



Resources for 2SLGBTQIA+ Youth

Information for Vancouver, the Lower Mainland, BC, Canada, and beyond.

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Two Spirit, Trans and Gender Diverse (2STGD)

Crisis Support (2STGD)

Trans Lifeline

Trans Lifeline's Hotline is a peer support phone service run by trans people for our trans and questioning peers. Call us if you need someone trans to talk to, even if you're not in crisis or if you're not sure you're trans. Family and friends can call the hotline and be transferred to an operator who may be cis or trans with lived experience supporting trans people, including those in crisis.

1-877-330-6366

(police will not be called to attend unless you specifically request them)

Saige Community Food Bank

The Saige Community Food bank is a food bank that provides a no barrier safe space for transgender and gender non-conforming or queer individuals to access healthy food.

<https://saigecommunityfoodbank.com/>

Trans Rights BC

This project aims to disseminate human rights information that is accurate, accessible, and relevant to the safety and well-being of trans and gender-diverse individuals and their supportive allies across British Columbia.

<https://www.transrightsbc.ca/>

Family Services of Greater Vancouver

FSGV is not 2SLGBTQIA+ - specific but offers trauma counselling for youth (including 2STGD and 2SLGBTQIA+ youth) in a supportive and affirming environment, as well as services for youth in crisis, precariously housed or experiencing homelessness.

<https://fsgv.ca/programs/traumacounselling/>

<https://fsgv.ca/programs/directions-youth-services/>



2STGD Health

This section is duplicated in the general Health section of this document. More 2STGD health links can be found in the For Parents section.

TransCareBC

*** Number one link for anything 2STGD / gender related ***

Trans Care BC supports the delivery of equitable and accessible care, surgical planning, and peer and community support for trans people across the province.

<https://www.transcarebc.ca/>

BC Children's Hospital

BC Children's Hospital Gender Resources page provides similar information as TransCareBC, but directed towards younger people and their parents

<https://www.bcchildrens.ca/clinics-services/endocrinology/gender-patient-and-family-resources>

Vancouver Coastal Health: Trans Specialty Care Program

Services include:

- Hormone starts and stabilization
- Surgical care planning and referrals
- Pre-operative information and education
- Post-operative nursing care

This program operates out of Three Bridges Community Health Centre
1128 Hornby Street

Vancouver BC

Hormone injection supplies are available to anyone at no cost in the harm reduction booth on the first floor, or the fourth floor at the front desk.

<http://www.vch.ca/Pages/Contact-the-Trans-Specialty-Care-Program.aspx>

(604) 331-8901 – people seeking transitioning care can call and self-refer

Catherine White Holman Wellness Centre

CWHWC provides low-barrier wellness and legal services to Two-Spirit, transgender and gender non-conforming people. Free services include assistance with updating legal name and gender-marker for identification, counselling for hormone and surgery readiness, and ADHD assessments.

<https://cwhwc.com/>

YouthCo.org

Youth Leading the HIV and HepC Movement

https://www.youthco.org/tnb2s_resourcea (that "a" is correct, not a typo)

Reclaiming Our Health – a resource by and for Trans, Two Spirit and Non Binary Youth

[Booklet in google drive](#)



2STGD General Resources

Queer Inclusion: QYouth

Vancouver Park Board's Queer Inclusion team supports 2SLGBTQIA+ and 2STGD youth with a direct email to reach QI youth-focused staff who are part of the 2SLGBTQIA+ community and can provide information about our programs and special events for 2STGD and 2SLGBTQIA+ youth.

gyouth@vancouver.ca

TransCareBC

Trans Care BC supports the delivery of equitable and accessible care, surgical planning, and peer and community support for trans people across the province.

Main Page

<https://www.transcarebc.ca/>

Peer Support Directory

<https://www.transcarebc.ca/get-involved/resources-peer-support-groups>

Catherine White Holman Wellness Centre

The Catherine White Holman Wellness Centre provides low-barrier wellness services to trans and gender non-conforming people, in a way that is respectful and celebratory of clients' identities. Current offerings include assistance with updating name and gender markers on legal ID, and counselling that provides assessment for hormone and surgery readiness, and assessment for ADHD.

<https://cwhwc.com/>

Trans & Gender Diverse Resources (from WhatsOnQueerBC)

<https://whatsonqueerbc.com/woq-resources/trans-gender-diverse-resources-vancouver>

ID Clinics

Qmunity

<https://qmunity.ca/trans-id-clinic/>

Catherine White Holman Wellness Centre

<https://cwhwc.com/>

Two Spirit Resources

Generation 4 Equality

Generation 4 Equality is a platform for Indigenous youth to get information, ask questions, and connect with others who are working hard for gender equality and gender diversity

<https://generation4equality.ca/about>

Two-Spirit and Indigiqueer Studies Research Guide

This list is connected to an area of study at University of British Columbia

<https://guides.library.ubc.ca/twospiritandindigenousqueerstudies>

Two-Spirit & Indigenous LGBTQ+ Resources (from Rainbow Resource Centre in Manitoba)

https://docs.google.com/document/d/1i1wVnwjflahyg_2-EmIzzhH7m2V49MktsRg-wMLV-s/edit

Gender Diverse Resources

44 Self-Esteem Resources for Nonbinary Adolescents and Teens

An extensive list of resources provided by a site promoting online counselling programs through edX. Resources include articles, podcasts, activities, and links directed to parents and clinicians.

<https://onlinecounselingprograms.com/resources/44-self-esteem-resources-for-nonbinary-adolescents-and-teens/>

Appearance Resources

Qmunity

I <3 My Chest Booklet (2021)

https://qmunity.ca/wp-content/uploads/2021/08/I-Heart-My-Chest-Booklet_2021-update.pdf

BBB (Bras, Binders, and Breast forms) program

Provides free new and used gender-affirming chestwear to trans and gender variant youth who are unable to attain these garments otherwise. For those who can purchase their own, find information and links to buy here.

<http://qmunity.ca/get-support/youth/bbbexchange/>

Two-Spirit, Lesbian, Gay, Bi, Trans, Queer, Intersex, Agender/Asexual 2SLGBTQIA+

General Support

Qmunity

*** Number one link for anything 2SLGBTQIA+ related ***

BC's Queer, Trans, and Two-Spirit Resource Centre

<https://qmunity.ca/>

GabYouth – online and in-person youth drop-ins



<https://qmunity.ca/get-support/youth/>

Youth support inquiries

youth@qmunity.ca
(604) 684-5307

General Resources

<https://qmunity.ca/education-training/resources/>

Queer Inclusion: QYouth

Vancouver Park Board's Queer Inclusion team supports 2SLGBTQIA+ and 2STGD youth with a direct email to reach QI youth-focused staff who are part of the 2SLGBTQIA+ community and can provide information about our programs and special events for 2STGD and 2SLGBTQIA+ youth.

qyouth@vancouver.ca

Q-chat

A peer support line and resource database for LGBTQ2S youth in BC

<https://www.qchat.ca/>

What'sOnQueerBC

Online magazine for LGBTQ2S+ Community in BC, with events, news, stories, resources, and more, including pages specific for youth & families.

<https://whatsonqueerbc.com/>

MOSAIC

MOSAIC supports newcomers to Canada with settlement, employment, language, and counselling services. The "I Belong" program provides peer support and counselling groups for 2SLGBTQIA+ newcomers.

<https://www.mosaicbc.org/services/settlement/lgbtq/>

Crisis Support

LGBT Youthline

Voice: 1-800-268-9688

Text: 647-694-4275

Covenant House

Our Crisis Program welcomes young people between the ages of 16 and 24 who are in need of short-term or emergency housing.

Drop-In Centre at 1302 Seymour Street

Help Line: 1-604-685-7474

<https://www.covenanthousebc.org/>



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<https://fsgv.ca/programs/traumacounselling/>

<https://fsgv.ca/programs/directions-youth-services/>

Asexual and Aromantic Resources

Asexual Visibility & Education Network

www.asexuality.org

Forums: <https://www.asexuality.org/en/>

ACE Vancouver (FB group)

<https://www.facebook.com/groups/ace.vancouver/>

Vancouver Aces and Aros

<https://www.vanacesaros.ca/>

QTBIMPOC Resources (Queer, Trans, Black, Indigenous, Multiracial, People of Colour)

Stigma and Resilience Among Vulnerable Youth Centre (SARAVYC)

Specializing in resources for East Asian families, available in English, Cantonese, Mandarin, Korean, and Japanese

<https://www.saravyc.ubc.ca/outathome/>

Out At Home video series available in English, Cantonese, Mandarin, Korean, and Japanese

<https://www.youtube.com/channel/UC8tsgX-vjsQ7Fi5gko9tzaw>

Qmunity

Queer Love in Colour (social group)

<https://www.qmunity.ca/social-groups/queer-love-in-colour/>

QTBIMPOC Youth Road Map

<https://qmunity.ca/wp-content/uploads/2017/04/QTBIMPOC-Youth-Road-Map.pdf>

SHER Vancouver

Serving LGBTQ+ South Asians in Metro Vancouver

<https://www.shervancouver.com/>

Pinoy Pride (FB page)

Social and support Group for the Filipino-Canadian LGBTQ+ community

<https://www.facebook.com/pinoypride.vancouver/>



2SQTIBPOC Alliance (FB page)

An alliance of Two-Spirit, Queer, Transgender, Intersex, Lesbian, Gay and Bisexual People of colour in the Pacific Coast

<https://www.facebook.com/2sqtibpoc-Alliance-1020907461350517>

Vancouver QTBIPOC Folx Ask (FB group)

A safe place to vent about racism, support local QTBIPOC, and also to arrange Zoom/IRL meetups!

<https://www.facebook.com/groups/1127378117470408>

Afroqueer YVR (Instagram)

Events and more for queer Black folks

<https://www.instagram.com/afroqueeryvr/>

Hotlatch (Instagram)

Events and more for queer Indigenous folks

<https://www.instagram.com/hotlatch>

Four Feathers Society

The Four Feathers Society is a tribe of Aboriginal living in British Columbia who self-identify as being Two-Spirit, Gay, Lesbian, Transgender, Bi-sexual, Intersex, and/or Queer. The society strives to provide opportunities to its members to strengthen and heal their spirits, hearts, minds and physical well-being. They offer a sweat lodge in North Vancouver and organize other cultural activities.

<https://fourfeathers.net/>

2 Spirits of BC

Operating under the Four Feathers Society, this is a more active website with current activities and resources

<https://2spiritsbc.com/>

Urban Native Youth Association's 2-Spirit Collective

UNYA's 2-Spirit Collective provides support, resources, and programming for Indigenous youth, ages 15 to 30, who identify as 2-spirit or LGBTQ+ (lesbian, gay, bisexual, transgender, queer, gender non-conforming, along with many other identities), and for those who are questioning their sexual or gender identities.

<https://unya.bc.ca/programs/2-spirit-collective/>

Faith/Religion Connections

Egale

<https://egale.ca/awareness/faith-and-2slgbtqi-youth/>



PFLAG

PFLAG provides separate pages with internationally sourced faith resource links for Christians, Jews, Muslims, and interfaith/Non-Denominational Communities

<https://pflag.org/resource/pflag-national-faith-resources/>



Relationships

Qmunity

Safety In Relationships: Trans Folk – Qmunity, 2020 (hosted on TransRights)

https://www.transrightsbc.ca/wp-content/uploads/2021/01/Trans_folk_relationship_safety_website_version.pdf

Safety in Same-Gender Relationships – Qmunity, 2020 (hosted on Soar Project)

<https://soarproject.ca/wp-content/uploads/2022/06/Safety-in-Relationships-Same-Gender-eng.pdf>

Rainbow Resource Centre

Get Real: A question and Answer guide for dating trans folks

<https://rainbowresourcecentre.org/files/GetReal-RRC.pdf>

Scarleteen – Sex Ed for the Real World

Duplicate Listing from the Health section

Scarleteen provides inclusive, comprehensive, supportive sexuality and relationships info for teens and emerging adults. They have a LOT of information, so it is worth searching by tags to find what you're looking for. "queer" "gender" "trans" "glbt" and "questioning" are all effective, as well as "race" or "disability" if you need some resources for kids with intersecting identities.

<https://www.scarleteen.com>

Particular recommendation: a series called Trans Summer School:

https://www.scarleteen.com/article/gender/welcome_to_trans_summer_school
!



Health & Wellness

General Health (whole umbrella)

PRISM

Prism is Vancouver Coastal Health's education, information and referral service for the lesbian, gay, bisexual, trans, Two-Spirit and queer + (LGBT2Q+) communities. Prism refers individuals to LGBT2Q+ groups, counselling, resource information and services in the community.

http://www.vch.ca/locations-services/result?res_id=184

Options for Sexual Health

<https://www.optionsforsexualhealth.org/facts/gender/>

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Youth Leading the HIV and HepC Movement

https://www.youthco.org/tnb2s_resourcea (that “a” is correct, not a typo)

Reclaiming Our Health – a resource by and for Trans, Two Spirit and Non Binary Youth

[Booklet in google drive](#)

Disability/Chronic Health/Neurodiversity

Chronically Queer by Creating Accessible Neighbourhoods (CANBC)

Chronically Queer 2SLGBTQIA+ people living with chronic health conditions and/or disabilities (not youth specific)

<https://www.canbc.org/queer/chronically-queer/>

Egale

Canada: Discrimination and Violence against LGBTQI2S Persons with Disabilities – Egale, 2017

<https://egale.ca/awareness/crpd-submission/>

Qmunity

Autistic Queer Peers support group (18+)

<https://qmunity.ca/groups/>



Support Groups

Qmunity

<https://qmunity.ca/groups/>

Qmunity Peer Groups as of Sep 2025:

- Latidos Latines
- Asexual & Aromantic Social & Support Group (Aces & Aros)
- Dear John, I love Jane
- Authentically “Other”
- Parents of Trans Kids
- Queer Love in Colour
- Autistic Queer Peers
- Gloriously Queer
- Transgathering: Medical
- Trans + Loved Ones
- Rainbow Light Meditation
- BiFocus – Vancouver
- Queer Love *: QMUNITY’s Non-monogamy peer support group
- Transgathering

PFLAG (Vancouver Chapter) - Parents & Friends of Lesbians And Gays [and 2STGD]

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

Schools

Gay Straight Alliances

Creating and Supporting a Gay-Straight Alliance (from pridenet.ca)

https://drive.google.com/file/d/1kcp34INNc0BZiX6dw_FVJkbTUCvrk3wc/view

Virtual GSAs In Action: Digital Organizing Toolkit (from GSAnetwork.org)

<https://gsanetwork.org/wp-content/uploads/2020/10/GSA-Virtual-Toolkit-2020.pdf>

College / University

Most post-secondary institutions have a student group for 2SLGBTQIA+ students to connect and find supportive resources, including PrideUBC, Out On Campus at SFU, and Pride@KPU. Going to a school not listed here? Search their website for “queer” “pride” or “LGBTQ” or connect with their student services office!



For Leaders: Inclusive Spaces & Language

Inclusive Language Resources

Qmunity

Queer Glossary: A to Q Terminology - Qmunity, 2022

https://qmunity.ca/wp-content/uploads/2023/01/Queer-Glossary_2022_Digital.pdf

Creating Accessible Neighbourhoods (CANBC)

<https://www.canbc.org/wp/wp-content/uploads/2021/06/Gender-and-Sexuality-Terms.pdf>

Printables and Online Learning

TransStudent.org & Rainbow Resource Centre

Gender Unicorn (Updated version that includes Cultural Identity)

<https://drive.google.com/file/d/1RBuPGtFzyNVtZyNPRcZaqJqljk97yKK-/view>
<https://drive.google.com/file/d/14fO7oWH2iDy04L0of2dUq0CMv5Y8mfx8/view>

Egale

Preparing Students for the Transition of a Trans or Gender Diverse Peer

<https://egale.ca/awareness/preparing-students/>

Draw The Line against Transphobic Violence in Schools

<https://egale.ca/awareness/draw-the-line-atv/>

Qmunity

Community Guidelines – Qmunity, 2021

https://qmunity.ca/wp-content/uploads/2021/02/QMUNITY-Community-Agreements_2021-update.pdf

Gender-Neutral Language Sheet – Qmunity, 2016

http://qmunity.ca/wp-content/uploads/2015/12/Gender-Inclusivity-Sheet_PDF-web-SEPT-2016.pdf

TransCareBC

<https://www.transcarebc.ca/education-centre>

Printables:

- Gender inclusive Language
- Making Mistakes and Correcting Them
- Exploring gender Diversity

Online Learning:

- Intro to Gender Diversity
- Indigenous Gender Diversity
- Supporting Gender Creative Children and their Families



BC Teacher Federation

Are you an LGBTQ2S+ Ally?

<https://bctf-posters.myshopify.com/products/are-you-an-lgbtq2s-ally-8-5-x-11-poster?variant=40171439390785>

More LGBTQ2S+ posters from BCTF here:

<https://bctf-posters.myshopify.com/collections/lgbtq2s>

For Leaders: Deep Reads

No For Now: Guidance for School Staff on Supporting Transgender Students and Parent-Child Relationships (supporting students out at school, not home)

<https://www.leeairton.com/no-for-now>

Romantic relationships in Transgender Adolescents: A Qualitative Study

<https://pediatrics.aappublications.org/content/pediatrics/early/2021/01/15/peds.2020-007906.full.pdf>

Speak Out: Addressing 2SLGBTQ Youth Dating Violence – Egale, 2022

<https://egale.ca/awareness/speak-out-addressing-2slgbtq-youth-dating-violence/>

Still In Every Class In Every School – Egale, 2021

<https://egale.ca/awareness/still-in-every-class/>

Trans PULSE Canada: Health and well-being among trans and non-binary youth

<https://transpulsecanada.ca/results/report-health-and-well-being-among-trans-and-non-binary-youth/>

More research here: <https://egale.ca/published-research/#category=research>

RISE: Respect, Inclusion, Safety, Equity

RISE (Respect, Inclusion, Safety, Equity) is a Canadian hub for LGBTQ-inclusive education research.

<https://riseproject.ca/>

For Parents

Supporting Lesbian, Gay, and Queer or Questioning Youth

Egale

What should you do when a 2SLGBTQI young person comes out to you?

“Coming out is often an experience that requires an immense amount of bravery, vulnerability, and honesty. This experience is also an invitation to understand and to know someone better; it is a privilege to receive this information from someone. This person will also likely have to go through this coming out process many times in their life with varying responses, your affirming reaction is important.”

<https://egale.ca/awareness/youth-comes-out/>

PFLAG (Vancouver Chapter) - Parents & Friends of Lesbians And Gays [and 2STGD]

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

Qmunity

Support for Parents – Resource Page

<https://qmunity.ca/get-support/youth/parents/>

BC Ministry of Education and BC Confederation of Parent Advisory Councils

SOGI-inclusive schools are places where every student, teacher, and family are welcome and respected.

The Common Questions About SOGI in Schools resource was created in collaboration with educators and parents to address some of the most common questions being asked about SOGI-inclusive education.

<https://www.sogieducation.org/resource/common-questions-about-sogi-in-schools-for-parents-caregivers/>

Stigma and Resilience Among Vulnerable Youth Centre (SARAVYC)

Specializing in resources for East Asian families, available in English, Cantonese, Mandarin, Korean, and Japanese

<https://www.saravyc.ubc.ca/outathome/>

Out At Home video series available in English, Cantonese, Mandarin, Korean, and Japanese

<https://www.youtube.com/channel/UC8tsgX-vjsQ7Fi5gko9tzaw>

Supporting Two-Spirit, Trans, and Gender Diverse Youth


Qmunity

Resource Page for Parents

<https://qmunity.ca/get-support/youth/parents/>

Support Group: Parents of Trans Kids

Our group's facilitators are open, loving, and supportive allies whose people they give parental care to are trans, non-binary, or questioning. We are fostering a safe space for parents and caregivers (giving care is lifelong work!) to



share experiences, stories, and exchange support strategies for allyship. If you are looking for a non-judgmental place to help guide you along the way at any stage, a place to talk and share experiences with other parents of trans and non-binary people, then this group is for you.

parents.of.trans@qmunity.ca

Canadian Paediatric Society

“This article discusses how gender identity typically develops and how parents and caregivers can promote healthy development of gender identity and expression in children. It's important to remember that each child is unique and may develop at a different pace.”

<https://caringforkids.cps.ca/handouts/behavior-and-development/gender-identity>

TranscareBC

Family & Friends – Information to help navigate your and your child’s journey with family and friends

<https://www.transcarebc.ca/parents-families/parents-trans-kids>

Egale

Supporting your Gender Diverse Child

Written for an Ontario audience, this is still an excellent resource for BC parents

<https://egale.ca/awareness/supporting-gender-diverse-child/>

1. Check-list for Next Steps
2. Gender Affirming Support Plan
3. Inclusion Report Card
4. Communication Plan
5. Safety Planning
6. Existing Resources

Trans 101 – Gender Diversity Crash Course

<https://trans101.org.au/>

1. The Basics
2. Friends & Family
3. How to be an ally
4. Relationships
5. NeuroDivergence
6. People of Colour

BC Ministry of Education and BC Confederation of Parent Advisory Councils

SOGI-inclusive schools are places where every student, teacher, and family are welcome and respected.

The Common Questions About SOGI in Schools resource was created in collaboration with educators and parents to address some of the most common questions being asked about SOGI-inclusive education.



<https://www.sogieducation.org/resource/common-questions-about-sogi-in-schools-for-parents-caregivers/>

Faith / Religion Resources

PFLAG

“Discovering that a loved one is LGBTQ+ can pose new questions about your faith and may prompt you to re-evaluate beliefs that you previously took for granted. By using personal experiences from families of faith as well as faith leaders from a broad variety of traditions, this publication, updated in 2021, provides examples for reconciling your faith with the knowledge that a loved one is LGBTQ+, and broad resources to help you on the path. “

<https://pflag.org/resource/faith-in-our-families/> (look for free download link)

For Grandparents

PFLAG

“In partnership with our friends at [SAGE](#)--and with a foreword by [Dear Abby](#)--SUPPORTING YOUR LGBTQ+ GRANDCHILD offers support for grandparents about what to do when a grandchild comes out. Full of useful knowledge, answers to common questions, and helpful tips, this is a must-read for any grandparent looking to learn more about how to support LGBTQ grandkids...or looking for support for themselves. Available for free download below in English and Spanish!”

<https://pflag.org/resource/supporting-your-lgbtq-grandchild/>

Vancouver Park Board

VanPlay Goal #8: Foster a system of parks and recreation spaces that are safe and welcoming to all.

A core value of the Park Board is the desire to create welcoming parks and recreation services for all. That’s why we are committed to improving the safety and inclusiveness of our spaces through programming, education, activities, events, and enhanced park design.

Our Queer Inclusion team includes Recreation Programmers who are members of the 2SLGBTQIA+ community, and who are creating safe and inclusive recreation activities and programs for the community.

Webpage

To learn more about our programs, visit <https://vancouver.ca/parks-recreation-culture/queer-inclusion.aspx>

Email

Contact us at queerinclusion@vancouver.ca if you have questions or need more support for your child or youth to be able to access our programs.

We are also the authors of this resource list. If you have comments, feedback, or more resources you think we should add, please get in touch!