

# gender journeys



## December 2020

### A Message from your Gender Journeys Team

Greetings community members,

We want to take this opportunity to share with you some upcoming changes to the Gender Journeys program at CM.H.A. H.K.P.R.

For the last three years the program has been operating through the Ontario Trillium Foundation Grow Grant. The grant has allowed us to provide a plethora of supports and services to folks who are transgender, 2-spirit, gender diverse or are questioning their gender identity. Services have also been provided to families, partners and loved ones.

Effective March 1, our Grow Grant will finish and Gender Journeys will move into a newly supported funding model which will bring some changes to how services will be delivered.

Therefore, over the next 3 months, Gender Journeys staff will be working to redevelop programming and will ensure that all of you receive up to date information about available supports and programming through our website and social media platforms.

We want to reassure you that we are here to support you through the changes and that we will continue offering support, just in a new way through our new model.

Please feel free to connect with your Gender Journeys Worker with any questions you may have about the upcoming changes.

Thanks in advance,  
The Gender Journeys Support Team at C.M.H.A. H.K.P.R

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



**Trans Pulse Report says that racialized trans and non-binary Canadians face increased harassment and violence**

- <https://tinyurl.com/yxmdsfy9>

**Canadian Actor Elliot Page announces he is transgender**

- <https://tinyurl.com/y5j692hu>

**Marking a somber day: Trans Day of Remembrance**

- <https://tinyurl.com/y389xtta>



@genderjourneysHKPR



@genderjourneys



@genderjourneys



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

## News and Events

- The Binder Exchange Program is starting this month. Book your session for one on one support including education around binder safety, ensuring correct fit and a new binder from Underworks. We are taking appointments for the fourth Monday of each month. Please email us directly at [genderjourneys@cmhahkpr.ca](mailto:genderjourneys@cmhahkpr.ca) to make an appointment.
- We are revamping our online presence, to get in contact with us please email us directly at [genderjourneys@cmhahkpr.ca](mailto:genderjourneys@cmhahkpr.ca) or call us at 705-748-6711 ext. 2100.
- The Peterborough Community Legal Center has a Trans ID Clinic which is a 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. Call the Peterborough Community Legal Center at 705-749-9355 for more information.

## Upcoming Gender Journeys Virtual Groups

We still have open spots for our groups. Here are the descriptions and dates of groups that we are currently offering:

### **Core Group: 4:30 to 6:30 p.m. Tuesdays from November 24 through January 12.**

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.



### **Trent Comrades for Gender Liberty: Thursdays from 4 p.m. to 6 p.m.**

This is a support group specifically for Trent students exploring gender identity and expression which meets biweekly. Please contact us at [genderjourneys@cmhahkpr.ca](mailto:genderjourneys@cmhahkpr.ca) to register.

### **Fleming Support Group: Winter Dates TBD**

This is a group specifically for Fleming students which meets monthly to discuss life as a trans student on the Fleming campuses. Please contact us at [genderjourneys@cmhahkpr.ca](mailto:genderjourneys@cmhahkpr.ca) to register.

## Trans Artists

- **Laverne Cox (She/Her) Actor, Activist, Spokesperson**  
<https://lavernecox.com/>
- **Vivek Shraya (She/Her) Model, Musician, Artist**  
<https://vivekshraya.com/>
- **Louis Esme (They/Them) Multidisciplinary Artist/Writer/Curator**  
<https://louises.me/>