

gender journeys



June 2020

A Message from your Gender Journeys Team

Hi community members,

Thank you to those who have reached out to us over the past month. It has been heart-warming for the Gender Journeys staff to connect with you in our virtual groups, peer support sessions, and our social media live streams during this time of physical distancing. We are pleased to have completed our first round of virtual groups and we are busy planning for the next round. See the group descriptions on the next page and get in touch with us to sign up.

While C.M.H.A. H.K.P.R. is increasing its in-person services with added health and safety protocols, the Gender Journeys team remains committed to offering groups by video conferencing. For those who would benefit from meeting in person for peer support sessions, we are able to travel and meet you at a safe outdoor location where we can talk while maintaining physical distance. Please reach out if that would interest you.

Peace and good health,

Gender Journeys Staff



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



- **Trans teen Michaela Beck in new dance show The Move 3: Kids**

<https://tinyurl.com/y82kg7sf>

- **Music video imagines world full of trans people**

<https://tinyurl.com/y9y9587p>

- **The Hardest Part of Having a Nonbinary Kid is Other People**

<https://tinyurl.com/y7hezrwd>

- **UK bookshop donates to trans charity for every JK Rowling sale**

<https://tinyurl.com/yda8oq87>

 @genderjourneysHKPR

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Upcoming Gender Journeys Virtual Events/Groups

New round of groups coming soon! Stay tuned to our social media for updates! Here are the descriptions of groups that we can offer:

TranZilent

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

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.

Youth Group

Our Youth Group is our Core curriculum designed specifically for youth ages 12-17 exploring gender identity and expression. Topics include: accepting and celebrating your true self; coming out to family and friends; dealing with discrimination; accessing health care.

Beyond Group

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

Family Group

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.

Email us at genderjourneys@cmhahkpr.ca for more info or to register for our groups!

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!