclusive Lutheran churches in Winnipeg:*

- [Faith Lutheran Church](#)
- [St. Mark's Lutheran Church](#)



## Mennonite/Anabaptist Churches

*Below is a list of some 2SLGBTQ+ inclusive Mennonite/Anabaptist churches in Winnipeg:*

- [Bethel Mennonite Church](#)
- [Charleswood Mennonite Church](#)
- [Home Street Mennonite Church](#)
- [Hope Mennonite Church](#)
- [First Mennonite Church of Winnipeg](#)
- [Jubilee Mennonite Church](#)
- [Little Flowers Community](#) (partnership between Mennonite Church Manitoba and Peace & Justice Initiatives)
- [North Kildonan Mennonite Church](#)
- [River East Church](#)



## Proud Anglicans

*Click on the link above for a list of 2SLGBTQ+ inclusive Anglican churches in Manitoba.*



## Rainbow Ministry Winnipeg Presbytery - United Church of Canada

*An outreach ministry of the United Church of Canada which works with the 2SLGBTQ+ community in Winnipeg. The ministry offers one-on-one conversations as well as workshops focusing on faith,*

*sexuality, and gender expression.*

*Use the [United Church of Canada Locator](#) and search for a city or town name to find churches across Manitoba.*



### [Temple Shalom](#)

*A welcoming Reform Jewish community in Winnipeg. Values progressive views and welcomes individuals and families from the 2SLGBTQ+ community.*

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### [The Table](#)

*An inclusive community space where people can explore what they believe. Offers in-person meetings and a podcast.*

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### [Unoa A Conscious Community](#)

*Healers that specialize in spiritual guidance, Reiki healing, Theta healing, human design, nutrition, massage therapy, mediumship, psychic readings, and akashic readings.*

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### [Winnipeg Quakers](#)

*The Winnipeg Meeting of the Religious Society of Friends (Quakers) meet for worship every Sunday. They endeavour to welcome everyone with absolute equality and without condition.*

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## 2SLGBTQ+ FRIENDLY FAITH & SPIRITUALITY - NATIONAL (CANADA)



### [Egale - Faith and 2SLGBTQI Youth](#)

*This page on the Egale website offers faith resources to use w/ youth. It includes detailed guides for inclusive approaches in schools, informative articles, and quotations from 2SLGBTQ+ people of faith.*

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### [Salaam Canada](#)

*A volunteer-run organization dedicated to creating and cultivating safe and supportive spaces for LGBTQ+ Muslims.*

*Provides resources for people who identify with Islam ritually, culturally, spiritually, or religiously while addressing intersecting issues around homophobia, transphobia, Islamophobia, and racism.*

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### [The ReiQueer](#)

*Based in Toronto, The ReiQueer offers in-person and distance (online) sessions for reiki, personalized guided meditation, group trainings, and holistic health/ mindful art workshops.*

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**The United Church of Canada**

### [The United Church of Canada](#)

*The United Church is committed to affirming that gender and sexuality are gifts of God, and welcome people of all sexual orientations and gender identities.*

*Open the link above and click on “Find a Location” at the top to search for United Churches in your city or town.*

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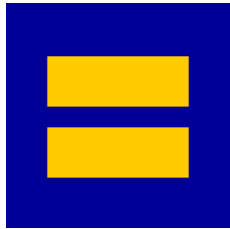
## 2SLGBTQ+ FRIENDLY FAITH & SPIRITUALITY - INTERNATIONAL



### [Believe Out Loud](#)

*A digital community for all identities, sexualities, faiths, and denominations to come together and access spiritual resources. Its goal is to move people*

*towards an expansive, transformative understanding of divine love. Select sexuality-specific tags (such as “bisexual” or “pansexual” etc) to find articles from the bi+ community.*



### [Human Rights Campaign - Religion & Faith](#)

*An American LGBTQ+ advocacy group. This page offers resources including a series of guides for 2SLGBTQ+ identities within specific religions (Catholicism, Evangelicalism, Islam, Judaism, and*

*Mormonism) as well as intersections with Communities of Colour.*



### [Keshet](#)

*An organization which works towards LGBTQ+ equality in Jewish life. Click on “Resources and Events” to access their library of articles, blog posts, and videos.*



### [Muslim Alliance for Sexual and Gender Diversity](#)

*MASGD works to support, empower, and connect LGBTQ+ Muslims. The alliance promotes an understanding of Islam that is centered on inclusion, justice, and equality. The website offers many resources such as articles, lectures, and mental health*

*connections, as well as an array of art, books, films, videos, and podcasts.*



### [Muslims for Progressive Values](#)

*MPV is a United States-based community that advocates for human rights, social justice, and inclusion. They offer LGBTQ+ resources such as inclusive Islam curriculums, lecture series, spiritual counseling, and infographics.*



### [Queer Theology](#)

*An queer Christian platform which offers a weekly podcast and resources surrounding LGBTQ+ identities and Christianity.*



### [Rainbodhi](#)

*An international spiritual friendship group that advocates for inclusivity and diversity while providing a range of resources for LGBTQ+ Buddhists.*



## **BI+ ENTERTAINMENT**

*Entertainment that features bisexuality+ or bisexual+ character(s).*

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### **MOVIES**

- *Blue Is the Warmest Colour (2013)*
- *Booksmart (2019)*
- *Call Me By Your Name (2017)*
- *Shiva Baby (2020)*

Wikipedia:

- [Female bisexuality in film](#)
  - [Male bisexuality in film](#)
- 

### **LIVE-ACTION TV SHOWS**

- *Atypical*
- *Brooklyn Nine-Nine*
- *Glamorous*
- *Heartstopper*
- *Schitt's Creek*
- *Sex Education*
- *What We Do In the Shadows*
- *Wynonna Earp*

### **ANIMATED TV SHOWS**

- *The Owl House*
- *Dead End: Paranormal Park*

Wikipedia:

- [List of bisexuality-related TV shows](#)
  - [List of bisexual characters in TV shows](#)
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## LITERATURE

- [The Bi Pan Library](#)

*No resource list we could put together could ever top this incredible archive and online directory of media created by and about bi, pan, and m-spec people.*

- *Every book on the Bi Pan Library's physical shelves has its own page on our website so you can get all the details about what it's about, who wrote it, and why it's included in the collection.*
- *The Bi Pan Library archive holds many vintage and rare books you won't find elsewhere online, so you can explore accounts of bi, pan, and m-spec experience as far back as the 1930s.*
- *A Bi Pan Library volunteer can help you find the right books about your topic of interest, a great read in your favorite genre, or arrange deeper research assistance via email or video chat.*

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## SIGNIFICANT DATES

- [International Transgender Day of Visibility](#) – March 31
- [International Asexuality Day](#) – April 6
- [Lesbian Visibility Day](#) – April 26

- [International Day of Pink](#) – held annually during the second week of April

*The International Day of Pink is a worldwide day against discrimination, homophobia, transphobia, and transmisogyny. First sparked in Nova Scotia when a gay high-school student who was wearing a pink shirt was targeted with homophobic violence at their school, the two students who witnessed the incident happening responded by encouraging everyone at their school to wear pink the next day as a gesture of support. This act of solidarity inspired Jer's Vision (an organization now known as [Canadian Centre for Gender and Sexual Diversity](#)) to establish the International Day of Pink. On the International Day of Pink, many show their solidarity with 2SLGBTQIA+ persons and denounce homophobia and transphobia by wearing pink shirts, sharing images on social media, and changing their virtual backgrounds to messages of support. To learn more, you can visit <https://www.dayofpink.org/>, as well as check out [resources](#) provided by the Canadian Centre for Gender and Sexual Diversity.*

- [International Day Against Homophobia, Transphobia, and Biphobia](#) – May 17
- Pansexual Visibility Day – May 24
- Pride Month – dates vary across provinces from June to September
- International Non-Binary People's Day – July 14
- Bisexual Awareness Week – September 16-23
- [Bi Visibility Day/Celebrate Bisexuality Day](#) – September 23

- International Lesbian Day – October 8
  - National Coming Out Day (NCOD) – October 11
  - [International Pronouns Day](#) – held each year on the third Wednesday of October
  - [Ace Week](#) (formerly Asexual Awareness Week) – held on the last full week in October
  - [Intersex Awareness Day](#) – October 26
  - Transgender Awareness Week – November 13 to November 19
  - Transgender Day of Remembrance – November 20
  - Pansexual Pride Day – December 8
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## **DONATIONS**

If you would like to donate to the Winnipeg Bi+ Network, you can e-transfer your donation to [accounting@rainbowresourcecentre.org](mailto:accounting@rainbowresourcecentre.org) with “Bi+ Network Donation” written in the memo, or mail/drop off a cheque with “Donation” written in the memo addressed to:

Rainbow Resource Centre  
Winnipeg Bi+ Network  
545 Broadway  
Winnipeg, Manitoba R3C 0W3

Donations will go towards:

- Providing free-of-cost or discounted group events for group participants
- Building a bi+ section of books in the Rainbow Resource Centre's library
- Bringing the Winnipeg Bi+ Network to Winnipeg Pride
- Providing a Winnipeg Bi+ Network website with accessible resources, event information, and more
- Additional costs associated with providing the Winnipeg Bi+ Network to the community

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## **VOLUNTEER WITH US!**

If you are interested in volunteering with us, please email our volunteer coordinator Jonah Wilde at [jonahw@rainbowresourcecentre.org](mailto:jonahw@rainbowresourcecentre.org) and CC [wbn@rainbowresourcecentre.org](mailto:wbn@rainbowresourcecentre.org).

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## **WINNIPEG BI+ NETWORK TEAM**

**Founder/Co-Director/Co-Facilitator** - Mandi Maxwell  
**Co-Director/Co-Facilitator** - Chelsea Guindon

If you have any resources you'd like to add to this list or have any questions, please email [wbn@rainbowresourcecentre.org](mailto:wbn@rainbowresourcecentre.org).

*If you would like to reach a specific person, please write "ATTN: [FIRST NAME]" in the email subject line.*