

gender journeys



September 2020

A Message from your Gender Journeys Team

Greetings community members,

In Peterborough, throughout September we celebrate Pride Week and Trans Day of Resilience. As well, our fall group sessions will be starting at the end of the month. While the Pride celebration will be primarily virtual this year, it is still a moment to celebrate and connect with each other while physically distancing. Gender Journeys will be working to create space for such celebration and connectedness by screening "Changing the Game" throughout Pride Week featuring a panel discussion where youth will offer their perspective and experiences. On Trans Day of Resilience we will be offering panel discussions and space to share and connect. Follow us on social media for more details.

Due to COVID protocols and our commitment to safety, our Fall group sessions starting this month will be offered virtually. We may meet in person for individual peer support but this will be assessed on a case-by-case basis. We are committed to offering education and support and will go great lengths to make sure our community members are receiving the necessary support during these trying times.

Please read on for details about the groups we are offering and how to register. We also provide trans sensitivity training for organizations! Reach out to us if you wish to book a training.

Warm regards
Gender Journeys Staff

**SEE THE NEXT PAGE FOR MORE DETAILS ABOUT
WHAT'S HAPPENING AT
GENDER JOURNEYS!**



Egale LGBTQI2S youth (14-24) survey

- <https://tinyurl.com/y2okk8ux>

Robyn Maynard, Smokii Sumac and Arielle Twist named finalists for 10K LGBTQ emerging writer prize

- <https://tinyurl.com/y35oyvtj>

Trans people have more chronic health conditions, poorer health outcomes, study shows

- <https://tinyurl.com/yxsykolz>



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

Upcoming Gender Journeys Virtual Groups

Core Group: 4:30-6:30 p.m. Wednesdays from Sept. 30 through Nov. 18

This is a 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.



Family Group: 4:30-6:30 p.m. Thursdays from Oct. 1 through Nov. 19

This is a group 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.

Youth Group: 4:30 to 6:30 p.m. Tuesdays from Sept. 29 through Nov. 17

This 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.

SEEDS: 6 p.m. to 8:30 p.m., September 9, 16, 23 and 30

This is a four week educational series for trans and non-binary people focused on developing skills to heal from experiences of sexual violence and trauma.

Trent: 1 to 3 p.m. Tuesdays starting September 15

This is a group specifically for Trent students which meets weekly to discuss living life as a trans student in the Trent Campus.

Fleming: Contact Us for Details

This is a group specifically for Fleming students which meets monthly to discuss life as a trans student in the Fleming campuses.

Contact us at genderjourneys@cmhahkpr.ca for more information or to register for any of our groups.



Upcoming Events

Pride Week - September 18 to 27

During Pride Week September 18th-27th. Gender Journeys will be screening 'Changing the Game', a movie about trans youth and sports.

Trans Day of Resilience - September 25

Gender Journeys will be facilitating a virtual panel presentation. Please follow us on Instagram (@genderjourneys) and Facebook (@GenderJourneysHKPR) for more information.

Trans ID Clinic

The Trans ID Clinic is a pilot program and remote service that offers legal information and form-filling services for people who would like to apply for their government- issued identification to more accurately represent their gender name and marker. Please call the Peterborough Community Legal Center at 705-749-9355 if you would like to schedule an intake appointment or have any questions.

Join us for our live streams!

- Wednesdays: Alex in Conversation with Trans Community Members at 4:30 p.m. on Instagram and 5 p.m. on Facebook.
- Fridays: Expressive Arts with Ále at 4:30 p.m. on Instagram and 5 p.m. on Facebook. We feature expressive arts as part of our bi-weekly social media challenge for a chance to win a \$50 prepaid credit card.



Gender Journeys Program Research

Gender Journeys is conducting a research project to identify support needs for people part off the trans and gender non-conforming community. The survey is open to anyone in the trans community and their loved ones, we are offering a \$25 incentive for those who complete the survey. Contact us at genderjourneys@cmhahkpr.ca for more info and/or to participate.

Trans Artists

- **Smokii Sumac (he/him) - Poet and Facilitator**
You are Enough: Love Poems for the End of the World 2018, <http://smokiisumac.com/>
- **Arielle Twist(she/her) - Writer and Sex Educator**
Disintegrate/Dissociate 2019, <https://arielletwist.com/about/>
- **Alok V. Menon (they/them)- Writer, designer, influencer**
Femme in Public 2017 & Beyond the Binary, <https://www.alokvmenon.com/about/>