

LOOKING BACK. LOOKING FORWARD.

# TRI-CITIES PRIDE GUIDE 2024

**YOUR LOCAL GUIDE TO 2SLGBTQIA+  
RESOURCES IN THE TRI-CITIES**

Port Coquitlam | Coquitlam | Port Moody

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



# LAND ACKNOWLEDGEMENT

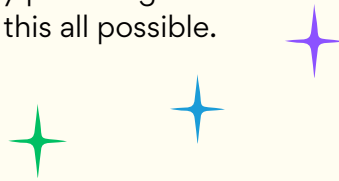
We acknowledge that the Coquitlam Pride Festival is taking place on the traditional, ancestral and unceded territory of the *kʷikʷəłəm* (Kwikwetlem First Nation). We thank the *kʷikʷəłəm* who continue to live on these lands and care for them, along with the waters and all that is above and below.

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## THANK YOU

Tri-Cities Pride Society is an entirely volunteer-run organization. We hold a deep gratitude for our volunteers, including our Board of Directors, the Pride Planning Committee, and festival volunteers who help to make Pride happen and work towards building a more inclusive community. Thank you to our sponsors and partners for supporting this work.

An additional thank you to Evergreen Cultural Centre and the City of Coquitlam for supporting us with the physical space and operational considerations that went into planning the Coquitlam Pride Festival. In particular, we are thankful for the City of Coquitlam's financial support by providing TCPS with a Spirit of Coquitlam grant, which made this all possible.

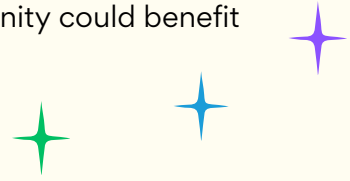




# LOOKING BACK. LOOKING FORWARD.

The theme for this year's Pride celebration is "Looking back, looking forward." Created by the Tri-Cities Pride Society's 2SLGBTQIA+ Youth Committee, this slogan was developed to recognize the long history of 2SLGBTQIA+ individuals and activism that have paved the way for them to express themselves, and the need to continue this positive change to create more inclusive communities and spaces for queer individuals to come.

In recognition of this, our 2SLGBTQIA+ Youth Committee focused on ensuring that diversity and representation was a core value of the Coquitlam Pride Festival, including programming for folks of all ages from youth to seniors. Many of the articles in this Tri-Cities Pride Guide were specifically requested by our 2SLGBTQIA+ Youth Committee as educational resources they felt our community could benefit from.



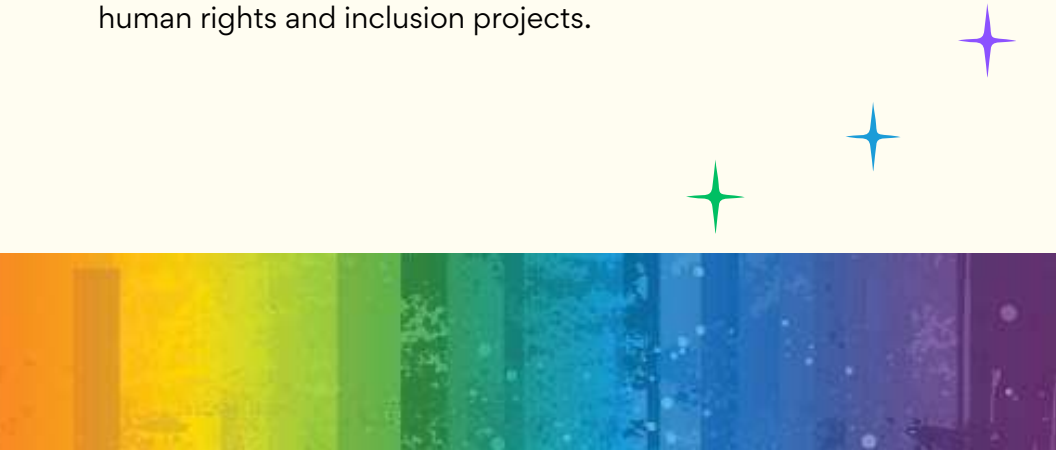


# YOUTH VOICE

The Coquitlam Pride Festival began last year, as a result of the brave and passionate students at the Charles Best GSA. These students undertook a delegation to council in the City of Coquitlam to talk about how important it is to have a Pride celebration in their own community. To honour their efforts, we at Tri-Cities Pride Society wanted to continue to centre youth voices as we take on organizing the Coquitlam Pride Festival in 2024. To do this, we formed an 2SLGBTQIA+ youth committee, and invited youth aged 14-18 to shape the Coquitlam Pride Festival and ensure it continues to meet the needs of Tri-Cities youth.

This year, more than half of the programming at the Coquitlam Pride Festival was requested by or directly organized by our youth volunteers. They came up with the theme for this year, “Looking Back, Looking Forward,” to celebrate 2SLGBTQIA+ history as well as to continue to work towards creating safer and more inclusive spaces for the 2SLGBTQIA+ community within the Tri-Cities.

Additional funding was provided by Equitas to support the project, and we extend our gratitude to their strong focus on human rights and inclusion projects.





# WHY CELEBRATE PRIDE?



## WHAT IS PRIDE MONTH?

Pride Month is celebrated every June to celebrate the achievements and contributions of the 2SLGBTQIA+ community, and to commemorate the Stonewall Uprising of June 1969 in New York City. The Stonewall Uprising was a pivotal event in the 2SLGBTQIA+ rights movement, marking the beginning of more organized and vocal advocacy, and is now celebrated as a catalyst for greater visibility, acceptance and equality for 2SLGBTQIA+ individuals worldwide.

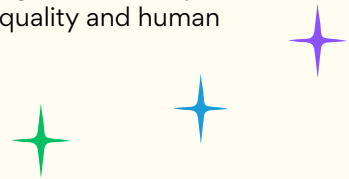
Pride Month serves as a reminder of this history, celebrating the diversity of the community and highlighting the importance of acceptance and love. It is a time for 2SLGBTQIA+ individuals and allies to come together, celebrate their identities, and advocate for further progress in achieving equal rights and social justice.

Though International Pride Month is in June, Pride Season is all summer long with events and programs extending into August, including the Vancouver Pride Parade!



## WHY IS PRIDE IMPORTANT?

Pride is essential because it promotes visibility, acceptance, and support for the 2SLGBTQIA+ community. By celebrating Pride, we challenge the stigma and discrimination that many 2SLGBTQIA+ individuals face, fostering a more inclusive and understanding society. Pride events, such as parades, festivals, and educational programs, create safe spaces where people can express their true selves without fear of judgment or oppression. Pride serves as a platform for advocacy, raising awareness about the ongoing local and international issues affecting the 2SLGBTQIA+ community, such as access to gender-affirming healthcare, legal discrimination, and violence. It reinforces the message that everyone deserves to live with dignity and respect, regardless of their sexual orientation or gender identity, and encourages solidarity in the ongoing fight for equality and human rights.





# BE AN ALLY

## IT'S EASIER THAN YOU THINK!

You may think of an Ally as a person who is loud and outspoken, willing to stand together in protests and demonstrations for mutual causes. Sure, some of us can do this as an Ally... but for the rest of us it can be as simple as:

### **1 ASK QUESTIONS AND LISTEN**

We become allies by understanding the successes, and challenges, of our peers. Your 2SLGBTQIA+ community is often open to answer well-meant questions and share their experiences. While there is usually no such thing as a 'wrong' question, please keep in mind that 2SLGBTQIA+ people can choose not to answer personal questions. Ask yourself – Would I ask this personal question to someone who isn't part of the community? If you make a mistake, it's good to keep in mind that we are all growing together. Remember that the best apology is changed behaviour.

### **2 PARTICIPATE IN LOCAL EVENTS & PARTNERSHIPS**

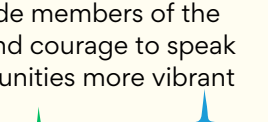
There are local events supporting 2SLGBTQIA+ resources available all year long in the Tri-Cities. Even if you have a good knowledge of local resources and partnerships, your presence at these events can be a huge support. Event organizers are encouraged by your attendance, and first-time participants may also feel more at ease if they see other welcoming attendees (like yourself) who can initiate discussions if needed.

### **3 WEAR YOUR PRIDE**

Do you have a favourite Pride pin, pronoun button, or flag you could add to your bag or outfit? Accessories and symbols of Pride provide a visual sign that you support a safe community for everyone. Some people who are unfamiliar with 2SLGBTQIA+ issues may ask questions about your Pride button, which makes a great icebreaker to open up conversations.

### **4 STRENGTHEN YOUR COMMUNITY WITH FELLOW ALLIES**

Find like-minded people who share your interests and support! Look into your city's political groups and organizations – Do local Boards and elected officials promote allyship or include members of the 2SLGBTQIA+ community? Your knowledge and courage to speak up helps create changes and make our communities more vibrant and inclusive for everyone.



# YOUTH RESOURCES

## THERAPY, COUNSELLING, SUPPORT

What's on Queer BC



SHARE



## PEER SUPPORT PHONE/ONLINE/TEXT

QCHAT



LGBT Youthline



## 2 SPIRIT INDIGENOUS YOUTH UNYA (ages 15-30)



Indigenous and 2 Spirit  
Resources - UBC



## YOUTH CLINICS

Tri-Cities-Fraser Health



Trans Care BC



## WELL-BEING

2SLGBTQIA+ YOUTH



## INFORMATION AND REFERRALS

Prideline



TriCities Pride Society



## YOUTH SUPPORT GROUPS

Qmunity GAB YOUTH  
(youth 10-25)



PLEA GEN OUT  
(youth 14-18)



## FAMILY SUPPORT

PFLAG Canada



What's on Queer BC



## 2SLGBTQ+ NEWCOMERS

DIVERSEcity Community  
Resource Society



I Belong Program



Presents

# Pride & Allies Book Club

Age 50+

Drop-in or Pre-registration below

Tea and cookies provided

Drop by the library to pick up your copy of the book of  
the month!

## Pride & Allies Book Club



**BOOK  
CLUB**

**Fridays | 3:00–4:00 pm**  
**City Centre Branch | Board Room**

Join Coquitlam Public Library for our first ever Pride & Allies Book Club!  
We'll meet on the second Friday of each month. Book selections will be  
decided by club members with input from Library staff.

This book club is geared at adults aged 50+ but everyone is welcome.

To register, please email Ann at [ajohannes@coqlibrary.ca](mailto:ajohannes@coqlibrary.ca)

**Next meetings:**

September 13  
October 11  
November 8  
December 13





# GEN-OUT

## Tri-Cities



**Gen-Out is a free, confidential and voluntary support group for youth age 13-18 in the Tri-Cities who are exploring gender and sexuality.**

**Tri-Cities**  
**(Port Coquitlam) from 5:30-**  
**7:30pm every Monday**  
**(except Holidays)**

**Instagram: [genout\\_tc](#)**  
**Email: [genouttc@plea.bc.ca](mailto:genouttc@plea.bc.ca)**



**COMMUNITY  
SERVICES**





# TRANS\* SUPPORT Groups

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1st and 3rd Wednesday of each month in the  
Tri-Cities from 6:30-8:30pm

To Register: [TransSupport@plea.bc.ca](mailto:TransSupport@plea.bc.ca)

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We provide two facilitated groups: one for Trans\* youth  
(ages 13-25) & one for parents and caregivers of trans\*  
youth.

Both groups are held at the same time and location in  
different rooms.

\*Trans/non-binary/gender-exploring



# RESOURCES

## General Resources

**Qmunity:** [www.qmunity.ca](http://www.qmunity.ca)

QMUNITY is a non-profit organization based in Vancouver, BC that works to improve queer, trans, and Two-Spirit lives. They provide a safer space for 2SLGBTQIA+ people and their allies to fully self-express while feeling welcome and included. Our building serves as a catalyst for community initiatives and collective strength.

**What's On! Queer BC:** [www.whatsonqueerbc.com](http://www.whatsonqueerbc.com)

What's On! Queer BC is a Vancouver-based online magazine and resources catalogue featuring queer stories, news, events and resources links important to people living in the BC Lower Mainland. These include resources and news of interest by and for the Lesbian, Gay, Bisexual, Trans, Two-spirit and Intersex communities in Metro Vancouver, The Sea to Sky and Fraser Valley as well as BC Islands and BC Interior.

**SOGI 123:** [www.sogieducation.org](http://www.sogieducation.org)

SOGI 1 2 3 are resources that help educators make schools inclusive and safe for students of all sexual orientations and gender identities (SOGI). At a SOGI-inclusive school, students' gender does not limit their interests and opportunities, and their sexual orientation and how they understand and express their gender are welcomed without discrimination.

## Supports for Trans and Gender-Diverse Individuals

**Trans Care BC:** [www.phsa.ca/transcarebc/](http://www.phsa.ca/transcarebc/)

Trans Care BC connects trans people, their loved ones and clinicians with information, education, training and support.


**Catherine White Holman Wellness Centre:** [cwhwc.com/services/](http://cwhwc.com/services/)

Virtual clinic services are free and available to all trans and gender-diverse residents of BC regardless of status. Clinic provides hormone and surgery readiness assessments and letters of recommendation to support medical access to hormone replacement therapy (HRT) or gender-affirming surgeries. Can help update your legal name and gender-marker. They also answer questions about identification (ID) updates, help you pay for some costs updating your ID, and help you update other identification such as passport, BC service card, and driver's license.

**UBC Research Library – 2SLGBTQAI+ Health Resources:**

[https://guides.library.ubc.ca/2slgbtqia\\_health/online\\_resources](https://guides.library.ubc.ca/2slgbtqia_health/online_resources)

Provides several government resources, online toolkits and libraries, Indigenous and Two-Spirit resources, Intersex resources and research guides.





**Spirit of  
Coquitlam**  
GRANT 2023

# THANK YOU

## Further Information

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

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

**Facebook** Tri-Cities Pride Society

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



**Tri-Cities  
Pride Society**