



Presents:

The Families In TRANSition Group

A 10-week group for parents of trans* youth (age 13 - 21) who have recently learned of their youth's gender identity

- ◀ Build skills for managing strong emotions in a supportive and non-judgemental space
- ◀ Learn about social and physical transition options (advocacy at school, hormones, surgeries)
- ◀ Promote trans* youth mental health, well-being and resiliency

- ◀ Gain tools for strengthening communication with your youth
- ◀ Explore societal/cultural/religious beliefs that impact trans youth and their families

Trans* (transgender, non-binary, gender queer, agender, gender diverse, gender fluid, transexual, gender questioning...)



Group runs Monday evenings April – June 2016. Pre-registration and in-person intake required.

For more information contact Lindsay Elin, MSW, RSW at 416-924-2100 x278 lindsay.elin@ctys.org

With support from



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FOUNDATION

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