

How to Best Support Our Trans and Gender Diverse Children and Youth

January 22, 2020

**Prince Charles Education Resource Centre - Room A
1075 Wellington Avenue**

6:30 to 6:55 pm – Resource Fair, 7:00 to 9:00 pm – Panel Discussion and Q & A

This will be a great opportunity for anyone who has children/youth or works with children and youth to learn about Trans and Gender Diverse issues. There will be discussion of the mental health impact on Trans and Gender Diverse children and youth as well as the resources available to support them and their families at home, at school and in the community.

Join us for a small resource fair which will highlight some of the agencies that provide supports in the community such as Mood Disorders Association of Manitoba, Rainbow Resource Centre, Klinik, PRISM and Two-Spirited People of Manitoba.

Featured speakers include:

Dr. Simon Trepel
**Child and Adolescent Psychiatrist,
Manitoba Adolescent Treatment Centre and the Gender
Dysphoria Assessment and Action for Youth Clinic
(GDAAY)**

Dr. Trepel will discuss the mental health impact on transgender students and research from the Canadian Trans Youth Study. He will also share medical aspects of transition, services provided by the GDAAY clinic and highlight some specific issues from Supporting Transgender and Gender Diverse Students in Manitoba Schools resource.

Thomas Wardell
**Family Navigation Coordinator for Mood Disorders
Association of Manitoba**

Thomas came out as a transman in 2011 while attending university and has been loud and proud ever since. His lived experience as a member of the trans community and as someone who struggles with mental health has led him to become an advocate for 2SLGBTQIA rights. This includes volunteering with the Trans Lifeline, speaking on the importance of having safe spaces, navigating how to access resources, and sharing his personal story of self-discovery. Thomas has worked with parents seeking support during their youths transition.

Dene Guillas
**School Equity & Inclusion Coordinator,
Rainbow Resource Centre**

Dene Guillas is the School Equity & Inclusion Coordinator with Rainbow Resource Centre. He brings with him resources and knowledge about how Rainbow Resource Centre is helping Manitoba communities and schools make environments more inclusive and safe(r) for all. He has also recently begun living as his true self as an openly transgender man, and feels very blessed to be able to share his story and help others gain perspectives from his life journey.

Naomi Finkelstein and Alba Lopez Gomez
Rainbow Resource Centre

Both Naomi and Alba have FtM sons, who came out as lesbians in high school and then transgender at age 20. Both have been supportive of their children's transition. Their children are the same loving, caring, intelligent, contributing members of society as they were before transition, only their packaging is different.

Ara Morris
Principal of Brock Corydon School

Ara will share Brock Corydon's experience with supporting gender diversity.

To register please contact:

Annette Striefler
E-mail: astriefler@wsd1.org or call 204-786-7842

For more information contact:

Fiona England RSW, Healthy Minds Specialist
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