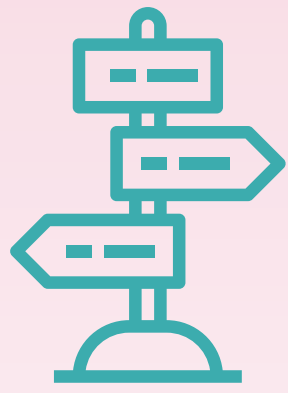


Resources

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



youthspace.ca

Online IM chat, or text 778-783-0177 6pm-midnight



Native Youth Crisis Hotline
1-877-209-1266



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



Child and Youth Mental Health (CYMH)

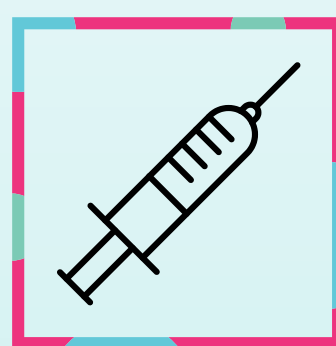


Teach children and youth how to cope with anxiety



KUU-US Crisis Line Society

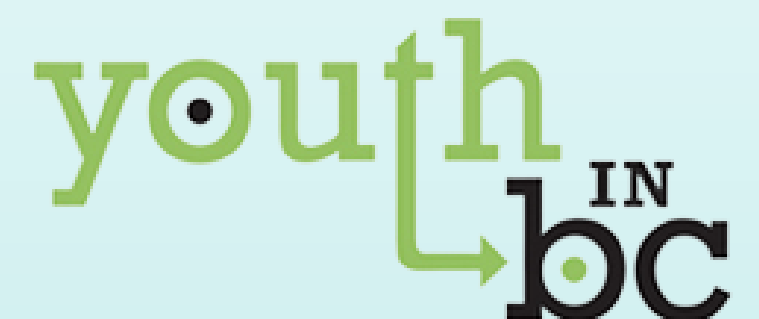
Crisis Line for Indigenous People of B.C.
1-800-588-8717



Needle Fears

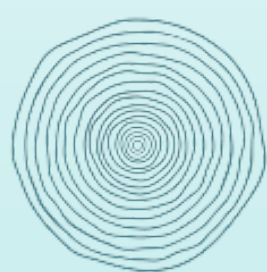


Anxiety Canada



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

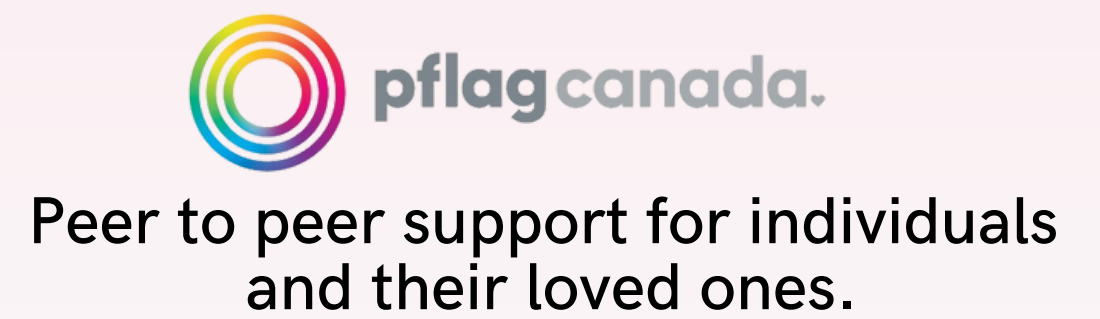


plea
COMMUNITY SERVICES

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 RESOURCE CENTRE

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



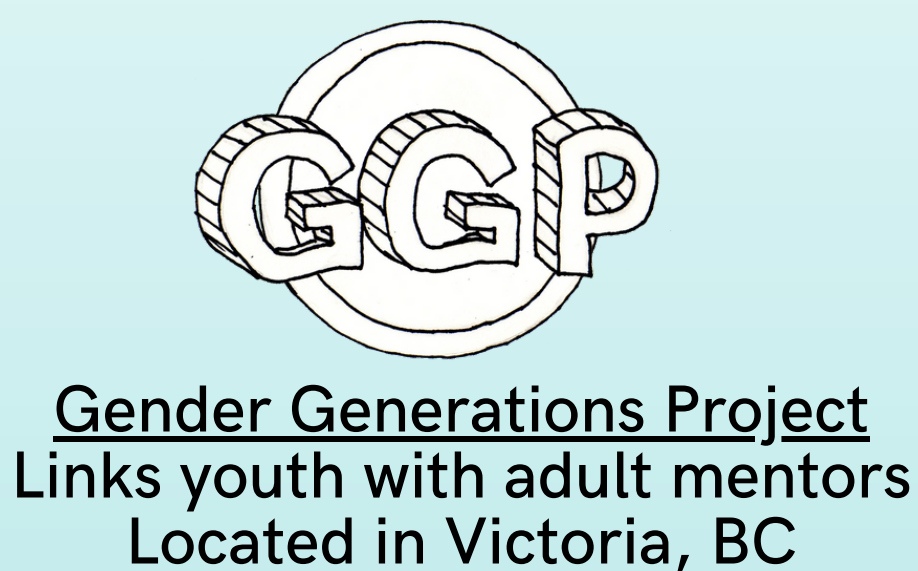
THE TREVOR PROJECT
Saving Young LGBTQ Lives



Online groups for youth, parents, and caregivers



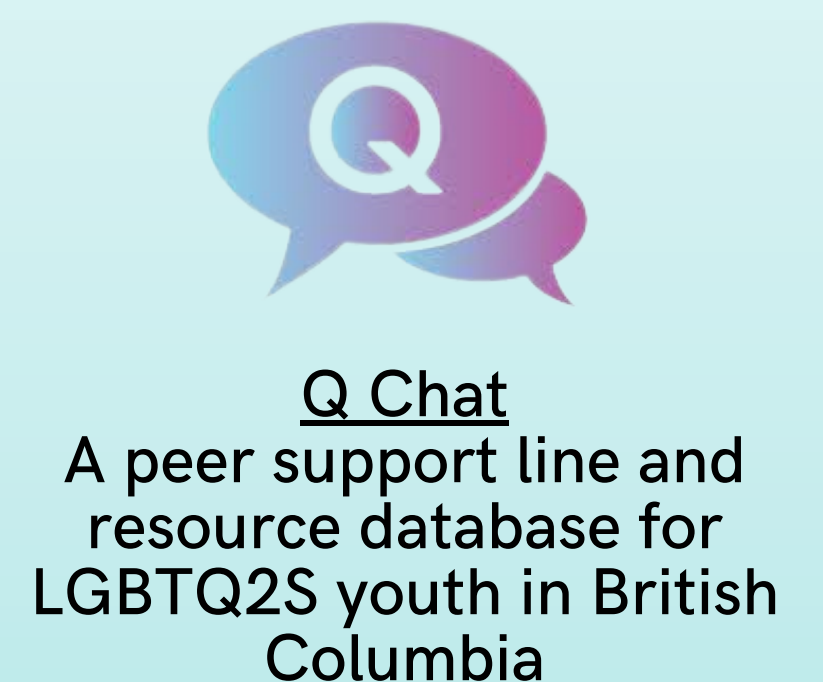
Native Youth Sexual Health Network and Peer Support



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.



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

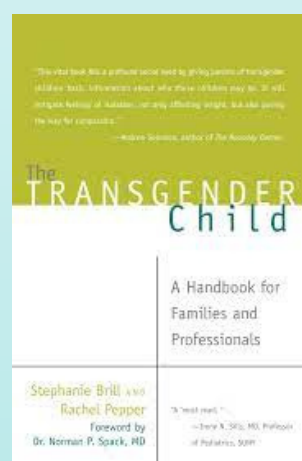
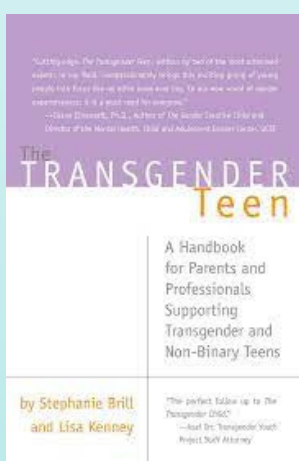
Vancouver Public Library
Trans, Non-Binary, and Two-Spirit Resource list



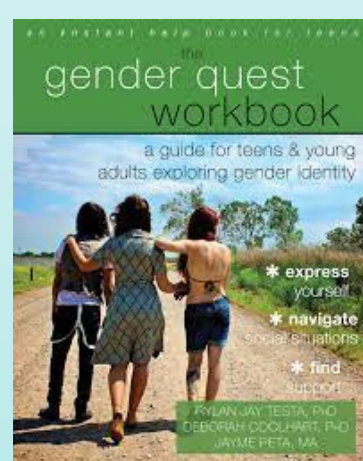
BC Children's Hospital
Family Support and Resource Library



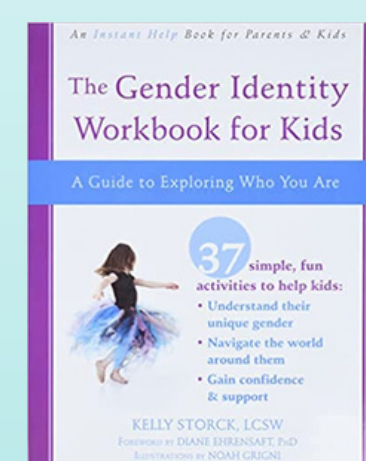
The Gender Creative Child: Pathways for Nurturing and Supporting Children Who Live Outside Gender Boxes



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

TRANS CARE BC
Provincial Health Services Authority

Information for schools

SOGI 123

Sexual Orientation and Gender Identity in Schools (SOGI)

gender spectrum

Gender Support Plan for School

The Society for Safe & Caring Schools & Communities

Safe and Caring Schools for Two Spirit Youth

ID & Gender Marker Info

TRANS CARE BC
Provincial Health Services Authority

Updating ID Guide

QMUNITY
BC'S QUEER RESOURCE CENTRE

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

Activities

PROUD 2Be
PROUDLY CARING FOR OUR NORTH SHORE LGBTQ2S+ COMMUNITY

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

CITY OF VANCOUVER

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

CAMP OUT!

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

Fertility Clinics

Lower Mainland

OLIVE
fertility centre

GRACE
FERTILITY CENTRE
& REPRODUCTIVE MEDICINE

PCRM
Pacific Centre for Reproductive Medicine

Victoria

PCRM
Pacific Centre for Reproductive Medicine

OLIVE
fertility centre

Kelowna

OLIVE
fertility centre

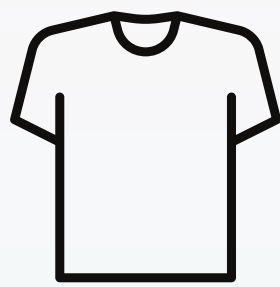
Supplies for Gender Expression



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.



Gender affirming gear for feminine presentation



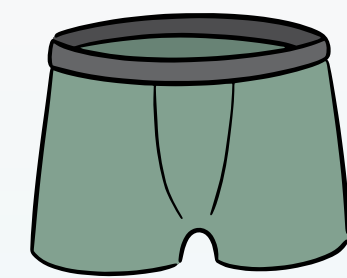
Point of Pride provides free femme shapewear (specially-designed compression underwear/gaffs) to any trans femme person who needs one and cannot afford or safely obtain one.



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



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



Example of boxer-style underwear for menstruators

Safe Use of Gender Affirming Gear



Binding, Tucking, Packing information



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:

<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>

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>