

# Trans\*uthJersey

## Transgender Support Groups

**For:** those who identify as having gender concerns (see further information below)

**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 (gender-neutral restrooms).

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

### More information about groups:

*We offer two groups: one for middle/high school aged youth; and one for adults ages 18+*

#### Trans\*uthJersey:Adult

Meets: 2<sup>nd</sup> Friday of month, 6:00 – 7:30PM

Fee: \$40 (out of network)

#### Trans\*uthJersey:Teen (grades 6-12)

Meets: 1<sup>st</sup> Wed of month, 5:30 – 7:00PM

Fee: \$25 per session (out of network)

### General info for all groups:

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

**Location:** Mindful Therapy Center, Marlton

#### About the Facilitator:

Both groups are facilitated by a licensed therapist, Sarah Mello, MS, LPC. Sarah is a cis-gender female who has been providing clinical services to the LGBTQIA community for the past 5 years. Sarah has advanced training from the Gestalt Therapy Institute of Philadelphia and is also a registered yoga teacher (RYT).

**To join or for more info,** please contact Sarah:  
[SMello@MTC-Healing.com](mailto:SMello@MTC-Healing.com) or (609) 353-5608 x7031

### 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 (like a “wild-card” in a computer search) makes special note in an effort to include everything related to any kind of non- cis-gender identification, such as: Transgender, Transsexual, Transvestite, Genderqueer, Genderfluid, Gender-neutral, Agender, Two-spirit, Trans man, Trans woman, Trans teen, Trans child, etc.

### 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

