



Trans Support Group

Mission Statement:

Trans Support Group is a program of **OUTreach Southern Alberta Society**, a not-for-profit organization that responds to the needs of the local and the broader lesbian, gay, bisexual, trans, two-spirit, and queer (LGBTQQ) community of Lethbridge and the surrounding area by supplying resources, education and opportunities to foster self-determination, civic engagement and community participation.

Purpose Statement:

The Trans Support Group is a peer-led, grassroots social network that seeks primarily to combat the loneliness and isolation often felt by trans people and those journeying with them. ***This is not a professionally-run support group.*** Collectively, the Group can provide support, referrals to resources, and a place of 'community,' for individuals who are transgender, including gender non-conforming, non-binary, and other gender minorities.

The group aims to provide a supportive environment for people to convey their gender expression in a safe, closed space. In order to do so we require, confidentiality and respect for individuals, their choices, pronouns, names, and personal expression.

Group Meetings:

The group gathers once or twice a month, is open to ages 18 and over, and meets at McKillop United Church (2329 15 Ave S in Lethbridge, Alberta). Meeting times can be found on our website at <http://www.outreachsa.ca>

Group Guidelines and Responsibilities:

- **Confidentiality** - everything shared in the group is confidential and is not to leave the room. Individuals are responsible for any conversations held with other group members outside of the designated group.
- **Respect** – show respect for individuals, their choices, pronouns, names, and expressions.
- **Don't Give Unsolicited Advice** - this group is to share emotions and experiences, not unsolicited advice.
- **Responsibility** - all members share the responsibility to make the group work.

- **Keep Discussions on Topic** - members should be mindful of limited time and give each person time to speak without interruptions and avoid side conversations.
- **Sharing** - sharing is encouraged, but not required.
- **Questions** - group members have the right to ask questions and the right to refuse to answer.
- **Duty to Report** – if group members disclose an intent of imminent harm to themselves or others, facilitators are legally obligated to contact relevant authorities. Facilitators will also provide contacts for other crisis supports.
- **Substance Free** – meetings are drug and alcohol free.

Facilitator Guidelines and Responsibilities:

- Group discussions will regularly be led by facilitators who fall under the trans umbrella and are endorsed by the OUTreach Southern Alberta board.
- Facilitators are to keep discussions on topic to ensure group time is productive.
- Facilitators will help guide, as group members solve issues when possible. Facilitators are not equipped to provide solutions.
- Facilitators will not engage in romantic or sexual relationships with group members.
- Facilitators maintain the right to require an individual or individuals to leave, or to suspend the person(s), from attending group meetings and/or the location during meeting times, in order to protect the safety, confidentiality, and/or productivity of the group and its' members.

OUTreach Board Guidelines and Responsibilities:

- The OUTreach Board is ultimately responsible for the Trans Support Group program.
- The Board will handle any breaches of Guidelines and Responsibilities in any manner deemed appropriate and / or necessary.
- The Board will annually review the success and viability of the Program.

“I am a rare species, not a stereotype.”
— Ivan E. Coyote