

## Resource List for Transgender People and Their Families – Updated July, 2017

### Websites

1. Trans Vancouver Island  
<http://www.transvancouverisland.ca/>
2. Transgender Health Information Program  
<http://transhealth.vch.ca>
3. Trans Care BC  
<http://www.phsa.ca/transcare>
4. Trans Rights  
<http://www.transrightsbc.ca/>
5. Gender Spectrum  
<https://www.genderspectrum.org/>
6. Gender Creative Kids  
<http://gendercreativekids.ca/>
7. Trans Parent Canada:  
<http://www.transparentcanada.ca/?file=kop1.php>
8. Rainbow Health Ontario - An organization supporting LBGT health
9. Transgender 101 for Trans People  
<http://openmindedhealth.com/transgender-101-trans-people/#youth>
10. Supporting Gender Independent Kids: Acceptance, Affirmation, and Everything Else  
<http://eenet.ca/supporting-gender-independent-kids-acceptance-affirmation-and-everything-else/>
11. [www.straightforequality.org](http://www.straightforequality.org)

## 12. You Tube My Genderation

### **Camps/Workshops**

<http://www.calgarysexualhealth.ca/programs-workshops/lgbt-youth/camp-fyrefly/> - this looks awesome for teens- I think minimum age is 13

<http://www.genderodyssey.org/> (family conference)

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

A leadership for social change camp for queer, trans, and allied youth ages 14-21 that live in BC and/or the Yukon. We post applications for next year's summer camp in February 2015.

### **Videos**

[http://www.ted.com/talks/norman\\_spack\\_how\\_i\\_help\\_transgender\\_teens\\_become\\_who\\_they\\_want\\_to\\_be?utm\\_source=facebook.com&awesm=on.ted.com\\_qpKG&utm\\_content=tandroidapp&utm\\_medium=on.ted.com-android-share&utm\\_campaign=](http://www.ted.com/talks/norman_spack_how_i_help_transgender_teens_become_who_they_want_to_be?utm_source=facebook.com&awesm=on.ted.com_qpKG&utm_content=tandroidapp&utm_medium=on.ted.com-android-share&utm_campaign=)

[https://www.youtube.com/watch?v=Bk\\_YlBM5JAE](https://www.youtube.com/watch?v=Bk_YlBM5JAE)

<http://www.people.com/article/transmormon-documentary-transgender-mormon>

### **Books**

Gender Born, Gender Made, by Diane Ehrensaft

*Love Makes A Family: Portraits Of Lesbian, Gay, Bisexual, And Transgender Parents And Their Families* (Gigi Kaeser).

Raising my rainbow (adventures in raising a fabulous gender creative son) by Lori Duron

Sex/Gender: Biology in a Social World, by Ann Fausto-Sterling

*Stuck in the Middle With You: Memoir of a Transgender Parent* (Jennifer Boylan)

*Transforming Families* (Mary Boenke (Author, Editor), Delores Dudley (Illustrator), Lori Bowden (Illustrator))

The Transgender Child, by Stephanie Brill

## **Books for the Child**

There is an extensive list of books about gender variance at [http://www.goodreads.com/list/show/20314.Transgender\\_Friendly\\_Young\\_Childrens\\_Books](http://www.goodreads.com/list/show/20314.Transgender_Friendly_Young_Childrens_Books)

## **Fact Sheets and Brochures**

Brochure: "Advocating for your gender independent child."  
[http://www.rainbowhealthontario.ca/wp-content/uploads/woocommerce\\_uploads/2014/08/Advocating%20for%20your%20child.pdf](http://www.rainbowhealthontario.ca/wp-content/uploads/woocommerce_uploads/2014/08/Advocating%20for%20your%20child.pdf)

Brochure: "Are you worried about your child's gender expression?"  
<http://www.etfo.ca/AdvocacyandAction/SocialJusticeandEquity/RHO/>

Documents/Child'sGender.pdf  
Fact Sheet for Parents of Gender Independent Children  
[http://www.rainbowhealthontario.ca/wp-content/uploads/woocommerce\\_uploads/2012/10/RHO\\_FactSheet\\_GIC\\_E1.pdf](http://www.rainbowhealthontario.ca/wp-content/uploads/woocommerce_uploads/2012/10/RHO_FactSheet_GIC_E1.pdf)

Gender Identity in School  
<http://www.fyrefly.ualberta.ca/sites/www.fyrefly.ualberta.ca/files/Q&AGender&IdentityinSchools.pdf>

Sexual Orientation in Schools  
<http://www.fyrefly.ualberta.ca/sites/www.fyrefly.ualberta.ca/files/Q&ASexualOrientationinSchools.pdf>

\*\*\*Standards of Care

[http://www.wpath.org/site\\_page.cfm?pk\\_association\\_webpage\\_menu=1351&pk\\_association\\_webpage=3926](http://www.wpath.org/site_page.cfm?pk_association_webpage_menu=1351&pk_association_webpage=3926)

<http://transgenderarchives.uvic.ca/>

Families in Transition

<http://www.ctys.org/wp-content/uploads/2016/03/CTYS-FIT-Families-in-Transition-Guide-2nd-edition.pdf>

## Articles

Nail Polish Boys & Trucker Girls: Gender Exploration in Childhood

<http://www.themotherco.com/2011/06/nail-polish-boys-trucker-girls-gender-exploration-in-children-2/>

Princess Boys, Trans Youth, Queer Girls: Social Action Research Project - Parenting a "gender creative" child in today's society

[http://www.academia.edu/2305931/Princess\\_Boys\\_Trans\\_Youth\\_Queer\\_Girl\\_-](http://www.academia.edu/2305931/Princess_Boys_Trans_Youth_Queer_Girl_-)

[Social Action Research Project Parenting a gender creative child in today's society](#)

Maclean's Magazine, January 20th, 2014

"What happens when your son tells you he's really a girl: How parents, kids, teachers and doctors are navigating the new world of gender fluidity."

<http://www.macleans.ca/society/health/what-happens-when-your-son-tells-you-hes-really-a-girl/>

## BLOGS

Sarah and Ian Hoffman

<http://www.sarahandianhoffman.com/blog/>

Raising My Rainbow

<http://raisingmyrainbow.com>

Labels are for Jars

<http://labelsareforjars.wordpress.com>

Transparenthood

<http://transparenthood.net>

### **Doctors/Wellness Centres**

Bailey Counselling Therapy

Vanessa A. Bailey. Registered nurse and registered clinical counsellor.

\*surgical and hormone assessor

221-560 Johnson Street, Victoria. Phone: [\(250\) 858-7770](tel:2508587770).

Email: [baileyvanessaa@gmail.com](mailto:baileyvanessaa@gmail.com).

Dr. Chris Booth (Psychiatrist in North Vancouver) works with children under 19 \*surgical and hormone assessor

Covered under MSP

Dr. Magali Brulot, a psychologist, likely has the most significant amount of experience (on the island) working with transgender children and their families. \*surgical and hormone assessor Ashgrove House 1770 Fort Street, Victoria

Catherine White Holman Wellness Centre

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

At the Catherine White Holman Wellness Centre, we aim to provide low-barrier wellness services to transgender and gender non-conforming people in a way that is respectful and celebratory of clients' identity and self-expression. Our centre is volunteer run, and all of our practitioners are volunteering their time, so that we can offer free services to people who need them, regardless of factors like citizenship, health insurance, or residential address.\* No longer offer primary care.

### **RACE (Rapid Access to Consultative Expertise)**

Contact the **RACE (Rapid Access to Consultative Expertise)** line: 604-696-2131 or toll-free at 1-877-696-2131 and request the transgender option.

### **Mentorship call**

A mentorship call hosted by Trans Care BC's medical director, Dr. Marria Townsend, is available to any practitioner new to or currently providing care to transgender clients. The mentorship calls are held on the 1st and 3rd Wednesday of the month from 12-1 p.m.

No need to register; just call the conference line at 604-681-0455 or 1-877-291-3022, participant code 7019866#.

More info: <http://www.phsa.ca/our-services/programs-services/trans-care-bc> (under "Health Professionals")

Dr. Guzder (endocrinologist) in Nanaimo at NRGH

**Dr. Knudson** (Psychiatrist) HRT and surgical assessor) at Ashgrove House 1770 Fort Street, Victoria

**Dr. Mazaheri (GP)** - <https://www.thecrownisleclinic.com/> in Courtenay. \*surgical and hormone assessor. Client will need referral from their GP/walk-in clinic doctor to see Dr. Mazaheri. Referral should include that client is looking for trans healthcare/gender affirming care.

**Dr. Dan Metzger** (Pediatric Endocrinologist) at Children's hospital, Vancouver \*Include info re: referral to BCCH?  
<http://www.bcchildrens.ca/our-services/clinics/gender>

**Dr. Melady Preece** (Psychologist) \*surgical and HRT assessor  
Vancouver/will do on-line appointments/offers once per month  
support group for patients  
<http://www.drmeladypreece.com/>

**Jo Morrison** (Registered Clinical Counsellor and Sex Therapist)  
(Nanaimo/Victoria)  
Assessments and HRT assessment  
<https://www.healthyrelationships.co/>

**Ravensong and Three Bridges (Trans Specialty Care Clinic)**

<http://transhealth.phsa.ca/services/service-directory/vch-trans-specialty-care> \*with exception of folks needing post surgical aftercare services not accessible to folks in VIHA

**Dr. Robinson** (Surgeon)- in Victoria, performs upper surgery

**Dr. Suzanne Stock** (Pediatric Endocrinologist) outreach clinics to Nanaimo, Victoria, Campbell River. \*referral and HRT assessment required

**Dr. Taylor** (Surgeon) -in Victoria, performs upper surgeries  
250-595-6009

**Dr. van den Berg** (Endocrinologist) in Victoria.

<https://plus.google.com/104484975527546219388/about?gl=ca&hl=en> \*referral and HRT assessment required

**Dr. Wallace Wong (Psychologist)**

In Surrey, HRT assessor. <http://www.drwallacewong.com> \*services not available for folks in VIHA UNLESS paying private

GP's in Medical Art Centre at Port Place in Nanaimo (trans friendly)

**Dr. Clayton Reynolds** (Endocrinologist) \*referral and HRT assessment required, works with children and youth

**Tessa Brohart** (RCC) HRT assessment  
250-816-6393

**Johanne Saraceno (RCC)**  
250-816-0924

**Rebecca Christoffersen (RCC)** in Duncan, has worked with trans clients (children, youth and adults)  
1-855-712-5842; 250-815-0961

**Dr. Timothy Pare (Psychologist)** at MCFD- CYMH in Campbell River. HRT assessments for children and youth (under 19) Island-wide (can be referred by their local CYMH office). General care and counselling only available for youth living in Campbell River.

**Victoria Youth Clinic**

Gender affirming care and assessments for youth 12-24  
<https://www.victoriayouthclinic.ca/>

For information regarding connection to GP's and gender affirming care please contact Trans Care BC (1-866-999-1514)

**Contact People**

Dr. Aaron Devor

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Bob at rainbvalleyfarm@hotmail.com

AJ at the Boys and Girls Club (LGTBQ youth group)  
Thursday 7:00-9:00 p.m. in Nanaimo on 5<sup>th</sup> Street



Samuel Salvati [Samuel.salvati@phsa.ca](mailto:Samuel.salvati@phsa.ca)

Regional Community Engagement Coordinator, Island Health Region  
Trans Care BC

### **Facebook Groups**

Parent support group

<https://www.facebook.com/canadianparentsofgendercreativekids?fref=ts>

Like page and then send message to be added to group.

Generation Q – youth group for LGBTQ youth in Nanaimo.

Thursday from 7:00-9:00 p.m. on 5<sup>th</sup> Street.

[https://www.facebook.com/groups/generationqnanaimo/?ref=group\\_browse\\_new](https://www.facebook.com/groups/generationqnanaimo/?ref=group_browse_new)

### **Iphone/Ipad APPS**

Justice Trans (changes to birth certificate, gender markers, passport, etc)

Compiled by Kerri Isham (Certified Sexual Health Educator)

and Mary Lee Holmes

[www.powerupworkshops.ca](http://www.powerupworkshops.ca)