



Many young people feel isolated when it comes to gender identity and sexuality, especially those that don't conform to society's norms. Many adults don't know how to provide much needed support due to lack of experience or tools.

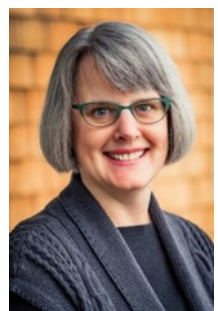
Join us to address these important needs:

<p>Understanding and Caring for You* October 13 and 27, 2020 6:00-7:30 pm</p> <p>**YOUTH ONLY</p>	<p>Just for young people to share and learn about ways to manage stress.</p> <ul style="list-style-type: none"> • Find a place to share with others like yourself • Learn to manage stress using cool brain activities • Gain resources to explore gender identity and sexuality <p>First 50 get a free self-care kit</p>
<p>Parent/Community Member Meeting October 19, 2020 6:00-7:00 pm</p>	<p>All are welcome-to talk about risks the young people face and ways to help-all welcome</p>
<p>Resource Fair October 22, 2020 12:00-1:00 pm</p>	<p>All are welcome to attend the Online Resource Fair of useful organizations, training, books</p>



Matthew Dawson
(they/them)

"Early in my life it became apparent that typical gender roles just weren't for me. ...full of bumps and turns, my path led to a supportive and understanding community around me."



Shauna Signorini
(she/her)

"Both of my children identify as queer. At first I was afraid of what that meant for their lives. Once I learned more, I was able to give my children what they needed all along."

[Click here for information and registration](#)

