

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@facsfla.ca or complete the following form:



WHERE?

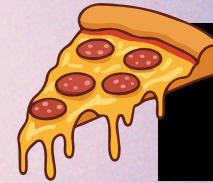
817 Division St., Kingston

WHEN?

Monday Evenings

5:30pm - 7:30pm

March 9th - May 25th 2026



**Dinner
provided!**

