



## Resources for children, youth, and families

### Groups and Drop-Ins

#### Children & Families

##### Gender Spectacular

Gender-creative, trans, two-spirit, or non-binary kids grades 7 and under (siblings welcome)

Trans parents/caregivers with children grade 7 and under

Games, activities, resources, coffee/tea, snacks

2nd Friday of the month, 5:30-7:30

Quadra Village Community Centre (basement)

Contact: [gendercreativetransvictoria@gmail.com](mailto:gendercreativetransvictoria@gmail.com)

#### Youth

##### Two-Spirit, Trans, and Queer Youth Drop-In (Saanich Parks & Rec)

Ages 13-18

Every Friday, 7-10pm

Upside Teen Lounge, Commonwealth Place

Contact: [alana.goddard@saanich.ca](mailto:alana.goddard@saanich.ca); 250-475-7624

##### LGBTQ2 Youth Drop-in (Saanich Parks & Rec)

Ages 13-19

2nd and 4th Wednesday, 7-9pm

Backdoor Teen Center, Gordon Head Rec

Contact: 250-475-7111

##### Outlet Drop-In

Ages 13-19

Thursdays, 6:30-8:30

Vic High, Room #212

Contact: [facebook.com/outletdropin](https://www.facebook.com/outletdropin)



## Parents

### Support Group for Parents & Families of Trans and Gender Diverse Children and Youth

An opportunity for parents, caregivers, and families with trans and gender diverse children and youth to find support, connection, and learn about resources.

\*Note: that this support group is intended for adults, not for children and youth\*

2nd Wednesday, 6:30-8:30

Upside Teen Lounge, Commonwealth Place

Contact: [gendercreativetransvictoria@gmail.com](mailto:gendercreativetransvictoria@gmail.com)

### PFLAG (\*many families who attend have trans children\*)

3rd Sunday (Sept-June), 2pm

St. John the Divine

## Books for children, youth, and parents/caregivers

The Rainbow Owl: <http://www.the-rainbow-owl.com/>

## Professional Services

\*Recommend contacting Trans Care BC's Care Coordination Team (1-866-999-1514) and ask for Lau Mehes, an excellent and experienced resource for youth and families around the province. For more information:

<http://www.phsa.ca/our-services/programs-services/trans-care-bc/services>

## Medical Transition

### BC Children's Hospital Transgender Care

Endocrine Clinic - from beginning stages of puberty to 18 years

### Youth Clinic (free)

Ages 12-24

533 Yates St - Monday-Thursday (11am-5pm)

Kim Daly (ages 15+) & Heather Michael

\*when making an appointment, it is possible to ask to see counsellors before seeing a GP\*

### Three Bridges Youth Drop-in Clinic (Vancouver)

For youth under 25



### Victoria Endocrinologists

Dr. Sue Stock (Victoria & Vancouver)  
Dr. June Jacobs (Victoria - works with Dr. Sue Stock)  
Dr. Chris Reynolds (Metchosin)  
Dr. Lucretia van den Berg (Victoria)

### Counselling (including hormone assessments)

#### Children & Youth

Dr. Magali Brulot (Psychologist) - 250-888-5645  
- Can provide gender dysphoria diagnosis for children  
Dr. Wallace Wong (Vancouver) - [wallace@drwallacewong.com](mailto:wallace@drwallacewong.com)  
- Psychologist for children and youth with gender dysphoria  
Heather Michael, RCSW - 250-217-5963  
- May also be possible to see Heather through Child and Youth Mental Health, but expect a waitlist  
Joanna Morrison, RCC (Nanaimo & Victoria) - 250-816-4716  
Kate Steele, RCC - 250-886-4152  
Jude Marleau, RCC - 250-889-4930

#### Older Youth Only

Sarah Pullman, RCC - 250-999-9349  
Elizabeth Holland, RCC - 778-678-7652