



Ontario Native Women's Association

What is Gender Journeys?

A peer support group for transgender, non-binary, two spirit, questioning and gender diverse youth in Thunder Bay, Ontario. Gender Journeys is offered through Ontario Native Women's Association, ONWA that provides programming, education, and support services for transgender, non-binary people, gender diverse individuals, people questioning their gender identity, and family, partners and loved ones of transgender, non-binary, gender diverse, and questioning folks. This in-person program only.

Who should attend?

This group is primarily for individuals age 16 to 29 in the beginning stages of transition, which includes those thinking about transition, those already on their transition journeys, who are gender-questioning and who are non-binary.

Requirements/Expectations:

Participants are expected to commit to attending all 9 group sessions. This is not a drop-in group, and the group is closed to new registrants after session 2.

We offer a variety of programs and groups:

- ≈ Gender Journeys Group
- ≈ Beyond Gender Journeys Coffee Talk (An alumni group for those who have taken the Gender Journeys 9-week program. This is a weekly where we meet for coffee, activities teachings and more)
- ≈ Parent, Caregivers, Family and Friends Support Group (Caregiver Circle)

Benefits/Take-aways:

As a participant, you will learn about the following topics:

- ≈ Reducing Isolation
- ≈ Exploring your sense of Self
- ≈ Finding TRANS and NON-BINARY-friendly health care
- ≈ Addressing transphobia and experiences of discrimination
- ≈ Coming out to family, friends and co-workers
- ≈ Physical health and emotional well-being
- ≈ Accessing community and celebrating diversity
- ≈ Practical information to assist with transition
- ≈ Body image
- ≈ Hormones and surgeries
- ≈ Social determinants of Health
- ≈ Plus, meeting people like yourself

If you have questions or need more information, please email us at gbrunettiprovenzano@onwa.ca

GENDER JOURNEYS