



Youth Health Pulse is your source for all things Planned Parenthood Toronto, reproductive justice, queer liberation, and youth advocacy.

July is Disability Pride Month, and we're honouring the generations of Disabled people and communities who have laboured and continue to labour for a world where everyone has the resources, autonomy, and support to make decisions about their own bodies, relationships, and futures.

We recognize that Reproductive Justice is defined by SisterSong as the human right to 1) maintain personal bodily autonomy 2) have children 3) not have children 4) parent children in safe and sustainable communities. For many Disabled people, these rights continue to be limited by ableism and other intersecting systems of oppression.

Disability Justice, a movement led by disabled Black, Indigenous, queer, trans, and racialized activists, recognizes that ableism doesn't exist on its own. It intersects with racism, colonialism, sexism, transphobia, capitalism, and other systems of oppression that shape whose bodies are valued, cared for, and centred and whose are not.

"A Disability Justice framework understands that all bodies are unique and essential, that all bodies have strengths and needs that must be met." – Patty Berne, Co-Founder of Sins Invalid

This Disability Pride Month, we're highlighting disability-led organizations that are advancing accessibility, collective care, and justice. Support and share their work!

- [Race and Disability Canada](#)
 - [Tangled Art + Disability](#)
 - [Mad Pride Canada](#)
 - [Disability Justice Network of Ontario](#)
 - [Disability Without Poverty](#)
 - [Toronto Disability Pride March](#)
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The Connection Between the Abortion Pill and Fibroids

July is Fibroid Awareness Month, so let's talk about it! Did you know the abortion pill might actually help treat fibroids? An [article in Ms. magazine](#) earlier this year points to a 2003 study showing mifepristone helped shrink fibroids and reduce bleeding. The results were so good that one researcher said the improvements in participants' quality of life were so dramatic that they briefly wondered whether the drug was a mood enhancer too!

LEARN MORE

What's Happening In Our Non-Binary BIPOC Drop-In (NBD)?

Why do we play Dungeons & Dragons (DnD) at our Non-Binary BIPOC Drop-In (NBD)? At NBD, DnD is more than a game – it's a space to explore, experiment, imagine, and be recognized on your own terms.

As our 2SLGBTQIA+ Youth Programs Coordinator, Paula, puts it, "I wanted to bring DnD to this drop-in space because I think being non-binary and/or questioning your gender is complicated in our current

society. I find that once you get to step out of that and have full control of things, you can more clearly see yourself. This is why DnD is such a great tool!”

Nonbinary BIPOC Drop-in (NBD) is a weekly drop-in program for youth age 13–19 who are both non-binary/queer/trans/questioning and Black, Indigenous, or People of Colour (BIPOC). It is a space for non-binary BIPOC teens to build community and engage with one another through various communal activities including arts-based learning and expression alongside identity exploration

Each week participants can expect a different activity from workshops and field trips to discussion groups and shared meals.

- July 23 | 1:00–4:00pm | Art Gallery Day
- July 30 | 6:00–8:00pm | Capitalism and Identity
- August 6 | 6:00–8:00pm | Mending as Rebellion
- August 13 | 6:00–8:00pm | Connecting with Queer Bodies
- August 20 | 6:00–8:00pm | Sharing is Caring
- August 27 | 6:00–8:00pm | Fuse Bead Keychain Making

RSVP for upcoming activities for the remainder of July and the full month of August. The full slate of programming can be found [here](#).

In Solidarity with Grassy Narrows First Nation

PPT will be showing our solidarity with Grassy Narrows First Nation and marching alongside land defenders from across the province on September 23. Want to get involved? Here are three easy ways you can show your solidarity:

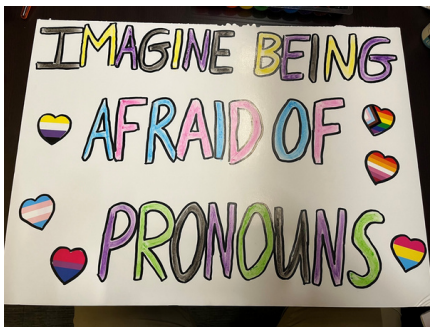
1. Show up to River Run 2026 and let Grassy Narrows know you stand with them in their fight for justice! [RSVP here](#).
2. Share the RSVP link with friends and community and ask them to attend with you

3. If you are a part of an organization, endorse the march and send a delegation to the River Run Rally! Email solidarity@freegrassy.net to endorse the march and confirm your delegation's attendance.

SHARE WIDELY

PPT Attends the 2026 Trans Pride March

On Friday, June 26, PPT once again marched in the Trans Pride March, showing its solidarity with trans youth. PPT showed up with our t-shirts, our signs, and our pride for this important event of resistance and celebration. As one of Toronto's top providers of gender affirming care and community programming for trans, non-binary, and gender diverse youth, we witness firsthand the impact being able to access affirming, knowledgeable service providers has on young people, and are honoured to be able to serve Toronto's 2SLGBTQIA+ youth.



New Roles at PPT

Thanks to our expanding Primary Care services and our growing Black Health Team, PPT is hiring! Look out for open job postings over the next few months.

Current Job Openings:

Registered Nurse

Nurse Practitioner - Black Reproductive Health Initiative

Thanks so much for reading, and as always for your support of Planned Parenthood Toronto!

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