

Vancouver LGBTQ Resources

“Most boxes are too small to contain the fullness of who we are.”

If you're interested in learning more about the following resources, reach out to the listed emails or phone numbers.

I. Resource Listing

2-Spirit Collective

Provides support, resources, and programming for Indigenous youth, ages 15 to 30, who identify as 2-spirit or LGBTQ+

- unya.bc.ca/2-spirit-collective
- 2spirit@unya.bc.ca; 604-379-5133
- 1618 East Hastings St, Vancouver, V5L 1S6

Aging With Pride

Works with seniors' living and wellness operators to help improve LGBTQ2+ competency across the sector

- bccare.ca/aging-with-pride
- info@bccare.ca; 604-736-4233

A Loving Spoonful

Provides free, nutritious meals to those living with HIV in Metro Vancouver

- alovingspoonful.org
- info@alovingspoonful.org; 604-682-6327
- 449 Powell St, Vancouver, V5L 1G8

Big Bros Barber Shop

A place where trans people could receive hair services without hassle, purchase gender-affirming products that are rarely available on store shelves, and have access to resources that are often difficult to find or afford

- bigbrosbarbershop.com
- contact@bigbrosbarbershop.com
- 2375 East Broadway, Vancouver, V5N 1X2

CampOUT!

A social justice summer camp for queer, trans, Two-Spirit, and allied youth from BC

- campout.ubc.ca
- campout.director@ubc.ca
- #1012 – 2125 Main Mall, Vancouver, V6T 1Z4

Catherine White Holman Wellness Centre

Low-barrier wellness and legal services to Two-Spirit, transgender and gender non-conforming people

- cwhwc.com
- contactus@cwhwc.com; 604-442-4352
- #408-55 Water St, Private Mailbox #8945, Vancouver, V6B 1A1

Chill Rides

Fun, inclusive bike rides with a welcoming, diverse group

- [instagram.com/chillridesyvr](https://www.instagram.com/chillridesyvr)

Coming Out Handbook

Guidance on sharing your sexual orientation and gender identity, or supporting someone to do so

- tinyurl.com/4euehm8z

Dr. Peter Centre

Provides clinical care for HIV/AIDS delivered daily with a stigma-free approach

- drpeter.org
- info@drpeter.org; 604-608-1874
- 1110 Comox St, Vancouver, V6E 1K5

Equity Internship Program

Paid internships within the BC Public Service for LGBT and BIPOC community members

- tinyurl.com/2uxbetcf
- SDPR.EquityInternshipProgram@gov.bc.ca

Foundation Of Hope

Helps LGBTQ newcomers, through community support and funding

- foundationofhope.net
- engagement@foundationofhope.net
- 203-815 Hornby St, Vancouver, V6Z 2E6

Friends For Life

Welcomes people in Vancouver and the Lower Mainland facing life challenges associated with HIV, hepatitis C, cancer and other life-interrupting illnesses to participate in specialized support programs

- vancouverfriendsforlife.ca
- info@vancouverfriendsforlife.ca; 604-682-5992
- 1459 Barclay St, Vancouver, V6G 1J6

Health Initiative For Men

HIM offers a full spectrum of health-based programming and services to meet the sexual, mental, physical and social health needs of communities of self-identified GBQ men and gender diverse people in BC

- checkhimout.ca
- office@checkhimout.ca; 604-488-1001
- 310-1033 Davie St, Vancouver, V6E 1M5

Jobs For Queers Vancouver

A Facebook group posting employment opportunities for LGBTQ community members

- facebook.com/groups/1117137211680090

JQT Vancouver

Support groups, events, and projects for the Jewish LGBTQ community

- jqtvancouver.ca
- info@jqtvancouver.ca

Lesbian Quarterly

An online magazine about the achievements, knowledge, events, and interests of lesbians

- lesbianquarterly.com
- editor@lesbianquarterly.com

Lez Hookup

Welcomes refugee claimants with housing, education, and support

- lezhookup.com

McLaren Housing

Works with low-income individuals and families living with HIV/AIDS and are homeless or inadequately housed

- mclarenhousing.com
- info@mclarenhousing.org; 604-669-4090
- 200–649 Helmcken St, Vancouver, V6B 5R1

MOSAIC – I Belong Program

LGBTQIA2+ programs and resources for newcomers

- tinyurl.com/4k66azvs
- ibelong@mosaicbc.org; 604-254-9626
- 5575 Boundary Rd, Vancouver, V5R 2P9

Options For Sexual Health

Sexual health clinics for people in BC who need to talk about sexuality or sexual health or access sexual and reproductive health care

- optionsforsexualhealth.org
- info@optbc.org; 1-800-739-7367
- 3550 East Hastings St, Vancouver, V5K 2A7

Out For Business

A 1-on-1 mentoring program for LGBTQ entrepreneurs, who are matched local business leaders

- cglcc.ca/programs/out-for-business
- idara.ffiom@cglcc.ca

Out On Patrol

A peer support organization for 2SLGBTQ+ members of law enforcement

- outonpatrol.ca
- info@outonpatrol.ca; 604-717-0504
- 3171-2120 Cambie St, Vancouver, V5Z 2T7

Out On The Shelves Library

Vancouver's oldest LGBT2QIA+ library

- outontheshelveslibrary.com
- outontheshelveslibrary@gmail.com
- 1555 Duranleau St, Vancouver, V6H 3S3

Peer Support Directory

Find peer support groups and services across BC for trans, gender diverse, and Two-Spirit children, youth, and adults, as well as their parents, families, partners, and support networks

- transcarebc.ca/how-to-get-care/peer-support
- transcareteam@phsa.ca; 1-866-999-1514

Pflag Vancouver

Provides peer support, education and advocacy for a Canada that affirms, respects and values all sexualities, genders and gender expressions

- pflagvancouver.com
- info@pflagvancouver.com; 604-626-5667

Prism Services

Vancouver Coastal Health's education, information, and referral service for LGBT communities

- vch.ca/en/service/prism-services
- prism@vch.ca; 604-331-8906
- 1128 Hornby St, Vancouver, V6Z 2L4

QCHAT

A peer support line and resource database for LGBTQ2S youth in BC, available through online chat, email, text, and phone

- qchat.ca
- letschat@qchat.ca; 1-855-956-1777 (phone); 250-800-9036 (text)

Queer Arts Festival

Brings communities together to support artistic risk-taking, incite creative collaboration and experimentation and celebrate the rich heritage of queer artists and art

- queerartsfestival.com
- info@queerartsfestival.com
- 425–268 Keefer St, Vancouver, V6A 1X5

QueerProv

A queer improv comedy club featuring some of Vancouver's silliest, most diverse talent

- linktr.ee/queerprov

Qmunity

A place where queer, trans, and Two-Spirit persons can meet, guide, and support each other

- qmunity.ca
- reception@qmunity.ca; 604-684-5307
- 1170 Bute St, Vancouver, V6E 1Z6

Rainbow Refugee

Provides support, information, and system navigation to LGBTQ refugees and refugee claimants seeking refugee status in Canada

- rainbowrefugee.com
- info@rainbowrefugee.ca
- 620-1033 Davie St, Vancouver, V6E 1M5

Ribbon Community

Provides health care to people affected by HIV/AIDS living in the Lower Mainland

- ribboncommunity.org
- welcome@ribboncommunity.org; 604-893-2201
- 401-1101 Seymour St, Vancouver, V6B 0R1

Saige Community Food Bank

Provides a no barrier safe space for transgender and gender non-conforming or queer individuals to access healthy food, as well as support from their LGBTQ2+ peers and allies

- saigecommunityfoodbank.com
- info@saigecommunityfoodbank.com

Sher Vancouver

Provides support through education and outreach to South Asian members of the LGBTQ+ community

- shervancouver.com
- info@shervancouver.com

Spectrum Health

A full-service family practice that offers comprehensive primary medical care and expertise in the management of HIV

- spectrum-health.net
- 604-681-1080; 778-838-6500 (after hours emergency)
- 702-1080 Howe St, Vancouver, V6Z 2T1

THiP

The Transgender Health Information Program provides info to support trans people and their loved ones.

- vch.ca/en/health-topics/transgender-care
- transhealth@vch.ca; 604-734-1514

Trans Care BC

Supports the delivery of equitable and accessible care, surgical planning, and peer and community support for trans people across BC

- transcarebc.ca
- 1-866-999-1514; transcareteam@phsa.ca

Trans Rights BC

Human rights information that is accurate, accessible, and relevant to the safety and well-being of trans and gender-diverse individuals and their supportive allies

- transrightsbc.ca
- transcarebc@phsa.ca

Trans Lifeline

Connects trans people to the community, support, and resources they need to survive and thrive

- translifeline.org
- 1-877-330-6366

Vancouver Pride Society

Promotes and organizes Pride events in Vancouver

- vancouverpride.ca
- office@vancouverpride.ca

What's On Queer BC

A magazine for the 2SLGBTQIA+ Community in BC. Events, news, stories, resources, poster wall, and the Rainbow Store.

- whatsonqueerbc.com
- whatsonqueerbc@gmail.com

YouthCO

Youth led conversations and resources about sexual health, harm reduction, and stigma

- youthco.org
- info@youthco.org; 604-688-1441

YWCA Believe

A free employment program for self-identified gender-diverse or LGBT newcomers and refugees

- ywcavan.org/believe
- believe@ywcavan.org; 778-349-6198
- 535 Hornby St, Vancouver

II. General Questions & Answers

Can I change the gender designation on my birth certificate and ID?

- Yes. All ages can have their gender designation changed, but the forms you must submit vary by age. Applicants under 19 must have the consent of all their parents with guardianship, and applicants 12 and under must also submit a physician or psychologist confirmation.
- Find more information and the required forms: tinyurl.com/52cj3srj
- The [Catherine White Holman Wellness Centre](#) also helps people to update their ID.

IV. Government Services

Get help with municipal issues at city hall, provincial government services through Service BC and your MLA, and federal government services through Service Canada, and your MP.

Find Your MLA & MP

- Your MLA is your provincial government representative. Their office can advocate for you and connect you to support. You can find your MLA at leg.bc.ca/members/mla-by-community. If you don't have a computer, you can also phone 1-800-663-7867.
- Your MP is your federal government representative. Their office can advocate for you and connect you to support. You can find your MP at ourcommons.ca/members. If you don't have a computer, you can also phone 1-866-599-4999.

City of Vancouver

- [City Hall](#)
604-873-7000 | 453 West 12th Ave, Vancouver
- [Van 3-1-1](#)
Report non-urgent issues and provide input on city proposals van311.ca

Service BC

- 1-800-663-7867 | servicebc.mva@gov.bc.ca
865 Hornby St, 7th Floor, Vancouver, V6Z 2G3

Service Canada

- [East Kingsway](#)
1-800-622-6232 | 1420 Kingsway, Vancouver, V5N 2R5
- [Sinclair Centre \(Passport Office\)](#)
1-800-622-6232 | #125-757 West Hastings St, Vancouver, V6C 1A1
- [West Broadway](#)
1-800-622-6232 | 1263 West Broadway, Vancouver, V6H 1G7