

EAST KOOTENAY GENDER AFFIRMING ROADMAP

FOR TRANS, NON-BINARY, TWO SPIRIT, GENDER
FLUID AND INTERSEX PEOPLE AND THEIR ALLIES

ARE YOU IN CRISIS?

TRANS LIFELINE

1-877-330-6366

KUU-US (INDIGENOUS BC WIDE CRISIS)

1-800-588-8717

EAST KOOTENAY CRISIS LINE

1-888-353-CARE (2273)

EMERGENCY

911

MENTAL HEALTH & COMMUNITY SUPPORT

CHILD AND YOUTH MENTAL HEALTH

Children and youth can access free and voluntary community-based mental health supports and services in B.C.

There are 5 clinics in the East Kootenays:
Creston, Cranbrook, Fernie, Invermere, and Golden.

<https://bit.ly/3D3lTHi>

Family centres exist throughout the East Kootenays and offer supportive services to families and individuals at little or no cost:

COLUMBIA BASIN FAMILY RESOURCE CENTRE
cbfrs.com

GOLDEN FAMILY CENTRE
goldenfamilycenter.bc.ca

FAMILY RESOURCE CENTRE
familydynamix.ca

There are also several free-for-service trans positive clinical psychologists throughout the Kootenays. For a list of providers in the region offering safe and inclusive mental health support, please reach out to TransConnect at:

ankorstransconnecteast@gmail.com

TRANS CARE BC HEALTH NAVIGATION

For further information about free, low-cost, sliding scale and private pay counseling:

phsa.ca

For a more exhaustive list of local supports, visit Transconnect at:
ankorstransconnect.com

CORE RESOURCES

TRANSCARE BC

Provides BC-wide information and resources to make sure people have access to gender-affirming health care and support.

www.phsa.ca/transcarebc

TRANSCONNECT

A health and community program supporting transgender, Two Spirit, intersex, and gender diverse people in the East & West Kootenay regions.

ankorstransconnect.com

BC CHILDRENS GENDER CLINIC

Provides medical information along with a resources library and websites to explore.

bcchildrens.ca/our-services/clinics/gender

“
GENDER AFFIRMING
CARE IS A COMPONENT
OF PRIMARY CARE
”



GENDER IDENTITY

If questions about your gender identity occur, you may wish to explore what gender identity means to you - prior to, or upon consultation with - a health care provider. Peer groups, guides and stories can help individuals and loved ones to gain a better understanding of gender fluidity and allyship. Access these resources through the Transconnect library, online from BC Children's or Trans Care BC's resource pages, or at your local library.

bcch.andornot.com/en/list?q=transgender

CONNECT WITH A PRIMARY CARE PROVIDER

Care options will vary from location to location (depending on service availability) and person to person (depending on individual care needs). If you already have a primary care provider (GP or NP) involved in your care, you can speak with them about gender-affirming care.

This resource from Trans Care BC can help support conversations about gender affirming care with your primary care provider:

bit.ly/3W0nRkx

What is important to know is that gender affirming care is a component of primary care. Family doctors and Nurse Practitioners are capable of listening to your concerns, generating referrals, and consulting with colleagues, specialists, and allied organizations to support your journey.

If you do not have a primary care practitioner, you can find assistance at:

phsa.ca/transcarebc

You can also contact the "Health Navigation Team" at Trans Care BC at 1-866-999-1514 or online at:

<http://www.phsa.ca/transcarebc/about/contact>

For a list of family doctors and nurse practitioners in the area providing gender affirming care, consult Trans Connect:

ankorstransconnecteast@gmail.com

URGENT PRIMARY CARE CENTRE

Able to provide gender affirming care for the adult residents in Cranbrook BC. Ages 18+

FOUNDRY EAST KOOTENAY

Set to open Fall 2023 in Cranbrook. They will offer youth aged 12-24 access to primary care that includes gender affirming care, peer support, and mental health / substance use support.

<https://foundrybc.ca/eastkootenay>



GENDER EXPRESSION & SOCIAL TRANSITIONING

There are many non-medical options to help you express your gender comfortably. Social transition options can include: changing your name, pronouns, and your hairstyle; or dressing in a way that is affirming to you.

Other methods of gender expression are binding, packing, tucking, and padding to enhance or minimize body parts.

TRANSCARE BC

Provides resources and education on safety, gender expression, and social transition options. They also provide resources on voice training, changing your name, and your gender marker.

<https://bit.ly/3N72g50>

BINDING, PACKING, TUCKING, PADDING

These methods are used to flatten the chest, create the form of external genitals, minimize the visibility of the outer genitals, and enhance the form of the breast, hips, and buttocks. There are some health and safety considerations when binding and tucking:

SAFELY BINDING

bit.ly/3TDONVn

SAFELY TUCKING

bit.ly/3SFHwTZ

SUPPLIES AND CLOTHING

QMUNITY

Offers the "Bra, Binder, & Breast Form Exchange Program (BBB)" and also provides links for paid product options from companies such as:

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

CHRISTOPHER MOORE FUND BY TRANS CONNECT

Microgrants available to cover medical appointments, binders, breast forms, packers, gaffs, and other gender-affirming gear and garments.

www.ankorstransconnect.com

SEXUAL & REPRODUCTIVE HEALTH

Intimacy, sexual expression, and gender identity can be an important part of people's lives before, during, and after transition. Hormone therapy and surgeries can affect fertility. If you are interested in having biological children you may want to explore fertility preservation before starting treatments or undergoing surgery.

PRIMARY CARE PROVIDER

If you are comfortable with your primary care provider they may be able to support your sexual health and wellness. They can also offer referrals to specialized care such as to a fertility specialist.

OPTIONS FOR SEXUAL HEALTH CLINICS

Confidential, non-judgemental sexual health care rooted in reproductive choice. They offer birth control counselling, low-cost contraceptives, sexually transmitted infection (STI) screening, cervical screening, pregnancy testing, pro-choice pregnancy options and counselling, and general sexual health information and referrals. LGBTQ2S+ friendly and for all ages in most locations.

optionsforsexualhealth.org

TRANSCAREBC

Provides information and resources on sexual health inclusive and accurate for trans people.

<https://bit.ly/3zjqbtb>

THE TRANS CARE BC HEALTH NAVIGATION TEAM

Can also provide information about local fertility and sexual health clinics and resources.

1-866-999-1514 or <https://bit.ly/3glXHBR>

OLIVE FERTILITY CLINIC

olivefertility.com/locations/kelowna

REGIONAL FERTILITY PROGRAM

regionalfertilityprogram.ca

Listed are the closest regional options. There are many other clinics to support fertility preservation and reproductive choices both provincially, nationally, and internationally.



HORMONE THERAPY

Hormone therapy is the use of hormones or hormone blockers to alter secondary sex characteristics. This includes feminizing hormones, masculinizing hormones, and hormone blockers. Not all trans and gender diverse people choose hormone therapy, and each person's journey is unique. As with many medical treatments, hormone therapy has benefits and risks. To make sure that hormones are the right choice for you, consult a Family Physician, Nurse Practitioner, or specialized clinician such as a pediatrician or endocrinologist.

Your regular Family Physician or Nurse Practitioner may or may not offer the above services as part of their practice, but they can refer you to another health care provider for this part of your care.

For more information visit:

phsa.ca/transcarebc/hormones

GENDER-AFFIRMING SURGERY

Gender-affirming surgeries help match primary and / or secondary sexual characteristics with one's gender identity. Just like hormone therapy, not all trans and gender diverse individuals choose surgery. As with any medical intervention, surgery comes with risks and benefits that you will want to speak with your provider about. There are a variety of both top and bottom surgeries available in Canada. Upper surgeries are available at many sites across BC. Lower Surgeries are available through the Gender Surgery Program BC at Vancouver General Hospital or through GRS Montreal in Quebec. In BC, a number of the surgeries are covered under your provincial health insurance.

Surgeries create permanent changes, and gonadectomy results in permanent infertility. You will need to work with one or two Surgery Readiness Assessors to obtain a recommendation for surgery.

For more information on each surgery, the surgical readiness assessment process, criteria for surgery, medical coverage, and funding visit: phsa.ca/transcarebc/surgery

SAFER SPACES

Finding spaces that feel safe and welcoming are not only affirming, but important for your mental and emotional well-being.

SOGI

(Sexual Orientation and Gender Identification):

All schools in BC are mandated to reference SOGI in district and school codes of conduct, and to incorporate it into lesson planning within the curriculum. SOGI clubs provide a safe place for students to support each other on issues related to sexual orientation and gender identity.

SOGI 123

Helps educators, learners, and families to make schools inclusive and safe for students of all sexual orientations and gender identities.

sogieducation.org

GAY STRAIGHT ALLIANCE

(GSAs and SOGI Clubs):

Reach out to your school guidance counselor to find out if there is a GSA at your school or in your area. TransCare BC has several resources if you are interested in starting a GSA at your school or in your community.

<https://bit.ly/3TF0utn>

PRIDE IN THE EAST KOOTENAYS

There are several active Pride Groups in the East Kootenays:

FERNIE PRIDE: ferniepride.ca

COLUMBIA VALLEY PRIDE: columbiavalleypride.org

CRANBROOK PRIDE: facebook.com/cranbrookpride

KIMBERLEY PRIDE SOCIETY: <https://bit.ly/3WgNSuI>

INCLUSIVE COMMUNITY SPACES

Trans Connect can help you to find local businesses and social settings that have been identified as safer spaces. They focus on support and advocacy for trans, gender diverse, and two spirit folks and their allies

www.ankorstransconnect.com

For a BC-wide directory of available supports visit Trans Care BC: <https://bit.ly/3W33NOJ>

FINDING SUPPORTS

Access one-on-one peer support, or a support group to ask questions in a safe space and speak with others on a similar journey.

GENDER OUTLAWS BY TRANSCONNECT

For trans, non-binary, gender non-conforming, two spirit, intersex, and questioning people of all ages, online and in-person groups. Reach out to TransConnect to find out specific dates, times, and locations.

[anchorstransconnect.com/programs/](https://www.anchorstransconnect.com/programs/)

FOUNDRY VIRTUAL QUEER CAFE

Queer Cafe invites young people ages 14-20 who identify as LGBTQ2IA+ to meet over Zoom for activities and conversation in a supportive, inclusive environment.

<https://bit.ly/3ziT1tw>

VIRTUAL FOUNDRY

Peer Support for youth 12-24

<https://bit.ly/3f9SxPy>

KOOTENAY TRANSFOLK

A group for trans people and allies in the East & West Kootenays to connect to the community, find local events, and ask for advice.

<https://bit.ly/3W7QMD2>

TRANS CONNECT PEER SUPPORT

In-person or virtual peer support options are available.

<https://www.anchorstransconnect.com/programs/>

TRANS LIFELINE

Provides trans peer support online and via phone 1-877-330-6366

<https://translifeline.org>

THE TREVOR PROJECT

The Trevor Project is the world's largest suicide prevention and crisis intervention organization for lesbian, gay, bisexual, transgender, queer, and questioning young people.

<https://www.thetrevorproject.org>

GENDER SPECTRUM

The organization offers online group support for youth and young adults.

www.genderspectrum.org

QMUNITY

A non-profit Vancouver organization that focuses on support and advocacy for trans, gender diverse, and two spirit folks and their allies.

www.qmunity.ca

For a BC-wide directory of available supports visit Trans Care BC:

<https://bit.ly/3W33NOJ>

LEGAL SUPPORT

If you experience discrimination because of your gender identity, you may want to review your rights. Below are resources that you may find useful but you can also reach out to Trans Care BC and Trans Connect for navigational support.

TRANS RIGHTS BC

transrightsbc.ca

ACCESS PRO BONO

Offer a free 30 minute session

1-877-762-6664 or accessprobono.ca

CATHERINE WHITE HOLMAN WELLNESS CENTRE

provides information about legal services that may be helpful to transgender and gender non conforming people.

cwhwc.com

FOR YOUR SUPPORTERS

The presence of a supportive community has been correlated with higher rates of life satisfaction, self-esteem, and mental health among trans individuals. Listed are some resources for receiving and offering support.

TRANSPARENT KOOTENAYS

A space for parents and caregivers of transgender youth to connect and share information..

<https://bit.ly/3DAeUXH>

TRANSPARENT OKANAGAN

TransParent Okanagan is a non-profit organization created by and for parents and caregivers of transgender youth..

transparentokanagan.ca

CARING FOR KIDS

Information for parents provided by the Canadian Pediatric Society..

<https://bit.ly/3ziVRyu>

PFLAG CANADA

Provides support to parents, families, and friends of their gay, lesbian, bisexual, transgender and queer loved ones..

pflagvancouver.com

FAMILIES IN TRANSITION

A Resource Guide for Parents of Trans Youth.

<https://bit.ly/3ziE2zY>

TRANS CARE BC

Has a variety of resources listed on their page to support family members and friends..

www.phsa.ca/transcarebc/care-support/resources

EGALE

They promote human rights and inclusion to improve the lives of 2SLGBTQJ people through research, education, awareness, and legal advocacy.

egale.ca

FINANCIAL SUPPORT

While many gender-affirming care options are funded by the BC Medical Services Plan, there are some out-of-pocket costs.

MEDICAL EMPLOYMENT INSURANCE

Information on employment insurance benefits and eligibility for individuals unable to work for medical reasons.

<https://bit.ly/3FsE1wS>

FAIR PHARMACARE

Register for coverage of certain medications, such as some forms of testosterone and estrogen.

<https://bit.ly/3gAv0ri>

CHRISTOPHER MOORE COMMUNITY FUND

A community donation fund to support trans and gender diverse community members with transition-related expenses.

[anchorstransconnect.com/programs](https://www.anchorstransconnect.com/programs)

BC CHILDRENS HOSPITAL

Provides information on travel and residence accommodation programs through government funding.

<https://bit.ly/3sBxV5X>

FNHA (FIRST NATIONS HEALTH AUTHORITY)

Coverage for Indigenous clients covered by FNHA.

<https://bit.ly/3f9QmeQ>

For a more exhaustive list of Funding Coverage, visit TransCare:

bit.ly/31NJ6BS