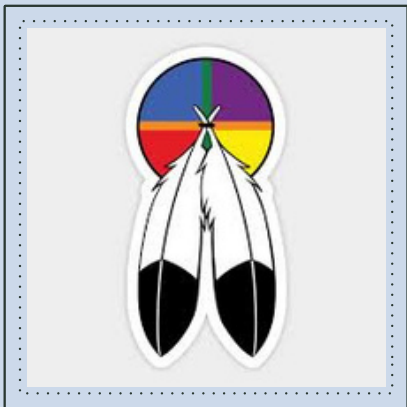


TWO-SPIRIT

Originating from Indigenous culture, Two-Spirit individuals embody both masculine and feminine energies. The term encompasses sexual, gender, cultural, and/or spiritual identity. Their sacred role was believed to have spiritual powers to heal, guide, teach, and care for their community and lands.



ABOUT US

Two Worlds, One Health: Empowering Two-Spirit Wellness

We provide support, resources, and programming to those who identify as Two-Spirit. Help us celebrate the diversity of Two-Spirit peoples and provide physical, mental, emotional, and spiritual advocacy.

(780)-318-2222

**Valleyview, Alberta
info@twospirit.org**

EMPOWERING TWO-SPIRIT WELLNESS

Support

Two-Spirit



CHALLENGES FOR TWO-SPIRIT PEOPLE

Two-Spirit individuals face significant challenges, including discrimination, stigma, transphobia and violence from both Indigenous and non-Indigenous people.

Intergenerational trauma, and the effects of colonialism show a lack of understanding, acceptance, and respect towards Two-Spirit people.

This has led to difficulties such as fear for their safety, lower educational attainment, identity struggles, increased physical and mental health issues, substance use, social isolation, and higher rates of suicide.

SUPPORTING TWO-SPIRIT PEOPLE

Advocacy & Allyship:

Support Two-Spirit people by advocating for inclusivity, standing up during injustices, and engaging in efforts to combat stigma promote understanding.

Education & Awareness:

Educate yourself and others about the effects of trauma and colonialism on Two-Spirit people. Learn about community resources and groups, to engage and include Two-Spirit people.

Empathy & Encourage:

Provide support by listening and being non-judgmental to help Two-Spirit people navigate substance misuse and mental health challenges. Validate their emotions and offer suggestions for healthier coping and recovery.

RESOURCES

Brite Line

1-844-702-7483

24/7 mental health support helpline for 2SLGBTQIA+

QTHC (Queer and Trans Health Collective)

<https://ourhealthyeg.ca/peer-n-peer>

Provides peer led substance use support, sexual health education, and harm reduction. Offers short-term counselling and peer support.

Edmonton 2 Spirit Society

<https://e2s.ca/>

Provides information, resources, programs and events for Two-Spirit people.

Alberta Health Services 2SLGBTQI+

<https://www.albertahealthservices.ca/default.aspx>

Find safe healthcare providers and spaces, information for families, resources.