



FAMILIES IN TRANSITION

What will we do in the FIT program?

Participants will be supported to:

- Gain tools and knowledge to help improve communication and strengthen their relationship with their youth
- Learn about social, legal and physical TRANSition options
- Strengthen skills for managing strong emotions (fear, sadness, worry, etc.)
- Explore societal/cultural/religious beliefs that impact trans youth and their families
- Build skills to support their youth and family when facing discrimination/transphobia/transmisogyny
- Promote youth mental health and resilience





FAMILIES IN **TRANSITION**

A 10 week education & support program for parents and caregivers of Trans, Non-Binary and Gender Diverse children, youth, and young adults.



**January, September & April
Monday Evenings
Virtual on Zoom**

**Register at:
thealloutcollective@gmail.com
or www.alloutcollective.ca**