



**Skwxwú7mesh Úxwumixw**

Squamish Nation



# **2SLGBTQIA<sup>+</sup>** Inclusion Resources Guide



# ínexw chexw ti ays

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# Skw̓xwú7mesh Úxwumixw

## Services & Departments

### **Ayás Ménmen (Child & Family Services)**

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The philosophy of Ayás Ménmen is to enhance the lives of the Skw̓xwú7mesh Úxwumixw children, their families, and the community by providing a caring, supportive, and vital community service. We offer safe & supportive programs for 2SLGBTQIA+ youth & families to ensure we can support the emotional, spiritual, and cultural needs of these community members.

Family Support | Wellness Programs | Family Therapy | Child & Youth Therapy | Therapeutic Groups | Parenting Education | Cultural Support | Early Intervention Programs | Youth Programs | Youth Support Groups

#### **Office Hours & Location:**

8:30 am – 4:30 pm, Monday – Friday  
Unit 2, 380 Welch Street, West Vancouver

**Office Phone:** 604-985-4111

**Email:** [amm\\_reception@squamish.net](mailto:amm_reception@squamish.net)

#### **Wellness Team Leader & Contact:**

Hannah Rushton

**Phone:** 778-233-4869

**Email:** [hannah\\_rushton@squamish.net](mailto:hannah_rushton@squamish.net)



## Yúustway (Health and Wellness)

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Yúustway exists to provide quality holistic care in a respectful, safe manner to ensure the health and wellness of all people by empowering our community and offering the tools for living in health from birth to end of life. Our team offers support and referral resources for our 2SLGBTQIA+ members. If you identify and would like support in accessing counsellors specific in supporting your needs, contact our Mental Health Intake Worker. Mental Health & Addictions Counsellors | Social Services Advocacy | Home and Community Care | Elder in Residence | Traditional Healing & Wellness Support | Kal'númet Primary Care Clinic | Community Recreation

### Office Hours & Location:

8:30 am – 4:30 pm, Monday – Friday  
Unit 9A, 380 Welch Street, West Vancouver

**Office Phone:** 604-982-0332

**Email:** [yhsreception@squamish.net](mailto:yhsreception@squamish.net)

For direct access to confidential counselling resources, contact our **Community Health and Wellness Intake Worker:**  
Eileen Guss: 604-982-7806

## Kal'numet Medical Clinic

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The Primary Care team includes:  
Physicians | Naturopathic Doctor | Nurse Practitioner | Community Health Nurses | Medical Office Assistant(s) | Primary Care Manager

### Office Hours & Location:

8:30 am – 4:30 pm, Monday – Friday Unit 9A, 380 Welch Street, West Vancouver

**Phone:** 604.985.2052

**Email:** [kpc\\_medicalclinic@squamish.net](mailto:kpc_medicalclinic@squamish.net)

If you do not have a doctor of your own or have lost access call toll-free 1-**855-344-3800** to make an appointment with the First Nations Virtual Doctor of the Day between the hours of 8:30 am – 4:30 pm, 7 days a week.





# External Resources



# SUPPORT GROUPS

## Urban Native Youth Association (UNYA) 2-Spirit Collective Program

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Vancouver organization with a wide range of Two-Spirit inclusive services for Indigenous youth, including some programming specifically designed for Two-Spirit youth.

2-Spirit Collective is an UNYA program that provides support, resources, and programming for Indigenous youth, ages 15 to 30, who identify as 2-spirit or LGBTQ+ (lesbian, gay, bisexual, transgender, queer, gender non-conforming, along with many other identities), and for those who are questioning their sexual or gender identities.



1618 Hastings St E,  
Vancouver, BC



604-254-7732



[2spirit@unya.bc.ca](mailto:2spirit@unya.bc.ca)

## Indian Residential School Survivors Society

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Indigenous trans, two-spirit and other LGBTQ+ Indigenous people are able to connect with their Resolution Health Support Worker and LGBTQ+ Liaison for support, interim counseling, and cultural connection and ceremony. To access this program, ask to be connected with the LGBTQ+ Liaison by phone or email



402 – 100 Park Royal South,  
West Vancouver, BC  
V7T 1A2



694-985-0023



[reception@irsss.ca](mailto:reception@irsss.ca)

## Trans Care BC

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Trans Care BC is a provincial program working to enhance and coordinate trans health services and supports across the province, bringing gender-affirming care closer to home wherever possible.



Toll-free (BC): 1-866-999-1514  
Outside of BC: 604-675-3647



[transcareteam@phsa.ca](mailto:transcareteam@phsa.ca)



<http://www.phsa.ca/transcarebc/gender-basics-education/terms-concepts/two-spirit>

## Qmmunity

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Two-Spirit, Queer, Trans Support group who offer peer facilitated services and programs



1170 Bute St,  
Vancouver, BC



604-684-5307



<http://www.qmunity.ca>



## Transforming Embers

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2Spirit Wellness - supporting Coast Salish 2Spirit/urban Indigenous LGBTQIA+ relative and their families living on Coast Salish lands and waters



[sparrow@transformingembers.com](mailto:sparrow@transformingembers.com)



<https://transformingembers.com/>

## 2SLGBTQIA+ INCLUSION GROUPS

### Whatever Youth Hub

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Whatever is a drop-in program for 2SLGBTQIA+ youth and their allies in grades 8 to 12, and offers a supportive, caring environment in which to hang out and be heard.



Park Royal Mall  
706 Main Street,  
West Vancouver, BC



604-329-1497



[lnakamura@westvancouver.ca](mailto:lnakamura@westvancouver.ca)



<https://www.westvancouver.ca/parks-recreation/recreation-programs-services/youth-services>

### Two-Spirit Sweat Lodge

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Sweat lodge held on Squamish Territory (North Vancouver) for Two-Spirit folks and allies.

Contact Bon Fabian



604-700-6751



[bonsfab@gmail.com](mailto:bonsfab@gmail.com)

### Be Yourself | PROUD2BE

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PROUD2BE Yourself drop-in groups for youth (virtual or in-person) aged 16-24 and identify as queer, transgender, two-spirited, and/or questioning. Join for free. Weekly drop-in group.



203-1111 Lonsdale Avenue  
North Vancouver, BC



604-828-8177



[proud2be@familyservices.bc.ca](mailto:proud2be@familyservices.bc.ca)



[www.familyservices.bc.ca/find-support/lgbtq2s-support/](http://www.familyservices.bc.ca/find-support/lgbtq2s-support/)



## Dancing to Eagle Spirit Society

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Trans positive and inclusive ceremonies led by Tsleil-Waututh, Two-Spirit and trans elder on Tsleil-Waututh Territory. Contact Sandy Leo Laframboise



Deep Cove, BC



778-319-3965.



[dancingtoeaglespirit@gmail.com](mailto:dancingtoeaglespirit@gmail.com)

## UBC CampOUT!

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**UBC CampOUT!** is a leadership and learning summer camp for queer, trans, Two-Spirit, questioning, and allied youth from across BC & the Yukon. Prioritizing participants from rural, remote, and Indigenous communities. CampOUT! brings us together to learn about decolonizing, anti-racist and disability justice approaches to education and leadership from each other and from mentors in community.

Typically, the camp is held at Chá7elkwnech, Camp Fircom on **Gambier Island**, Skwxwú7mesh (Squamish) territory. Year round they operate at The University of British Columbia – Vancouver Campus.



UBC Vancouver Campus, Faculty of Education  
Vancouver, BC



**604.822.8298 or  
1.877.678.CAMP (2267)**



[campout.director@ubc.ca](mailto:campout.director@ubc.ca)

## HELP LINES

### Trevor Project

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Provides information & support to LGBTQ young people 24/7, all year round.



**1-866-844-7386**



<https://www.thetrevorproject.org/>

### Trans Lifeline

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Provides trans peer support for our community that's been diverted from police since day one. Run by and for trans people



**1-877-330-6366**



<https://translifeline.org/>

### Fraser Health Crisis Line

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For anyone who needs immediate, free, and confidential emotional support, crisis intervention and/or community resource information 24 hours/day, 7 days/week.



**604-951-8855**





## 1-800-SUICIDE

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Crisis line for suicide crisis and prevention



**1-800-SUICIDE (784-3433)**



[www.canada.ca/en/public-health/services/suicide-prevention/warning-signs.html](http://www.canada.ca/en/public-health/services/suicide-prevention/warning-signs.html)

## Mental Health Support

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This number will connect you to your local BC crisis line without a wait or busy signal, 24 hours a day. Crisis line workers are there to listen and support you as well as refer you to community resources.



**310-6789**

## FREE COUNSELING

### First Nation Health Authority

Pay for counselors on their Health Benefits Mental Health Provider List



<https://www.fnha.ca/benefits/mental-health>

### Native Courtworker and Counseling Association of BC



604 628-1143



[advancouver@nccabc.com](mailto:advancouver@nccabc.com)

### Metro Vancouver Indigenous Service Society Services



Intake Navigator  
604.255.2394 EXT 110



[intake@miviss.ca](mailto:intake@miviss.ca)

### Aboriginal Wellness Program



(604) 675-2551



[aboriginalwellnessprogram@vch.ca](mailto:aboriginalwellnessprogram@vch.ca)



<http://www.vch.ca/your-care/indigenous-health>

### Indian Residential School Survivor Society



413 W Esplanade  
North Vancouver, BC



(604) 985-4464



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



# RESOURCES TO SHARE WITH ALLIES

## PHSA | Transcare

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<http://www.phsa.ca/transcarebc/gender-basics-education/terms-concepts/two-spirit>

## Pflag

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Provides support for all family members and friends and works to create an environment of understanding so our gay, lesbian, bisexual and transgender children can live with dignity and respect. <http://www.pflagvancouver.com/>



(604) 626-5667



[info@pflagvancouver.com](mailto:info@pflagvancouver.com)

## Gender Creative Kids

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Reference community organization that has supported trans, non-binary, and gender-fluid youth's affirmation within their families, schools, and communities. <https://gendercreativekids.com/>

## Indigenous gender diversity: Creating culturally relevant and gender-affirming services

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[Indigenous gender diversity: Creating culturally relevant and gender-affirming services](#)

This three-hour online course is for people working in health and social service settings to increase their awareness, knowledge, and skills when improving service access for gender diverse Indigenous people across British Columbia. The course has been developed in collaboration with gender diverse Indigenous and Two-Spirit community members.

## Making culturally relevant and gender-affirming referrals

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[Making culturally relevant and gender-affirming referrals](#)

The 2-page support tool below provides helpful questions to consider before referring gender diverse Indigenous and Two-Spirit clients on to other services to do our best to make sure that these services are both culturally inclusive and gender-affirming.

## Indigenous gender diversity course Transcare BC

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[Indigenous gender diversity course: Resources for further learning](#)

Trans Care BC encourages everyone to continue learning about Indigenous gender diversity and the broader scope of Two-Spirit cultures, identities, and roles in various Indigenous Nations.



## READING SUGGESTIONS



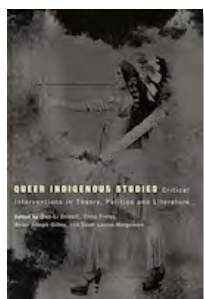
### **A Two-Spirit Journey**

#### **The Autobiography of a Lesbian Ojibwa-Cree Elder**

Ma-Nee Chacaby & Mary Louisa Plummer, 2016.

\$24.95 at Indigo | Free: Local Library

Monthly eBook Subscription: Audible



### **Queer Indigenous Studies**

Critical Interventions in Theory, Politics, and Literature (First Peoples: New Directions in Indigenous Studies).

Driskill et al, 2011.

\$38.59 at Indigo | Free: Local Library

Monthly eBook Subscription: Audible

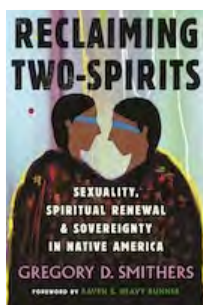


### **Spaces between us: Queer settler colonialism and Indigenous decolonization.**

Scott Lauria Morgensen, 2011.

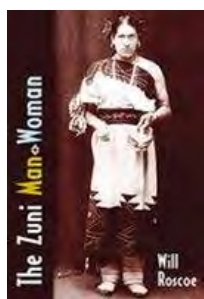
\$35.92 at Indigo | Free: Local Library

Monthly eBook Subscription: Audible



### **Reclaiming Two-Spirits: Sexuality Spiritual Renewal & Sovereignty in Native America**

Gregory D. Smithers



### **The Zuni Manwoman**

Will Roscoe, 1992.

\$36.95 at Indigo

Free: Local Library

Monthly eBook Subscription: Audible



## WATCHING SUGGESTIONS



**Trans and Native:** Meet the Indigenous Doctor Giving Them Hope.  
<https://www.youtube.com/watch?v=MSnvtj0G3cA> (7:49mins)



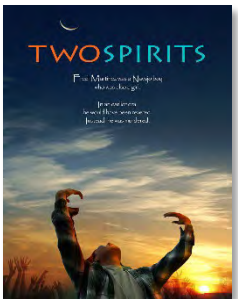
**Two Spirits, One Voice** - EGALE (2016)  
[https://www.youtube.com/watch?v=-MM7hM-Q\\_QM&t=11s](https://www.youtube.com/watch?v=-MM7hM-Q_QM&t=11s) (4:05mins)



**Face to Face with Jack Saddleback** (2014)  
<https://www.youtube.com/watch?v=gJs4fy-XDrI> (2:41mins)



**Two Soft Things, Two Hard Things**  
(2016, iTunes release summer 2018)  
<https://www.youtube.com/watch?v=qd56h-xAlsQ> (Preview 2:00mins) (Full-film 71:00mins)  
Borrow from Local Library: Free



**Two-Spirits** (2009)  
Documentary exploring the cultural context behind a tragic and senseless murder of a young Two-Spirit Navajo person.  
<https://vimeo.com/ondemand/twospirits> (51 :00mins)  
Rent: \$5.14 | Buy: \$16.72  
Borrow from Local Library: Free

**Final Report:  
Survey on Covid-19 Impacts with the Two-Spirit Community of  
Wabanaki, (2021)**  
Free PDF: <http://w2sa.ca/sites/w2sa.ca/files/2021-08/W2SA%20Final%20Report%20-%20Covid%20impacts%20on%20Two-Spirits.pdf>





## PODCASTS SUGGESTIONS



### Your Two Spirit Aunties

<https://yourtwospiritauntiespodcast.buzzsprout.com/2000315>

Welcome to the adventures of your Two Spirit Aunties! Join us for laughs, truth, heart, and all things Two-Spirit!

LISTEN ON



**Two Spirit Tea** is a new show unlike anything you've seen before. Its wide range of perspectives from Pride, indigenous beliefs, and two-spirited souls will provide discussions with depth and entertainment. Two Spirit Tea uses an array of knowledge and experiences to put forth a powerful voice on pop culture and current events. <https://tunein.com/radio/Two-Spirit-Tea-p1460477/>

LISTEN ON



**Gender Reveal** podcast explores the vast diversity of trans experiences through interviews with a wide array of trans, nonbinary and two-spirit people.

<https://www.genderpodcast.com/>

LISTEN ON





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2SLGBTQIA+ Inclusion

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