

Options' Adult Transgender, Non-Binary, and Gender-Expansive Group



This online (Zoom) group cycles through 7 topics (1 per week), with 6 group discussions and 1 presentation. You can drop in for any topics that interest you!

- Gender expression and identity building
- Coming out
- Dealing with external prejudice and unintentional (implicit) bias
- Substance use
- Relationships
- Self-care
- Sexual and Reproductive Health (presentation with time for questions)



Community Members and Options' Clients Welcome!
Wednesdays 2:30pm-4/4:30pm, starting September 21

Zoom Meeting ID: 959 8596 6656 Passcode: 119228

For more information, please call (541) 476-2373