

WHAT WILL MY FIRST APPOINTMENTS LOOK LIKE?



Welcome to the TSC program at Three Bridges. During your first appointments, our focus will be on getting to know you so that we can support you on your individual journey. These are the general topics that we typically cover during an initial appointment. There are no 'right' or 'wrong' answers, we genuinely want to get to know you and support you on your journey.

YOUR GOALS



WHAT ARE YOUR GOALS AND HOW CAN WE HELP?

Hormones and desired Effects

Surgical Assessment(s) for Upper and/or Lower Surgeries

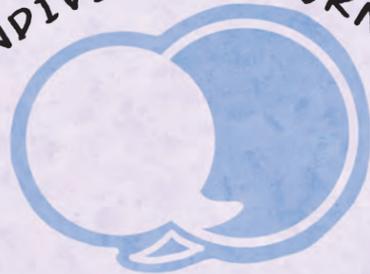
ID or Documentation changes

Support with Pre and/or Post-op care

connection to Peer and Social Supports

For further information on surgical requirements/ pre-requisites

YOUR INDIVIDUAL JOURNEY



SOME OF THE TOPICS OR QUESTIONS WE MIGHT ASK INCLUDE:

Housing Situation

Emotional Well-being

Relationships (Family and Socially)

Experiences at school, in the community and/or at work

How you understand your Gender Identity

The way(s) you express your Gender Identity



MEDICAL HISTORY



AN OVERVIEW OF YOUR GENERAL MEDICAL HISTORY WHICH MAY INCLUDE:

Health conditions

Any Surgeries you've had

Mental Health

Substance Use

Smoking

Medications

Allergies

Discussion of Fertility (your goals, options and referral if desired)

Discussion of any risks based on your goals and your medical history

TRANS SPECIALTY CARE PROGRAM

WHAT WILL MY FIRST APPOINTMENTS LOOK LIKE?

TRANS SPECIALTY CARE PROGRAM

RESOURCES



MATERIALS THAT MAY BE HELPFUL OR OF INTEREST TO YOU:

General Information

- Trans Care BC website
- **Trans Lifeline** - Grassroots Hotline run by and for Trans People: **877-330-6366**

Resources for Refugees and Newcomers

- Rainbow Refugee
- Trans Newcomers Resource Hub

Families

- Families in Transition
- Kids of Trans Resource Guide (for children of Trans parents)

NEXT STEPS



DEPENDING ON WHAT YOUR GOALS ARE:

Your **provider** will discuss next steps with you and book the appropriate next appointments with you.

If you are **seeking hormones**, for example, your nurse or doctor may give you a requisition to get blood work drawn prior to your next appointment.

For **hormone initiation**, we typically start with 2 one hour appointments several weeks apart. Additional visits may be required.

Our providers may also **connect you** with other members of our team, such as our peer support worker or social worker, depending on what your goals and needs are.

If you have any questions prior to your first visit, please contact our admin clerk:

604-331-8901 ext.3
transcareintake@vch.ca

Note: Our staff are part-time and it may take up to 1 week for a response

WE LOOK FORWARD TO SEEING YOU

