

Our Groups

For Family and Youth

Caring Hearts

SECOND & FOURTH THURSDAY – 6:30pm

Caring Hearts is for families, parents, and caregivers of trans and gender diverse children, youth and teens.

Caring Hearts finds ways to care for our children while finding ways to care for ourselves. It explores principals for gender affirming parenting, capacity building, and lots of sharing and caring.

Loving Hearts

SECOND WEDNESDAY
6:30pm – 8:30pm

Loving Hearts is for non-trans folks, 16 and over, who love a trans or gender individual.

This group is open to all partners, siblings and extended family, be it biological or logical, to come together and share how to affirm, support and honour both our trans loved one and ourselves.

You've given me one of
the greatest gifts one
could ever hope to receive:
**strength, empowerment,
& most importantly, hope.**

– Skipping Stone client

Creative Hearts

FIRST & THIRD WEDNESDAY
6:30pm – 8:30pm

Creative Hearts is for everyone (queer, trans or ally) ages 12 to 19, looking to express themselves through any sort of art form. No previous training or experience is necessary.

Each group has a variety of creative and visual art opportunities to try out. Participants are welcome to join or work on their own projects.



Big Hearts

FOURTH THURSDAY – 4:00pm – 5:00pm

Big Hearts is for gender creative kiddos (12 and under) and their caregivers. It's a super fun group where kiddos and caregivers can meet other families and share in an informal way, while doing a fun activity. Each group we'll have an activity or craft.

Big Hearts is offered by registration only.
Contact info@skippingstone.ca for details.

Connection.
Community.
Support.

