**ŌTĀKOU** & **MURIHIKU**

**OTAGO** & **SOUTHLAND**

**YOUR LOCAL**

RAINBOW SERVICES FOR YOUTH

The **I’m Local** Project

**YOUR LOCAL** RAINBOW SERVICES

OTAGO & SOUTHLAND | **ŌTĀKOU & MURIHIKU**

**The I’m Local Project** is proud to bring you information about the services in your region that support and work with young people with diverse sexes, genders and sexualities.

**ALPHABET SOUP,** DUNEDIN

A group for LGBT and questioning 12 - 18 year olds in Dunedin. The group is run by trained facilitators. Come along for some free snacks, fun activities and a chance to meet like-minded people. If you’re nervous about attending for the first time, one of our friendly volunteers can meet you beforehand and attend the meeting with you.

**Email:** alphabetsoup@gmail.com **Facebook:** /alphabetsoupdunedin

**THE SPECTRUM CLUB,** QUEENSTOWN

Queenstown’s QSA (Queer Straight Alliance) / LGBTQIA+ (Lesbian, Gay, Bisexual, Trans\*, Queer, Intersex, Asexual and Allies) Group for Youth ages 15 to 24. Get in touch for meeting times and locations.

**Email:** thespectrumclubqt@gmail.com **Facebook:** /thespectrumclubqt

**E14E – EVERYONE FOR EQUALITY,** INVERCARGILL

Everyone For Equality (E14E) is Number 10’s Invercargill based queer peer support group for 10-24 year olds, who identify as queer, gay, lesbian, bisexual, transgender, takatāpui, fa’afafine, questioning or curious. E14E is a fun, supportive and informed environment for you to meet new people, make friends, ask questions, get advice, eat some kai and chill!!!

**Email:** admin@number10.org.nz **Facebook:** /Number10Invercargill

**OUSA – QUEER SUPPORT,** DUNEDIN

Queer Support provides support for queer and questioning students, their friends and whānau at the University of Otago and Otago Polytechnic. We offer one to one support, peer and group support. In addition, we run annual events, such as diversity week, and provide training opportunities to staff and the wider community.

**Email:** q.support@ousa.org.nz **Phone:** 03 479 5445

**UniQ OTAGO,** DUNEDIN

UniQ Otago provides safe, queer friendly spaces and social events for Dunedin - based queer and questioning tertiary students. UniQ also welcomes people who are not studying.

**Email:** otagouniq@gmail.com **Facebook:** /groups/otagouniq

**FAMILY PLANNING,** DUNEDIN

Family Planning works with people of any gender identity, age, nationality and sexual orientation. Clinics offer confidential and non-judgemental clinical services such as contraception, testing and treatment for sexually transmissible infections (STIs), and much more. For NZ residents under 22, Clinic visits are free.

**Phone:** (03)4775850 **Web:** www.familyplanning.org.nz

**Q² TRUST,** DUNEDIN

Q² Trust was established to implement the Dunedin Diversity Strategy. Our vision is for Otago to be an inclusive and affirming place that celebrates sexuality, sex and gender diversity and supports its queer folk to be themselves, be healthy, and be well.

**Email:** (Trust Secretary) hahna@ousa.org.nz

The I’m Local Project aims to help queer & gender diverse youth all over Aotearoa to feel valued, recognised and supported in their local communities.

VISIT **IMLOCAL.CO.NZ**

The I’m Local Project is a RainbowYOUTH initiative

Know who you are, **be who you are.**

Whaia to ake ngakaunui, **i te pono, i te marama.**

RainbowYOUTH (est. 1989) is a national charitable organisation based in Aotearoa, New Zealand that works to support queer and gender diverse young people aged 27 and under.

email: **info@ry.org.nz**

web: **ry.org.nz**

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