

gender journeys



- **The Trans Actors Challenging Outmoded Ideas of Masculinity**

www.nytimes.com/2020/02/04/t-magazine/trans-actors.html

- **Janet Mock and Taylor Swift to Be Honoured at GLAAD Awards**

www.nytimes.com/2020/01/07/arts/television/taylor-swift-janet-mock-glaad-awards.html

- **Starbucks Calls a Trans Man by His Name in Heartwarming Ad**

www.advocate.com/business/2020/2/03/starbucks-calls-trans-man-his-name-heartwarming-ad

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

What is Gender Journeys?

Gender Journeys 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.

Get to Know Your Gender Journeys Team

Alex Karn

Alex is one of the full-time Education and Support Workers for the Gender Journeys program. He is a parent, musical theatre lover, and queer trans man living in Peterborough with his daughter and chosen family.

Erika Oldridge

Erika is the other full-time Education and Support Worker for the Gender Journeys program. She is a pansexual trans woman living in Peterborough. Erika has a loving wife and daughter and is an avid lover of Virtual Reality and metal detecting.

Upcoming Gender Journeys Groups

- Family Group Sessions 6-10 (Tuesdays until March 31), 6:30 to 8:30 p.m.
- Beyond Group Sessions 6-10 (Wednesdays until April 1), 6:30 to 8:30 p.m.
- Core Group Sessions 6-10 (Thursdays until April 2) 6 to 8:30 p.m.
- Community Night (Friday, March 13) 6 to 9 p.m.
- Fleming Group (Monday, March 9 Sutherland Campus, and Wednesday, March 11 Frost Campus) 10 a.m. to 12 p.m.
- Trent Group (Friday, March 6, 20) 6:30 to 8:30 p.m.

More Gender Journeys and Community Events on reverse!



Upcoming Gender Journeys Events

Please note: Space is limited for these events. Please email genderjourneys@cmhahkpr.ca to register.

TranZilient: An Exploration of Gender Through Expressive Arts Sessions 1-4

(Monday, March 9, 16, 23, 30) 6:30 to 8:30 p.m. (Peterborough)

An expressive and creative arts group filled with activities that promote self-expression, self-discovery and an exploration of our personal gender journeys. We will be drawing from expressive arts using visual art, creative writing, movement, music and more to engage in the senses that will lead us into our creative and expressive selves.

Cosmic Glow Bowling (Saturday, March 21) 6 to 7 p.m. (Lindsay)

This recreational outing is open to all levels, no experience needed. Admission and shoe rental are included at no cost to participants.

Make-up Tutorial with Dixie Q (Friday, March 27) 6 to 8 p.m. (Peterborough)

Wanna learn how to achieve your desired look with make-up? Join Gender Journeys for a fun and informative evening with guest instructor Dixie Q, local drag performer. Some make-up and brushes will be provided for participants to take home.

Upcoming Community Events

19+ Queer Trivia Night

Tuesday, March 10 from 8 to 10 p.m. at The Twisted Wheel (379 Water St.)

Hosted by Dixie Q, You're Welcome and Trent Queer Collective.

www.eventbrite.ca/e/queer-trivia-night-march-tickets-91087532261

PFLAG Sharing Meeting

Thursday, March 12 from 7 to 9 p.m. at PARN (Suite 302-2 159 King St.)

Hosted by PARN.

www.shorturl.at/aCENV

Beers for Queers

Thursday, March 19 from 7 to 11 p.m. at The Sapphire Room (137 Hunter St. West)

Hosted by Trent Queer Collective

www.facebook.com/events/2499995676897522/?event_time_id=2499995703564186

Queerly Beloved Road Trip (Tuesday, March 10) 3 to 10 p.m. (Toronto)

Part of the Queerly Beloved series, we will be going to a screening of Drunktown's Finest. The film presents three protagonists including Felixia, a trans woman and swimsuit calendar hopeful who lives with her traditional grandparents. By trans writer-director Sydney Freeland who drew upon her own experiences growing up on a Navajo reserve. Cost is \$10, includes travel, dinner, and ticket.

Fun With Drums (Tuesday, March 24) 4 to 6 p.m. (Cobourg)

Gender Journeys presents a drumming playshop with guest instructor Gord Quackenbush. Open to all levels, no experience needed. Explore rhythm and creative expression in a small group format.