

2SLGBTQ+ Youth Resources

ONLINE SCHEDULED MEETINGS FOR 2SLGBTQ+ YOUTH

Qmunity: The Qmunity Youth Program hosts a virtual drop in each week, as well one-on-one support, leadership training and other events. You can connect with Han from Qmunity Youth Programming by joining them on their [Facebook page](#) or emailing them – youth@qmunity.ca

Free 2BU: 13-18 years old, every Wednesday from 6:30- 8:30pm. Details, including Zoom meeting info. can be found on their Facebook page [here](#).

Be Yourself: 16-24 years old, every Thursday from 1:00-2:30pm. Details [here](#). Zoom meeting details for Be Yourself [here](#) (Meeting ID: 842 503 076)

Safer Space Online: An online art-therapy group for trans/non-binary/questioning youth of 14+, every Saturday from 2-4pm. Join them to meet up with others, laugh and create. Details [here](#). To get the link, email them services@enfantstransgenres.ca

Gender Spectrum: [Gender Spectrum](#) hosts online groups for pre-teens, **teens**, parents, caregivers, and other family members and adults. These groups provide an opportunity to connect with others, share experiences, and feel the comfort of a supportive community.

Queer Café: [Queer Café](#) is a virtual youth group hosted by [Foundry BC](#), for 2SLGBTQ+ identified youth aged 14 to 20. Online sessions are facilitated by youth peer supporters from Foundry Virtual. They offer discussions, games, workshops and more.

UNYA 2-Spirit Collective: [UNYA](#) offers support, resources, and programming for Indigenous youth, ages 15 to 30, who identify as 2-spirit or LGBTQ+ (including questioning).

Two-Spirit Peer Healing Circle: This [virtual drop-in group](#) is led by peers, for peers, with facilitation and support from Elder Bon Fabian and Foundry BC Virtual's Indigenous Navigation and Wellness provider, Raymond Johnson-Brown. Each month the group will come together to share stories, provide emotional support, explore resources and build a community together for two spirit identities. This group is for youth age 12 – 24.

***on hold* UNYA'S 2- Spirit Collective x Foundry Group:** [A virtual group between UNYA's 2 - Spirit Collective \(Urban Native Youth Association\) and Foundry](#). This group is for any and all identifying LGBTQ2A+ youth ages 12-24 residing in BC, who are looking to connect virtually with others in a safe, online, environment. (this group is currently 'on hold' so is not available at this time – you can check it periodically to see when it comes back together)

SUPPORT FOR GENDER AFFIRMING CARE

BC Children's Hospital

[The Gender Clinic](#) for gender-affirming care, including the [Gender Clinic Roadmap](#)
[Kelty Mental Health resources](#) related to gender and sexuality

Trans Care BC

[Child and Youth section](#)

[Service directory](#) for 2SLGBTQ+ youth and their families/caregivers

QMUNITY BBB Exchange

The [Bra, Binder, and Breast Forms Exchange Program](#) provides free new and used gender-affirming chest-wear to trans and gender-variant youth who are unable to attain these garments otherwise.

THINKING ABOUT/QUESTIONING SEXUAL ORIENTATION AND GENDER IDENTITY

[Be Yourself Booklet](#)

Includes questions and answers for young folks who are questioning, to help them think through and better understand the possibilities for their sexual orientation and gender identity. This includes SOGI definitions and other information as well.

[Teen Health Source](#)

Understanding your own sexuality and gender. Q&A for youth, to help them think through and better understand the possibilities for their sexual orientation and gender identity (a simpler, shorter read than the Be Yourself Booklet, with links to further information).

[Trans Care BC](#)

Sections that discuss different aspects of SOGI

ONLINE AND PHONE CHAT SERVICES FOR LGBTQ2S+ YOUTH IN BC

Trans Lifeline

[Trans Lifeline's Hotline](#) is a peer support phone service run by trans people for trans and questioning peers. Call them if you need someone trans to talk to, even if you're not in crisis or if you're not sure you're trans. This resource has a chat line and also many great other resources to access for self care, support with changes to ID, etc. There is also a line to call for family and friends supporting trans folks.

QCHAT

A [peer support line](#) and resource database for 2SLGBTQ+ youth in British Columbia, Canada. Lines Open Monday-Wednesday, 6:00-9:00 PM.

Youth in BC

Crisis [chat line](#), info and resources for 2SLGBTQ+ youth

Lines open from noon to 1am

Youth Space

Online [chat support](#) (6pm to midnight):

QMUNITY Youth Program

Connect and find other resources on their [facebook page](#), and/or connect with the youth programme coordinator.

Life Voice

[Crisis supports](#)

Trans Care BC

[Service directory](#) for 2SLGBTQ+ youth and their families/caregivers

Here to Help

2SLGBTQ+ [resources](#)

The Trevor Project

Offers helplines, etc. primarily in the US, however they also have an international chat available, [TrevorSpace](#)