

Trans/Non-Binary/Gender Diverse Groups at Fenway

Trans/Non-Binary Support Groups – FREE

ANSIN BUILDING:

1st and 3rd Tuesday of each month
Fenway Health, 1340 Boylston Street, Boston 9th floor
6-7:30pm
For information email transhealth@fenwayhealth.org

HYANNIS:

1st and 3rd Wednesday of each month – September through June
Hyannis Public Library, 401 Main Street, Hyannis, MA
5:30-7pm
Call or email in advance to attend: 857-313-6681 or aburke@fenwayhealth.org

Participation in these peer support groups is not based on having a mental health diagnosis, and no formal therapy is provided. Health insurance will not be billed and there is no charge for these groups. These are only opportunities for socialization and community connection. *(Group facilitators and other service providers, when present (e.g. ASL interpreters, etc.), may or may not be trans/non-binary identified.)*

These groups are open to trans, non-binary, questioning, or other gender diverse identified people ages 18+. No one needs to be a Fenway Health patient to attend.

Other support groups are available for non-trans/cisgender intimate partners, parent(s)/guardian(s), and trans/non-binary people who are, or are considering, parenting (see below).

Non-trans/Cisgender Intimate Partners of Trans/Non-Binary People Support Group - FREE

ANSIN BUILDING:

1st Wednesday of each month
Fenway Health, 1340 Boylston Street, Boston, MA 7th floor
6:30-7:45pm
Call ahead to attend: Sarah Eley, LICSW 857-313-6551

This is a monthly drop-in night for non-trans/cisgender people who are in an intimate relationship with a trans/non-binary person. (Relationship meaning: long-term, dating, casual, open, poly, or monogamous, etc.). The group will provide a space for non-judgmental and uninhibited conversation, support, and resources. Facilitated by a non-trans/cisgender therapist and ally. Topics may include:

- Changes in perceived identities
- Shifts in feeling a part of my LGBTQ or straight community
- Changes in sexual intimacy/comfort around bodies changing
- How to be an ally to my partner
- Handling disclosure: taking care of myself and also protecting my partner's privacy
- Being excited with and caring for my partner and also managing my feelings of loss, judgment, sadness or fear
- Gathering of resources for continued support

Trans/Non-Binary/Gender Diverse Groups at Fenway

Parent(s)/Guardian(s) of Trans/Gender Diverse Children and Youth Support Groups - FREE

SIDNEY BORUM JR HEALTH CENTER:

1st Thursday of each month

Sidney Borum Jr. Health Center, 75 Kneeland Street, Boston, MA 2nd floor

7-8:30 pm

For information email transhealth@fenwayhealth.org

This group is focused on providing information for parents/guardians from a medical provider and a behavioral health provider, as well as other parents/guardians, and to provide a space to ask questions or voice any concerns they have. Parents/guardians (no matter their level of trans literacy) can get support and information, and process thoughts and emotions that might not feel comfortable or appropriate to talk about with the trans and gender diverse young people in their lives.

ANSIN BUILDING:

2nd Tuesday of each month

Fenway Health, 1340 Boylston St, Boston, MA 9th floor

6:30-8pm

For information email transhealth@fenwayhealth.org

This parent/guardian group provides an open opportunity for any parent(s)/guardian(s) of trans or gender diverse children and young people to ask questions, get information, share experiences and develop community connections and supports with other parents/guardians. Parents/guardians of any age trans/gender diverse person are welcome. This group is geared towards facilitating parent/guardian discussion and community supports with a special interest in supports for those with gender diverse children under age 12 when those parents/guardians are present - although all parents, guardians, and caregivers of trans and gender diverse young people are welcome. Facilitated by a non-trans/cisgender therapist and ally.

Our parent/guardian/caregiver monthly drop in nights are places where parents/guardians/caregivers can build support and community with each other— as well as discuss strategies to better support and access resources for the trans and gender diverse young people they care for and about.

Monthly drop in nights are always free, and discussion topics vary depending on the needs and interests of the group. No pre-registration is required, and participants can drop in any month—and as many times as they'd like. Service providers working with gender diverse youth are also welcome!

Trans/Gender Diverse Parents/Prospective Parents Support Group (young children welcomed with you)

ANSIN BUILDING:

Last Wednesday of each month

Fenway Health, 1340 Boylston Street, Boston, MA 9th floor

6-7:15pm

First timers, call ahead to attend: Liz Coolidge, LMHC 617-927-6243

Meet with others who are parents or planning to have/adopt children. Build support and community. Partners/spouses and young children welcome. No childcare is provided. Facilitated by a non-trans/cisgender therapist and ally.

Trans/Non-Binary/Gender Diverse Groups at Fenway

Therapy Groups – FEE BASED Groups, Require a Mental Health Intake

Anxiety and Depression Therapy Groups for Trans and Non-Binary Individuals

FENWAY SOUTH END:

Tuesdays weekly at 5:15pm

Fenway South End, 142 Berkeley St, Boston, MA 2nd floor

Call for information: Melissa Grieco-Waters, LICSW 617-927-6404

ANSIN BUILDING:

Wednesdays weekly at 5pm

Fenway Health, 1340 Boylston St, Boston, MA 7th floor

Call for information: Sarah Eley, LICSW 857-313-6551

These are long term ongoing groups for trans, non-binary, gender queer, gender diverse people with anxiety and/or depression. Participants should be able to participate in a group setting and attend regularly. Interested people must complete an intake. People are not required to receive primary medical care through Fenway Health to participate.

DBT Skills Group

FENWAY SOUTH END:

Tuesdays weekly at 3:30pm

Fenway South End, 142 Berkeley Street, Boston, MA 2nd floor

Call for information: Sonia Gooden-Alexis, M.Ed. LMHC 617-927-6252

Dialectical Behavioral Therapy (DBT), developed by Marsha Linehan, focuses on learning and incorporating four types of skills: Mindfulness, Emotional Regulation, Distress Tolerance, and Interpersonal Effectiveness. This model is effective for Anxiety, Depression, Borderline Personality D/O, and other mental health struggles. DBT helps identify behaviors and ways of thinking that are either not helpful or damaging in one's life and explores ways of building on existing strengths using the skills from each module. This is a 12 week skills based group. This group is openly welcoming of trans/gender diverse people and does include people who are non-trans/cisgender as well.