



LGBTQ2+ Youth Resource Guide for B.C.

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OBJECTIVE

To connect youth and service providers in British Columbia with the different resources offered in their communities

INFORMATION ON LGBTQ+ YOUTH

- LGTTQIP2SA is an acronym that stands for lesbian, gay, bisexual, transgender, queer, two-spirited, questioning, intersex, pansexual, transsexual asexual. This list is non exhaustive and is constantly subject to change and fluidity. For the purpose of this resource guide LGBTQ+ will be used as the full acronym.
- At-risk youth are generally teens who might display problematic behaviours, experience difficulty in the education system, use substances, be criminally involved, have a delinquent peer group, experience internal conflicts, or a conflicted relationships with their parents or caregiver.
- Gender and sexual minority youth, while resilient in many regards, are considered an at-risk population. This conclusion from health authorities is supported by research that indicates LGBTQ youth are at an increased risk for a number of factors, compared to their heterosexual and cis-gendered counterparts.

This guide will provide resources such as phone lines, shelters, drop-in programs, and other informational sites that will help youth and service providers navigate options for LGBTQ+ youth to find support.



DEFINITIONS

Lesbian: A woman who is primarily romantically and sexually attracted to women

Gay: A person who is mostly attracted to those of the same gender; often used to refer to men only

Bisexual: An individual who is attracted to, and may form sexual and romantic relationships with women and men. These persons may feel equally attracted to each gender, or may experience stronger attractions to one gender while still having feelings for another; this ratio of attraction may vary over time

Trans/Transgender: An umbrella term that describes a wide range of people whose gender identity and or gender expression differ from their assigned sex and or the societal and cultural expectations of their assigned sex

Transsexual: People who transition from one sex to another

Cisgender: Having a gender identity that matches one's assigned sex

Queer: Used to refer to the range of non-heterosexual and non-cisgender people and provides a convenient shorthand for LGBT. It is important to note that this is a reclaimed term that was once and is still used as a hate term and thus some people feel uncomfortable with it

Two-Spirit: A term used within some Indigenous communities, encompassing sexual, gender, cultural, and or spiritual identity. Reflects complex Indigenous understandings of gender and sexuality and the long history of sexual and gender diversity in Indigenous cultures

Questioning: In the process of exploring their gender identity or sexual orientation as well as choosing not to identify with any other label

Gender Binary: A view that there are only two genders (women, men) that are separate and unchanging

Gender Diverse or Non Binary: Gender roles and or gender expression that do not match social and cultural expectations

Pansexual: An individual who is attracted to and may form sexual and romantic relationships with men, women, and people who identify outside the gender binary

Intersex: A reproductive or sexual anatomy that does not closely resemble typical male or female reproductive or sexual anatomy, which may be related to genitalia, secondary sex characteristics, and or chromosomal make-up

Heterosexual: A person who is attracted to the opposite sex

DROP IN PROGRAMS

The Fraser Valley Youth Society runs drop-in programs for LGBTQA+ youth ages 13 to 25 from 6:00 pm to 9:00 pm. We run weekly drop-in groups in the communities of Abbotsford, Chilliwack and Mission. Drop-ins include workshops and guest speakers on topics relevant to what the LGBTQ2+ youth are facing in the Fraser Valley.

In addition to this, they provide opportunities for personal growth and leadership through our workshops, programs and community connections.
Mail to: 8208 Bowyer Drive, Mission, BC, V2V 6V9. Call: 604.200.3203 or email general inquiries info.fvys@gmail.com

Tuesday:
Fraser House Society - 33063 4 Avenue, Mission BC.
Basement door under the front entrance to the right

Wednesday:
Stó:lō Service Agency – 7201 Vedder Rd, Chilliwack BC.
Building 7, Main Floor off of the Foyer

Thursday:
Foundry – 32555 Simon Ave, Abbotsford, BC
Meeting Room A, Through the main door

Surrey Youth Alliance is a drop-in and support group for LGBTQ+ between the ages of 14 and 21 in the Fraser Valley and surrounding area.

Wednesday:
Surrey Urban Mission Building – 10776 King George Blvd. Surrey BC
Next to Aaron's Furniture

PLEA Community Services Society of BC provides a drop in for LGBTQ+ youth ages 13-18 called **Generation Out**.

Monday:
Ridge Meadows 6:30 pm to 8:30 pm
For location information contact (604)708-2648 or email:
genoutrm@plea.bc.ca

Monday:
Tri-cities 6:00 pm to 8:00 pm
For location information contact (604)708-2632 or email:
genouttc@plea.bc.ca

Thursday:
Vancouver 6:00 pm to 8:00 pm
For location information contact (604) 871-0450 ext.765 or
email:info@plea.bc.ca



DROP IN PROGRAMS CONTINUED

Qmunity runs a drop-in program called **Gab Youth Services** and also offers 1-on-1 support, leadership training, and special events for youth (19 and under, and 25 and under) peer-based workshops on issues affecting LGBTQ youth, and special Asian Gab meetings (25 and under).

Wednesdays:

1170 Bute at Davie Street Vancouver
4:00pm to 6:00pm

Fridays:

1170 Bute at Davie Street Vancouver
6:00pm to 9:00pm

School counsellors and teachers often contact Gab for info and support. To arrange a workshop or for more information on Gab services, contact the Program Coordinator at 604-684-4901 or 1-800-566-1170.

YouthCo AIDS Society offers peer-based support for HIV and Hep-C-positive youth.
900 Helmcken at Hornby, Vancouver (604-688-1441)

The Outlet Group is a 19-and-under activity-based LGBTQ+ group in Nelson.

For more info, call Julia at 250-352-3783 or the [Nelson and District Youth Centre](#) at 250-352-3783.

Queer Active is the Lower Mainland's go-to resource for queer youth (16-25) wanting to participate in queer sports organizations in the region.

Contact by email at: info@queeractive.com

Camp OUT providing camping experience for BC's queer gay and allied youth aged 14-21 with support from UBC and the wider Vancouver community to create this opportunity for youth from all parts of B.C. and the Yukon to come together and CampOUT!

<http://campout.ubc.ca/>

Abby Parents and Loved Ones of Trans* Discussion Group. As the title says. Once per month 7-9pm
#108a – 32883 S. Fraser Way, Abbotsford, 604-996-8169 lukas.walther@telus.net

Among Friends is an all ages support group for gender diverse people in the Fraser Valley. There is a Drop in fee. They meet the first Wednesday of every month from 7-8:30pm 604-853-5664,

www.cheamcentre.com

Chilliwack Gender Support Network meets every Tuesday from 6:30 – 8pm, at Stó:lō Service Agency – 7201 Vedder Rd, Chilliwack BC. Building 7, Main Floor off of the Foyer

www.facebook.com/gender.support.network/

CRISIS AND COUNSELLING COMMUNICATION LINES

PROVINCIAL

Prideline BC One-to-one support, and information about services and resources around BC, for LGBT (and questioning) youth and adults. This line is staffed every night from 7:00 to 10:00 pm; at other times, there is a message service available.

1-800-566-1170 toll-free in BC or **604-684-6869** in the Lower Mainland

Crisis Intervention & Suicide Prevention Centre of B.C. Online chat is available from Noon to 1 am in BC and Yukon only.

<http://youthinbc.com/youth-issues-2/lgbt/>

Won't Get Weird: Non-judgmental, youth-friendly, sex-positive services.

1.800.739.7367 | bc.wontgetweird.com

Interior Crisis Line Network (ICLN): A network that links five crisis lines in the Interior Region (Cranbrook, Kelowna, Trail, Vernon and Williams Lake) through a single number. It is available 24/7/365 throughout Southern Interior and makes crisis line service available to everyone in the Interior Region.

1-888-353-2273 (1-888-353-CARE)

Crisis Line Association of BC Mental Health Information Line

This is a provincial line. Answered 24/7/365, it provides empowering emotional support, information on appropriate referral options and a wide range of support relating to mental health concerns. Call 310-6789 (no area code needed) or [Email](#).

Fraser Health Crisis Line

This is a 24/7/365 crisis line offering free and confidential emotional support, crisis intervention, and resource information.

Call Local 604-951-8855 or Toll-Free 1-877-820-7444.

NATIONAL

Kids Help Phone: 24/7 counselling help from trained professionals on the phone for youth up to age 20. Live chat on the computer is available on weekend evenings.

Call **1-800-668-6868** or Live Chat: www.kidshelpphone.ca

PFLAG Canada: 24/7 support. Provides support, information and resources to gay, lesbian, bisexual, transgender or questioning people, as well as to their families and friends. For support on gender identity.

Call toll-free **1-888-530-6777 ext 226** or Email gender@pflagcanada.ca for regional contacts

Fraser Valley call 604.354.4631 or email abbotsfordbc@pflagcanada.ca (monthly Abbotsford meeting)

TransFamily Services (BC): Parents and loved ones transgender information/discussion groups.

Gender issues demystified. Meets once per month in Abbotsford.

Lukas Walther, Gender Diversity Consultant 604.996.8169 Email Lukas.walther@telus.net

Trans Lifeline: This line is primarily for transgender people experiencing a crisis. This includes people who may be struggling with their gender identity and are not sure that they are transgender. While the goal is to prevent self-harm, they welcome the call of any transgender person in need. We will do our very best to connect them with services that can help them meet that need.

In Canada Call: **(877) 330-6366**

EMERGENCY SHELTERS

LGBTQ+ SPECIFIC SHELTERS

RainCity Housing and Support Society: The two year pilot project provides housing with supports and employment to LGBTQ+ youth between 18 and 25 in a residential setting and utilizes a LGBTQ+ advisory group to develop best practices with youth. They connect youth with older members of the LGBTQ+ community, the goal being to provide safe, lifelong 'chosen family' or mentorship with mutual benefit for all parties.

<http://www.raincityhousing.org/lgbt>. Alexander Street Vancouver BC Canada V6A 1B8 Phone: 604.662.7023 Fax: 604.254.3703 Email: info@raincityhousing.org

GENERAL YOUTH SHELTERS

Covenant House: Providing love and hope to Vancouver's street youth. This organization helps youth aged 16 - 24 who have fled physical, emotional and/or sexual abuse, those who have been forced from their homes or those who have aged out of foster care.

Crisis Program (young women) 575 Drake Street Vancouver BC, Crisis Program (young men): 326 West Pender Street Vancouver BC, Phone: 604-685-7474, Toll Free: 1-877-685-7474

The North Shore Youth Safe House is a place where youth, 13 to 18 years old, can come and find a comfortable and secure place to stay. The Safe House is staffed by caring and friendly youth workers 24 hours a day, 7-days a week. A stay at the Safe House can be up to 14 days with a possible extension, depending on the motivation of the youth to work towards his/her goals. Safe House (open 24 hours, 7 days/week, 365 days/year)

To contact the Safe House directly, call 604-877-1234. 1-877-789-6884

Web: hollyburn.ca/society

All Nations Youth Safe House: Located in Surrey. Safe house with 6 beds and meals for at-risk, self-referred youth ages 16 to 18 of all nations. ANYSH is a 7-day emergency stay, with the possibility of extension based on weekly review. Each resident is assigned a key worker who assists the youth in developing an individualized service plan of daily goals to secure housing. Call: 604-584-2625

<http://klahoweya.com/index.php/programs-services/for-youth/all-nations-youth-safe-house/>

Cyrus Centre Ministries was created for vulnerable youth, to give them a starting point for a better tomorrow. Cyrus Centre responds to youth, age 18 and under, living in crisis, whose lives have become fractured. They provide shelter, laundry, advocacy and meal programs to youth in need. **2616 Ware Street Abbotsford B.C. 604-859-5773**

INFORMATION WEBPAGES

BC Council for Families: search LGBT and they offer stories and provide resources for families with LGBTQ+ members <https://www.bccf.ca/>

QMUNITY responds to BC's queer communities' needs and helps them thrive. Education: Promoting and helping to create inclusive spaces. Support: Providing support to those affected by discrimination and homophobia. Connection: Strengthening our communities through meaningful connections. Advocacy: Offering a unified voice to advance our communities' interests <http://qmunity.ca/>

PFLAG Canada: Information and support for parents, families, friends, co-workers and others PFLAG chapters are located across BC and Canada. Find contact information on the PFLAG Canada website www.pflagcanada.ca **Facebook: PFLAG CANADA**

BC Children's Hospital: Transgender resources for youth and their families <http://www.bcchildrens.ca/Services/SpecializedPediatrics/EndocrinologyDiabetesUnit/ForFamilies/TransgenderResources.htm>

Pride Education Network: Advocating positive change in the educational system for queer students, parents, teachers, administrators and their supporters info@pridenet.ca | pridenet.ca

Transgender Health Information Program: Offers information people need to access gender affirming health care. Support services include those for people who identify as transgender or gender diverse or who are questioning their gender identity. Also provides information and support to families, friends, loved ones and service providers. transhealth.vch.ca

Out in Schools engages youth through film in the promotion of safer and more diverse learning environments, free from homophobia, transphobia and bullying. This innovative education program brings independent queer film into BC schools and communities to initiate discussions with students about safety, homophobia and bullying. If you are interested in having a screening at your school please contact Brandon Yan, Out in Schools Program Coordinator, via email at brandon@outonscreen.com. www.outinschools.com

My Davie Village: The purpose of this website is to provide a resource base for Vancouver's gay community and GLBT visitors to Vancouver. To provide a central point for queer / gay people in our community to easily find links to the information they need to create their own social and support networks through sport, art or any other nonpolitical LGBT community based group. To provide a central point for our not for profit grassroots community and social organizations where they can be easily found by Vancouver's Gay GLBT community. www.mydavievillage.com

CALLOUT!

The C.A.L.L. Out! Project is a capacity building and wellness initiative that seeks to create more welcoming and inclusive communities for Lesbian, Gay, Bi, Trans, Two-Spirit & Queer youth across BC by strengthening their existing support networks.

<http://www.vch.ca/your-health/lesbian-gay-bisexual-transgender-twospirit/c.a.l.l.-out-/call-out>

ADVOCACY



GAB is a support, education, advocacy and referral service for lesbian, gay, transgender, bisexual, and questioning (LGBTQ) youth at The Centre **1-800-566-1170. 1170 Bute at Davie Street Vancouver**

Youth OUTreach: Outreach and advocacy group for youth by youth 13-20. Providing outreach workshops and education on LGBTQ issues.

Monday nights at Newton Youth Resource Centre, King George Blvd and 76th Ave, Surrey. 6:00-8:30 pm. Contact Sylvie Traphan at sylviatraphan@yahoo.ca Tel. **604-842-8727**.

Our City of Colours: A community-based non-profit organization helping to address issues facing LGBTQ people in different linguistic and cultural communities around Metro Vancouver. info@ourcityofcolours.com | [facebook.com/ourcityofcolours](https://www.facebook.com/ourcityofcolours)

The Fraser Valley Youth Society (FVYS) is a not for profit society operating in the Fraser Valley of beautiful British Columbia that offers local advocacy to youth that frequent drop-ins as well as any youth in need. info@fvys.ca 604-604.200.3203

Fraser Valley Pride!

Fraser Valley Pride is a community festival hosted each year by Fraser Valley Youth Society. To find out about the next Pride event email info@fvys.ca or call 604.200.3203. You can also check out our Facebook page at <https://www.facebook.com/FraserValleyPride/> . Everyone is welcome to this community event!

Provided by:

