

# Our Groups

For trans & gender diverse people

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## Open Hearts

For all trans & gender diverse folks (16+)

This group focuses on building community and connections. Distinct from our other groups, this is an open format group that is casual and informal, creating space for individuals to share & just be themselves.

SECOND & FOURTH FRIDAY  
6:30pm - 7:30pm

"I'm so **happy** and **relieved** I found this group. It feels like **home.**"

- 'Strong Hearts' participant

## Tender Hearts

For trans men & trans masculine folks (16+)

This group focuses on growing a strong toolset around topics like self-compassion, relationships, and connection. It is about creating space for positive, healthy expressions of masculinity.

FIRST & THIRD TUESDAY  
6:30pm - 8:30pm

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## Strong Hearts

For trans women & trans feminine folks (16+)

This group focuses on finding that unwavering light inside of all of us. It is about building the capacity to truly embrace, love, and be kind both within ourselves and as a community.

FIRST & THIRD THURSDAY  
6:30pm - 8:30pm

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## Flowing Hearts

For all non-binary & gender diverse folks (16+)

This group explores topics such as body image, stereotypes, sexuality, and self-pride. It is about helping us understand who we are, how we want to grow, and how we can live authentically.

SECOND & FOURTH TUESDAY  
6:30pm - 8:30pm

"Having a group of people that **understands** & can help me **navigate** has made such a huge difference in my **quality of life.**"

- 'Tender Hearts' participant

## Young Hearts

NEW

For trans women & trans fem folks over 50

This group focuses on the unique needs and perspectives of older trans feminine folks and those transitioning later in life. It is a space for support and sharing which is complimentary to Strong Hearts.

SECOND & FOURTH WEDNESDAY  
6:30pm - 8:30pm

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Connection.  
Community.  
Support.

