

TranS*uthJersey

Trans-Gender Support Group

For: those who identify as having gender concerns

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 or bring clothing to change into.

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

What does the "*" stand for?

Trans* is an umbrella term that refers to all of the identities within the gender identity spectrum. There's a ton of diversity there, but we often group them all together. The asterisk makes special note in an effort to include everything related to any kind of non- cis-gender identification in a computer search, such as: Transgender, Transsexual, Transvestite, Genderqueer, Genderfluid, Gender-neutral, Agender, Two-spirit, Trans man, Trans woman, Trans teen, Trans child, etc.

"I would like to beg you, dear Sir, as well as I can, to have patience with everything unresolved in your heart and try to love the questions themselves as if they were locked rooms or books written in a very foreign language. Don't search for the answers, which could not be given to you now, because you would not be able to live them. And the point is to live everything. Live the questions now. Perhaps then, someday far in the future, you will gradually, without even noticing it, live your way into the answer."

-Rainer Maria Rilke, 1903 in *Letters to a Young Poet*

Group quick-facts:

Facilitator: Karla Morse, MA, LPC, ACS

KMorse@MTC-Healing.com; (609) 353-5608 x7011

Meets (dates may change; call for changes):

2nd Friday of month, 6:00 PM – 7:30 PM

4th Tues of month, 11:00 AM – 12:30 PM

Location: Mindful Therapy Center, Marlton

Note: Please call to confirm

And FOR TEENS:

We also offer **Trans*Teen**, a new group for teens only (TranS*uthJersey is for adults only).

Meets: usually 4th Wed of month, 7:00 PM – 8:00 PM

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.

TranS*uthJersey 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.

The format of the sessions may vary, to include:

- * Connecting with peers
- * Casual discussion
- * Guest speakers
- * Psychoeducation on gender dysphoria
- * Strategizing life events
- * Exploration of personal style
- * Support for coping

