

# British Columbia Resources

## Community Organizations

### [Qmunity - BC's Queer, Trans, and Two-Spirit Resource Centre](#)

QMUNITY is a non-profit organization based in Vancouver, BC that works to improve queer, trans, and Two-Spirit lives. We provide a safer space for LGBTQ2SAI+ people and their allies to fully self-express while feeling welcome and included. Our building serves as a catalyst for community initiatives and collective strength.

### [Mosaic - Trans Newcomers Resource Hub](#)

This hub is an online community that provides information and support to newcomer transgender folks, including information and resources, peer and mentor support, and a platform to build a network of support.

### [TransParent Okanagan](#)

TransParent is a non-profit organization developed by and for parents and caregivers of trans, gender diverse, and two-spirit people in Kelowna and the Okanagan.

### [What's On Queer BC](#)

What's On! Queer BC is an online magazine and resources catalogue featuring queer stories, news, events and resources links important to people living in the BC Lower Mainland. These include resources and news of interest by and for the Lesbian, Gay, Bisexual, Trans, Two-spirit and Intersex communities in Metro Vancouver, The Sea to Sky and Fraser Valley as well as BC Islands and BC Interior.

### [AIDS Vancouver Island](#)

Aims to strengthen community, prevent infection, provide support, and combat stigma. Services include Positive Wellness Programs, Street Outreach, Health Promotion and Community Awareness, Men's Wellness Programs and Volunteer Programs.

### [Jobs for Queers](#)

A Facebook group for any jobs or volunteer opportunities for queers in the Greater Victoria Area.

### [Trans Rights BC](#)

Legally reviewed human rights information on Public Spaces/Services, Education, Housing, Employment, Healthcare, Harassment & Violence, Parenting, Police & Prison System, Immigration & Refugee Issues, and Sex Work.

### [T'eVine](#)

T'eVine is a multi-platform, BC-wide, moderated community for everyone who self-identifies as trans, Two-Spirit, and nonbinary. Families and allies are welcome.

## **Education**

### **[Pride Education Network](#)**

A small group of committed educators who have been responsible for the initiative, development, implementation, and advocacy of numerous resources, workshops, policies, and actions in British Columbia. Operates as a facilitator of information for educators, students, and parents and provides some funds for GSAs in schools and scholarships for graduating student leaders.

### **[BC Safer Schools Coalition](#)**

The BC Safer Schools Coalition is made of organizations and individuals who believe that all students, staff, and family members have the right to feel safe and welcome at school, regardless of race, class, ability, religion, sexual orientation, gender identity and gender expression. The coalition

### **[Ambit Gender Diversity Consulting](#)**

Ambit offers training and policy support on a variety of topics, including "Gender Diversity in the Workplace: Positive approaches to supporting trans, non-binary, and Two-Spirit colleagues and clients" and "The Major Problem of Microaggressions: Active Allyship in Challenging Moments." These offerings are open to all organizations who are committed to creating accessible and affirming work environments for diverse teams.

### **[Camas Bookstore & InfoShop](#)**

A not-for-profit and collectively-run infoshop, bookstore and autonomous space located on Lekwungen Territory. Camas first opened its doors in September 2007, with the intention of providing a voice for anti-authoritarian and anti-colonial perspectives and local struggles.

## **Mental Health**

### **[Counselling BC - Gender](#)**

A list of therapists, psychologists, and counsellors licensed in BC and trained in gender affirming clinical practice.

### **[Burn Bright Counselling \(Victoria\)](#)**

Mady Harber, of Burn Bright Counselling specializes in mental health, family relationships, youth/young adult support, and LGBTQ2S+ topics. She is a registered social worker and also has a Master's Degree in Social Work.

### **[Outside The Box Counselling \(Victoria\)](#)**

Danelle Barnard is a Queer-identified psychotherapist specializing in the needs of LGBTQ2S+ folks and their loved ones. Danelle offers free 30-minute consultations.

### **[BodyMindCounselling \(Victoria\)](#)**

Sarah Pullman, MA, RCC, Reg. Clinical Counsellor. Works on issues of anxiety, depression, trauma. Helps transgender folks of all identities and at all stages of transition to achieve better mental health.

### **[Holistic Counselling](#)**

Ocean Lum (Bsc, MA), is a Registered Clinical Counsellor, a Yoga therapist, Yoga teacher and a mindfulness instructor. She conducts hormone assessments.

### **[Guidepost Counselling and Consultation](#)**

Elizabeth is a Registered Clinical Counsellor who works with teens and adults exploring issues of gender and sexuality, and provides a safe and welcoming space for trans people to work with other issues, including depression, anxiety, trauma, relationships, and the stresses of life.

### **[Mind Map BC](#)**

A database of LGBTQ2S+ focused mental health services including professional counseling, peer counseling, support groups, and others.

### **[Here To Help](#)**

Program offers peer counselling, support, advocacy and educational workshops, and helps connect people with the right service provider for their needs.

## **Wellness**

### **[Otis Bell Holistic Bodywork](#)**

A transgender identified massage therapist, offering sliding scale massage to the trans and queer community.

### **[Abby Brooks Speech Pathology](#)**

Abby is a speech and language pathologist that specializes in transgender voice therapy for feminization and masculinization on Vancouver Island.

### **[The Katherine Collection](#)**

Katherine Sebastiano is a wig consultant and specialized retailer located on Vancouver Island. The Katherine Collection provides local consultations along with Canada wide access to a comprehensive selection of reputable brand-named wigs.

### **[Haultain Health Centre](#)**

Katrina Montgomery offers acupuncture and other Traditional Chinese Medicine modalities as well as Craniosacral therapy on a sliding scale. Katrina has a focus on treating anxiety, mental health, trauma, and chronic pain and strives to create a safe space for fellow members of the LGBTQ2+ community.

### **[New Day Skin Studio](#)**

Offering IPL laser hair removal in a safe, modern, all-inclusive environment, where they will work with you on your goals.

### **[The Transgender Archives \(University of Victoria\)](#)**

The Transgender Archives at the University of Victoria holds the world's largest collection of archival material related to trans, non-binary, and Two-Spirit activism and research.

## **Support Communities**

### **[Gender Spectacular - Parent and Caregivers Support Group](#)**

Come meet parents, caregivers, and close adult family members of trans, gender non-conforming, and Two-Spirit children, youth, and young adults. This group uses a peer-support model and is facilitated by a trans person and/or a parent of a trans young adult (on a rotating basis).

### **[Hans Kai 4 Trans Check-In](#)**

Group wellness program offering exchange on medical and social transition experiences and well-being. Sponsored by Rainbow Health Co-operative. Open to all.

### **[Vancouver Island Queer Resource Collective](#)**

The Vancouver Island Queer Resource Collective was created to fill a community need. The Collective currently exists as a website and a group of individuals who pull together resources for queer and trans folks.

### **[Partners of FTM Transgender Individuals](#)**

Victoria-based closed Facebook group for the partners of FTM trans folks to confidentially have discussions, share stories/information, ask questions, or set up social gatherings.

### **[Trans Connect \(East & West Kootenay regions\)](#)**

A health and community program supporting transgender, two spirit, intersex, and gender diverse people in the East & West Kootenay regions. They offer community education, workshops, and consulting, community support groups and events, and one-on-one emotional and practical support.

### **[2-Spirit Collective](#)**

Urban Native Youth Association's 2-Spirit Collective provides support, resources, and programming for Indigenous youth, ages 15 to 30, who identify as 2-spirit or LGBTQ+ and for those who are questioning their sexual or gender identities. They do this through events, ceremony, workshops, and collaborations with other programs, both at UNYA and with other organizations in the community.

### **[Alt Pride Fest](#)**

alt pride is an alternative pride organizing collective committed to an accessible, affordable, political, and all-ages alternative to mainstream pride on the stolen territories of the Lekwungen and WSÁNEĆ peoples.

### **[Creating Connections Discussion Group \(Victoria\)](#)**

Creating Connections is a common posting Facebook page for events (mainly queer) of interest to the IslandZ community.

### **[Crush Collective](#)**

Crush is a night club in Victoria for the queer community and its allies.

### **[OT2IPOC Dinners](#)**

Online community dinners on the third Wednesday of each month, for self-identified queer, trans, and/or 2-spirit Indigenous people and people of colour.

### **[Queer Housing \(Victoria\)](#)**

This is a group for LGBTTQQI2SA+ self-identified people seeking or offering shared accommodation in Victoria. This group exists due to the specific barriers that LGBTQ+ folks face in regards to accommodation.

### **[Queerly Victoria](#)**

Puts on events that celebrate Victoria's diverse and dynamic queer arts and culture scene.

### **[TransVictoria Peer Support Group](#)**

Facebook group for Vancouver Island Transgender support. We all need support in life. Going through life as a transgender person can sometimes mean we need even more support. This is a group for folks to give that support.

### **[Victoria Pink Pages](#)**

The Victoria Pink Pages is a way for LGBTQ communities in Victoria to connect with organizations that are openly safe and welcoming, find products and services that meet our communities' needs and interests, support businesses and community organization that are owned or run by LGBTQ folks.

### **[South Vancouver Island Gender Variant Drop-In](#)**

Facilitated drop-in group, sometimes with a health topic, sometimes open discussion. For trans\*, gender-variant, and Two-Spirit individuals in the south island area. Meets the second Wednesday of every month from 6 to 8 p.m. and the last Thursday of every month from 6 to 8 p.m. at the downtown Victoria Central Library.

### **[Trans Fem Sisterly Support Drop-In Group](#)**

Support group for trans femmes that is sponsored by Rainbow Health Co-operative and facilitated by Alexa Clodge, ChrYs Tei.

### **[Gender Journeys](#)**

A Nanaimo-based peer support group for transgender, gender nonconforming, and gender questioning adults (18+). Gender Journeys is a safe space to process thoughts and feelings about relevant gender issues.

## **[Healthcare](#)**

### **[Trans Care BC](#)**

Trans Care BC's care coordination team helps connect people in BC to gender-affirming health and wellness supports.

### **[Vancouver Coastal Health - Trans Specialty Care](#)**

Trans Specialty Care offers knowledgeable and specialized care to transgender and gender diverse persons living in the Vancouver Coastal Health region. We work in teams including nurses, physicians, and social workers. We are a consultation service and work in collaboration with your family doctor. If you do not have a family doctor (GP) or nurse practitioner (NP) we can refer you to the Vancouver Division of Family Practice or Trans Care BC to find options for primary care.

### **[Geometry Integrated Health](#)**

Geometry is an LGBTQ owned and operated integrated health clinic. We strive to provide an inclusive and welcoming space for naturopathic medicine, acupuncture, massage therapy, and chiropractic care.

### **[Options For Sexual Health](#)**

At Options for Sexual Health (Options) we care about the healthy sexuality of all. We currently offer services in British Columbia and the Yukon. We are All About Choice: we offer current sexual and reproductive health care, information, and education from a feminist, pro-choice\*, sex positive perspective.

### **[Island Sexual Health](#)**

Island Sexual Health Society offers sexual health clinics and sex education programs for all genders, orientations, identities, and ages in Greater Victoria. They also provide hormone readiness assessment, prescription and renewals, and gender affirming surgery readiness and referrals for clients 16+. Gender Affirming Apparel Supplies will be available soon at our Quadra clinic. All Gender Affirming Care (GAC) is provided through the Quadra Street clinic location.

### **[Smart Sex](#)**

Comprehensive sexual health education and access to STI testing services across the province.

### **[Gender Surgery Program - Gordon and Leslie Diamond Health Care Centre](#)**

Multidisciplinary team of health care providers and surgical specialists devoted to providing high-quality gender-affirming treatment and surgical care.

### **[Midwives Association of BC – LGBTQIA2S+ Pregnancy & Birthing Resources](#)**

Provides pregnancy care, birthing, and nursing resources and services for queer and transgender clients.

### **[Changing Keys](#)**

Changing Keys is a free speech and voice feminization training program for adults offered to British Columbia residents by Trans Care BC: Provincial Health Services Authority.

## **[Children and Youth](#)**

### **[Aged Out: Youth In/Out Care](#)**

AgedOut.com is for young adults who were in government care in BC. It's an up-to-date warehouse of information on resources and services available to young adults and a learning tool to help people feel empowered as they leave care.

### **CampOUT!**

A social justice summer camp for queer, trans, Two-Spirit, questioning, and allied youth ages 14-21 from across BC or the Yukon. CampOUT! provides a supportive space for LGBTQ2S+ youth to celebrate and be celebrated for who they are.

### **YouthCo**

YouthCO is an organization of youth leaders within the HIV and Hep C movements. Our staff, volunteers, and Board members are all youth! Throughout our HIV and Hep C work, we work to be accountable to our values, and we take a peer approach to conversations about sexual health, harm reduction, and stigma.

### **The Lego Group**

Weekly youth drop-in on Fridays at 3-4:30pm for 13–18-year-old LGBTQ2S youth.

### **LGBTQ+ Hang Out (Victoria)**

A fun and supportive drop-in for LGBTQ2+ youth (and allies!) from 13-18 years old. We hang out, make crafts, play board games, watch movies and listen to music! 2nd and 4th Wednesdays of the month at the Backdoor Teen Centre in Gordon Head Recreation Centre.

### **Saanich 2-Spirit, Queer, Trans & Allied Youth Dinner & Drop-In**

A drop-in for self-identified 2-Spirit, Queer, Trans & Allied youth between 13-18. This is a fun hang-out space for you to create what you need, meet new folks, make new friends, socialize, or just be you! A safer, supportive space with Queer/Trans mentors. Meets Fridays at 5:30 p.m. at the Upside Teen Centre at Saanich Commonwealth Place.

### **BC Children's Hospital - Gender Resources**

Resources relating to gender-affirming care and medical forms for paediatric populations.

### **QCHAT**

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