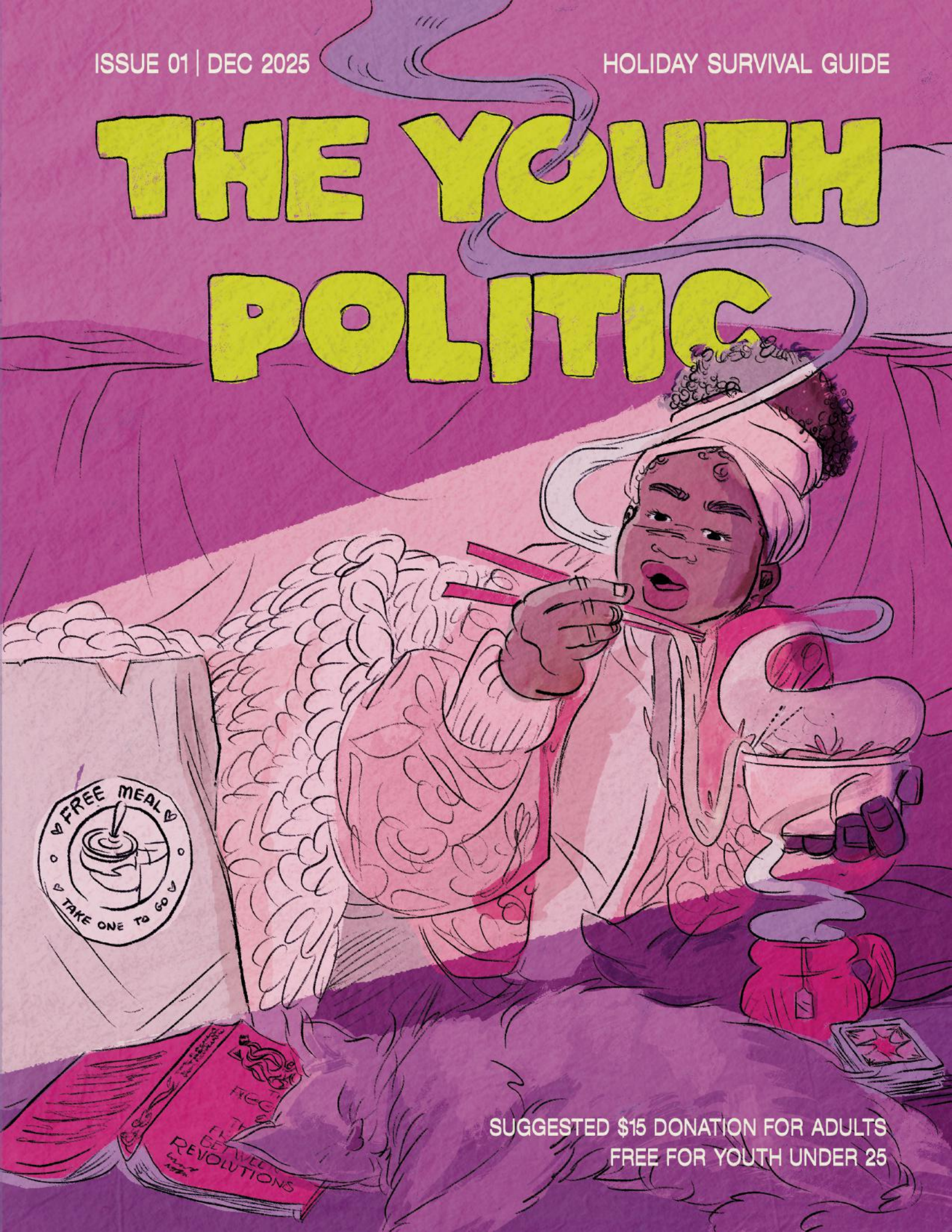


ISSUE 01 | DEC 2025

HOLIDAY SURVIVAL GUIDE

THE YOUTH POLITIC



SUGGESTED \$15 DONATION FOR ADULTS
FREE FOR YOUTH UNDER 25

DEC 2025

**WRITTEN, DESIGNED, AND
PUBLISHED BY THE**

**youth
project**

**FOR 2SLGBTQIA+
YOUTH SINCE 1993**

YOUTHPROJECT.NS.CA

THE YOUTH

a magazine for learning and growing
community members like you

issue 01 holiday  survival guide

POLITIC

The Youth Politic name is lovingly inspired by The Body Politic: a gay liberation newspaper that published between 1971 and 1987 out of Toronto.

The Body Politic was a crucial channel of communication between queer and trans community members, and was incredibly dedicated to the practice of community archiving; so much so that the small team behind the monthly magazine founded what is now the Arquives (Canada's LGBTQ2S+ Archives).

All back issues of The Body Politic can be accessed through the Arquives, and read online through the Internet Archive.

Travel through time by colouring this cover from Issue #2 (1972). or drawing what's happening through the community centre windows!

GAY LIBERATION NEWSPAPER,

the body politic

25¢
LOCAL



GAY COMMUNITY CENTRE

NO. 2 JANUARY-FEBRUARY 1972
TORONTO

06

COMM

HRM RESOURCE MAP
FREE HOLIDAY MEALS



EDUCA



MAKE A STIM TOY
MAP A CARE POD

20

CUL

REMEMBER MISS MAJOR
CALL FOR SUBMISSIONS

MUNITY

PROGRAMS THIS
SEASON AT THE YP



TION

12

BUILD A SELF-
REGULATION KIT

TURE



FEEL GOOD GAY MEDIA
HOLIDAY PLAYLIST


FAMILY CENTRES

-  **THE NORTH GROVE**
6 PRIMOSE | 902-464-8234
-  **MULGRAVE PARK CARING & LEARNING CENTRE**
57 JARVIS | 902-453-5089
-  **NORTH END PARENT RESOURCE CENTER**
5475 UNIACKE | 902-492-0133
-  **FAIRVIEW RESOURCE CENTRE**
6 TITUS | 902-443-9569

YOUTH PROGRAMS

-  **POWER HOUSE YOUTH CENTRE**
1606 BELL | 902-490-4309
-  **LAING HOUSE PEER SUPPORT ***
1225 BARRINGTON | 902-425-9018
-  **YMCA YOUTH LGBTQIA+ NEWCOMERS**
104-7071 BAYERS | 902-457-6891
-  **ARK OUTREACH**
6036 COBURG | 902-492-2577

SHELTERS

-  **BARRY HOUSE ***
SHORT-TERM WOMEN'S SHELTER
2706 GOTTINGEN | 902-422-8324
-  **METRO TURNING POINT**
EMERGENCY MEN'S SHELTER, 16+
2170 BARRINGTON | 902-420-3282
-  **SALVATION ARMY SHELTER**
EMERGENCY MEN'S SHELTER, 19+
2044 GOTTINGEN | 902-422-2363 ex 235
-  **PHOENIX YOUTH SHELTER**
EMERGENCY ALL-GENDER SHELTER, 16-24
1094 TOWER | 902-446-4663

- 902 MAN UP: WINDMILL ROAD**
ALL-GENDER SHELTER, 19+
197-199 WINDMILL | 902-463-2145
- 902 MAN UP: HALIFAX FORUM**
ALL-GENDER SHELTER, 19+
6210 YOUNG | 902-455-6274
- 902 MAN UP: NORTH PARK**
ALL-GENDER SHELTER, 19+
2029 NORTH PARK | 902-429-3984
- * **ADSUM HOUSE**
SHORT-TERM WOMEN'S SHELTER
2421 BRUNSWICK | 902-423-4443

NEIGHBOURHOOD

HEALTH CENTRES & HARM REDUX

* = NOT WHEELCHAIR ACCESSIBLE

RESOURCE PROGRAMS

-  NORTH END COMMUNITY HEALTH CENTRE
2131 GOTTINGEN | 902-420-0303
-  HALIFAX SEXUAL HEALTH CENTRE
7071 BAYERS | 902-455-9656
-  MAINLINE NEEDLE EXCHANGE
5367 COGSWELL | 902-830-3853
-  DIRECTION 180 OPIOID TREATMENT
2164 GOTTINGEN | 902-420-0566
-  CONNECTIONS: MENTAL HEALTH SUPPORT
5657 SPRING GARDEN | 1-855-922-1122
REQUIRES REFERRAL FROM CLINICIAN
-  LAING HOUSE: PEER SUPPORT FOR YOUTH *
1225 BARRINGTON | (902) 425-9018

LEGAL AID

-  HALIFAX REFUGEE CLINIC *
5538 MACARA | 902-422-6736
-  DAL LEGAL AID
500-5991 SPRING GARDEN | 902-423-8105
-  HALIFAX YOUTH LAW OFFICE
401-5475 SPRING GARDEN | 902-420-6569

- THE HUB (LAUNDRY/SHOWERS) 
5506 CUNARD | 782-321-2163
- THE ALDERS (LAUNDRY/SHOWERS) 
2380 GOTTINGEN | 902-492-1120
- ARK OUTREACH (MEALS) 
6036 COBURG | 902-492-2577
- SOULS HARBOUR (MEALS) 
5568 CUNARD | 902-405-4663
- HOPE COTTAGE (MEALS) 
2435 BRUNSWICK | 902-429-7968
- ST. GEORGE'S (MEALS) 
2222 BRUNSWICK | 902-423-1059
- ST. MATTHEWS (MEALS) 
1479 BARRINGTON | 902-423-9209
- BRUNSWICK ST MISSION 
2107 BRUNSWICK | 902-422-1598
- MARGARET'S HOUSE (MEALS) 
44 WENTWORTH | 902-464-2919
- COMMUNITY FRIDGES (FOOD) 
1491 CARLTON & 61 DUNDAS

HOUSING SUPPORT PROGRAMS

-  MI'KMAW NATIVE FRIENDSHIP CENTRE
2021 BRUNSWICK | 902-420-1576
-  ELIZABETH FRY SOCIETY *
85 QUEEN ST DART | 902-454-5041
-  HOUSING HELP DARTMOUTH
260 WYSE ROAD, U-101 | 902-466-3483
-  NECHC HOUSING FIRST
SUPPORTEDHOUSING@NECHC.COM
- SHELTER NOVA SCOTIA 
5506 CUNARD | 902-406-3631
- WELCOME HOUSING 
2330 GOTTINGEN | 902-423-5479
- ADSUM: THE ALDERS 
2380 GOTTINGEN | 902-492-1120
- * HOUSING HELP HALIFAX 
2444 BRUNSWICK | 902-423-3829

OD RESOURCES

FREE HOT MEALS FOR COLD WINTER DAYS

CENTRAL HALIFAX

ST. GEORGE'S CHURCH



FREE MEAL
SATURDAYS
FROM 4-5PM

902-423-1059
2222 BRUNSWICK ST

SOULS HARBOUR



FREE MEALS
MONDAY TO
FRIDAY
FROM 1-4PM

902-405-4663
5568 CUNARD ST

BRUNSWICK ST MISSION



FREE BREAKFAST
MON TO SAT
7AM-8:30AM

902-422-1598
2107 BRUNSWICK ST

HOPE COTTAGE



FREE MEALS
MON TO FRI
LUNCH 11A-12P
DINNER 5-6PM

902-429-7968
2435 BRUNSWICK ST

ARK OUTREACH



FREE MEAL
SATURDAYS
FROM 4-6PM

902-492-2577
6036 COBURG RD

ST. MATTHEW'S CHURCH



FREE BREAKFAST
SUNDAYS
8:30-9:30AM

902-423-9209
1479 BARRINGTON ST

DARTMOUTH

MARGARET'S HOUSE



FREE MEALS
MON TO FRI
11:30A-12:30PM

902-464-2919
43 WENTWORTH ST

KENTVILLE REC CENTRE



FREE MEALS
MON AND WED
10AM-1PM

902-599-2421
354 MAIN ST, KENTVILLE

THE NORTH GROVE



MON 5:30-6:30PM
TUE 11:30A-12:30PM
WED 9-10:30AM
THU 11:30AM-12:30PM

902-464-8234 | 6 PRIMROSE ST

SPRYFIELD

SOUPS ON



FREE MEAL
TUESDAYS
12-1PM

902-479-1015
173 OLD SAMBRO RD

ST. MICHAEL'S CHURCH



FREE MEAL
FRIDAYS
5:30-6:30PM

902-477-3530
6 ST. MICHAEL'S AVE

SALVATION ARMY



FREE MEALS
MON, TUES, & FRI
9-10:30AM

902-477-5393
328 HERRING COVE RD

CHEBUCTO FAMILY CENTRE



FREE MEALS
MON 9A-12P AND
TUES TO FRI 9A-4P
CLOSED 12:30-1PM

902-479-3031 | 3 SYLVIA AVE

FOR LOW-COST MEAL DREP AND DELIVERY

MEALS ON WHEELS

MON, TUES, & THURS
10A-12:30PM DELIVERY

902-429-4299 | HALIFAXMEALSONWHEELS.CA



LOOKING FOR SOMETHING TO MAKE YOURSELF? TRY...

miso soup

INSTRUCTIONS

1. COMBINE THE DASHI AND WATER, AND BRING IT TO A BOIL. ONCE BOILING, REDUCE TO A SIMMER.

2. ADD IN THE MISO PASTE THROUGH A MESH STRAINER.

3. ADD THE WAKAME, TOFU, AND GREEN ONION.



green onion
to taste



1 block
of diced
soft tofu



2 tsp
of dashi
stock



3 tbsp of
miso paste



wakame
to taste



THIS SEASON AT THE YOUTH PROJECT

lucky thirteen transformers

HANGOUT
FOR TWO
SPIRIT,
TRANS, NON
BINARY, GNC
YOUTH 12-25

2ND WED
MONTHLY
6-8P ONLINE

DEC 17 2025
JAN 14 2026
FEB 11 2026
MAR 11 2026

SUBSTANCE
SUPPORT
SPACE FOR
2SLGBTQIA+
AGE 19-30

1ST FRIDAY
MONTHLY
6-8 @ JWL
YMCA, 2ND
FLOOR
BOARD RM

JAN 9 2026
FEB 6 2026
MAR 6 2026
APR 3 2026

DROP-IN
HOUSING
SUPPORT
2SLGBTQIA+
YOUTH 16-30

1ST TUES
MONTHLY
4-6PM AT
ALDERNEY
LIBRARY

JAN 6 2026
FEB 3 2026
MAR 3 2026
APR 7 2026

WE CAN
BOOK AN ASL
INTERPRETER
FOR THE
PROGRAM
YOU WANT
TO ATTEND.
JUST LET US
KNOW!

FOR STIM
TOYS OR
NOISE
CANCELLING
HEADPHONES,
ASK YOUR
PROGRAM
FACILITATOR!

housing support

access info

game night

**DROP-IN
GAMES FOR
2SLGBTQIA+
YOUTH 12-25**

**1ST THURS
MONTHLY
6-8PM AT
POWER
HOUSE
YOUTH
CENTRE**

**JAN 8 2026
FEB 5 2026
MAR 5 2026
APR 2 2026**

**DROP-IN
SOCIAL
CLUB FOR
TRANS
WOMEN &
FEMMES
18-30**

**LAST THURS
MONTHLY
6-8P @
GLITTER
BEAN**

**JAN 29 2026
FEB 26 2026
MAR 26 2026
APR 30 2026**

transfem social club

**HANGOUT
FOR TRANS
& GENDER
CREATIVE
KIDS AGE
5-11 AND
THEIR
GROWN
UPS**

**4TH MON
MONTHLY
4:30-6PM
REGISTER
FOR SPACE**

**JAN 22 2026
FEB 26 2026
MAR 26 2026
APR 23 2026**

gender creative kids

access info

**YP SPACES
ARE MASKED
SPACES.**

**WE PROVIDE
FACE MASKS
& WEAR
THEM
TOGETHER
BECAUSE IT
HELPS
PREVENT
EACH OTHER
FROM
GETTING
SICK.**

**DROP-IN
CRAFTS
2SLGBTQIA+
YOUTH 12-25**

**2ND TUES
MONTHLY
6-8P @
WONDER
'NEATH**

**JAN 13 2026
FEB 10 2026
MAR 10 2026
APR 14 2026**

craft night

**YP SPACES
ARE
ACCESSIBLE
TO WHEEL
CHAIRS &
OTHER
MOBILITY
AIDS.**

**YOU CAN FIND
DETAILED
ACCESS
GUIDES OF
EACH SPACE
@ [LINKTR.EE/](https://linktr.ee/youthproject)
YOUTH
PROJECT**

access info

DIY STIM BREAK



SUPPLIES

SCRAP FABRIC YOU
LIKE TO TOUCH

NEEDLE & THREAD

PENCIL

A LITTLE
MARBLE OR
PEBBLE

SCISSORS

1. CUT TWO SHAPES
OF THE SAME SIZE
OUT OF THE FABRIC

3. RIGHT-SIDE OUT,
DRAW A MAZE THE
WIDTH OF YOUR
PEBBLE.

2. PUT THE TWO GOOD SIDES INSIDE
AND STITCH THEM TOGETHER.
LEAVING A GAP FOR THE PEBBLE,
PULL THE FABRIC RIGHT-SIDE OUT
THROUGH THE GAP.

4. SEW THE MAZE
PATTERN THROUGH
BOTH SIDES.

6. SOLVE YOUR MAZE!!

5. SLIP THE MARBLE INSIDE,
SEW THE GAP CLOSED

CARE TOOLS WITH COMMUNITY LEADERS

WHAT'S A POD? DO I HAVE A POD?

Pods are a building block for helping us show up to care for one another. Like a friend, a classmate, or a neighbour; a "pod person" is a type of relationship. They are people we share trust with, who respond when we need care. "Pod Maps" help us map out who those people are, so we can more easily understand our support system when we need it.

pod mapping

BAY AREA TRANSFORMATIVE
JUSTICE COLLECTIVE



Pod Mapping started as a tool of "Transformative Justice", a community practice used to respond to violence and abuse, aimed at preventing further harm. Disability Justice organizer Mia Mingus was a founding BATJC member, and key to developing this tool in 2016, after years of applying the practice in real relationships. In the context of TJ, pods are used to help us navigate experiences or perpetuations of violence, but we can also use pods to understand who we can turn to when we need care from other people (and we all do).

On the next page, you'll find a blank worksheet and instructions you can use to map your pod. Save for future use!

Welcome to your Pod Map! This is a tool for building a network of support people. The “pod” of this tool refers to the people you may call on when you need support, and this “map” is how we organize that pod.

Pod mapping was originally created as a tool used by people supporting each other through interpersonal violence; but it has also been used for many other kinds of mutual aid. This is an invitation to use this pod map to think about who in your life you can share acts of care with.

Here, we’re using a patch of pansies to illustrate our pod map.

In the middle of our map, we have a big pansy with several petals, and a centre (called a pistil). If we put our name in the centre space, each of the petals will be a member of our pod. People we already know and trust can be listed in the blank spaces on the petals.

ANATOMY pod

POD MEMBER

POD MEMBER

POD POTENTIAL

POD POTENTIAL

GROUP

GROUP

POD POTENTIAL

OF A map

POD MEMBER

MY NAME

POD MEMBER

POD POTENTIAL

POD POTENTIAL

GROUP

GROUP

SAVE YOUR POD MAP TO REFER TO IN TIMES
WHEN YOU NEED A NETWORK OF SUPPORT!

For a lot of us, we might not have any pod people when starting this activity. That is perfectly okay - our pod map helps us think about where we need more care in our life. Maybe we know more people who could become part of our pod, but we might need to talk about it together a little more first. Their names can go on one of the yellow spaces on the outer ring of pansies.

In the corners of our map, we have our seed pods. This part of our pod is for community groups where we can access supportive resources.

For example, a local community fridge, an online mutual aid group, or a community organization like the Youth Project!

FINDING TOOLS FOR


Self-regulation is the practice of coping with big, overwhelming emotions that come up throughout our day.

Self-regulating practices are not necessarily about focusing on the situation that might be causing the emotions (not meant to fix problems), but rather supporting yourself in soothing the big emotions and getting back to a place that is more of your emotional “baseline” or your regular or usual emotional headspace. Self-regulation isn’t about ignoring your feelings, but about acknowledging their reality, and shifting to focus on physical sensations to calm the thoughts & feelings down to a less distressing level.

Focusing on physical sensations is helpful, because it can help bring our awareness to our external surroundings and outside of our distressing thoughts. It’s also helpful because when we experience big emotions, we feel those emotions very strongly in our bodies - sometimes these emotions (...)




A LIST OF PEOPLE
YOU CAN TEXT OR
CALL WHEN
FEELING
DISTRESSED




A SKETCHBOOK,
COLOURING PAGES,
OR A PUZZLE BOOK

ICE OR
REUSABLE
ICE PACK



REMINDERS OF THINGS THAT
HELP YOU FEEL MORE LIKE
YOURSELF, LIKE A HOT SHOWER,



A STASH of
MINTS OR
CHEWING
GUM



SELF-REGULATION

(...emotions) can feel very uncomfortable or overwhelming. Becoming familiar with what kind of things or thoughts counteract those big bodily feelings can help us feel a bit more relaxed, present and less activated.

For example, if you're feeling anxious, it can be helpful to focus your senses on calming experiences, like smelling something nice, taking deep breaths, or using a weighted blanket. Or if you're feeling angry, it can be helpful to focus your senses on activities that expel energy, like dancing, scribbling, or squeezing a stress ball.

Making a self-regulation tool kit can help you feel more prepared for big emotions that may come up during the holidays (or anytime)! A self-regulation toolkit can look like many different things. It can be helpful to include tools in your toolkit that focus on all the different senses. This way, you have lots of options to try if one doesn't work at the moment!



MORE MENTAL HEALTH TOOLS



MAKE YOUR OWN
EMOTIONAL
REGULATION KIT

by THE
POWER HUB

CREATE YOUR OWN
SENSORY TOOLKIT

by AUTHENTIC
ALLIANCE



2SLGBTQIA+ SUPPORT GUIDE NS

by ST MARY'S UNI

NS MENTAL HEALTH RESOURCES

by CAN MENTAL HEALTH

PRIDEHEALTH RESOURCES

by NS HEALTH

ATLANTIC TRANSLINK RESOURCES

by TRANSLINK



SEE
ONLINE
VERSION
FOR
LINKS!

GROUNDING
ACTIVITIES FOR YOUTH
by BC GOVERNMENT

GROUNDING ACTIVITIES 101
by CAN MENTAL HEALTH

5-4-3-2-1 GROUNDING
by PARTNERSHIP IN ED



RELEASE!

★ WIND DOWN WITH A WORD SEARCH ★



1. body stretching
2. journaling
3. deep breathing
4. hot and cold
5. comfort food
6. nature walk
7. sing and dance
8. stim toys
9. support person
10. community care

**REVIEW
SOME OF
THESE
TOOLS FOR
RELEASING
BIG
EMOTIONS**

THE YOUTH PROJECT OFFERS NON-THERAPEUTIC SUPPORT SESSIONS TO YOUTH WHO WANT TO TALK TO SOMEONE ABOUT THEIR IDENTITY. IF YOU WANT TO TALK THROUGH QUESTIONS, ARE EXPERIENCING HARASSMENT, NEED SUPPORT AROUND COMING OUT, OR JUST WANT TO TALK WE'RE HERE. EMAIL CARMEL@YOUTHPROJECT.NS.CA, OR CALL 902-429-5429



In the last moments of Miss Major Griffin-Gracy's life, she was surrounded by many who called her Mama. A beloved movement matriarch, a community elder and caretaker, Miss Major was known widely for her role in resisting the police violence that marked the Stonewall Uprisings in 1969 - but her impact on our liberation will be experienced by generations of trans people yet to come.

Miss Major made her way from Chicago to New York after resisting the forces that attempted to stop her young transness from blossoming as a teen, and made Stonewall her home. In the time leading up to this queer history milestone, Stonewall Inn was a trans community hub, while other gay bars were turning trans people away. But community spaces like Stonewall where trans people gathered were targets of police raids throughout the sixties, which used "illegal crossdressing" as cause for not only arrest but physical violence. Miss Major was one of many in a resistance that began on June 28th as a response to the recurring police violence Stonewall had been enduring.

In the years leading up to and following the uprising, Miss Major survived years of homelessness, and incarceration in both psychiatric facilities and prisons, an experience all too common amongst Black and Brown trans women.

in memoriam

In her stories she recalls this as key to what politicized her, rooting her organizing in not only trans liberation but harm reduction, police and prison abolition, medical justice, sex worker liberation, and more.

After organizing pods of trans women in New York to care for community members with HIV/AIDS in the 1980s, Miss Major moved to California. Her care work and abolition work continued with her move to San Francisco in the 1990s, and by the early 2000s, she became a core member of the Transgender Gender Variant Intersex Justice Project, supporting incarcerated community members.

Into her sixties and seventies of recent years, Miss Major moved to Little Rock to build a trans retreat centre, and continued to take community members needing support into her home. In Arkansas, she lives with all her kids, who care for her with the support of home hospice, and sit at her bedside when she passes in October 2025, and call her Mama Major.

1946 to 2025

QUEER

11+

NIMONA



A knight framed for a tragic crime teams with a scrappy, shape-shifting teen to prove his innocence.

13+

FREAK SHOW



Attending a hostile new high school, a glamorous teen takes a stand by running for homecoming queen.

13+

I SAW THE TV GLOW



Owen is just trying to make it through life in the suburbs when his classmate introduces him to a mysterious late-night TV show.

13+

THE HALF OF IT



When cash-strapped Elle agrees to write a love letter for a jock, she doesn't expect to become his friend — or fall for his crush.

14+

RENT



A filmmaker documents his friends in the East Village, dealing with poverty, love, and AIDS.

14+

BIG EDEN



Henry returns to his childhood Montana home to confront his unrequited passion for his old best friend.

14+

PARIS IS BURNING



An intimate portrait of the competitive queer and trans subculture of 1980s Harlem drag balls.

14+

BUT I'M A CHEERLEADER



A cheerleader, whose parents & friends think is gay, is sent to a camp to rid her of homosexual urges.

15+

EVERYTHING EVERYWHERE ALL AT ONCE



An audit of Evelyn's laundromat triggers a journey through alternate universes where the only constant is her complex love for her family.

15+

SAVING FACE



Will's life is turned upside down when her more traditional mother moves in with her, pregnant and unwed.

17+

PARIAH



A teen in the Bronx balances the expression of her sexuality among her close friends with keeping it hidden from her religious parents.

18+

TANGERINE



On Christmas Eve, two sex workers scour the streets of LA in a frenzied mission to confront a cheating boyfriend and his lover.

CALL FOR SUBMISSIONS

gender

Submissions are open for youth (under 25) short-form writing and art, all about gender!

What does your experience of gender feel like? What makes you feel gender euphoria? Do you have a story of gender exploration to share? Do you have a question about gender you want answered by trans adults?

We will be featuring a selection of submissions in our spring issue, all about gender!

GUIDELINES

We are accepting short-form submissions -

For writing think short poems, personal essays, letters, lists, gender questions, and other pieces under 500 words.

For visual art think drawings, collages, comics, paintings, and other pieces that can fit on a single or half page (our pages are 8.5x11").

See "Youth Politic Submission Form" at Linktr.ee/YouthProject to submit!



CALL FOR SUBMISSIONS

poetry

Submissions are open for **poetry** from 2SLGBTQIA+ writers of **all ages!** All types of poems welcome, including visual poetry. See guidelines for space info.

We will be featuring submissions in upcoming editions of The Youth Politic.

Anonymous submissions welcome!

GUIDELINES

For written poems, we have space for **one page per submission** (two columns).

For visual poems, we have space for **a half page to full page** per submission.

**ARE YOU A YOUNG PERSON
WITH IDEAS FOR THINGS YOU
WANT INCLUDED IN THE YOUTH
POLITIC? LET US KNOW IN OUR
SUBMISSION FORM AT
[LINKTR.EE/YOUTHPROJECT](https://linktr.ee/youthproject)**



@NSYOUTHPROJECT

youth project

inside:

local free hot meals (hrm)
shelters & housing programs
queer youth events
collective & self care tools
moments in queer history
call for submissions: gender

