

# Family Services of the North Shore



**Be Yourself**

**Drop-in group for queer, trans, and two-spirit folks to connect, share experiences, and build community.**

For folks 16 to 24 years old  
Wednesdays from 5:30 to 7:00 pm  
Meets at Bridgman Park

Find us at the covered picnic tables next to the parking lot  
\*Keith Road entrance just west of the bridge\*

## **Questions or More Info:**

Email: [proud2be@familyservices.bc.ca](mailto:proud2be@familyservices.bc.ca)

Text or call: 236-982-9871

**This group is facilitated by master's level counsellors.**

203-1111 Lonsdale Ave.,  
North Vancouver, BC  
Tel: 604.988.5281

[www.familyservices.bc.ca](http://www.familyservices.bc.ca)



Family  
Services  
**NORTH SHORE**  
Changing lives together