

## Health and counseling resources and support groups for transgender people

### In Revelstoke:

**Safe Spaces Revelstoke Society** - Society for LGBTQ residents and allies

e-mail: [safespacesrevelstoke@gmail.com](mailto:safespacesrevelstoke@gmail.com)  
Facebook: <https://www.facebook.com/SafeSpacesRevelstoke?fref=nf>  
Website: <http://www.safespacesrevelstoke.org/contact-us.html>

**Safe Space:** **Castle Joe Books**, 103 2<sup>nd</sup> Street West, 250-837-3353;  
Manager: Samantha Roberts

### **Contacts for Revelstoke Secondary School students:**

Counsellors: Jodi Wallach or Erin Williams: 250-837-2173

### Good contacts and websites in BC

#### **1. Kelowna Trans Resources:** <http://www.bctransresources.ca/>

This is a good site, not only to find a support group but also to find health professionals who have worked with, and been recommended by, transgender people. It also talks about who works with out-of-town patients. The list includes:

- Doctors who prescribe hormone replacement treatment,
- Endocrinologists (hormone specialists),
- General practitioners,
- Emergency mental health resources,
- Psychiatrists, psychiatric nurses, psychologists,
- Speech language pathologists,
- Social workers/advocates,
- Pharmacies,
- Massage therapists, and much more.

#### **2. Stigma and Resilience among Vulnerable Youth Centre** also has a list of resources, though less local and detailed than the one above. <http://www.saravyc.ubc.ca/reports-resources/links/resources-for-trans-youth-allies/medical-professionals-for-trans-gender-variant-youth/>

#### **3. Transgender Health Information Program**

A resource hub that provides information to anyone in BC with a transgender health question. Provide information directly to individuals via group format, email, phone, and in person. Free, anonymous, confidential service.

Address: Three Bridges Community Health Centre, 301 – 1290 Hornby Street Vancouver, BC, V6Z 1W2

Phone: 604-734-1514 or 866-999-1514 (BC only)

Email: [transhealth@vch.ca](mailto:transhealth@vch.ca) Website: <http://transhealth.vch.ca/>

4. **Trans Connect \*\*** (Christopher Moore, Trans Connect coordinator, gave a workshop in Revelstoke in November 2014)

Support and resources for trans/gender diverse people, including Trans 101 workshops for service providers, police, educators, mental health workers, etc., as well as resources and referrals for trans folks living in rural communities.

Address: 101 Baker Street, Nelson, BC, V1L 4H1

Phone: 250-354-5362 or 250-505-5506

Email: [christopher@ankors.bc.ca](mailto:christopher@ankors.bc.ca)

5. **Prism Services, Vancouver**

Prism is Vancouver Coastal Health's clinical, education, information and referral service for the lesbian, gay, bisexual, trans, queer and Two Spirit (LGBTQ2S) communities. Clicking on the [link](#) will bring you to many different programs in the community.

Phone: 604-658-1214

Email: [prism@vch.ca](mailto:prism@vch.ca).

6. **Changing Keys** – see <https://dl.dropboxusercontent.com/u/932389/Trans/Stepping%20Forward%20-%20Voice.pdf> for offerings in Kelowna and Nelson

A voice training program designed to help individuals who are transitioning – or who have transitioned – and are living full-time as women. It is group and one-on-one work led by a certified speech-language pathologist with extensive experience in speech and voice training. Sponsored by the Transgender Health Information Program of Vancouver Coastal Health.

Available free to participants.

Phone: 604-734-1514 ext. 2

Email: [transhealth@vch.ca](mailto:transhealth@vch.ca)

7. **C.A.L.L. Out!**

An alcohol and drug prevention initiative for lesbian, gay, bisexual, trans, Two Spirit, queer and allied (LGBT2QA) youth aged 15-24. Offered through programs in different communities.

Phone: 604-315-3668 or 1-877-515-3668

Email: [kyle.shaughnessy@vch.ca](mailto:kyle.shaughnessy@vch.ca)

8. **BC Children's Hospital – Transgender Youth Care**

Clinic for transgender and gender-questioning youth and young adults. The BC Children's Hospital team (Endocrinologist, Endocrine Nurse Clinician, and Social Worker/Counsellor), working with community mental health professionals and the BC Transgender Clinical Care Group, delivers endocrine care (puberty blockers and cross-hormone therapy). See patients only after the beginning stages of puberty, or later. Visit the [website](#) for more information:

<http://www.bccchildrens.ca/Services/SpecializedPediatrics/EndocrinologyDiabetesUnit/ForFamilies/TransgenderResources.htm>

9. **Gender Creative Kids**

Resources for gender creative kids and their families, schools, and communities -

<http://gendercreativekids.ca/>