

Resources

Please click on the picture to be redirected to the associated website



BCCH Gender Clinic Road Map



TRANS CARE BC
Provincial Health Services Authority

A great resource! Information on local support groups, treatment, medications, surgeries, and more!

Fair Pharma Care
1-800-663-7100

Information sheet

Check registration status

Register

Mental health



1-800-784-2433



Crisis line run by trans people for trans people
1-877-330-6366



Kids Help Phone



Native Youth Crisis Hotline
1-877-209-1266



UNYA - Urban Native Youth Association (Vancouver)
2-Spirit Collective



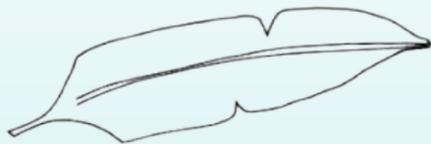
Database of mental health services including counselling, peer support, and support groups



Child and Youth Mental Health (CYMH)



Teach children and youth how to cope with anxiety



KUU-US Crisis Line Society

Crisis Line for Indigenous People of B.C.
1-800-588-8717



Needle Fears



Anxiety Canada



BE HEARD. GET HELP.

YouthInBC.com is a program of the Crisis Centre. It connects youth with support, information and resources.



BREATHR

BREATHR Explore mindfulness with this app



MyHeartsMap A digital tool to help with self-assessment of mental health and offer resources



Kelty Mental Health

Support Groups



TRANS CARE BC
Provincial Health Services Authority

Most up to date source for support, social, and community groups. Search by postal code.



Canadian Parents of Trans, Two-Spirit & Gender Diverse Kids
*you need to be logged into Facebook to view



Virtual group. Meets every Monday.
Contact: parenting.genderdiversity@gmail.com



Peer to peer support for individuals and their loved ones.



COMMUNITY SERVICES

Peer Support in Burnaby, Maple Ridge, Pitt Meadows, and Tri-Cities. Separate session for youth and caregivers



Family Services of the North Shore

They sponsor Proud2Be series and a lot of virtual events and support groups.



Gender Spectacular Support Groups and Family Drop Ins



Qmunity

BC's queer, trans, and two-spirit resource centre. GAB Youth Programs for youth 10-25 years old



Online groups for youth, parents, and caregivers



Gender Spectrum Parent Community (virtual)



Native Youth Sexual Health Network and Peer Support



Gender Generations Project
Links youth with adult mentors
Located in Victoria, BC

IT GETS BETTER PROJECT.

The It Gets Better Project's mission is to uplift, empower, and connect lesbian, gay, bisexual, transgender, and queer (LGBTQ+) youth around the globe.



Q Chat
A peer support line and resource database for LGBTQ2S youth in British Columbia

Helpful Website and Resources



The Gender Unicorn
A great resource on the difference between gender expression, gender identity, sex assigned at birth, and attraction.



Gender Spectrum works to create gender sensitive and inclusive environments for all children and teens.



Foundry offers young people ages 12-24 health and wellness resources, services, and supports.



Human rights information for trans and gender-diverse individuals and their supportive allies across British Columbia.



A website that was created to help adults learn how to support and care for the trans, Two-Spirit, and non-binary youth in their lives.



Resources for parents of gender creative & trans children and youth



Gender Creative Kids
This is an organization out of Montreal but has a lot of great resources.



YouTube video: "What Does 'Two-Spirit' Mean?"



BC Indigenous 2SLGBTQ+ Wellness Program

Book Recommendations

There are many, many books out there. Here are a few we like and some resources to find more:



Vancouver Public Library

Vancouver Public Library
Trans, Non-Binary, and Two-Spirit
Resource list



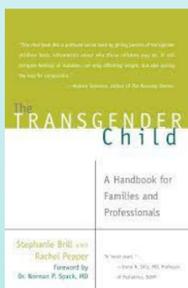
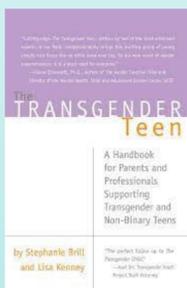
BC Children's Hospital Family Support and Resource Library



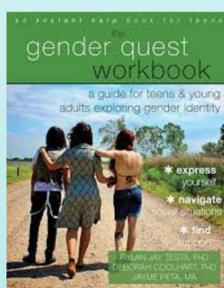
Families In Transition: A Resource Guide for Families of Transgender Youth
*link is a free copy



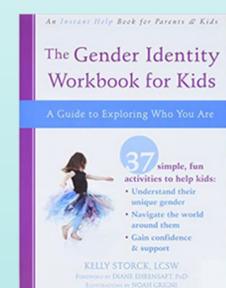
The Gender Creative Child: Pathways for Nurturing and Supporting Children Who Live Outside Gender Boxes



Transgender Teen and Transgender Child
Both great books!



Gender Quest Workbook: A Guide for Teens and Young Adults Exploring Gender Identity.
*link is a free copy



The Gender Identity Workbook for Kids: A Guide to Exploring Who You Are

School Resources

Information for schools

Sexual Orientation and Gender Identity in Schools (SOGI)

Gender Support Plan for School

Safe and Caring Schools for Two Spirit Youth

ID & Gender Marker Info

Updating ID Guide

Qmunity runs a workshop to help folks with changing their IDs.

Activities

Proud2Be
Sponsored by North Shore Family Services and West Vancouver Youth services, this conference features workshops and speaker series.

Various programs through the Vancouver Parks Board, including all bodies swim, workouts, arts & culture, and circus groups.

UBC CampOUT! is a leadership and learning summer camp for queer, trans, Two-Spirit, questioning, and allied youth

Fertility

Clinics

Learning Modules



Fertility Preservation Learning Module for Individuals with Testes



Fertility Preservation Learning Module for Individuals with Ovaries

Supplies for Gender Expression

QMUNITY
BC'S QUEER RESOURCE CENTRE

Youth Bra, Binder, and Breast Form Exchange

BIG BRO'S

BARBER
— SHOP —

A barber shop owned by a trans guy. They do haircuts and sell gender affirming gear for all bodies. Located in East Vancouver for those who are local to the Lower Mainland and wish to go in person to shop.



Compression shirt examples.
A good option when it's time to take a break from wearing a binder.



Gender gear for all bodies.



Form-fitting clothing and swimwear for trans girls.

The Breast Form Store

Gender affirming gear for feminine presentation



Point of Pride provides free femme shapewear (specially-designed compression underwear/gaffs) to any trans femme person who needs one and cannot afford or safely obtain one.



Made-to-measure underwear, gaffs, binders, and swimwear for all people.

UNTAG

Undergarments for all bodies. Products made in Amsterdam. Ships to Canada.



Example of boxer-style underwear for menstruator

Safe Use of Gender Affirming Gear



Binding, Tucking, Packing information

QMUNITY
BC'S QUEER RESOURCE CENTRE

I Heart My Chest
Chest Health Guide



Meg Foundation Information on pain with chest binding

Gender Affirming Surgeries



Many gender affirming surgeries are covered under MSP. Trans Care BC has the most up to date information

Consents and Medication Information

These are for your reference so you have evidence-based information to refer to when making medication decisions.

You do not need to sign the consents at this time.

[BCCH Lupron Info sheet on getting started](#)

[Lupron Mixing Video](#)

[Spironolactone](#)

[Info Sheet Blockers/Lupron \(for people born into male bodies\)](#)

[Lupron Informed Consent Minor Youth \(for people born into male bodies\)](#)

[Lupron vs. Spironolactone: How do I decide?](#)

[Estrogen Info Sheet](#)

[Informed Consent Estrogen Minor Youth](#)

[Info Sheet Blockers/Lupron \(for people born into female bodies\)](#)

[Lupron Informed Consent Minor Youth \(for people born into female bodies\)](#)

[Testosterone Info Sheet](#)

[Informed Consent Testosterone Minor Youth](#)

[Suppression of monthly bleeding information](#)

[Common Gender Medication Costs](#)