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Peer support directory

Find peer support groups and services across British Columbia for trans, non-binary and Two-Spirit children, youth and adults, as well as their parents, caregivers, families, partners and support networks.

Filter peer support ^

Format

☐ Online

☐ In person

Region

Whole Province




Audience

☐ Adults

☐ Children & youth

- ☐ Parents & families
- ☐ BIPOC
- ☐ Indigenous people
- ☐ Neurodivergent people
- ☐ Newcomers & refugees
- ☐ Sex workers

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2SLGBTQIA+ Youth Groups

Campbell River

In person

Children & youth

The Foundry 2SLGBTQIA+ group offers 2SLGBTQIA+ and questioning youth a place to connect with others who share some parts of their identity in a safe and supportive environment. We do a wide variety of activities from cooking and baking, to making arts and crafts, watching films, discussing issues, and learning more about sexual orientation, gender identity, and expression.

There are two groups, one for youth ages 16 - 24, and one for youth ages 12 - 15. We also offer a program by appointment that provides gender-affirming gear, such as chest binders and breast forms. Contact Anne-Marie for more information.

[Read more](#)

All Genders

Vancouver

In person

Children & youth

A peer group for 2SLGBTQIA+ folks and their allies (Ages 13-18 Grades 8-12) to meet weekly, hang out, chat and participate in activities and discussions.

[Read more](#)

AMAB Discord Group

Chilliwack

Online

Adults

Children & youth

Free Discord Trans Support Group. Restricted for Assigned Male at Birth.

[Read more](#)

ASK Wellness Society, Health Navigation: 2SLGBTQIA+ Support Program

Kamloops

Online

In person

Adults

The health educator can provide: one-on-one support, sexual health education, emotional support, STI information and resources, healthcare navigation, harm-reduction and safe sex supplies, information on Blood-borne and sexually-transmitted infections, and more!

If you or a loved one is: coming out, transitioning, questioning your sexual orientation or gender identity, need moral and emotional support, need help finding health and community resources, or have any other sexuality, gender, or sexual-health related questions, then consider accessing these services.

Also available: the Sexual Health hotline! For confidential information or assistance Monday to Friday 8:30a.m. — 4:30p.m. call or text 250-377-5609.

[Read more](#)

Authentically "Other"

Online

Adults

Parents & families

A welcoming and collaborative space to connect and discuss being authentically "Other". This group is for Two-Spirit, non-binary, genderfluid, genderqueer, gender non-conforming, third gender, agender, and questioning folks - and the allies who love them. Discussion topics will be crowd-sourced. We are arriving in this space as queer, non-binary, trained counsellors with trauma-informed, anti-oppressive lenses. Possible topics may include coming into your authentic identity/identities, relationships, families, pronouns, work, the bureaucracy of gender, self-expression, euphoria, and funding community.

Note: We are happy to include caregivers and support folks with prior approval - please email the facilitators.

[Read more](#)

Autistic Queer Peers

Online

In person

Adults

Neurodivergent people

A peer support group for autistic queer and trans people who are 18 years or older who currently reside in the province of BC. This social group is about creating connections and providing the opportunity for friendly discussions in a low-social-pressure, semi-structured, and lightly-moderated digital environment.

[Read more](#)

BiFocus - Vancouver

Online

In person

Adults

A peer-facilitated support group for folks of all genders who are (or think they might be) sexually and/or romantically attracted to people of *more than one gender or regardless* of gender. This can include people who identify as bi+, non-monosexual, pansexual, fluid, queer, & other queer self-identifications.

[Read more](#)

Cariboo Gender Support

100 Mile House

In person

Adults

Parents & families

Peer/caregiver support group.

[Read more](#)

Chilliwack Rainbow Families

Chilliwack

In person

Children & youth

Parents & families

Providing educational and peer support to children and parents of children under 12 experiencing gender diversity. Please bring an open mind and honest questions. Childcare provided.

[Read more](#)

Chronically Queer

Burnaby

Online

In person

Adults

Children & youth

Neurodivergent people

Chronically Queer (CQ) is for 2SLGBTQIA+ people who are neurodivergent, mad, crip, chronically ill, and/or disabled. CQ recognizes that disability is an umbrella term that includes, but is not limited to: physical, sensory, senses, respiratory, cognitive, mental health, learning, temporary, episodic, invisible/non-evident, self-diagnosed, and more.

CQ is a peer-facilitated support group. We aim to create a supportive and welcoming environment where participants can be themselves fully and openly without fear of judgement. We provide participants an opportunity to engage in an encouraging and caring environment, share personal stories/feelings, listen as others share their experiences, and learn coping strategies.

[Read more](#)

Connecting Rainbows

Vernon

In person

Parents & families

A group for parents and caregivers of 2SLGBTQIA+ folks.

[Read more](#)

CVYS Family Pride Group

Duncan

Parents & families

If you are a parent or caregiver of a teenager or pre-teen, who identify as part of the 2SLGBTQIA+ community, we offer a parenting support and information group. There will be space for discussion, connecting with other parents, and education. We run these groups as needed, please call our office for more information at 250-748-0232.

[Read more](#)

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Please note: This directory is intended to provide an overview of peer support groups and resources available in B.C. Each listing is published as received from external sources, and Trans Care BC does not endorse or guarantee all listings.



Do you have a peer support group you'd like to list here?

Visit our [Resources for Peer Support Groups](#) page for instructions on how to submit your group's information to Trans Care BC.

Need support?

Contact our team of experienced health navigators for information about gender-affirming care in B.C.

[✉ Contact us](#)

PHSA provides specialized health care services to communities across British Columbia, on the territories of many distinct First Nations. We are grateful to all the First Nations who have cared for and nurtured the lands and waters around us for all time, including the x^wməθk^wəyəm (Musqueam), Skwxwú7mesh Úxwumixw (Squamish Nation), and səlílwətaʔ (Tsleil-Waututh Nation) on whose unceded and ancestral territory our head office is located.

Commissioned artwork by Chase Gray

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