

Language Matters

Below you will find some definitions and useful terms. Often these words have multiple definitions, and are ever evolving within the transgender community.

Transgender – A person whose gender identity does not match the gender they were assigned at birth. Being transgender does not determine sexual orientation.

Cisgender – Someone whose gender assigned at birth matches their gender identity.

Gender identity – A person's internal sense or feeling of being male, female, a blend of the two, no gender, or a gender that falls outside of the binary.

Gender Diverse – Expressing gender in ways that differ from mainstream cultural expectations of gender e.g. feminine boys/men and masculine girls/women.

2-Spirit – Refers to a person who has both a masculine and a feminine spirit and is used by some Indigenous people to describe their sexual, gender and/or spiritual identity. As an umbrella term, it may encompass same-gender attraction and a wide variety of gender variance.

Pronouns – People are exercising their right to choose how others will address them. Some people select a new name, or choose pronouns in line with their true gender identity. People may shift pronouns across the gender binary, eg. from she, her, hers to he, him, his. Others may choose pronouns that are gender neutral, eg. they or them or non-gendered.

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Canadian Mental Health Association
Haliburton, Kawartha, Pine Ridge
Mental health for all



An agency of the Government of Ontario.
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Serving the City and County of Peterborough, City of Kawartha Lakes
and the counties of Haliburton and Northumberland



What is Gender Journeys?

Gender Journeys, offered through the Canadian Mental Health Association, Haliburton, Kawartha, Pine Ridge, provides programming, education, and support services for transgender, 2-spirit, gender diverse and individuals who are questioning their gender identity. Services are also offered for families, partners and loved ones.



We offer the following groups and programming:

- Gender Journeys Core Group
- Youth Gender Journeys Group
- Beyond Gender Journeys Group
- Family Support Group
- Partner Support Group
- Peer-to-Peer Support and Mentoring

All Gender Journeys groups and programs are respectful of the diversity of gender identities.

Workshops and Education for Allies

To decrease isolation and increase connection in the community, Gender Journeys offers workshops and education to organizations interested in developing awareness and sensitivity skills. These educational sessions help build capacity to support trans gender individuals and families.

An ally is anyone who supports and stands up for the rights of the LGBTQ community.

These services are offered for workplaces, community organizations, health professionals, schools or any group. For more information about programs and scheduling, please contact us.

Gender Journeys Groups

Gender Journeys Core Group

Gender Journeys is a free 10-week group exploring gender identity and gender roles. We provide up-to-date information about a variety of topics and the experience of transitioning. The group also fosters community support and connection.

Topics will include:

- reducing isolation
- exploring your sense of self
- finding trans-friendly health care
- coming out to family, friends and co-workers
- issues important to physical health and emotional well-being
- accessing community and celebrating diversity
- practical information to assist with transitioning

Youth Gender Journeys Group

Youth Gender Journeys is a group specifically for youth exploring their gender identity and expression. This group provides reliable, up to date information about the process of transitioning. Some of the topics include exploring your sense of self, self-acceptance, celebrating your true self, coming out to family and friends, dealing with discrimination, self-esteem and meeting others like you.

Beyond Gender Journeys Group

Beyond Gender Journeys a 10-week group for people identifying as trans or gender diverse who have already gone through a Gender Journeys group or similar process. The group is structured and topics will vary according to the needs of the participants.



Gender Journeys Groups (continued)

Family Support Group

Are you a parent, grandparent, aunt, uncle or caregiver of a transgender or gender diverse person? Feeling isolated, or want to lend support? Our program can provide knowledge, support, and meaningful community connections.

Partner Support Group

Are you the significant other, spouse or partner of a transgender or gender diverse person? Support is offered to you in a group with others who may share common experiences.



Peer-to-Peer Support and Mentoring

Peer-to-Peer Support and Mentoring is a non-clinical, evidenced-based approach to engagement by supporting isolated individuals to access care. Peer support will help you throughout your journey to navigate the health system, understand transition-related documents, and locate and access community resources. Peer Support can also provide a bridge and warm introduction to education and support groups.

Please contact us for information about groups, locations and/or dates. All programming is provided at no cost to participants.

Gender Journeys organizes events for trans and gender diverse people, their families, friends and allies. Please visit our website or Like us on Facebook for current events and activities.