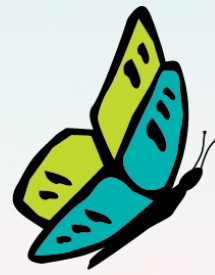



gender journeys



www.cmhahkpr.ca/programs-services/gender-journeys/

  @genderjourneys  /genderjourneysHKPR

Gender Journeys, offered through the Canadian Mental Health Association, Haliburton, Kawartha, Pine Ridge, provides programming, education, and support services for transgender, 2-spirit, and gender expansive individuals, as well as those who are questioning their gender identity. Services are also provided to families, partners, and loved ones. These programs are provided at no cost to participants.

All Gender Journeys groups and programs are respectful of the diversity of gender identities. Staff are transgender or have a loved one who is trans. We offer the following groups and programming:

Gender Journeys is our Core 10-session group for adults exploring gender identity and expression. 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 include: reducing isolation; exploring sense of self; finding trans-friendly health care; coming out to family, friends, and co-workers; navigating forms.

Beyond Gender Journeys is a 10-session support and discussion group for trans or gender expansive adults who have already gone through a Gender Journeys group or similar process. The group is loosely structured and topics will vary according to the needs of the participants.

Partner Support Group is for significant others, spouses, or partners of a transgender or gender expansive person who are seeking education and support in a group with others who may share common experiences.

Want to join a group? Sign up online:
<https://goo.gl/forms/gvD4HE7PFpCYQzww1>

Want Trans-Sensitive Educational Training? Contact us for rates and to discuss your organization's needs.

Call: 705-748-6711 ext. 2100

Email: genderjourneys@cmhahkpr.ca

Youth Gender Journeys is our Core group specifically for youth (ages 12-17) exploring their gender identity and expression. This group provides reliable, up-to-date information about the process of transitioning. Topics include: exploring, accepting, and celebrating your true self; coming out to family and friends; dealing with discrimination; self-esteem; meeting others like you.

Family Support Group is for parents, grandparents, other relatives, or caregivers of a transgender or gender expansive person who are feeling isolated or want to lend support. The group provides education and support through reading materials and open discussion.

Peer-to-Peer Support is available for individuals who need additional help with navigating the health system, understanding transition-related documents, locating community resources, and more. Private sessions are offered by trained staff who are transgender or have a trans loved one. Peer Support can also provide a bridge and warm introduction to education and support groups.