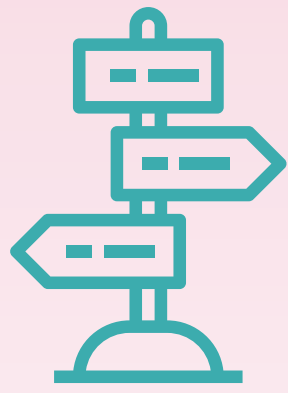


Resources

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

Crisis Centre™
Here to listen. Here to help.
1-800-784-2433

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

KidsHelpPhone.ca
1 800 668 6868
Kids Help Phone

Native Youth
Crisis Hotline
1-877-209-1266

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

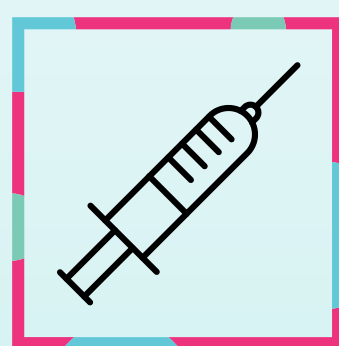
mind map BC
Database of mental
health services
including counselling,
peer support, and
support groups

Child and Youth
Mental Health
(CYMH)

Taming Worry Dragons

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



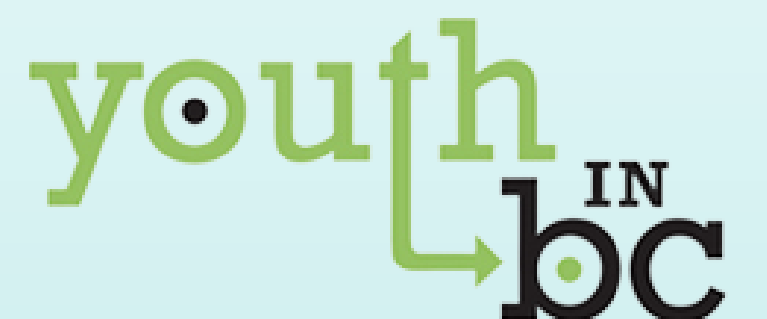
Anxiety Canada

BREATHR
Explore mindfulness
with this app

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



Kelty Mental Health



BE HEARD. GET HELP.

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

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 and Gender Diverse Kids



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



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.



Peer to peer support for individuals and their loved ones.



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



Native Youth Sexual Health Network and Peer Support



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

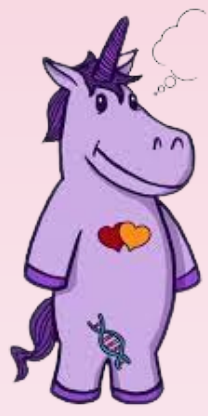
IT GETS BETTER PROJECT.

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.



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



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.



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



BC Indigenous 2SLGBTQ+ Wellness Program



Gender-Affirming Parenting Guide



Exploring Gender Diversity worksheet



Supporting Gender Creative Children and Trans Youth



Resources for Parents and Caregivers

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



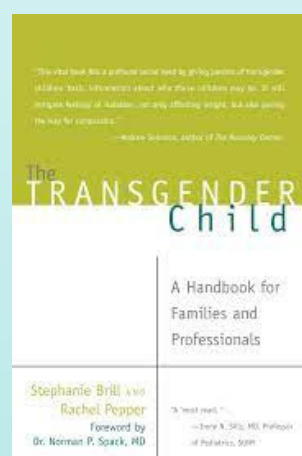
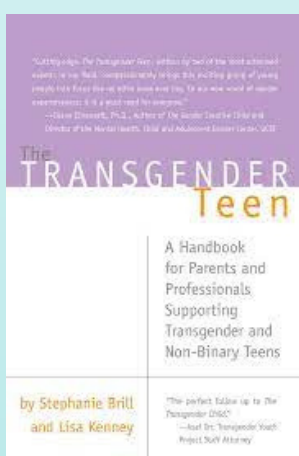
BC Children's Hospital
Family Support and Resource Library



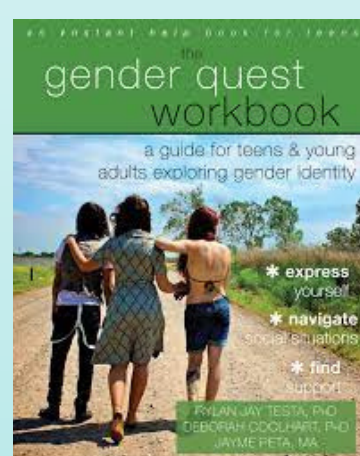
Articles, books, and movies



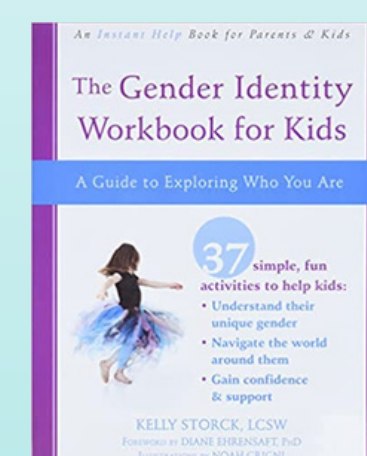
The Gender Creative Child:
Pathways for Nurturing and Supporting Children Who Live Outside Gender Boxes



Transgender Teen and Transgender Child
Both great books!



Gender Quest Workbook: A Guide for Teens and Young Adults Exploring Gender Identity.



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. Contact reception@qmunity.ca for more information.

Activities & Conferences



Proud2Be

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



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



All bodies swim at a pool in East Vancouver
Contact 2STGD@vancouver.ca for location/time information



Annual conference in San Diego



Genders West Conference

Supplies for Gender Expression



Youth Bra, Binder, and Breast Form Exchange



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.



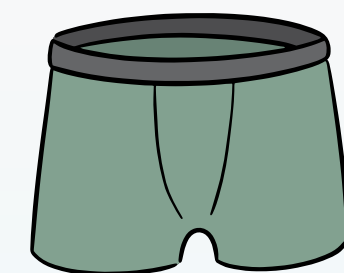
Gender gear for all bodies.



Form-fitting clothing and swimwear for trans girls.



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



Example of boxer-style underwear for menstruators



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.

Safe Use of Gender Affirming Gear



Binding, Tucking, Packing information



I Heart My Chest Chest Health Guide

Gender Affirming Surgeries



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

Fertility Clinics

Lower Mainland



Victoria



Kelowna



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:

<http://www.bcchildrens.ca/endocrinology-diabetes-site/documents/bcchluprongd.pdf>

Lupron Video:

https://players.brightcove.net/1029485116001/default__default/index.html?videoId=6144662066001

Spironolactone:

<http://www.bcchildrens.ca/endocrinology-diabetes-site/documents/spironolactone.pdf>

Info Sheet Blockers/Lupron (for people born into male bodies):

<http://www.bcchildrens.ca/endocrinology-diabetes-site/documents/transblockers-am.pdf>

Lupron Informed Consent Minor Youth (for people born into male bodies):

<http://www.bcchildrens.ca/endocrinology-diabetes-site/documents/transconsentminor-pbam.pdf>

Estrogen Info Sheet:

<http://www.bcchildrens.ca/endocrinology-diabetes-site/documents/transestrogen.pdf>

Informed Consent Estrogen Minor Youth:

<http://www.bcchildrens.ca/endocrinology-diabetes-site/documents/transconsentminor-e.pdf>

Consents and Medication Information, continued

Info Sheet Blockers/Lupron (for people born into female bodies):

<http://www.bcchildrens.ca/endocrinology-diabetes-site/documents/transblockers-af.pdf>

Lupron Informed Consent Minor Youth (for people born into female bodies):

<http://www.bcchildrens.ca/endocrinology-diabetes-site/documents/transconsentminor-pbaf.pdf>

Testosterone Info Sheet:

<http://www.bcchildrens.ca/endocrinology-diabetes-site/documents/transtestosterone.pdf>

Informed Consent Testosterone Minor Youth:

<http://www.bcchildrens.ca/endocrinology-diabetes-site/documents/transconsentminor-t.pdf>

Suppression of monthly bleeding information:

<http://www.bcchildrens.ca/endocrinology-diabetes-site/documents/menssupp.pdf>



BCCH Gender Clinic contact information:

Phone: 604-875-2345 x 6550

Toll-free: 1-888-300-3088, x 6550

E-mail: bcchgenderclinic@cw.bc.ca

Website: <http://www.bcchildrens.ca/our-services/clinics/gender>