Pride at UFV Community & Online Resources

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Community Resources:

Abbotsford Child and Youth Committee

- Resources and information for those 0-25
- https://www.abbotsfordchildandyouth.ca/youth/lgbtq2s-support

Chilliwack Gender Support Network

- Peer-led transgender support groups
- http://gendersupportnetwork.com/

Chilliwack Youth Health Centre

- Medical and mental health services to youth and young adults ages 12-26 years
- https://chilliwackyhc.com/

Foundry BC

- Clinics, counselling, online resources
- https://foundrybc.ca/abbotsford/ (Abbotsford Location)

Fraser Health

- Clinics, information, resources, counselling
- https://www.fraserhealth.ca/health-topics-a-to-z/sexual-health/lgb2tqq#.XS3yI-tKi71

Fraser Valley Youth Society

- Workshops, events, community connections, resources
- http://www.fvys.ca/

HiM – Health Initiative for Men

- Health and wellbeing website for gay men
- https://checkhimout.ca/

PFlag Canada

- Peer to peer support for all in the LGBTQI+ community
- https://pflagcanada.ca/

Positive Living Fraser Valley Society

- Education and support on STI's and HIV
- https://phoenixsociety.com/services/positive-living-fraser-valley

QMUNITY

- LGBTQI+ resources, social groups, events, workshops; for all ages
- https://qmunity.ca/

Vancouver Coastal Health

- Mental and Physical health resources
- http://www.vch.ca/

Online Resources:

The Asexual Visibility and Education Network

- Website dedicated to asexual information and education
- https://www.asexuality.org/

Bisexual Resource Center

- Bisexual resources and information
- https://biresource.org/

Human Rights Campaign

- Resources and guide for coming out
- https://www.hrc.org/resources/coming-out

Lifeline Canada Foundation

- List of LGBTQI+ Resources
- https://thelifelinecanada.ca/lbgtq2/

QMUNITY – Safety in Same Gender Relationships

- Safety in same gender relationships booklet
- https://qmunity.ca/resources/same-gender-relationships-safety/

World Health Organization

- HIV/AIDS information
- https://www.who.int/news-room/fact-sheets/detail/hiv-aids

Online Trans Resources:

BC Children's Hospital Trans Resource Page

- Compiles helpful trans resources, binding supplies, suggested readings, and hormone information
- http://www.bcchildrens.ca/health-info/coping-support/transgender-resources

QMUNITY – Safety in Trans Relationships

- Safety in Relationships for Trans* Folk booklet
- https://qmunity.ca/resources/trans-relationships-safety/

Trans Care BC

- Compiles helpful trans resources, such as name changes on ID's, medical care and hormones, and mental health and wellness supports
- http://www.phsa.ca/transcarebc/about/who-we-are

Trans Rights BC

- Information on human rights and trans rights in all areas of life
- https://www.transrightsbc.ca/

Be an Ally Resources:

Gender Spectrum Website

- Understanding gender information
- https://www.genderspectrum.org/resources

Huff Post Article – Non-Binary Pronouns

- Why non-binary pronouns matter
- https://www.huffpost.com/entry/non-binary-pronouns-why-they-matter_b_5a03107be4b0230facb8419a

QMUNITY – Terminology

- Queer terminology from A to Q
- https://qmunity.ca/wp-content/uploads/2019/06/Queer-Glossary_2019_02.pdf

The Safe Zone Project

- Online resource devoted to free education and training on LGBTQI+ topics for allies
- https://thesafezoneproject.com/

The Society of Obstetricians and Gynaecologists of Canada

- LGBTQ+ page; information on coming out, gender identity, sexual orientation and awareness and respect
- https://www.sexandu.ca/lgbttq/