

Port Moody

Coquitlam

Port Coquitlam

# TRI-CITIES PRIDE!



## PRIDE GUIDE

Your local guide to 2S/LGBTQIA+ resources in the Tri-Cities!



**Tri-Cities  
Pride Society**

**Together  
We Belong**

[tricitiepride.ca](http://tricitiepride.ca)

# Territorial Acknowledgment

We acknowledge that the Coquitlam Pride Festival is taking place on the traditional, ancestral and unceded territory of the **kʷikʷə́łəm (Kwikwetlem First Nation)**. We thank the kʷikʷə́łəm who continue to live on these lands and care for them, along with the waters and all that is above and below.

THANK YOU! THANK YOU! THANK YOU!

## Thank You

Tri-Cities Pride Society is an entirely volunteer-run organization. We have a deep appreciation for our volunteers, including our board of directors, our pride planning committee, and the individual volunteers who help to make Pride happen and continue to work towards building a more inclusive community.

Thank you to our partners, sponsors and donors for supporting this work.

An additional thank you to our Festival hosts and partners, including Evergreen Cultural Centre, PoMoArts Centre, and the three cities of Coquitlam, Port Moody and Port Coquitlam who have collaborated so beautifully to bring the Tri-Cities Pride Festival Weekend into fruition. This booklet was brought to you as part of our Spirit of Coquitlam grant 2024, and we are grateful for receiving their support for a second year.





# Together We Belong

The theme for this year's pride celebration is "Together We Belong." Our LGBTQ+ Youth Committee developed this slogan to highlight the importance of celebrating and including all part of our diverse 2S/LGBTQIA+ community. At a time when the rights of trans and nonbinary people are being attacked both globally and within our own country, and with ongoing concerns of racism and ableism affecting our communities, we are standing up to say all members of our 2S/LGBTQIA+ community have a place with us. You are not alone, you belong here, and you are accepted just as you are.

In recognition of this theme, please read through the articles of our Pride Guide as a way to help our community continue to become more inclusive and supportive for all. Additionally, we strive to promote a diversity of voices and experiences as we prepare for our Tri-Cities Pride Festival Weekend, so come out and celebrate with us! Because: Together We Belong.

**YOU HAVE A PLACE WITH US. YOU BELONG HERE.**





# LGBTQ+ Youth Committee

The Coquitlam Pride Festival began in 2023 when a group of dedicated youth from the Charles Best Secondary School's Gay-Straight Alliance spoke to mayor and council about how important it is to have a Pride celebration in their local community. To honour their brave efforts, we at Tri-Cities Pride Society continue to centre youth voices during our Festival as well as year-round!

At the request of a youth in our community, we formed the LGBTQ+ Youth Committee, a group of 14-19 year old queer youth local to the Tri-Cities who come together to advise TCPS, to direct our efforts when event planning, and even to create their own youth-oriented events.

In 2025 the LGBTQ+ Youth Committee has been supported by grants from both Equitas' Community Action Projects and the McCreary Centre's Youth Action Grants.

We're grateful to our LGBTQ+ Youth Committee for their ongoing work to make the Tri-Cities a vibrant and inclusive space for 2S/LGBTQIA+ youth!

We're always happy to make new friends, so if you're interested in joining, please send us an email at [info@tricitypride.ca](mailto:info@tricitypride.ca)!



# Pronoun Primer

## What is a pronoun?

A pronoun is a simple way of referring to a proper noun without being repetitive. We could say “Susan is eating Susan’s lunch” or simply “Susan is eating her lunch.”

## Gender-neutral pronouns:

For the grammar nerds out there, it’s important to know that using they/them pronouns is, in fact, grammatically correct! “They” is recognized as a personal pronoun in both the Oxford English Dictionary and the Merriam-Webster Dictionary, and has been traced back to writings as early as the 1300s. You probably already use they/them pronouns without even realizing it - for instance, in the phrase “if anyone arrives late, they’ll have to wait outside.”

## Other pronouns:

You may hear people using other pronouns as well, for instance, some folks use zie/zir, it/its, any pronouns, or no pronouns (requesting you simply use the name they use). Don’t panic! If you meet people who use these pronouns you can look them up or ask the person politely how they want to be addressed.

## The main message:

Respect the pronouns a person uses as best you can, and know that we all make mistakes, and it is a mark of respect to keep trying to do better. And remember that language matters! It has the potential to hurt, and also the potential to help – to make someone feel safe, seen, and comfortable.

## Ideas for action:

Want to do more? Consider wearing a pronoun pin! This is a great way to normalize asking about pronouns and helps to educate our community on the importance of not making assumptions about gender. You can also practice introducing your pronouns along with your name when meeting new people. Adding your pronouns to your email signature is another great way to share your pronouns!



# Get Involved

Everything we do happens because of our members, volunteers, and donors! If you have the capacity to help, please consider connecting with us.



## Membership

Members are the backbone of our Society! Membership gives you access to our newsletter and voting rights at our meetings, as well as helping us show potential grantees how many people we reach with our organization. In addition, your membership fee goes directly back to our programs and events! Membership fees are \$15, and accessible memberships of \$0 are available to individuals. Become a member today!



## Volunteer

We've got volunteer opportunities year-round, but of course we always need extra help come festival season! If you're interested in volunteering with us, please fill out our volunteer form, and we'll get back to you as soon as we can!

## Donate

Interested in donating to us? We accept any amount of donations, every little bit helps us keep TCPS running! Please send us an e-transfer at [info@tricitypride.ca](mailto:info@tricitypride.ca), or get in touch if you're looking to sponsor Pride or for a different way to donate!



# PORT MOODY Youth PRIDE!

**Friday, July 18, 2025**  
**4 – 6pm**  
**PoMoArts Centre**



Join us at PoMoArts Centre to celebrate our queer youth, as well as their families, friends and allies! Developed in collaboration by PoMoArts Centre and our LGBTQ+ Youth Committee, explore a queer youth art exhibition, collaborative art activities, live music, refreshments, and more. This event is free to attend.

**Free Music & Food**

**Youth Art Exhibition**

**Collaborative Art Project**



# COQUITLAM PRIDE

**Saturday, July 19, 2025**

**12 – 5pm**

**Evergreen Cultural Centre &  
Town Centre Park Community Centre**

Coquitlam Pride returns for our annual celebration in and around Evergreen Cultural Centre and Town Centre Park Community Centre! Come out and enjoy a free, family-friendly day filled with live music, free workshops, a Pride Parade along Pinetree Way, and all kinds of colourful festivities. This year, check out our new Youth Only Lounge, hosted by our very own LGBTQ+ Youth Committee.







**10:30 - 11:30 AM**

## **Pride Story Time with the Coquitlam Public Library**

Evergreen Cultural Centre, Studio Theatre

**12:00 PM**

## **Opening Ceremony & Parade**

Parade Route: 1.5 km along Pinetree Way

**12:00 - 5:00 PM**

## **Community Booths, Vendors & Youth Lounge**

Evergreen Cultural Centre & Town Centre Park Community Centre

**12:30 - 5:00 PM**

## **Music in the Park**

Overlooking Lafarge Lake

**1:00 - 5:00 PM**

## **Free Workshops**

Evergreen Theatre Stage



# PORT COQUITLAM PRIDE!

**Sunday, July 20, 2025**  
**2 – 5pm**  
**Leigh Square**



Pride in PoCo is an annual celebration of the 2S/LGBTQIA+ community and gender-diverse people. Organized by the City's Community Mosaic Roundtable, this family-friendly event includes live music, crafts, food, and community displays to celebrate Pride and support welcoming, inclusive public spaces.

## **Design Your Own Denim Vest!**

Bring your own denim vest or use one of ours and decorate it to your hearts content. All supplies included and it's free!



# ON PRIDE: COMMUNITY ESSAY

## “It’s still new to me...”

By Alex (they / them)

I came out as trans non-binary at 16. For the first two years of my transition, gender affirming surgery wasn’t covered in Nova Scotia, where I lived; it was five more years, though, before I understood they wouldn’t give it to me. Was it the lack of documentation that made it so hard? Those first seven years, Canada didn’t legally recognise my existence; I was 22, when I held an ID with an X marker for the first time. It still took developing a medical condition at 24, back in BC, for my first surgery to happen; the second at 25, was nearly ten years after I came out.

This year I turn thirty. Last year, I watched politicians at home and abroad campaign on the basis that my nature makes me a monster. My existence is outlawed now below the border, and the media ignores how much what they’re doing to trans people follows the ten steps of genocide. I think of Pride, and think of how close Canada came to a prime minister that said he only knew of two genders. I can still count on one hand the number of times I’ve seen events in June dedicated to trans and non-binary folks, but I tell myself it’s my imagination that I seem to see less public sector employees wearing pronoun pins these days, and that all these spaces are still safe for me.


I’ve known I was non-binary for nearly half my life now. In all that time, only one thing has remained the same; the excuse I hear, when people misgender me, exclude me, erase me. “It’s still new to me, this whole non-binary thing...”

It isn’t new, and neither am I.

It’s about time everyone accepted that.



# Why do we need intentional 2S/LGBTQIA+ inclusion?



2S/LGBTQIA+ inclusion matters because everyone deserves to feel seen, respected, valued and celebrated for who they are. When we create spaces that embrace all sexual orientations, gender identities, and expressions, we foster environments rooted in equity, dignity, and belonging. Inclusion is not simply about representation – it is about ensuring that 2S/LGBTQIA+ people are meaningfully heard, have access to opportunities, and experience safety in all areas of life.

True inclusion of 2S/LGBTQIA+ people means more than simply opening the doors; it means making intentional space where people know they are not just allowed to show up, but are meant to be there, celebrated, and reflected. Intentional 2S/LGBTQIA+ inclusion – such as queer-specific programs – shows that organizations recognize and value the unique experiences, culture, and community of 2S/LGBTQIA+ people. It creates safer, affirming environments where folks can connect without having to navigate assumptions, stereotypes, or the discomfort of being “the only one.” These spaces foster belonging, visibility, and joy in a way that general events and programs often cannot.

When inclusion is passive – when it’s implied rather than clearly demonstrated – 2S/LGBTQIA+ individuals may not feel truly safe or seen. Many have experienced exclusion, harassment, or erasure in public settings. Dedicated events signal that their presence is not only accepted, but prioritized. Intentional inclusion also gives the broader community a chance to show up in solidarity and learn through celebration. It helps build a more inclusive culture, where everyone understands that equity isn’t just about access – it’s about feeling welcome and represented.

# Intersectionality & Solidarity

Pride has always been, and always will be, a protest. Like many pivotal protests in the movement for Queer and Trans Liberation, it is one led by 2S/LGBTQIA+ folks from a diverse set of backgrounds including Black, Indigenous and people of colour, disabled folks, sex workers and more. Through community solidarity, we've defied colonial, patriarchal systems and won the (frighteningly dwindling and precarious) rights and freedoms we have today. We look to Queer and Trans leaders, like Stormé DeLarverie, Leslie Feinberg, Marsha P. Johnson, Harvey Milk, and others who fearlessly led the charge against oppressive systems that targeted Queer and Trans siblings, uplifting 2S/LGBTQIA+ siblings from all backgrounds.

Queer and Trans identities extend far beyond the 2S/LGBTQIA+ acronym – they are mosaics that include tiles from all socio-economic backgrounds, races, abilities, gender expressions, geographies, and more. Intersectionality, coined by the Black feminist legal scholar Kimberle Crenshaw, means that different sources and positions of power, privilege, and oppression come together to define the issues we face and the battles we need to fight. As Crenshaw writes, “It’s not simply that there’s a race problem here, a gender problem here, and a class or LGBTQ problem there.”

What we have in common is our belief in equitable human rights. To protect and uplift our siblings, we must integrate an intersectional lens when building community and solidarity. That’s why the Tri-Cities Pride Society is honoured to offer our local diverse 2S/LGBTQIA+ communities opportunities to come together. We actively seek to include and centre the voices and perspectives of people with experiences of the forms of oppression we are aiming to combat. Our community is who we are doing this work for and are accountable to.

# TCPS Year-Round Programs

Because we're queer 24/7, 365 days a year (and one extra on leap years!)

## Out and About: Walking Group

**First Saturday of the Month, 1 - 2pm**

Join us for a casual walk and great conversation around Lafarge Lake. This free event happens rain or shine, barring extreme weather. Leashed dogs are also welcome.



## Pride & Allies Book Club

**Coquitlam Public Library, City Centre Branch**

Love to read? Join us for our Pride and Allies Book Club meeting! This casual group meets monthly at Coquitlam Public Library, City Centre Branch, to discuss that month's reading material. Every month, explore a new story that features a queer writer or main character - often both!

**Pride & Allies Book Club**



## Crafty Queers

**Last Saturday of the month, 2 - 4pm**

Stop by for a free afternoon of crafting and conversation, hosted by GOLDbard. Held in various locations on the last Saturday of the month, bring your own project, or use some of the art supplies provided to start something new. We will have tea and snacks available. Feel free to bring a snack to share!



# Resources



CHECK OUT THESE AMAZING LOCAL ORGANIZATIONS

## Therapy, Counselling & Support



What's On  
Queer BC



SHARE  
Community  
Services

## Peer Support Phone, Online & Text



QChat



Kids Help  
Phone

## Youth Clinics



Tri-Cities  
Fraser  
Health



Trans Care  
BC

## Information & Referrals



Tri-Cities  
Pride Society



Qmunity

## 2SLGBTQ+ Newcomers



DIVERSECITY  
Community  
Resource  
Society



I Belong  
Program

## Family Support



PFLAG  
Canada



What's On  
Queer BC

## Youth Support Groups



Qmunity GAB  
Youth  
(Ages 10-25)



Plea GEN Out  
(Ages 14-18)

## 2-Spirit Indigenous Youth



UNYA  
(Ages 15-30)



Indigenous  
& 2-Spirit  
Resources  
UBC



# Thank You!

PROUDLY SUPPORTING OUR 2S/LGBTQIA+ COMMUNITY



## Connect with us:



[info@tricitypride.ca](mailto:info@tricitypride.ca)



[Tri-Cities Pride Society](https://www.facebook.com/Tri-Cities Pride Society)



[@tricitypridebc](https://www.instagram.com/@tricitypridebc)

[tricitypride.ca](http://tricitypride.ca)



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