

Trans* Community Support Groups, Services and Resources in BC

Within Metro Vancouver

Trans* Specific Health Services:

Transgender Health Information Program (VCH)

The Transgender Health Information Program (THIP) is a resource hub that provides information to anyone in BC with a transgender health question. We provide information directly to individuals via group format, email, phone, and in person. We also provide health care professionals with information to help them support their clients and connect health professional with colleagues who specialize part of their practice in transgender health care to build capacity in local communities. Our services are free, anonymous and confidential. We welcome all transgender-health related questions and concerns from individuals, families and others. Doctor's referral, Care Card and/or ID not required.

Phone: 604-734-1514 or 1-866-999-1514 (toll free)

Email: transhealth@vch.ca

Online: www.vch.ca/transhealth

VCH Trans* Specialty Care (appointment required)

Knowledgeable and specialized care for transgender and gender diverse persons who reside within the Vancouver Coastal Health Region. Services offered include: hormone readiness assessment, endocrine (hormone) therapy, hormone injecting supplies, referral for surgical readiness assessment, pre-operative information and education, post-operative wound care, limited counselling

Where: Three Bridges Community Health Centre and Raven Song Community Health Centre

How to book an appointment: No referral is required to book an appointment. You are welcome to book an appointment by contacting our intake nurses at **604-633-4248**. The nurse will identify the clinic that is able to see you and provide you with a date and time for an initial consultation appointment.

Who can access service: Those living in the Vancouver Coastal Health Region - Vancouver, Richmond, North Shore, and Coastal Rural. Youth (under 25), refugee claimants, those with complex mental health diagnoses, and individuals with post-operative complications who live outside the VCH Region will be given special consideration regarding access on a case-by-case basis. This may include referral to another health care provider or organization.

Catherine White Holman Wellness Centre

The Catherine White Holman Wellness Centre aims to provide low-barrier wellness services to trans and gender diverse people in a way that is respectful and celebratory of clients' identity and self-expression. CWHWC is entirely volunteer run and operates 2 days per month, therefore waitlists for doctor or counselling appointments may be quite long. Some of the services they offer are: general health care (STI testing, pelvic exams, hormone support & injection supplies, mental health, education etc), community kitchen (and nutritionist), counselling, legal assistance, yoga classes, massage etc. Please see website for full details on upcoming clinic dates.

When: Sunday Clinics (twice per month) 4-7pm

Where: 1145 Commercial Drive (Reach Clinic).

For info: www.cwhwc.com or email contactus@cwhwc.com or phone 604-442-4352

Last updated February 27th, 2014

Please note: THIP is unable to endorse groups that it is not directly involved with. Please contact the group directly to confirm details as scheduling sometimes changes. We welcome additions to this list.

Trans* Specific Social/Support Groups

Trans Gathering (QMUNITY)

A weekly social gathering drop-in space, for all variations of trans-identified and gender-variant folks. Opportunity to connect, share, discuss, & learn in a safe & supportive environment. Significant others and family are welcome.

When: Every Saturday, 1-3pm

Where: #610 – 1033 Davie Street:

For info: 604-684-5307, ext. 112 or education@qmunity.ca

Sex Reassignment Surgery/Gender Affirming Surgery Resource Group (QMUNITY)

Peer-facilitated group for people who have had gender affirming surgery (such as but not limited to vaginoplasty, chest surgery, orchiectomy, hysterectomy, phalloplasty etc.) and people preparing to have gender affirming surgery. This is an informational group, not a therapy/support group and is not a source of medical advice but rather sharing questions and lived experience. Any medical info given should be checked by a medical professional.

When: 7-9pm on the second Wednesday of each month

Where: 1170 Bute St, Vancouver (Please note: we regret that this location is not currently wheelchair accessible)

For info: please contact srsr@qmunity.ca or 604-684-5307 ext. 112

Trans Partners Support Group (QMUNITY)

Do you have a partner whose gender expression is outside of typical gender norms? You are not alone. QMUNITY offers a monthly support group for partners of trans and gender non-conforming people. We invite you to share your experiences in an intentional space with other partners.

When: 7-9pm on the 3rd Tuesday of each month (except for holiday break times in December, July & August).

Where: 610 – 1033 Davie Street (Wheelchair accessible; Buzz 610 for Entry)

For info: For more information, please contact transpartners@qmunity.ca or 604 684 5307 ext. 112

GENDERQUEER Vancouver (QMUNITY)

A fun and inclusive space for folk who identify outside the gender binary to connect and socialize.

When: 6-7:30pm on the 1st & 3rd Monday of the month. Please note: this location is unfortunately not wheelchair accessible.

Where: Room 1, 1170 Bute St.

For info: please contact: 604-684-5307, ext. 112 or genderqueer@qmunity.ca

Trans Taking Care Of Business/TTCB (THiP)

Weekly drop-in for trans-identified sex workers. Food, information and support provided. Safe, confidential space.

For location & info: contact April at 604-734-1514 x4 or transhealth@vch.ca

FTM ETC:

FTM peer-run discussion/support group for anyone assigned female at birth, who is either questioning their gender identity, or identifies some or all the time as male. Anyone on the FTM spectrum welcome, regardless of what stage. Wheelchair-accessible.

When: 3rd Sat. of the month, 1-3 pm.

For Info and Where: Lukas W: ph/txt: 604-996-8169, bctfmnetwork@hotmail.com

Cornbury Society

A social, educational and support group that caters primarily to crossdressers, their partners and loved ones, and others who support them. Meetings can be social events, seminars on the various aspects of the craft of crossdressing, guest speakers, shopping trips and so on. Locations and dates provided only to members.

For Info: www.cornbury.org info@cornbury.org

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University of British Columbia:

Trans Tea Time: facilitated by a trans identified person but is inclusive to all gender and sexual identities and non-identities. The time will be posted on the website when it is set for each semester.

Label Free Fridays: a discussion group which tries to bring the focus away from labels, this is in reference to both gender and sexuality. Discussion ranges in topics within a queer context and there are usually some discussions on issues surrounding labels.

Trans Day of Remembrance: a yearly event.

Note: As a general policy, anything that PrideUBC does is open to anyone of any gender, sexuality, race, age (except for events with liquor), ability and so on. They have a strict safe space policy and try to be respectful of all that wish to join. One can also join their listserve and start receiving emails by simply emailing them and requesting to be on the listserve.

Email: prideubc@gmail.com

Facebook: [facebook.com/prideubc](https://www.facebook.com/prideubc)

Website: www.prideubc.com

Call: 604-442-UBCQ (8227)

Tumblr: <http://prideubc.tumblr.com/>

Twitter: <http://twitter.com/PrideUBC>

Trans* Inclusive Health Services and Groups:

LGBT2SQ Drop-In Group (Prism/DAYTOX):

Ongoing support for addiction recovery and/or mental wellness. This open group welcomes everyone who identifies anywhere on the trans spectrum – and those who identify as lesbian, gay, bi, pan, queer, Two Spirit.

Note: This is a drop-in group, registration is not necessary.

When: Thursdays 5:00-6:00 pm (ongoing)

Where: Daytox, 377E. 2nd Avenue

For Info: 604-658-1278 and ask to speak with Mitch or Heather

Vancouver Addictions Matrix Program (VAMP)

A 16-week outpatient stimulant addiction treatment program. Program serves residents of Vancouver, Richmond, the North Shore up to Pemberton and the Sunshine Coast. This day/evening program offers group treatment, along with individual counselling sessions. Offers a youth stream which serves youth aged 16 through 25 and a stream serving gay/bi men. Clients can either self-refer or they can be referred by an agency. Please call for program referrals, promotional materials and/or to book a presentation.

Phone: 604.714.3480

E-mail: vamp@vch.ca

Sher Vancouver

Sher Vancouver is a social, cultural and support group for gay, lesbian, bisexual and transgender South Asians, and their friends, families and allies. It is based out of Vancouver, B.C., but people from all over the world are welcome to join. Sher offers peer support, social activities, information, referral and outreach presentations. Sher would like to help inform, educate and bring about more acceptance and understanding. Everyone is welcome to join Sher, regardless of ethnicity, religious belief or sexuality.

Email: shervancouver@hotmail.com **Website:** <http://www.shervancouver.com>

Rainbow Refugee Community: (Refugee Claim Support)

A drop-in group for anyone seeking information about a refugee claim based on persecution of their sexuality, gender identity or HIV status. It is facilitated by experienced volunteers, in English with bilingual Spanish and Arabic speakers. They can arrange for Farsi speaking too. Please let them know if there is another language needed.

Where: 1170 Bute Street, Vancouver, BC (Qmunity).

When: 7:30pm every 2nd Thursday of the month

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Children, Youth & Families:

Trans Youth Drop-In (THIP):

Recreation and good snacks for trans youth and allied peers (siblings, friends, partners etc), 13 – 24 years old.

Where: 1661 Napier St., Vancouver (Britannia Community Center – Seniors Lounge)

When: Every Friday (**except the last Friday of the month**) 6:30-8:30pm

For info: 604-734-1514 or transyouthdropin@vch.ca

Gab Youth Drop-in (QMUNITY)

Weekly drop-ins for lesbian, gay, bi, trans*, two-spirit, intersex, queer, questioning (queer) youth 25 and under and their allies. Gab also provides resources, workshops, leadership training and special events such as youth dances.

Where: 1170 Bute St, Vancouver (Please note: we regret that this location is not currently wheelchair accessible)

When: Weds from 4-6pm and Friday from 7-10pm

For info: please contact 604-684-5307 or www.qmunity.ca/youth

For info: Surrey Youth Alliance:

A drop-in support group for gay, lesbian, bisexual, transgender, transsexual, two-spirited, queer, and questioning straight youth between the ages of 14 and 21 in the Fraser Valley and surrounding area.

Where: The Newton Youth Resource Center, 13479 76 Ave, in Surrey, BC.

When: 6–8:30pm Wednesday evenings

Trans Youth Group (In Surrey –South Fraser Region):

For 18 years or less and must reside in either Delta, White Rock, Surrey, Langley, or Ladner area.

When: every other Tuesday from 4:00 to 5:30.

For info: Call the facilitator, Dr. Wong (registered psychologist) at (604) 501-3122

Learning About Me & Myself - Play & Art Therapy Group for Gender Nonconforming Children Under 12:

The goal of this group is helping gender non-conforming children to promote resiliency and self-awareness. The family must reside in Delta, White Rock, Surrey, Langley, or Ladner area.

When: Monthly Group meets from 5:00 to 6:30pm beginning on September 24, 2013

To Register: Please contact Dr. Wallace Wong or Katherine O'Donnel by email or fax: Wallace.Wong@gov.bc.ca, Katherine.O'Donnel@gov.bc.ca, Tel: 604-501-3122, Fax: 604-501-3137.

Parents of Trans Youth Group (In Surrey –South Fraser Region):

Parents of trans youth (18 or under), the family must reside in Delta, White Rock, Surrey, Langley, or Ladner area.

When: once a month on Tuesday from 5:00 to 6:30.

For info: Call the facilitator, Dr. Wong (registered psychologist) at (604) 501-3122

PFLAG Vancouver (Parents & Friends of LGBT)

PFLAG provides support for all family members and friends of gay, lesbian, bisexual and transgender people.

<http://www.pflagvancouver.com/>

Where: Various meeting locations in Vancouver

When: Monthly meetings- please see website for more up to date information.

Kelty Mental Health Resource Centre

The Kelty Mental Health Resource Centre is a provincial resource centre that provides mental health and substance use information, resources, and peer support to children, youth and their families from across BC.

Local Phone: 604-875-2084 or Toll Free: 1-800-665-1822

E-mail: keltycentre@bcmhs.bc.ca **Website:** <http://keltymentalhealth.ca>

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Vancouver Island Region

Courtenay Peer Support/Discussion Group:

A trans discussion group.

For location, when, & more information: Contact Roz at rosalinhy@gmail.com

Nanaimo Youth Support Group: (Less than 19 years old.)

For info: call Brigitte Lebar: 250-741-5444

Victoria Peer Support/Discussion Drop-In Group:

Open to trans-identified & anyone exploring their own gender identity issues. Opportunity to connect, share, discuss, & learn in a safe & supportive environment.

For location, when, & more information: contact Robyn at rnbbrt@gmail.com or Amy at amerilia@gmail.com

BC Interior Region

Kamloops:

Safe Spaces runs a weekly support group for Trans youth up to 25 years of age. Individual support is also given to youth and adults as needed.

For Info: (250)371-3086 or sspaces@interiorcommunityservices.bc.ca

Kamloops: Trans/Gender Queer Social Support Group

This is a support group for those who have the experience or identify as trans-Sexual, transgender, two-spirited, intersexed, gender queer, or anyone who fits on the gender spectrum. The group is for anyone 18 and older, and is based on a sliding scale of \$0-\$20.

For Info: Call Corey @ (250)299-6250

Where: Blue Room, Student Union Building, Thompson Rivers University.

When: 6-7:30pm; 1st and 3rd Thursday of the month

East and West Kootenay Region

Nelson, BC: Trans Connect

Support and Resources for Trans/Gender Diverse People.

- Trans 101 workshops for service providers, police, educators, mental health workers, etc.
- Buddy System to connect rural trans folks with others.
- Peer-support/social groups in Nelson and Cranbrook.
- Resources and Referrals for Trans Folks living in rural communities.
- Community Forums.

Info: Christopher Moore 250-354-5362

Website: <http://www.kootenaytransgender.com>

Facebook: Kootenay Trans Folk

Northern BC Region

Gender Outlines

GenderoutLines is a support, action, and discussion group for the Transgender community in Prince George.

Transgender (Trans) is an umbrella term used to describe anyone whose gender identity or expression situates them differently than the traditional gender role they were assigned at birth. GenderoutLines welcomes not only Trans identified individuals but those who are questioning and their gender identity

Email: genderoutlines@gmail.com or genderoutlines@bctransresources.ca

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Online

Vancouver Trans* Network:

For trans, gender variant and questioning persons in the greater Vancouver area. To share info and build community. <http://groups.yahoo.com/group/vancouvertrans/>

Kootenay Transgender:

This website has information on a variety of programs and groups advocating transgender and gender variant folks in the East & West Kootenay regions of BC. <http://kootenaytransgender.com/>

Trans Vancouver Island:

A resource and information site for transgender people and their allies on Vancouver Island.

<http://www.transvancouverisland.ca/>

Mid Island Trans:

This group is for trans, gender variant, crossdressing, and questioning people in Nanaimo and the Central Vancouver Island area. MidIslandTrans-subscribe@yahoogroups.com

Kelowna Trans Resources: This site lists trans* services and resources in the greater Kelowna area.

<http://kelowna.bctransresources.com>

Vanguys: Online listserve for trans* guys in Vancouver and BC <http://groups.yahoo.com/group/vanguys/>

Conferences & Annual Events

Esprit Conference: Annual conference in Port Angeles, WA (US) for trans* women. <http://www.espritconf.com/>

Gender Odyssey Conference: an international conference in Seattle, WA (US), focused on the needs and interests of transgender and gender-nonconforming people. Historically an FTM conference, and therefore workshops and events are still largely focused on the needs of people transitioning from feminine/female to masculine/male.

Gender Odyssey Family Conference: an annual conference in Seattle, WA (US), for families who are working to navigate the day-to-day realities of raising a gender-nonconforming or transgender child. As one of the only opportunities in the country to find valuable resources, information and networking opportunities, Gender Odyssey Family provides real tools to support and encourage your child's gender self-discovery.

<http://www.genderodysseyfamily.org/>

CampOUT! UBC: An empowering summer camping experience for BC's queer, trans and allied youth aged 14-21. An opportunity to become leaders for social change and make friends, access resources, engage in imaginative, critical, and innovative workshops as well as traditional camp activities like canoeing, campfires, and arts and crafts. CampOUT dates this year will be JULY 3-6, 2014!!!! Applications open in February 2014 and close in March 2014. <http://campout.ubc.ca/>

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