

TGNC Groups at Fenway

Peer Support Drop-In Group

Fenway Health Drop-In Trans/Non-Binary Peer Support Group

Meetings are the first Tuesday and the Third Tuesday of each month:

Fenway Health, 1340 Boylston Street, 9th floor

6pm-7:30pm

Participation in these support groups is *not* based on having a mental health diagnosis, and no formal therapy is provided. Health insurance will not be billed, and no RSVP is required. These are only opportunities for socialization and community connection.

These groups are open to ages 18+. We ask that only individuals who identify as trans, non-binary, questioning, or other gender diverse identity 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).

For more information email transhealth@fenwayhealth.org

Drop-In, Open, Facilitated, Community Support Groups

Support for Non-trans/Cisgender Partners of Trans/Non-Binary People

The first Wednesday of each month from 6:30 to 7:45 p.m. at 1340 Boylston Street, 7th floor

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 or monogamous). The group will provide a space for non-judgmental and uninhibited conversation, support, and resources.

Topics that may come up in the group are:

- 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

Contact **Sarah Eley, LICSW** at **857.313.6551** for questions or to register to attend.

Monthly Drop-In Night for any Parent(s) and/or Guardian(s) of Trans/Non-Binary Young People
The first Thursday of every month, from 7 to 8:30 p.m. at the Borum, 75 Kneeland Street, 2nd floor

The Sidney Borum, Jr. Health Center hosts a [monthly drop-in group](#) designed to provide an open opportunity for any parent(s) and/or guardian(s) of trans and genderqueer young people to ask questions and get information from medical and behavioral health providers, and build support and community with other parents and guardians. The group is free and topics will rotate monthly. Registration is not required—feel free to stop by any month, and as many times as you'd like! Service providers for trans and gender non-conforming youth are welcome to join us, as well.

Contact transhealth@fenwayhealth.org with any questions.

Drop In Group for Parents / Prospective Parents who are Trans / Gender Diverse / Non-binary
Held monthly on scheduled Wednesdays monthly, from 6 to 7:15 pm at Fenway Health, 1340 Boylston Street, 9th floor – CALL FOR UPCOMING DATES

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

Please RSVP to Liz at 617-927-6243 if you want to attend or for more information.

Therapy Groups

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

Melissa Grieco-Waters runs a group at the South End on Tuesdays at 5:15pm

Sarah Eley runs a group at 1340 Boylston Street on Wednesdays at 5pm

There are immediate openings for both groups. This is a long term ongoing group 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.

Call Melissa Grieco-Waters at 617-927-6404 for the South End, 142 Berkeley Street for an intake.

Call Sarah Eley at 857-313-6551 for the 1340 Boylston Street Group for an intake.

DBT Skills Group

DBT skills group. The group meet Tuesdays at 3:30pm at Fenway South End, 142 Berkeley Street.

Call Melissa Grieco-Waters at 617-927-6404 for an intake.