

PRIDE

A HARM REDUCTION APPROACH

community care resource & drop-in highlight

JUNE 2026



TORONTO
DROP-IN
NETWORK

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Pride is so more than a parade.

It's a celebration of resilience, identity, and the power of community.

Drop-ins and accessible community spaces have long been lifelines for 2SLGBTQIA+ people: places to find safety, warmth, food, friendship, and care.

This Pride, we honour the roots of queer and trans organizing, and the role that low-barrier, welcoming spaces like drop-ins continue to play in making sure no one is left behind.

Happy Pride, from the Toronto Drop-In Network

CONTENTS

<u>QUEER YOUTH DROP-INS</u>	3-4
<u>OLDER 2SLGBTQIA+ ADULT DROP-INS</u>	5
<u>PRIDE TORONTO INFO & RESOURCES</u>	6-7
<u>GETTING AROUND & ACCESSING WATER</u>	8
<u>HARM REDUCTION HEAT</u>	9
<u>HARM REDUCTION FOR PEOPLE WHO USE DRUGS</u>	10-11
<u>RESPOND TO AN OVERDOSE</u>	12
<u>STI/STBBI HARM REDUCTION</u>	13-14
<u>STAY CONNECTED</u>	15



QUEER YOUTH DROP-INS

We are seeing a rise in 2SLGBTQIA+ youth and older adults represented in the unhoused and precariously housed community in Toronto. Drop-ins serve as a low-barrier space for everyone to access food, community, social/health services, and a sense of belonging. We'd like to showcase some of the drop-ins in our network that have specialized programs for queer youth and older 2SLGBTQIA+ adults to connect with community.



LOCATION

70 Richmond St. East

WEBSITE

friendsofruby.ca

The **Friends of Ruby Drop-In Centre** is a welcoming space for lesbian, gay, bisexual, transgender, queer, intersex, and Two-Spirit youth (aged 16–29) in the GTA to access counselling, practical supports, and a sense of community.

They offer drop-in services, counselling, and support for 2SLGBTQIA+ youth, including case management, newcomer support, and access to community resources, books, and workshops.

SERVICE HIGHLIGHTS

Grocery Day: Monday to Friday from 12:00pm – 6:30pm

Supplemental Groceries Update: Youth can now access groceries directly through the Drop-In—no appointment needed. Groceries are available Monday to Friday from 11:00 AM to 6:00 PM. While their Drop-In Centre no longer serves ready-to-eat meals, they remain committed to supporting food access. If you need help navigating local food banks, please contact them at drop-in@friendsofruby.ca.

Laundry Day: Every day, from 12:00pm – 4:00pm

Drop-In Laundry is dedicated to 2SLGBTQIA+ youth who need access to a washer and dryer. Staff are there to help from 11:00 AM to 4:00 PM, Monday to Friday! Please note laundry services take approximately 2-2.5 hours per load.





LOCATION
973 Lansdowne Ave

WEBSITE
concommunity.org/george-chuvalo/

The **George Chuvalo Neighbourhood Centre** is a vibrant, inclusive community hub located in the heart of the Junction Triangle. Dedicated to supporting 2SLGBTQIA+ individuals and low-income families, they offer a wide range of free and low-cost programs and services that foster connection, empowerment, and well-being.

The **GCNC 2SLGBTQIA+ Youth Drop-In** is a safe, welcoming space for queer, trans, and questioning youth to connect, relax, and be themselves. Offering free meals, creative activities, workshops, and access to peer mentors, the drop-in builds community and belonging. Whether you're looking for resources, friendship, or just a place to hang out, this is your space to show up exactly as you are. Follow them on Instagram for their calendar of events.

The GCNC also has a peer-led **Out and About** program, which is a free Sunday meetup for 2SLGBTQIA+ adults (18+) with an intellectual developmental disability. The focus is about creating a community where queer people with disabilities can meet like-minded people and build natural relationships, and connect people to resources that can foster their sense of belonging.



LOCATION
21 Strickland Ave

WEBSITE
breakawaycs.ca/programs/pieces-to-pathways/

Pieces to Pathways (P2P) is a peer-led initiative offering Canada's first substance use support program for LGBTQIA2S+ youth ages 16-29. All services are free and delivered by queer and trans staff with their own experiences of substance use and recovery.

They are located on the main floor of Breakaway Community Services at 21 Strickland Avenue in Parkdale in a 2-story unmarked building. There is a front-entrance ramp, push-button door and a single-stall wheelchair accessible washroom. Their additional multi-stall washrooms are gender neutral.

SERVICE HIGHLIGHTS

- Harm Reduction
- Case Management
- Community Dinner Group
- Trauma Skills Group



OLDER 2SLGBTQIA+ ADULT DROP-INS



LOCATION
170 Jarvis Street

WEBSITE
www.haventoronto.ca/programs

Haven Toronto — a program of St. Michael's Homes — is Canada's only day centre dedicated exclusively to elder homeless men. Since 1933, every day, 365 days a year, they serve men 50 and over who have nowhere else to turn: meals, nursing, housing support, and the dignity of being seen.

SERVICE HIGHLIGHTS

- Counselling and crisis support
- Housing support
- Nursing and dental care
- Barber services
- Healthy meals 3 times daily
- Emergency clothing
- Showers and laundry
- Library and computer access



LOCATION
519 Church Street

WEBSITE
www.the519.org/programs/dropin-oap/

The 519 Older 2SLGBTQ+ Adults Program provides people with opportunities to make deeper connections with their peers by socializing and learning through special events, guest speakers, and promoting related community resources.

Their Monday **Active Minds Drop-in** offers a variety of educational, recreational, and social programs, creating a space for 2SLGBTQ+ older adults to engage with each other and get resources for support.

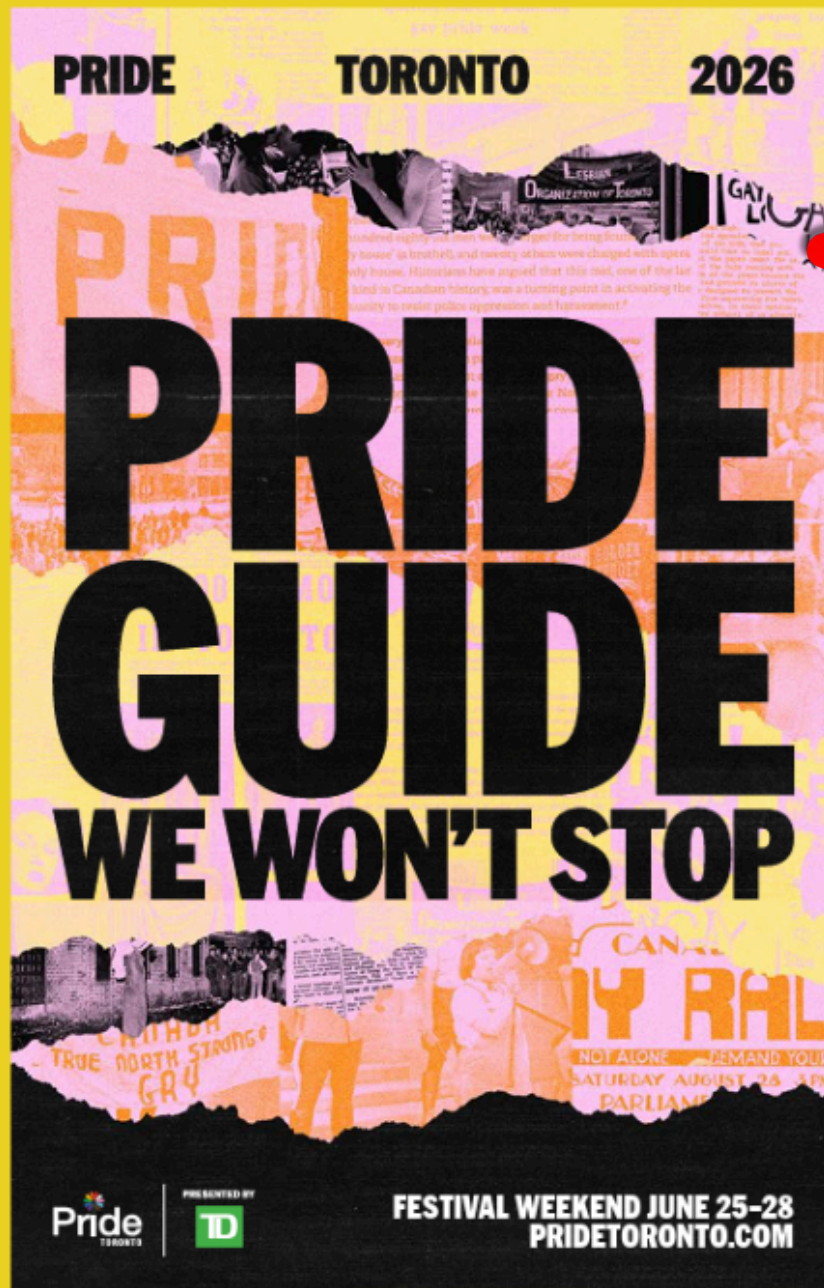
- 2:00pm to 4:00pm
- At The 519
- Drop in, one time in-person registration

you can sign up for their monthly 2SLGBTQIA+ Newsletter on their website to learn more about their programs and social activities.



PRIDE TORONTO INFO & RESOURCES

Friday June 26th - Sunday June 28th



check out
their
PRIDE GUIDE

Pride Toronto has extensive information and resources available on their website and social media.



PRIDE TORONTO INFO & RESOURCES

PROTECT OUR COMMUNITY & REDUCE THE SPREAD

We're excited to celebrate with you safely!

Here are some tips to reduce the spread of COVID-19;

- Get vaccinated and don't forget boosters!
- Stay home if you're sick. Symptoms like fever, cough, and shortness of breath may require testing.
- Wear a high-quality mask that covers your nose and mouth.
- Wash or sanitize your hands often.
- Cover your cough or sneeze with your elbow or a tissue.
- Clean and disinfect frequently touched surfaces.

Pride Toronto will follow all health requirements from Public Health.

Visit toronto.ca/home/covid-19/ for local guidelines on COVID-19.

Let's have a safe and fun festival!

Pride Toronto
Festival
Covid Protocols

NEED HELP?

If you or someone near you is in distress, please consider the following options:

- 911 (for medical emergencies)
- 988 (Suicide Crisis Helpline)
- 211 (community-based, non-clinical health and social services)
- 705-805-1570 (Pride Toronto Festival Dispatch)
- There are Harm Reduction Booths and workers located throughout the festival footprint, all of whom can be reached through Festival Dispatch.
- There are two Pride Toronto Info Booths—see festival Map.

Pride Toronto is a judgment free zone that aims to meet people where they are at. Please prioritize the unprejudiced safety of yourself and your fellow festival goers.

Pride Toronto
Festival
Mental Health
& Crisis
Support
Resources



GETTING AROUND & ACCESSING WATER

There will be street closures in the Church & Wellesley neighbour for the Pride festival weekend, and there will be a significant increase in pedestrian crowds/tourists (likely with an increase in security and police presence).

Be aware of your surroundings if you plan on being in the area.



There will be two water stations available to folks:

- Church Street & Isabella Street
- Church Street & Wood Street

Low-barrier Harm Reduction stations will be available throughout the festival areas:

- Several Harm Reduction stations along Wellesley Street/Church Street
- Church Street & McGill Street
- Church Street & Isabella Street



HARM REDUCTION & HEAT

Harm reduction comes in *SO* many forms. Sun protection while outdoors in the heat is an often overlooked, but important form of reducing harm related to sunburns, heat stroke, and exhaustion. Here are a few things to keep in mind during the Pride Festival weekend:



Wear sun protection: sunscreen, sunglasses, hats, etc and take breaks from direct sunlight, find indoor spaces, shade if you are able



Stay hydrated: especially if you are consuming alcohol, or if you are on certain medications like SSRIs.

- Drink plenty of water, even before you feel thirsty
- Add ice to help cool your body if you are able



Dress for the heat:

- Wear loose, light-coloured breathable clothing and a wide-brimmed hat
- Protect yourself from the sun

Limit activity during peak heat:

- Limit time in the sun if you are able
- Choose shaded or air-conditioned spaces
- Seek shade when outdoors for extended periods and keep in mind that shaded areas move throughout the day as the sun changes position



Never leave people or pets in a parked vehicle:

- Vehicles can heat up quickly, even with windows open



HARM REDUCTION for PEOPLE WHO USE DRUGS

we see you, we love you, we stand with you

The Buddy System. Try not to use alone. Buddy up with someone you trust and take turns spotting for each other. You can also call The National Overdose Response Service ([NORS](#)) which is a virtual safe consumption site available for all Canadians, 24 hours a day, 365 days a year. Their service is 100% confidential, anonymous and judgement free. Their only priority is to keep you safe while you use drugs. **Call or text NORS: 1-888-688-6677**

Start Low and Go Slow. This can include doing a small test dose first, avoid mixing substances, and slowly using afterwards based on the experience of your initial use.

Carry Naloxone. Everyone can carry Naloxone. If you aren't trained to use it, someone else in the area might be trained. Having it there is better than having none on hand.

Get Trained to Use Naloxone. Naloxone can be picked up for FREE from your many pharmacies, drop-ins, and other Harm Reduction Program community agencies. [Free Naloxone training](#) is also available online. It's a great idea to carry multiple doses of naloxone, as more than one dose is often needed in an opioid poisoning response.

Get Your Drugs Checked Before Using. [Toronto Drug Checking Services](#) are offered at several different locations throughout Toronto. Their service offers people who use drugs timely and detailed information on the contents of their drugs, helping them to make more informed decisions.

Call 911 in an Overdose Situation. Naloxone will not work on benzodiazepines or tranquilizers. Because these drug poisonings are medically complex, **call 9-1-1 right away**, *still administer Naloxone* and provide rescue breathing and CPR if needed, and stay with the person until help arrives.



HARM REDUCTION for PEOPLE WHO USE DRUGS

Toronto currently has 3 Supervised Consumption Sites that remain open:



Kensington Market Overdose Prevention Site

260 Augusta Ave
(College St./Spadina Ave)
Phone 416.925.2103 x2626

Sunday to Friday, 8 a.m. to 2 p.m.

Street
Health

Street Health

338 Dundas St. E.
(Dundas Street East/Sherbourne Street)
Phone: 416-921-8668

Monday, 9:30 a.m. to 4:30 p.m.
Tuesday, 11 a.m. to 4:30 p.m.
Wednesday, 9:30 a.m. to 4:30 p.m.
Thursday, 9:30 a.m. to 4:30 p.m.
Friday, 9:30 a.m. to 4:30 p.m.



Casey House

119 Isabella St.
(Isabella/Jarvis Street)
Phone: 416-962-7600
Currently accepting new clients *Note: For use by Casey House patients only*

Monday to Friday, 10 a.m. to 8 p.m. (last entry at 7 p.m.)



Toronto Drug Checking Service

Toronto's Drug Checking Service offers people who use drugs timely and detailed information on the contents of their drugs, helping them to make more informed decisions.


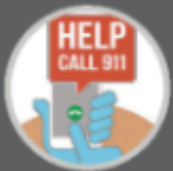





TORONTO
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HARM REDUCTION for EVERYONE

responding to an overdose

5 STEP OVERDOSE RESPONSE

- STEP **1**  **SHOUT & SHAKE**
their name
- STEP **2**  **CALL 911**
if unresponsive
- STEP **3**  **ADMINISTER NALOXONE**
1 spray into a nostril and/or
1 ampule into arm or leg
- STEP **4**  **START CPR**
Perform rescue breathing and/or chest compressions
- STEP **5**  **IS IT WORKING?**
If NO improvement in 2-3 minutes repeat steps 3 & 4

STAY WITH THE PERSON
Clean your hands after providing care



During overdose response. Stay up to date with your COVID-19 and flu vaccines.

 **TORONTO** Public Health



STI & STBBI HARM REDUCTION

We LOVE love *and* we LOVE harm reduction

SEXUAL HARM REDUCTION is a practical, judgment-free approach that aims to minimize the health and social risks associated with sexual activity. This includes education and practices that mitigate the spread of Sexually Transmitted Illnesses (STIs)/ Sexually Transmitted and Blood Born Illnesses (STBBIs), unintended pregnancies, and trauma: without requiring abstinence. It promotes consent, education, and access to protective resources to empower individuals to make informed decisions.

Visit the [TDIN website](#) to find drop-ins across the City that have low-barrier access to FREE harm reduction supplies (including sexual health harm reduction kits and supplies)

CONSENT & COMMUNICATION AS HARM REDUCTION

True harm reduction extends to physical *and* emotional safety.

- **Clear Boundaries:** Openly discussing what you are and are not comfortable with before and during sex and intimacy.
- **Enthusiastic Consent:** Ensuring that all parties actively agree to the sexual activity without coercion or pressure.



STI & STBBI HARM REDUCTION

We LOVE love *and* we LOVE harm reduction

TORONTO SEXUAL HEALTH HARM REDUCTION RESOURCES & SUPPORTS

If you are in the Downtown Toronto area, you can access free safer-sex supplies (condoms, lube, dams), testing, and harm reduction counseling at several community hubs. For additional STI/STBBI testing locations and walk-in sexual health clinics in your specific neighborhood, use the [City of Toronto Sexual Health Clinic Finder](#).

Need to Talk? [The Sexual Health Infoline Ontario \(SHILO\)](#) is a free, anonymous and inclusive eChat and phone service for Ontario residents. This service is staffed by counsellors who provide information, support and referrals in English, French and other languages on sexual health topics. toll-free: [1-800-668-2437](tel:1-800-668-2437)

COMMUNITY RESOURCES



ACAS hosts (at the ISRC) weekly drop-in sessions in Downtown Toronto or Scarborough, offering a welcoming space for Mandarin-speaking international students who are gay, bisexual, or men who have sex with men in Toronto to meet new people, make friends, and build supportive networks. [Learn more here.](#)



The Black CAP Prevention Program aims to build partnerships in order to create safe spaces for members of the African, Caribbean, Black (ACB) community to participate in culturally sensitive dialogue around their HIV/AIDS, STI risk, sexual health and healthy relationships. The Program works to reach community members under 29 and adults (30+) within the ACB community. [Learn more here.](#)



The Toronto Community Hepatitis C Program (TCHCP) is a partnership between South Riverdale Community Health Centre, Regent Park Community Health Centre and Sherbourne Health Centre. The program is centred on group support with weekly treatment groups and ongoing education. There are also options to access treatment without attending groups if you prefer. [Learn more here.](#)



SAFER SIX is a safe space designed for all individuals, regardless of gender and sexual orientation to encourage more sexual testing and normalizing treatment as a part of regular everyday health screening for all individuals. [Learn more here.](#)



STAY CONNECTED

FIND A DROP-IN

If you are looking to connect with community and services, like Harm Reduction Supplies & Supports, there is a service finder on the TDIN website: www.tdin.ca/service-finder

You can use the Search Bar, the Service Finder page, or go to the Members dropdown menu and access information about each individual drop-in and the services they provide.

FIND US ONLINE



[torontodropinnetwork](https://www.instagram.com/torontodropinnetwork)



[@torontodropinnetwork](https://www.tiktok.com/@torontodropinnetwork)



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HAPPY PRIDE



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