

GENDER JOURNEYS

**a free program for ages 16+ to explore
gender identities, gender roles and sexual identities**

- exploring your sense of self
- self acceptance
- coming out
- coping with discrimination
- physical health & emotional well-being
- accessing community & celebrating diversity
- practical info for transitioning

**Thursdays 6:00 - 7:45 p.m. from Oct 19 - Dec 7
at Carea Community Health Centre's Whitby Site (Whitby Mall)
1615 Dundas Ave. E., Suite #211, Whitby**

Serving Light Snacks & Refreshments + Transportation Assistance May Be Available

**Intake & Pre-Registration Required
For Info or to Register, Please Contact Jennifer at:
JAndersen@careachc.ca or 905-428-1212 ext. 2229**