

gender journeys

January 2021



How the pandemic led these people to come out as queer and non-binary

- <https://tinyurl.com/y47lv4q7>

 @genderjourneysHKPR

 @genderjourneys

 @genderjourneys



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

A Message from your Gender Journeys Team

Greetings community members,

Happy New Year to you all! As we are getting used to the 'new normal', we are wishing you in this coming year that new ways of engagement and attachment find you and through all the social distancing you find connection.

At Gender Journeys, we are working on keeping you connected even as our program goes through some changes. We will continue to offer one on one support, core and family support groups. The groups will be starting in the spring and we will be letting you know the specific dates as soon as possible. In the meantime, do not hesitate to contact us if you are feeling isolated or disconnected.

We are also hosting virtual events and are continuously partnering with organizations to offer events and programs to better support the community while we are going through the lockdowns and social distancing. Please follow us on social media or email us for more information.

Warm regards,
The Gender Journey Staff

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



News and Events

- On Friday, January 15th from 8 to 9:30 p.m. we will be hosting a Virtual Video Festival consisting of Transgender themed short films for youth, followed by a discussion hosted by our staff. All ages are welcome! Please email us for the registration link.
- Effective March 1, our Grow grant will be wrapped up and Gender Journeys will move into a newly supported funding model which will bring some changes to how services will be delivered. Please feel free to connect with your Gender Journeys Worker with any questions you may have about the upcoming changes.
- The Binder Exchange Program has started! 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 every fourth Monday of the month. Please email us directly at genderjourneys@cmhahkpr.ca to make an appointment.

Upcoming Gender Journeys Groups

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

Core Group

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.

Next group: Spring 2021

Family & Loved Ones Group

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.

Next group: Spring 2021

Fleming Group

A group specifically for Fleming students which meets monthly to discuss life as a trans and gender diverse student in the Fleming campuses.

Please contact us at genderjourneys@cmhahkpr.ca to register.

Trans Artists

- **Amiyah Scott (she/her) Actress and Model**
theamiyahscott.com

