

# 2STLGBQ+ Community



2STLGBQ+ stands for two-spirit, transgender, lesbian, gay, bisexual and queer. The [+] symbol allows you to self-identify as it makes sense to you. You have protection against discrimination based on gender identity. Here are some terms you might hear.

Term	Definition
<b>Ally</b>	person who supports the rights of 2STLGBQ+ people and sexual diversity
<b>Asexual</b>	person who does not experience sexual attraction
<b>Bisexual</b>	person who has a sexual and/or romantic attraction to more than one sex
<b>Cisgender</b>	person who identifies with the gender they were assigned at birth. Example, a person born with a penis and testicles who identifies as male.
<b>Gay</b>	guy or man who is sexually and/or romantically attracted to other guys
<b>Heterosexual</b>	person who is sexually and/or romantically attracted to people of the opposite gender
<b>Lesbian</b>	girl or woman who is sexually and/or romantically attracted to other girls or women
<b>Queer</b>	an inclusive, unifying term that includes all people who are gay, lesbian, bisexual, transgender, transsexual, two-spirit, intersexual, genderqueer and/or those whose sexual identity or activities put them outside the mainstream.
<b>Two-Spirit</b>	a person who walks between genders, or carries the gifts of both males and females, or who is gender unique (not specific to any gender) and/or to identify as 2STLGBQ+.



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Here are some resources available in Manitoba:

- **Rainbow Resource Centre:**

<https://rainbowresourcecentre.org/>

Rainbow Resource Centre (RRC) offers counselling, education, and programming to the LGBT2SQ+ community. Services are for all ages. RRC also supports families, friends, and employers of LGBT2SQ+ individuals.

- **Out There Winnipeg:**

<https://www.outtherewinnipeg.ca/>

Out There Winnipeg (OTW) is a healthy, inclusive, accessible and safe space for adults in the 2SLGBTQ+ community and their allies. It is a sports and recreation group where you can meet, socialize, be active and have fun.

- **Sexuality Education Resource Centre:**

<https://serc.mb.ca/>

Sexuality Education Resource Centre (SERC) provides inclusive, non-judgmental education about sexuality. SERC believes that people have the right to accurate information about their choices.

- **Sunshine House:**

<https://www.sunshinehousewpg.org/>

Sunshine House is a space where people exploring gender and/or sexual identity can meet together for fun, skills building and recreation. Sunshine House is a drop-in centre. It focuses on harm reduction, health promotion and social inclusion.

- **New Pride Of Winnipeg:**

<https://rainbowresourcecentre.org/support/groups/new-pride-of-winnipeg>

Newcomers to Canada who identify as LGBTQ+ are invited to join this group for fun and friendship. New Pride of Winnipeg is a social support group which encourages you to enjoy making connections, practice your English, hang out at movie nights, and try food from all over the world. You can discuss what your identity means to you. You can also share the challenges, experiences, and joys of coming out. New Pride of Winnipeg helps you live authentically in this vibrant community.

- **Government Links:**

<https://www.gov.mb.ca/stoptheviolence/lgbttq.html>

<https://guides.wpl.winnipeg.ca/LGBTTQ/home>

- **Learn more about your protected rights:**

<http://www.manitobahumanrights.ca/v1/education-resources/resources/gender-identity.html>

<https://www.gov.mb.ca/fs/imd/hr.html>