

# gender journeys

May 2020



- **Free Text Service Sends Daily Support To Isolated Trans People**

<https://tinyurl.com/yb388pbu>

- **Paige Kreisman: Kicked Out of the Military, Now Running for Office**

<https://tinyurl.com/ydfae3lk>

- **Trevor Project Releases Guide to Being a Trans & Nonbinary Youth Ally**

<https://tinyurl.com/ycad9wso>

- **Dwyane Wade says trans daughter Zaya knew gender identity since she was 3 years old**

<https://tinyurl.com/ycdjef9e>

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

## A Message from your Gender Journeys Team

Hey folx,

This is a message from your friendly Gender Journeys staff members. This is a time of fear and uncertainty for all of us, and with calls to stay home and maintain physical distance it can be difficult to connect with community. We also realize many community members may have experienced set-backs in their transition due to this pandemic, including cancelled appointments & surgery dates.

We want folx to know that Gender Journeys is still here and open for virtual peer support sessions, so please don't hesitate to reach out if you need someone to talk to. We are also excited to be continuing several virtual groups and events to bring the community together. Please RSVP and come out to share, learn, stay connected and have fun. We'll all get through this together.

Take care and stay safe!

-Gender Journeys Staff

## Get to know your Gender Journeys team

### Jan Tkachuk

Jan Tkachuk is a registered psychotherapist and clinical supervisor who has enjoyed working with the GJ team for many years. When chilling, Jan is an avid fan of sports, jazz and Shakespeare.

### Christine Crough

Christine has been working in the human service sector for 25 years. She is passionate about supporting Peer Based programs, she believes that providing support through a shared lived experience perspective is unmatched and has a profound impact. She values opportunities that allow her to connect with the outdoors.

## Upcoming Gender Journeys Virtual Events/Groups

Contact us at [genderjourneys@cmhahkpr.ca](mailto:genderjourneys@cmhahkpr.ca) for more info or to register!

### TranZilient

**Mondays 6:30 to 8:30 p.m. on Zoom**

A creative writing/expressive arts group for trans, non-binary, and questioning adults. Participants will explore gender expression, identity, and their experiences through the arts.

### Core Group

**Tuesdays 6:30 to 8:30 p.m. on Zoom**

Our Core Group is 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.

### Beyond Group

**Wednesdays 6:30-8:30 p.m. on Zoom**

A loosely structured weekly group where trans, non-binary, and questioning folk can come together to socialize and discuss matters of importance to them.

### Family Group

**Thursdays 6:30 to 8:30 p.m. on Zoom**

Our Family 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.

## New groups coming later this month - watch our social media for updates!



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## Gender Journeys Research Questionnaire

Gender Journeys is conducting research to make a case for the need for continued services. We'll be reaching out to past participants to ask if folks are interested in participating in a research questionnaire, interview, or focus group.



### Bi-Weekly Social Media Challenge

For a chance to win a \$50 prepaid credit card, participate in our Bi-Weekly Social Media Challenge. Check us out on Facebook, Instagram or Twitter!

