

It's OK2BME!

Kids and teens have a lot going on. They're thinking about the choices they're making and the paths they're going to take. They're figuring out who they are and where they fit. That's a lot for anyone to handle!

For kids and teens who are questioning their sexual and/or romantic orientation or gender identity and those who are two-spirit, lesbian, gay, bisexual, transgender, queer, intersex or asexual, questions about who you are and where you're going can be even harder to answer.

Public Education & Consultations

We offer public education and consultations around 2SLGBTQIA+ issues to businesses and schools in Waterloo Region. We can help with 2SLGBTQIA+ 101/201; Best Practices for GSA Creation and Growth; 2SLGBTQIA+ Training for School Educators and Administrators; Becoming a 2SLGBTQIA+ Inclusive Organization; Clinical Training for 2SLGBTQIA+ and Relationship Diversity topics; Supporting 2SLGBTQIA+ Children and Youth in your Family; 2SLGBTQIA+ Advocacy and Rights; and more. We can also tailor a training event to meet your needs.

The OK2BME program offers support to the development of GSAs (Gay-Straight/Gender and Sexualities Alliances) and positive space campaigns in schools, and partners with the school boards to hold an annual GSA Conference. OK2BME also provides public education sessions for classrooms of all age levels.



kwcounselling.com

480 Charles St. East
Kitchener ON N2G 4K5
519.884.0000



- 1 GRT Route 7 bus stops #1883 & #2568 at the corner of King & Borden
- 2 ION stop: Borden
- 3 GRT Route 2 bus stops at #1388 & #1389 at the corner of Charles and Borden
- 4 GRT Route 205 bus stops at #1390 & #1391 on Borden Avenue



OK2BME.ca

FOR 2SLGBTQIA+ YOUTH AND FAMILIES

future respect anxiety friends
 body-positive hopes loneliness
 boundaries vulnerability
 depression clarity journey hopes
 identity acceptance resilience
 orientation choices resilience
 allies community loneliness
 future resilience clarity anxiety
 respect sex-positive body-positive
 bullying clarity boundaries
 hopes hopes friends
 resilience identity
 anxiety boundaries
 loneliness hopes
 sex-positive resilience
 choices clarity allies journey



Connect with us at
ok2bme@kwcounselling.com or 519.884.0000

If you are in crisis or require immediate assistance, please call Here 24/7 at:
1.844.HERE.247 - TTY: 1.877.688.5501
 (4373.247)



What does 2SLGBTQIA+ Mean?



About the Program:

OK2BME is a set of supportive services for 2SLGBTQIA+ kids, teens, adults and their families in Waterloo Region. The OK2BME program consists of three unique areas including:

- confidential counselling services
- OK2BME youth groups for ages 12-18
- public education, consulting and training around 2SLGBTQIA+ issues

Two-Spirit
Lesbian
Gay
Bisexual
Transgender
Queer
Questioning
Intersex
Asexual
Aromantic
Agender

+ There are many other terms people use to describe themselves. There are just a few of the identities that exist within our diverse community.



You may also hear the terms "Queer Community" or "Rainbow Community" used to describe 2SLGBTQIA+ people. The acronym and various terms are always evolving. The most important thing is to be respectful and use the terms that people use for themselves.

Rainbow Parenting

All of the parenting courses and workshops here at KW Counselling Services are 2SLGBTQIA+ friendly and welcoming.

In addition, parenting courses specific to 2SLGBTQIA+ parenting concerns are often offered through our Parenting Now program.

Other Community Resources:



Visit ok2bme.ca for all the details, or call 519.884.0000



Who We Are:

OK2BME has been operating since 2005 in Waterloo Region! Our services are provided by the staff and placement students at KW Counselling Services. All of our psychotherapists have Masters level education and experience working with kids, teens, adults, and families on a variety of topics. The placement students at KW Counselling Services come from Master of Social Work or counselling programs.

