

RESOURCE GUIDE:

TRANS SPECIFIC

RESOURCES.

General Information

- I would recommend looking through the TransCare BC website. You will find a lot of information whether you are looking for specific resources or just questioning and curious.
- <https://www.transcarebc.ca/>

What is Gender Affirming Care?

- <https://www.aamc.org/news/what-gender-affirming-care-your-questions-answered>
- The UVSS Pride Collective offers free gender-affirming-care resources such as binders, binding tape, bras, and other apparel + items.
 - Access these resources for free in the single-user washroom attached to our lounge (SUB B010).
 - If we are out of an item or don't carry the right sizing please contact us at pride@uvic.ca

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RESOURCE GUIDE:**TRANS SPECIFIC RESOURCES****Free Injection Supplies at UVic**

- From the SWC - <https://www.surveymonkey.ca/r/XQMVRFG>

Hormone Therapy Info and Referral Resources

- **Considering Hormone Therapy?**
- **Burn Bright Counselling**
 - Queer and Trans specialized counselling clinic.
 - Offers hormone & surgical readiness assessments.
 - <https://www.burnbrightcounselling.ca/>
- **UVic Gender Affirming Care Program**
 - Please note that you will have to join a waitlist for this program.
 - <https://www.uvic.ca/student-wellness/info-for/lgbtqia2s+-students/index.php#ipn-gender-affirming-care>
- **Beckham Ronaghan, MSW, RCSW**
 - <https://www.beckhamronaghan.com/>
 - Registered Social Worker with a Masters of Social Work offering virtual therapy to patients across British Columbia. Available for those looking for gender affirming services - hormone readiness assessments and surgical readiness assessments.
- **Cedar Moon Counselling**
 - www.cedarmooncounselling.com
 - Shay (they/them) has a Master of Social Work and is a Registered Social Worker. They specialize in gender and sexuality exploration, sexual violence, biracial identity, and relationship concerns. Offering hormone readiness assessments on a sliding scale. Shay also accepts FNHA and CVAP clients.
- **Heather Michael, MSW RCSW**
 - <https://www.heathermichael.ca/>
 - Registered Clinical Social Worker. Specializing in Mental Health wellness. Offers hormone readiness assessments - Youth & Adults. LGBTQ2S+. Telehealth Sessions Available.

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Gender Affirming Surgery Info and Referral Resources

- General Information
- Surgical Readiness Assessment Resources:
 - Burn Bright Counselling
 - Queer and Trans specialized counselling clinic.
 - Offers hormone & surgical readiness assessments.
 - <https://www.burnbrightcounselling.ca/>
 - Catherine White Holman Wellness Centre
 - <https://cwhwc.com/request-appointment/>
 - Providing low-barrier wellness services to trans and gender diverse people.
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Community Connections

- UVSS Pride Collective
 - <https://pridecollective.ca/>
 - Advocacy centre offering resources and events for Queer and Trans students.
 - Community circles run bi-weekly in the school year, allowing for students of shared-identities to connect.

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- **Trans Victorian Forum**
 - www.transvictorianforum.net
 - We are a community of transgender folks, roughly, southern Vancouver Island, and we run a discord server for socializing and planning meetups in real life.
 - We are open to anyone 18 or older who identifies as transgender and lives in the approximate area we serve. Follow the link on our website to join the discord lobby, complete the screening questionnaire, and join our group!
- **Trans Hands Victoria**
 - <https://www.instagram.com/transhands.victoria/>
 - Trans-led Martial Arts on unceded lək'wəŋən territory. Boxing, Kickboxing, Muay Thai & Athletics.
- **Gender Spectacular Families**
 - <https://genderspectacular.wordpress.com/>
 - Gender Spectacular was founded in 2016 to address the gap in services for parents and caregivers of trans, non-binary, Two-Spirit and gender diverse children and youth. We are a grassroots group and do not currently receive funding.
 - Our mission is to provide a gender affirming, non-judgemental, and caring space for parents and caregivers to build community with one another, learn about supporting gender diverse children, share resources, and create space for caregivers to share openly about the challenges and joys they experience parenting young gender diverse people.
- **Inter-Cultural Association of GVA**
 - <https://www.icavictoria.org/lgbtqaiservices/>
 - The Q+ Crew is ICA's peer support group for 2S/LGBTQ+ newcomers, refugees and racialized Canadians aged 18-30. Come make friends and share your experience with people who have been there too! Our programs are offered virtually and in-person. Q+ Crew attendees also receive a select number of free counselling sessions with Marigold Counselling. Registration required before attendance.