



Healthy LGBTQ* relationships

Learn the signs of an
unhealthy or abusive
relationship and
BREAK THE SILENCE.

**INFORMATION FOR
TWO-SPIRIT PEOPLE**

LGBTQ*: lesbian, gay, bisexual, transgender, Two-Spirit, and queer; the asterisk represents other minority gender identities and sexual orientations (Ex: questioning, intersex, pansexual, androgynous)

HISTORY

of Two-Spirit Naming

“Two-Spirit” is an Aboriginal *spirit-name* shared at a 1990 gathering of Aboriginal people who identified as gay, lesbian, bisexual and transgender. The name came to one of the participants in a vision prior to the event, and ceremonies were held during the gathering to acknowledge the arrival and acceptance of this name. One of Manitoba’s local Elders, who is an Ojibwe language specialist, informs us that we become ritual brothers and sisters through ceremony and when we receive a spirit-name it signifies that we have a spirit-guide, a gift, a purpose and a destiny. Two-Spirit is a name now embraced by many GLBT indigenous people of Turtle Island. It is unique to North American Aboriginal GLBT people because our connections to this land and ecology are based on culture, history and family.

The collective of indigenous GLBT adopted the name Two-Spirit in 1990 as a form of liberation from identities that were imposed by other cultures and movements. Essentially, it means that GLBT people have the ability to reflect the male and female energies (genders and sexes), forces that create life (Ex: humans, animals and plants) and that diversity within this realm is considered sacred and a component of the natural order (meant to be).

Source: Two-Spirited People of Manitoba

For more information, contact **Two-Spirited People of Manitoba** at:

Phone: 204-783-6424

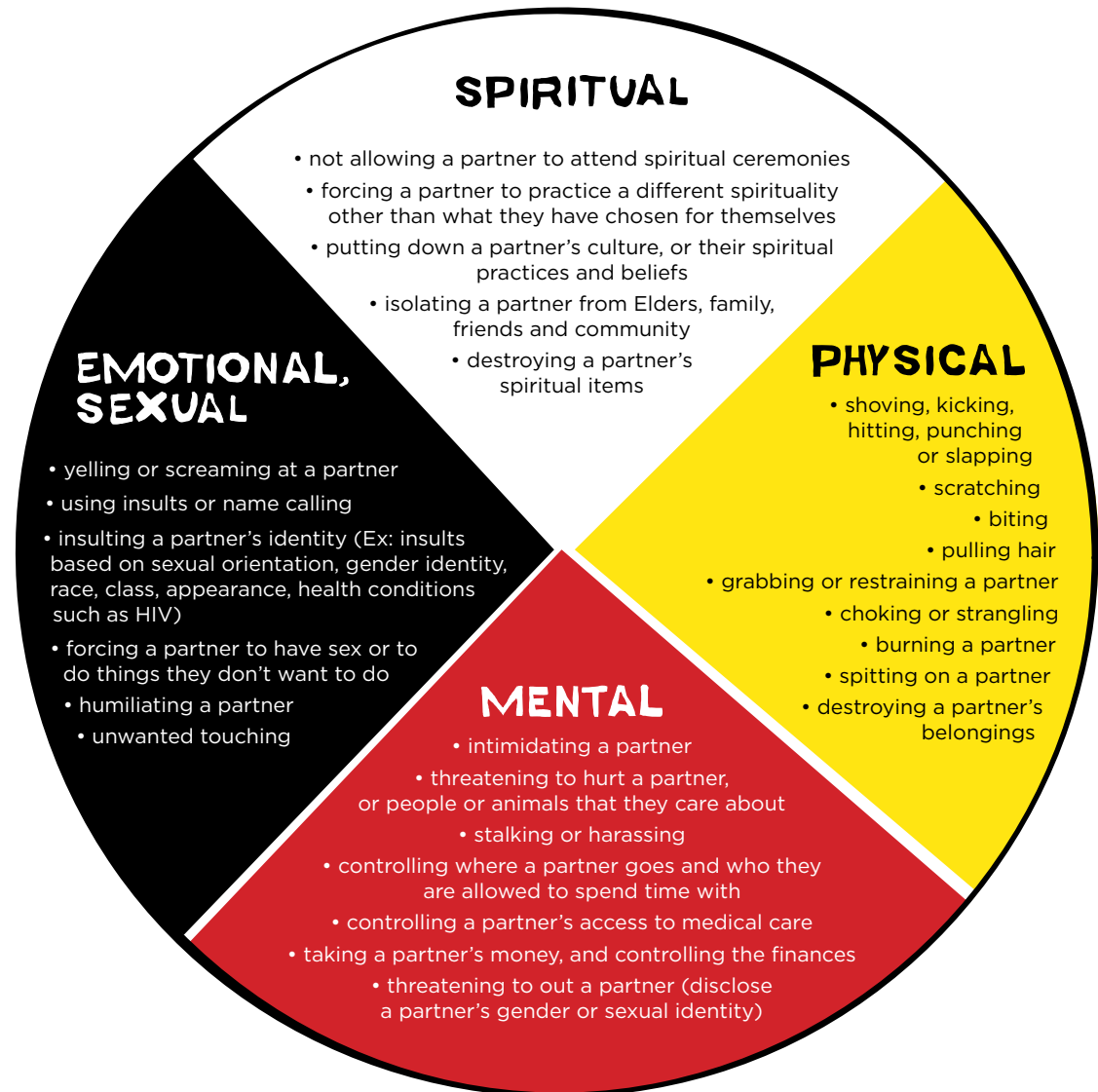
Email: twospiritedmanitoba@hotmail.com

www.twospiritmanitoba.ca

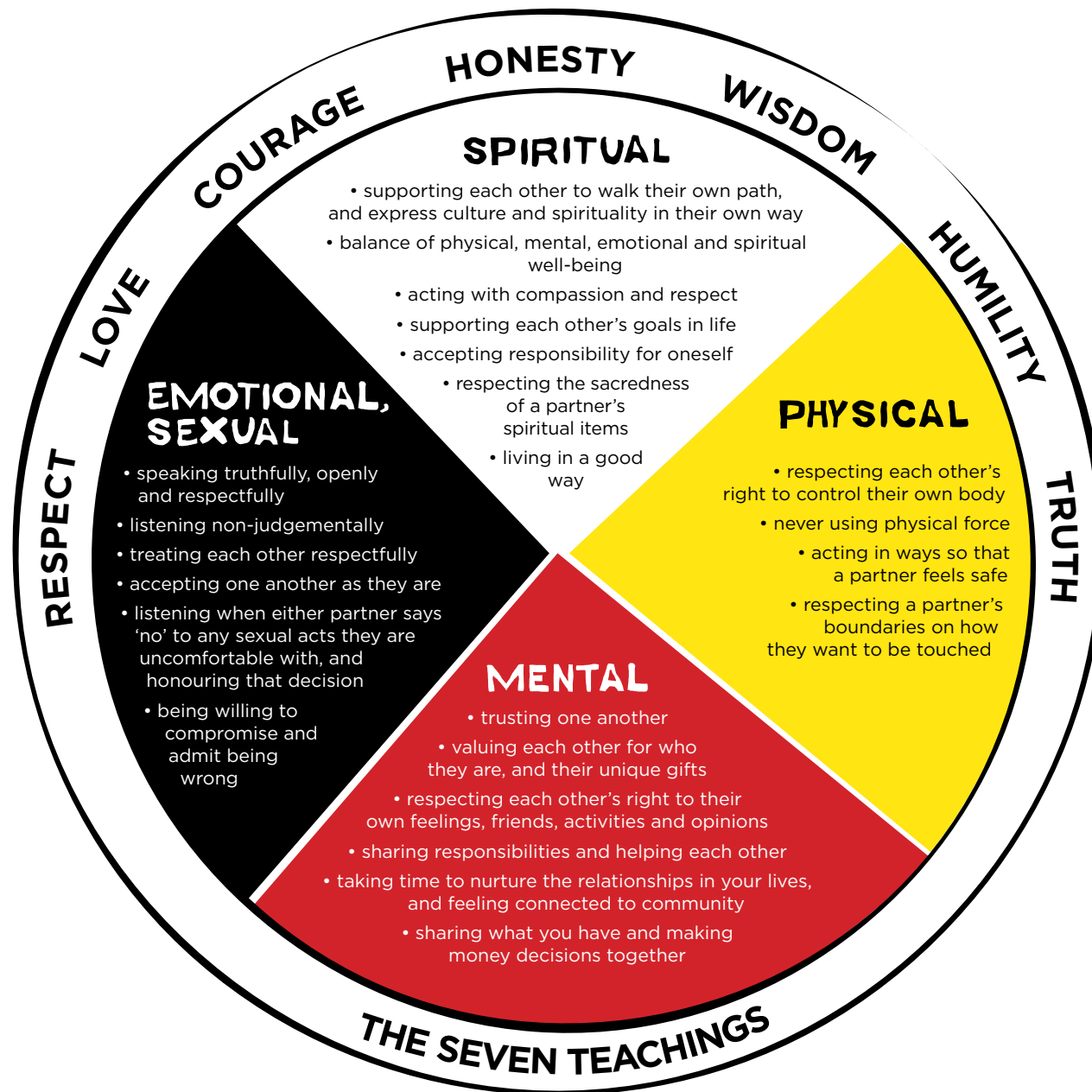
People in abusive relationships often feel ashamed, depressed and worthless. Experiences of homophobia, transphobia and racism can add to these feelings. Low self-esteem and a lack of confidence make it more difficult to seek help.

Also, Two-Spirit people in abusive relationships may fear homophobic, transphobic and racist responses from those who could help them. For both Two-Spirit people who are being abused and those who are abusive, this can affect how safe and comfortable they feel seeking help.

Signs of an **ABUSIVE** Relationship, for Two-Spirit People



Signs of a **HEALTHY, EQUAL**
Relationship, *for Two-Spirit People*



If You are Being ABUSED and are a Two-Spirit Person

You deserve a loving, healthy relationship.

If you are a Two-Spirit person who is being abused within a relationship, help is available. Talk to someone you trust about what is happening. This can be an Elder, friend, family member, counsellor or a crisis line. Talking to someone can help you make healthy decisions about your relationship.

Creating a safety plan for yourself (and your children and animals) can help you stay safe in a crisis. For more information on safety planning, call the Domestic Violence Information/Crisis Line or see:

www.manitoba.ca/justice/domestic/protection/

If you are in crisis and identify as a woman, and need emergency shelter because of abuse within your relationship, call:

- > 24/7: the toll free Domestic Violence Information/Crisis Line at **1-877-977-0007**, to be routed to the nearest family violence shelter

If you are in crisis and identify as a man, and need emergency shelter because of abuse within your relationship, call:

- > During business hours: The Men's Resource Centre at **204-415-6797** or toll free **1-855-MRC-MRCS (1-855-672-6727)**
- > 24/7: the toll free Domestic Violence Information/Crisis Line at **1-877-977-0007**, to be routed to the nearest family violence shelter

If You are Being ABUSIVE and are a Two-Spirit Person

Abuse is a choice. It is your responsibility to stop hurting your partner. Help is available to support you in ending your abusive behavior. Contact a counsellor or the services listed in this brochure for information about how to get counselling.

If necessary, leave the relationship to keep your partner and yourself safe.

This information is available in alternate formats upon request. Contact: maw@gov.mb.ca

Relationship abuse happens in all segments of LGBTTQ* communities. It affects people of all ages, cultures, income levels, spiritualities, professions, abilities and regions of the province.

Community Resources

Rainbow Resource Centre

170 Scott Street, Winnipeg
Phone: **204-474-0212, ext. 201**
www.rainbowresourcecentre.org

Manitoba's Domestic Violence Information/Crisis Line

24-hour, toll free: **1-877-977-0007**
TTY: **1-888-987-2829**
List of services: manitoba.ca/fs/fvpp/resources

Ma Mawi Wi Chi Itata Centre

445 King Street, Winnipeg
Phone: **204-925-0300**
Toll free: **1-888-962-6294**
www.mamawi.com

Men's Resource Centre

Phone: **204-415-6797** or toll free
1-855-MRC-MRCS (1-855-672-6727)
www.mens-resource-centre.ca

Klinic Community Health Centre

24-hour crisis line: **204-786-8686** (in Winnipeg)
or toll free **1-888-322-3019**
Sexual assault crisis line: **204-786-8631** (in Winnipeg)
or toll free **1-888-292-7565**
TTY counselling: **204-784-4097**
www.klinic.mb.ca

LGBT* Program, Sexuality Education Resource Centre (SERC) Brandon Office

Phone: **204-727-0417**
www.serc.mb.ca

Thank you to:

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- *The Alberta government for sharing their publication Abuse in Same-Sex and LGBTQ* Relationships.*

This information is available online at:
manitoba.ca/stoptheviolence/lgbttq.html

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