

Translations

Below you will find some definitions and useful terms. Often these words have multiple definitions, and each is ever evolving within the transgender community. For more definitions, please visit our website.

Transgender – A person whose gender identity does not match the sex they were assigned at birth. Being transgender does not determine sexual orientation. Therefore, trans people may additionally identify as straight, bisexual, gay, lesbian, asexual, or any orientation.

Cisgender– Someone whose biological sex 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. This may not be the same as their biological sex or how they present to others. Since gender identity is internal, one's gender identity is not necessarily visible to others.

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

Ally –Typically any non-LGBTQ person who supports and stands up for the rights of LGBTQ people, though LGBTQ people can be allies, such as a lesbian who is an ally to transgender individuals.

2-spirit – refers to a person who has both a masculine and a feminine spirit, and is used by some Indigenous First Nations 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.

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**Canadian Mental
Health Association**

Haliburton, Kawartha, Pine Ridge
Mental health for all



United Way
Member Agency

**Ontario
Trillium
Foundation**



**Fondation
Trillium
de l'Ontario**

An agency of the Government of Ontario.
Un organisme du gouvernement de l'Ontario.

Gender Journeys



**Canadian Mental
Health Association**

Haliburton, Kawartha, Pine Ridge

*Serving the counties of Peterborough, Northumberland, Haliburton,
City of Kawartha Lakes and the Township of Brock*



Gender Journeys is funded through a grant from the Ontario Trillium Foundation.
The Ontario Trillium Foundation is an agency of the Government of Ontario.

What is Gender Journeys?

Gender Journeys is a program offered through the Canadian Mental Health Association, Haliburton, Kawartha, Pine Ridge that provides programming, education, and support services for transgender people, gender diverse individuals, people questioning their gender identity, and family, partners and loved ones of transgender, gender diverse, and questioning folks.



We offer a variety of programs and groups:

- Gender Journeys Core Group
- Youth Gender Journeys Group
- Beyond Gender Journeys Group
- Parent & Guardian Support Group
- Partner Support Group
- Gender Journeys Drop-in Programming

For information about groups, locations or start dates, please contact us. All programming is free.

Gender Journeys Core Group

Gender Journeys is a free 10-week group that explores gender identity and gender roles. This group will provide reliable, up to date information on these topics and the process of transitioning. It is also designed to provide a space that fosters community support and connection. This group will be respectful of the diversity of gender possibilities.

Topics will include:

- exploring your sense of self
- self acceptance
- coming out to family, friends and co-workers
- issues important to physical health and emotional well-being
- accessing community and celebrating its diversity
- practical information to assist with transitioning

Youth Gender Journeys Group

Youth Gender Journeys is group specifically for youth who are exploring their gender identity and expression. This group will provide 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 an 8-week group for people who identify as trans or gender diverse and have already gone through the Gender Journeys group in Peterborough or elsewhere. Participants who are looking for support with their gender identity are also welcome. The group is structured and topics will vary according to the needs of the participants.

Parent & Guardian Support Group

Are you a parent, grandparent, aunt, uncle or guardian 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? Feeling isolated, or want to lend support? Our program can provide knowledge, support, and meaningful community connections.

Gender Journeys organizes events for trans and gender diverse people, their families, friends and allies. Please look at our website or Facebook page for current events and activities.



Gender Journeys Drop-in Programming

Our drop-in groups offer peer and one-on-one support for all transgender, 2-spirit, gender diverse, and questioning individuals. Drop-ins offer a loosely structured forum for discussing current issues, connecting with local community, and getting practical and helpful information outside of our structured Gender Journeys programs. These are peer and ally facilitated drop-in groups run by CMHA HKPR staff.

Peterborough Drop-in

1st and 3rd TUESDAY of the month
From 6:30pm - 8:30pm
Multi-purpose room, CMHA HKPR
466 George Street North, Peterborough
Use door at back of building (ring bell)

Cobourg Drop-in

1st and 3rd TUESDAY of the month
From 6:30pm - 8:30pm
Northumberland Hills Hospital
Community Mental Health Services
1011 Elgin Street West, Cobourg

Lindsay Drop-in

2nd and 4th TUESDAY of the month
From 6:30pm - 8:30pm
Kawartha Lakes Reach for Recovery
64 Lindsay Street South, Lindsay

Workshops and Training

Gender Journeys currently offers workshops and training on various topics pertaining to trans identities and realities. These services are offered at a fee for service for workplaces, community organizations, health professionals, schools and places of worship. For more information on what training programs are available, as well as costing and scheduling, please contact us.