



# GENDER AFFIRMING CHATS

Are you looking for information related to affirming your gender and/or transition? Join our group information sessions as we explore topics such as navigating pronouns, exploring gender expression, getting connected with community, information on legal name changes, and more.

You can show up however you'd like to: to share your ideas, ask questions, or just to listen.

**Sessions will be held over zoom on Wednesdays from 5:30-7pm.**

To sign up for one or more sessions email [dframpton@durhamchc.ca](mailto:dframpton@durhamchc.ca)

## CONTACT INFORMATION

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## Topics + Dates:

*All Sessions are from  
5:30-7:00pm*

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September 20<sup>th</sup>:  
**Legal Name and  
Gender Marker  
Changes**

Learn about how to apply to change Ontario issued IDs to reflect correct name and/or gender marker.

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October 18<sup>th</sup>:  
**Connecting with  
Gender Diverse  
Communities**

Learn about groups and resources in Durham Region to connect with other gender diverse folks, as well as strategies for connecting virtually.

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November 22<sup>nd</sup>:  
**Binding and Tucking**

We will talk about how to bind and tuck, safety tips, DIY/affordable options and more.

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December 13<sup>th</sup>:  
**Navigating Pronouns**

We will chat about strategies on changing pronouns, if, when and how to correct others, navigating pronouns in school, the workplace, with family, friends and strangers, and more.