


WHAT WE DO



We encourage understanding and respect of everyone's individual experience.

We provide peer support for trans and gender diverse people in the qathet Regional District. We host group sessions and events, connect individuals to resources, provide education, and collaborate with local organizations.

CONTACT

 (604) 414-6187

 info@transqathet.ca

 Unit #27-7100 Alberni St
Town Centre Mall

 www.transqathet.ca

  @transqathet

Check our website & social media for up to date info on our drop in hours + upcoming events



TRANS CARE BC
Provincial Health Services Authority



YOU

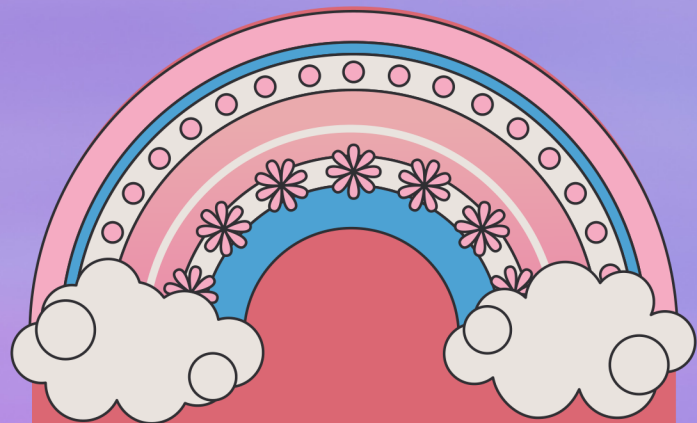
CAN

BE

AN

ALLY

...HERE'S HOW!



WORKSHOPS

We offer customized workshops to help make your organization more welcoming and trans-inclusive.

1 hour intro course: \$500.00

or

2 hours: \$700.00

(customized to your service, with practice scenarios & guided discussions)

We are happy to discuss a sliding scale if our rates are a barrier!



ALLYSHIP TIPS TO REMEMBER

Practice introducing yourself with your pronouns.

e.g.: "Hi, my name is Jane, my pronouns are they/them, how about you?"



Always refer to people by the name and pronouns that they use.



Use they/them pronouns until you learn how to refer to someone.

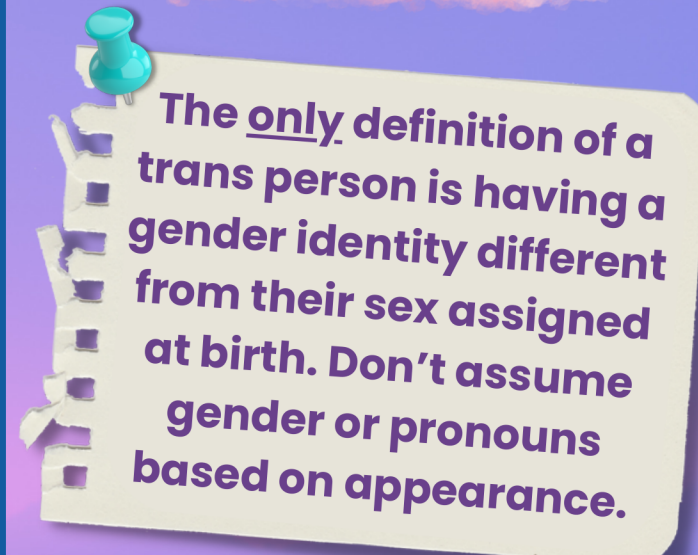


Choosing Inclusive Language

Guys/Ladies	People/Person
Men/Women	Everyone
Mr/Mrs/Ms	Customer
Ma'am/Sir	Client/Guest
Wife/Husband	Partner/Spouse
Daughter/Son	Child/Sibling
Brother/Sister	Parent
He/She	They/Them
His/Hers	Theirs



You don't need to understand someone's gender identity to be respectful of it.



The only definition of a trans person is having a gender identity different from their sex assigned at birth. Don't assume gender or pronouns based on appearance.



**TRANS RIGHTS ARE
HUMAN RIGHTS**