Gender Journeys

Starting February 11th!

About the Program:

For individuals 18+ who identify as transgender, non-binary, gender diverse, and are interested in better understanding their gender or gender transition.

When & Where

When:

Wednesday February, 11 - Wednesday April 15, 2026
Time: 5:30-7:30pm

Where:

Hybrid Group - In Person & Online

Belleville and Quinte West Community Health Centre

161 Bridge St. W - Belleville

Program Highlights

This 10-week group will help you to:

- **Discuss gender, identity, medical and legal transitions**
- **Share experiences, the impact of transitioning, coping with challenges**
- **Learn about community supports and services**
- **Build connections and friendships**

A light snack and refreshments will be provided.

ADVANCED REGISTRATION IS REQUIRED

For more information or to register, please call or text: **613-403-5683** or email: **rossa@bqwchc.com**. A short intake is required prior to attending.

Belleville and Quinte West Community Health Centre

Canadian Mental Health Association
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Addictions and Mental Health Services