

# PROUD2BU CONTACT LIST

## BURNS LAKE

### **Burns Lake Public Library**

Ph. 250-692-3192

Fax 250-692-7488

Email: [monika@burnslakelibrary.com](mailto:monika@burnslakelibrary.com)

585 Government Street, PO Box 449

Burns Lake BC V0J 1E0

### **Hours of Operation:**

Mon 12:00pm - 4:00pm

Tue 10:00am - 5:00pm

Wed 10:00am - 7:00pm

Thu 10:00am - 7:00pm

Fri 10:00am - 5:00pm

Sat 1:00pm - 4:00pm

Sun Closed

A resource for every one of all ages (including books on how to raise the gender fluid/trans child). Most of the books are dispersed into the general library and they do have a complete list of titles if asked. There are also some DVDs

### **St. Paul's United Church**

Ph. 250-692-7202

136 4 Ave, Burns Lake, BC V0J

LGBTQ2+ group that meets every Friday during the school year for people under age 19, supper is provided; doors are open sometime after 4:30pm.

Activities and sometimes serious discussions. It is a safe space for a lot of the youth.

The minister is a member of the LGBTQ2+ Community and is available to talk about bible things to those worried about God being anti-gay.

## FORT ST. JAMES

### **Davis Monk**

Workshops etc.

Ph. 1-778-978-0032

Fort St James



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## PRINCE GEORGE

### **GALA/Lambda**

Ph. 250-564-1035

Prince George's Gay-Friendly Nightclub provides a Safe Space for people of Alternative lifestyles.

### **GenderOutlines Transgender Society**

Bryn Hanks, DIP SSW, Coordinator

Ph. 778-401-4549

Email: [Genderoutlines@gmail.com](mailto:Genderoutlines@gmail.com)  
[facebook.com/GenderOutlinesPG/](https://facebook.com/GenderOutlinesPG/)

GenderOutlines is a peer support group for anyone under the Trans umbrella, or is questioning their gender identity in Prince George.

Coffee groups, youth groups, movie nights, sensitivity training etc.

### **Love Knows No Gender (LKNG)**

Ph. 250-562-6253

Pager: 250-613-4359

#104- 1188 6th Avenue,  
Prince George, BC V2L 3M6

Email: [lkngyouth@hotmail.com](mailto:lkngyouth@hotmail.com)

Email c/o adult group:  
[galanorth@hotmail.com](mailto:galanorth@hotmail.com)

Weekly drop-in youth group (under 25), peer support, counselling, information, social activities;

Queer-Straight Alliance (to include friends and family) meets weekly

### **MPowerment PG**

Ph. 250-981-7065

Email: [shaing@youthco.org](mailto:shaing@youthco.org)  
[facebook.com/mpowermentpg](https://facebook.com/mpowermentpg)

'In the north for the north' program focused on improving the health of young men and gender diverse folks who are gay, bi, Two-Spirit, or queer through peer-led community building events. Drop in: Visit their Facebook page for a list of upcoming events.



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## PRINCE GEORGE

### **Northern Transgender Health Clinic**

#102 - 1302 7th Avenue,  
Prince George, BC  
Ph. 250-596-8100  
Fax: 250-596-8101

#### **Hours:**

8:30-4:30 Monday to Friday  
(closed alternate Friday afternoons)

The Northern Transgender Health Clinic (within Blue Pine) provides medical care and support to transgender individuals in an inter-professional model. Services are provided to anyone living in Northern BC or for whom travel to Prince George is the most convenient way to access gender affirming care. You may self-refer or have your primary care provider refer directly to the clinic.

### **Prince George QSA**

Library QSA is a safe space for Lesbian, Gay, Bisexual, Transgender, Two-Spirit, Queer, Questioning and Straight teens and teens with LGBTQ families. Teen friends and allies are welcome. The Library QSA is a city-wide group open to all youths in grades 8-12 in Prince George.  
[facebook.com/groups/librarygsa/](https://facebook.com/groups/librarygsa/)

### **Queer Café**

Ph. 250-563-6637

The Queer Café is a monthly event where LGBTQ individuals and allies can come together to meet members of the community and make new friends.

### **Teen Alliance**

Prince George Public Library  
Bob Harkins Branch  
888 Canada Games Way  
(Keith Gordon Room)  
Prince George, BC, V2L 5T6  
Ph. 250-563-9251

Email: [cknapp@pgpl.ca](mailto:cknapp@pgpl.ca)  
[facebook.com/groups/librarygsa/](https://facebook.com/groups/librarygsa/)  
[www.pgpl.ca](http://www.pgpl.ca)

#### **Hours:**

Alternating Tuesdays from 6:00-7:00pm

The Teen Alliance is a safe, inclusive, and fun space for all teens. Each meet features a variety of activities, including board games and video games, crafts, and discussions. For youth ages 13-18.



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## PRINCE RUPERT

### **Prince Rupert GLOW**

**(Gay, Lesbian, or Whatever)**

417 9 Ave W and 201 Prince Rupert Blvd

Prince Rupert, BC, V8J 3B8

Ph. 250-624-0942

Email: christine.danroth@sd52.bc.ca

Located at the Prince Rupert Middle School and Charles Hayes High School. The middle school and high school GSAs have weekly lunch meetings that are run by sponsor teachers. All youth are welcome! It is a friendly space for LGBTQ2S+ and ally youth to gather and support one another. Occasionally, movie nights and community gatherings are organized as well. For youth ages 11-18.

### **Prince Rupert Queer Youth Alliance Group for LGBTQ2+ youth in grades 8-12.**

Email: queeryouthalliance@gmail.com

## QUESNEL

### **Trans Youth Support Group**

Ph. 250-925-4691

Quesnel, BC, V2J 3L1

Email:

accessiblecounsellingservices@gmail.com

Please contact for location and time. A group to connect youth going through the transition process. For ages 12-25.

## SALT SPRING ISLAND

### **Salt Spring Island**

### **Trans Youth Peer Support Group**

Southern Gulf Islands, BC, V8K 2K6

Ph. 250-537-4365

Email: laraujo@ssics.ca

Ages 13-18  
Call for location



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## SMITHERS

### **Smithers 2SLGBT+ Youth Group**

Email for address  
Smithers, BC, V0J 2N0  
Email: youth@smitherspride.com  
www.smitherspride.com

Smithers 2SLGBT+ Youth Group is a safe place for young adults who are entering the workforce and leaving school to find support and meet like minded individuals. Want to hang out in a safe and supportive space or need someone to talk to about sexuality, sexual orientation, or gender identity? Stop by and hang out, play games, do some arts & crafts, talk, have a snack, all in a safe place.

Ages 16-21  
Last Thursday of every month.

### **Gay Straight Alliance at Smithers Secondary School**

<http://sssweb.sd54.bc.ca/index.php/clubs>

This is a group of students who support equality of diverse expressions of gender and sexual-orientation. We are an inclusive group regardless of one's orientation and seek to create a safe environment in the school free of homophobic bullying and intimidation. We post educational information on our bulletin board and help observe key days in support of LGBTQ (Lesbian, Gay, Bisexual, Transgender/Two-Spirited, Queer/Questioning) awareness, as well as provide a comfortable forum for dialogue. These are sensitive issues in a youth's life, and also part of honouring basic human rights. Perry Rath is the sponsor teacher.

## VANDERHOOF

### **Erin Baker**

SOGI rep at NVSS  
Email: ebaker@sd91.bc.ca

### **Heather Cross**

NVSS Allies Connection (LGBTQ2P+)  
Email: hcross@sd91.bc.ca

### **Shauna Kinch, RPC**

Ph. 250-925-4691  
Email: [accessiblecounsellingservices@gmail.com](mailto:accessiblecounsellingservices@gmail.com)

Accessible Counselling Services  
Provides Trans Youth Services including support groups.



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## PHONE-IN OR TEXT SUPPORT

### **1-800-SUICIDE**

**Ph. 1-800-784-2433**

If you are in distress or worried about someone else

### **BC CRISIS LINE**

**Ph. 310-6789**

If you require mental health support, you don't need to dial 604, 250, or 788 before the number.

### **KIDS HELP PHONE**

**Ph. 1-800-668-6866**

**Text 686868**

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

No judgement. Totally private. 24/7.  
Great place to call if you are depressed, upset, in trouble, or just need to talk.

### **NEDA HELPLINE**

**Ph. 1-800-931-2237**

Support for LGBTQ+ people with eating disorders

### **PRIDELINE BC**

**Ph. 1-800-566-1170**

Support, information and referrals for anyone in BC.

Available weeknights

(Monday to Friday) 7:00-10:00 pm

### **TRANS LIFELINE**

**Ph. 1-877-330-6366**

The toll-free hotline is staffed by trans people for trans people and respond to whatever support that members of the trans community might have.

### **YOUTHLINE**

**Ph. 1-800-268-9688**

**Text 647-694-4275**

Offers confidential and non judgemental peer support to LGBTQ+ youth through telephone, text and chat services.

Sunday to Friday 1:00-6:30 pm



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## ONLINE RESOURCES

<http://2spirits.com/>

What it means, resources

<https://egale.ca/about/>

Informing public policy, inspiring cultural change, and promoting human rights and inclusion through research, education, awareness and legal advocacy. Support online, education, training, resource.

<https://news.gov.bc.ca/factsheets/sexual-orientation-and-gender-identity-sogi-in-schools>

Current policies, education

<https://bctf.ca/>

Good information, documents, reports, resources for parents and Youth in the public school system

[www.itgetsbetter.org](http://www.itgetsbetter.org)

Empowers, uplifts, and connects LGBTQ+ youth around the globe

[www.trevorspace.org](http://www.trevorspace.org)

A safe space for LGBTQ youth 13-24 years old to chat online. Join forums and chat with youth like you all over the world.

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

Youth Line offers confidential and non-judgemental peer support through telephone, text, and chat services.

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

Resources for sexual and reproductive health

[www.nativeyouthsexualhealth.com](http://www.nativeyouthsexualhealth.com)

Information for Indigenous youth that works across issues of sexual and reproductive health, rights, and justice. Offers resources for LGBTQ+ youth.



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## ONLINE RESOURCES

### [www.qmunity.ca](http://www.qmunity.ca)

Based in Vancouver. Works to improve queer, trans, and Two-Spirit lives. See their Youth Services Page.

### [www.heretohelp.bc.ca](http://www.heretohelp.bc.ca)

A directory of services in BC

### [www.nationaleatingdisorders.org](http://www.nationaleatingdisorders.org)

Eating disorders in LGBTQ+ populations

### [www.youthanxietycanada.com](http://www.youthanxietycanada.com)

Great resources for teens dealing with anxiety

### <https://www.qchat.ca/>

Welcome to QCHAT! We are a peer support line for LGBT Youth in BC. Call, text, or email! Instant messaging with an LGBT peer volunteer in British Columbia, Canada.

### <https://www.gayau.com/a.htm>

Just the Start - A list of resources for parents, youth, lesbian health, etc.

### <https://ilga.org/>

International Lesbian, gay, bisexual, trans, and intersex association

### <https://prideresourcecenter.colostate.edu/resources/online-resources/gay-lesbian-people-communities/>

Colorado State Pride Resource Centre.

### <https://www.lesbian.org/#content>

Informative website with links to more information.

