

# Gender Spectrum

## Support Group

The Gender Spectrum Support Group is available to anyone between the ages of 12 and 17 who may be questioning their gender or identifying on the gender spectrum and are looking for support around their gender.

The group will meet every 2nd and 4th Tuesday Evening from 6:00pm – 7:00pm starting 9/29/2020. The group is free, but we must have your contact information on file prior to attending your first session. Sessions will be virtual.

The group will be run by Marina Bednarek and Dylan Carney, both Counseling Interns practicing under the supervision of licensed professional counselors. To sign up, you can reach out to Marina or Dylan (contact info below).

**For:** those who identify as having gender concerns, 12-17 years old

**What:** a place to meet for casual, safe, friendly discussions in order to build a support community in South Jersey

**Dress:** Please feel free to dress as you like

**We are happy to welcome all with open arms, love and acceptance.**

### More information about the group:

**Meets:** Every Tuesday, 6:00-7:30 PM

**Fee:** meetings are free, but you must register before attending your first meeting

**Changes** to dates will be announced; An online calendar is available at [MTC-Healing.com](http://MTC-Healing.com)

**Location:** Sessions will be virtual, via Zoom

#### About the Facilitators:

Marina Bednarek and Dylan Carney are both Clinical Interns in their final years of Master's training at Stockton University. They practice under clinical supervision of Karla Morse, MA, LPC., ACS

**To join or for more info,** please contact Marina: [MBednarek@MTC-Healing.com](mailto:MBednarek@MTC-Healing.com) (609) 353-5608 x7050; or Dylan: [Dcarney@MTC-Healing.com](mailto:Dcarney@MTC-Healing.com) (609) 353-5608 x7051

### What can I expect in group therapy?

You might feel nervous about joining a group at first because you won't know anyone and might feel nervous about discussing gender concerns. This is a very normal feeling. After a few sessions, you will probably feel much more comfortable. Most people who have attended a group in spite of their fears report that it was well worth it.

Group members will help each other feel less alone, learn about themselves, overcome difficulties, and think about making changes in their lives or find healthy ways to cope if things can't change. There is no "agenda" beyond mutual support for each person's life circumstances.

### A note about virtual group therapy

Sessions will be conducted online via Zoom. All attendees must first register with Marina to participate. Sessions are password protected. Participants are asked to enter only the first name that they would like to use during the session, no surnames. Any harassing or inappropriate behavior will result in removal from the group and from ability to participate in future sessions. All participants must sign an informed consent and code of conduct before being allowed to participate.



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