



# FAMILIES IN TRANSition

**A FREE 10 week program!**

Families in **TRANSition** is a program designed for parents and caregivers of **trans and gender exploring youth**.

This group offers resources and structured learning to help improve relationships between caregivers and their trans youth.

## Participants will:

- Gain tools and knowledge to help improve communication and strengthen their relationship with their youth
- Strengthen skills for managing strong emotions
- Explore societal/cultural/religious beliefs that impact trans youth and their families
- Build skills to support their youth and family when facing discrimination/transphobia
- Learn about social, legal, and physical transition options
- Promote youth mental health and resilience
- Connect with other parents/caregivers

## TO REGISTER:

Email [equity@facsla.ca](mailto:equity@facsla.ca) or complete the following form:



## WHERE?

**817 Division St., Kingston**

## WHEN?

**Monday Evenings**

**5:30pm - 7:30pm**

**March 9<sup>th</sup> - May 25<sup>th</sup> 2026**



**Dinner  
provided!**

