

Fall 2024



Gender Exploration & Transitioning Group

Meeting Every **Monday** at **11:30 a.m.**

Light Snacks Provided

Topics:

- Sept 16 - Introductions & Finding Community
- Sept 23 - Playing with Expression, Pronouns, & Names
- Sept 30 - Tackling Dysphoria & Finding Euphoria
- Oct 7 - Coping with Unsupportive Family & Community Members
- Oct 14 - Finding Gender-Affirming Healthcare, Mental Health Providers, & Gear

Location: NB-1 Building Next to NS



BEHAVIORAL HEALTH
COUNSELING SERVICES
PALOMAR COLLEGE

P C P R I D E
CENTER
LGBTQ RESOURCES