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?**

**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
- 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
  - Substance Use
  - Mental Health
  - 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

**Support with Pre and/or Post-op care**

For further information on surgical requirements/prerequisites.
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

Vancouver Coastal Health