

Gender Journeys Workshop

Gender Journeys is a group that explores gender identity and gender roles

Topics will include:

- exploring your sense of self
- self acceptance
- coming out to family, friends and co-workers
- dealing with discrimination
- issues important to physical health and emotional well-being
- accessing community and celebrating its diversity
- practical information to assist with transitioning
- developing personal and professional connections to enhance your quality of life and to support your personal gender journey

Sunday October 23rd

9:00 AM-4:00 PM

Family Resource Centre

Lunch will be provided

**20 Spots Available Ages 12-18
(Parents are welcome)**

**Call Marcie at the Health Centre
to reserve your spot!**

(705) 657-2557

