First Nations Health Authority
Health through wellness

2SLGBTQQIA+ Resource List

2SLGBTQQIA+ Programs and Organizations

Note: Not all of the resources listed below are specific to serving Two-Spirit and/or Indigenous LGBTQQIA+ people.

Vancouver Coastal

- UNYA's 2 Spirit Collective
- Two Spirit Sweat Lodge
- Mind Map: Two-Spirit Affirming Services in the Lower Mainland
- Metro Vancouver Indigenous Services Society
- QMunity
- Catherine White Holman Wellness Centre
- Health Initiative for Men (HIM)
- PACE Society

Interior

- Youth Safe Spaces (Interior Community Services)
- Health Initiative for Men (HIM) in BC Interior
- STEPS
- Our Landing Place
- Okanagan Gender Identity Group (OGIG)
- TransParent Peer Support Okanagan
- Kootenay Transfolk
- Trans Connect
- Etcetera, run by the Bridge Youth & Family Services

Fraser-Salish

- PFlag Surrey
- Chilliwack Youth Health Centre
- Health Initiative for Men (HIM) - Abbotsford
- Abbotsford Child & Youth Committee
- Chilliwack Gender Support Network
- Langley Youth Hub
- Chilliwack Queer Cafe

North

- Nanki Nezulne (Our Two Spirits), Carrier Sekani Family Services
- Positive Living North

Vancouver Island

- Transforming Embers 2Spirit Wellness (Coast Salish Territories)
- 2-Spirit, Queer, & Trans Youth Drop-In
- niizh jijaag gashkibijigan: Building Our Bundles of Support with Two-Spirit Youth
- Greater Victoria Queer Parents
- Prism Wellness (AVI.org)
- Cowichan Valley Youth Services
- Gender Spectacular Families
- Generation Q (BGC Central Vancouver Island)
- Nanaimo Pride Society
- Vancouver Island Queer Collective
- Gender Journeys (Nanaimo Family Life Association)

British Columbia

- Community-Based Research Centre's Two-Spirit Program

Working collaboratively and meaningfully with Indigenous partners, leaders, and Elders, the Community-Based Research Centre is supporting the development of Two-Spirit-led programs and initiatives that enhance the health and wellbeing of Canada's Two-Spirit and Indigenous queer and trans communities. Alongside its Coast Salish Partners, this programming includes culturally safe and relevant data collection and research, as well as Two-Spirit and Indigenous-led knowledge exchange and resource development.

2 SPIRITS OF BC

The 2 Spirits of BC website is provided by the Four Feathers Society. The society organizes events for the 2 Spirit people living in British Columbia that improve their wellness. They host a Two Spirit Talking Circle (Tuesdays at 7:00pm).

FNHA MENTAL HEALTH BENEFIT

First Nations Health Benefits covers counselling services offered by registered psychologists, clinical counsellors, and social workers. The Mental Health Provider Map shows providers who are registered with FNHA across BC. You can see if providers provide LGBTQ2SI sensitive services on the left-side panel (see this guide for more information).

CAMPOUT

UBC CampOUT! is a leadership and learning summer camp for queer, trans, Two-Spirit, questioning, and allied youth from across BC & the Yukon. 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 we operate at The University of British Columbia – Vancouver Campus on the shared territories of xʷməθkʷəy̓əm (Musqueam), Sə́l̓ílwətaʔ (Tsleil-Waututh), and Skwxwú7mesh (Squamish) Nations.

QCHAT

QCHAT is an LGBTQIA2S+ peer support association made up of peer volunteers across British Columbia, and our organization exists to provide peer support and referral services to youth residing within the province. They offer a peer support line via online chat, text message, and over the phone. They also can refer you to LGBTQIA2S+ resources all over the province.

GET CHECKED ONLINE

Get Checked Online is an easy way to test for STIs without visiting a health care provider. Create a lab form from our online assessment, and bring it to a participating lab to provide your samples for testing. You get your results online or by phone.

TRANS CARE BC (PROVINCIAL HEALTH SERVICES AUTHORITY)

Trans Care BC helps you connect to gender-affirming health and wellness supports as close to home as possible. They offer resources and services for gender affirming procedures, such as hormone therapy, gender-affirming surgery, social transitioning (ID and name change, changing speech, etc), and peer support.

TRANS RIGHTS BC

This project aims to disseminate 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 across British Columbia. They offer information about trans and gender diverse rights, such as explicit protection, public spaces and services, education, housing, employment and more.

Canada/International

NATIVE YOUTH SEXUAL HEALTH NETWORK

The Native Youth Sexual Health Network (NYSHN) is an organization by and for Indigenous youth that works across issues of sexual and reproductive health, rights and justice throughout the United States and Canada. Some of their areas of work include HIV/AIDS awareness, culturally safe sex education, #landback advocacy, Midwifery and Birth Justice, as well as Two-Spirit/Gender and Sexuality Education.

TWO SPIRITED PEOPLE OF MANITOBA INC.

2Spirit Manitoba is an organization that seeks to improve the quality of life of 2Spirit (Indigenous LGBTQQIA+ People). They host various projects and resources that aim to create safe spaces for the Two-Spirit/Indigiqueer community, capacity building for organizations and communities, and 2SLGBTTQIA+ education and awareness.

2 SPIRITS IN MOTION SOCIETY

2 Spirits in Motion will create, maintain, and strengthen a safe and supportive social environment for 2 Spirit people to feel and be loved, succeed, and become empowered to make their own decisions and to find and express their purpose in life. They host projects, events and resources to uplift 2SLGBTTQIA+ communities and voices.

2SPIRITS

2 Spirited People of the 1st Nations (2 Spirits) is a non profit social service organization whose membership consists of Aboriginal 2-Spirit (people that carried male and female spirits) gay, lesbian, intersexed, bisexual, and transgender people in Toronto. Due to the AIDS epidemic, the organization was prompted to have health, counseling and advocacy expertise.

DANCING TO EAGLE SPIRIT SOCIETY

The purpose of the society is to advance Native American healing and spiritual principles for aboriginal and non-aboriginal people who self identify as two spirit persons. The society seeks to honor the dignity of the individual, building personal and community self esteem by providing emotional support and spiritual needs using traditional Native American ways and culture.

NATIVE OUT

Native Out is a Facebook page that shares resources, articles, events for the 2SLGBTTQIA+ community.

EDMONTON 2 SPIRIT SOCIETY

E2S is an intergenerational organization that serves 2 Spirit and Indigenous queer and trans people, their family members, and community members, to help establish opportunities for 2 Spirits to hold community shaping power. They offer resources, programs, and events for 2SLGBTTQIA+ people.

2-SPIRITED PEOPLE OF THE 1ST NATIONS

2-Spirited People of the 1st Nations provide prevention education and support for 2-Spirit, including First Nations, metis and Inuit people living with or at risk for HIV and related co-infections in the Greater Toronto Area. They base their work on Indigenous philosophies of wholistic health and wellness.

WABANAKI TWO SPIRIT ALLIANCE

The Wabanaki Two Spirit Alliance is a group of volunteers, researchers, academics, knowledge holders, youth and Elders Wabanaki Two-Spirits and Allies who strive to provide equitable and safe environments for Two Spirits and Indigenous LGBTQ+ to live and thrive spiritually, mentally, physically and emotionally within Wabanaki territory.

TWO-SPIRIT MICHIF LOCAL

The Two-Spirit Michif Local is a Manitoba Métis Federation local in the Winnipeg region that serves Métis citizens who identify as two-spirit (2S), lesbian, gay, bisexual, trans, queer, and/or non-binary.

Hotlines

Considering Suicide: 1-800-SUICIDE
Mental Health Support: 310-6789
Fraser Health Crisis Line: 604-951-8855
Bullying Hotline: 1-877-352-4497
VictimLinkBC: 1-800-563-0808
24hour Rape Crisis Line: 604-872-8212
Senior Abuse: 1-866-437-1940
Alcohol and Drug: 604-660-9382
Housing Shelter & Street Help Line: 211
Trans Lifeline: 1-877-330-6366
Trevor Project: 1-866-844-7386

LGBT Youth Line: 1-800-268-9688
Poison Control: 604-682-5050
Children Helpline: 310-1234
Healthlink: 811/ 711 for hearing impaired
Kids Help Phone: 1-800-668-6868
Post Secondary Crisis Line: 1-866-925-5454
Watari: 604-254-6995
KUU-US Crisis Line Society:

- Indigenous Elders and adults: 250-723-4050
- Indigenous youth: 250-723-2040

Online Resources

Guidebooks, infographics, presentations, and other written resources

BRITISH COLUMBIA

We Are Allies Webpage (Collaboration between FNHA & PHSA)
https://www.weareallies.ca/

Gender Equity & 2SLGBTQ+ Resources (Government of British Columbia, n.d)

QTBIPOC Youth Road Map (QMunity, 2017)

CANADA

Suicide prevention for Two-Spirit People (National Aboriginal Health Organization, n.d)

Two-Spirit (OUTSaskatoon, n.d)

We Are Part Of A Tradition (2-Spirited People of the 1st Nations, 1998)

Two Spirit People: Sex, Gender & Sexuality in Historic and Contemporary Native America
(Harlan Pruden, Se-ah-dom Edmo, n.d)

Traditional Understandings of Gender Diversity (NWAC, n.d)

You Are Made of Medicine: A Mental Health Peer Support Manual for Indigiqueer, Two-Spirit, LGBTQ+ and Gender Non-Conforming Indigenous Youth (Native Youth Sexual Health Network, n.d)

Two-Spirit Project PEACE Workbook (Native Women's Association of Canada, 2018)

An Introduction to the Health of Two-Spirit People: Historical, Contemporary, and Emergent Issues
(Sarah Hunt, 2016)

INTERNATIONAL

Celebrating Our Magic (Alessandra Angelino, 2019)

Indigenizing Love (Western States Center, 2019)

Reading list

BOOKS

A Two-Spirit Journey: The Autobiography of a Lesbian Ojibwa-Cree Elder (Ma-Nee Chacaby, 2016).

Becoming Two-Spirit: Gay Identity and Social Acceptance in Indian Country (Brian Joseph Gilley, 2006).

Asegi Stories: Cherokee Queer and Two-Spirit Memory (Qwo-Li Driskill, 2016).

A History of My Brief Body (Billy-Ray Belcourt, 2021).

Urban Indigenous Youth Reframing Two-Spirit (Marie Laing, 2021).

The Erotics of Sovereignty: Queer Native Writings in the Era of Self-Determination (Mark Rifkin, 2012).

Jonny Appleseed (Joshua Whitehead, 2018)

Love After the End: An Anthology of Two-Spirit and Indigiqueer Speculative Fiction (Joshua Whitehead, 2020)

Sovereign Erotics: A Collection of Two-Spirit Literature (Qwo-Li Driskill, Daniel Health Justice, Deborah Miranda, & Lisa Tatonetti, 2011)

Spaces Between Us: Queer Settler Colonialism and Indigenous Decolonization (Scott Lauria Morgensen, 2011)

More readings: Queer and Two-Spirit Books at Xwi7xwa Library (UBC)

ARTICLES

Two Spirit Journal

Conversations with Young Two-Spirit, Trans and Queer Indigenous People in Toronto Zine (Marie Laing, 2017)

Hearing Two-Spirits (Cortney Dakin, 2012)

Our Stories: First Peoples in Canada (n.d.)

8 Things You Should Know About Two Spirit People (Tony Enos, 2017)

Medicine bundle project for 2-spirit people in BC seeks to bring back spiritual aspects of sexuality (Akshay Kulkarni, 2022)

Non-print resources

VIDEOS

Two-Spirit Knowing (Edmonton 2 Spirit Society, 2022)

Two Spirits (Lydia Nibley, 2009)

Two Spirits, One Voice (Egale, 2018)

Face-to-Face with Jack Saddleback (MIAWCanada, 2014)

Journey of Indigenous Gender Identity (Meeting Ground, 2014)

Regalia: Pride in Two Spirits (Love Intersections, 2015)

Two Soft Things, Two Hard Things (Mark Kenneth Woods & Michael Yerxa, 2016)

Two-Spirit Content at The Summit (Community-Based Research Centre, 2021)

Queer Inuit Art (Inuit Art Foundation & Smithsonian Institution Arctic Studies Center, 2021)

Live Indigiqueer Storytelling (Salmon Nation)

Two-Spirit Indigenous Video Stories (Fierté Canada Pride)

Coming In Stories (Marjorie Beaucage, 2017)

"Two Spirit" (Injunity, 2013)

PODCASTS

Two Spirit Talks

Dr. Kim Tallbear on Decolonizing Sexuality through Critical Polyamory (Strippers and Sages)

Indigiqueer (All My Relations Podcast)

Ilona Verley: The First Indigenous and First Two-Spirit Queen on Canada's Drag Race (Matriarch Movement)

Nimkish: Sharing Indigiqueer Stories Through Music (Matriarch Movement)

Cheyenne Mihko Kihêw - Blood Eagle and the Validity of Truth (Tales of the 2SLGBTQ+)

Two Spirit Tea (Simma Downe and Ella L'Amoureux)

LEARNING RESOURCES FOR RESEARCHERS AND SERVICE PROVIDERS IN BC

Indigenous gender diversity: Creating culturally relevant and gender-affirming services (PHSA, online course)

Restoring the Circle (NWAC, online course)

Providing diversity competent care to Two-Spirit clients (Fraser Health, 2015)

Meet the Methods Series: "What and who is Two-Spirit?" in Health Research
(Harlan Pruden & Travis Salway, 2020)

Two-Spirit Dry Lab Resources (n.d.)