

# GENDER JOURNEYS

## Peer-Facilitated

**a free program for individuals aged 18+ 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

**Tuesdays 5:30 - 7:45 p.m. from Oct 30 - Dec 18  
at Carea Community Health Centre, Pickering Site  
1450 Kingston Rd., #17, Pickering ON**

**Serving Light Snacks & Refreshments + Transportation Assistance May Be Available**

**Pre-Registration Required  
For Info on How to Register, Please Contact Amy Nagel at:  
anagel@careachc.ca or 905-428-1212 ext. 2239**



**Supported by the Community One Foundation**



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