



NFF Youth Conference Adult Resources Healthy Masculinities: a discussion about healthy relationships

Books

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- [NFF Youth Conference Reads - YA & Adult](#)

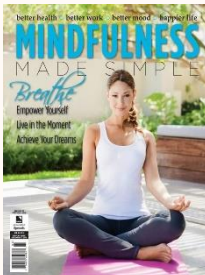
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Magazines



The Advocate

A magazine and website with an editorial focus on news, politics, opinion, and arts and entertainment of interest to 2SLGBTQ+ communities. Place holds on [Print Copies](#) or [Digital Copies](#). (advocate.com)



Mindfulness Magazine

This bookazine is designed to help you learn mindful techniques to improve your relationships with friends and family, bosses and co-workers. Place holds on a [Digital Copy](#).

Podcasts & TED Talks

[From Where We Stand: Conversations on race and mental health](#)

This podcast highlights the experiences of Black, Indigenous and People of Colour (BIPOC) communities and their impact on mental health" (podcasts.apple.com). Available on Apple Podcasts, Google Podcasts & Spotify.



[Tyler Simmonds: The Power of Getting Back Up](#)

[Celebrating \(and Deconstructing\) the Gender Spectrum](#)

"These talks celebrate and break down what it means to live outside society's traditional (and outdated) understanding of gender" (ted.com).



Programs at London Public Library

Canadian Mental Health Association Drop-in

Drop-in appointments with a CMHA worker available Monday-Friday 9:00am-4:00pm on the second floor of the LPL's [Central Branch](#).

Calming the Angry Waves

To assist participants in becoming more aware of their own anger patterns, triggers and related physical, emotional, and cognitive experiences. This program is based on mindfulness practice to help find balance in our thoughts, emotions, and actions. In partnership with the Canadian Mental Health Association (CMHA). Register [HERE](#).

Compassionate Communications

Join us as we examine the behaviours and thinking patterns that interfere with our ability to effectively communicate with the world around us. We will discuss how to strengthen our understanding of the feelings, needs and wants of ourselves and others; improve our ability to respond honestly and compassionately in the face of conflict and difficult situations. In partnership with the Canadian Mental Health Association (CMHA). Register [HERE](#).

Other Resources

White Ribbon

"The world's largest movement of men and boys working to end violence against women and girls, promote gender equity, healthy relationships and a new vision of masculinity". (whiteribbon.ca)

LGBTQ+ Support and Recreational Resources

"Services that are currently available in London that provide members of the LGBTQ+ community with safe, non-judgmental, opportunities for support, recreation, and friendships - all things that are important for gaining and maintaining good health". (List & description provided by LifeSpin.org)

W.E.A.N. Community Centre



"To serve all members of the community with a focus on supporting and empowering the black and marginalized communities by creating initiatives for equal opportunity and equal access to well-being, spiritual health and personal economic prosperity" (weancommunitycentre.com). London, ON